

Ishusho y'ubuzima bw'umuntu wa Yogi

Yakurikiwe na

inyandiko z'umwuka za

Paramhansa Yogananda

Gukoporora ku mbuga nkoranyambaga

Ishusho y'ubuzima bw'umuntu bya a Yogi



B
y
Paramhans
a
Yogananda

HAMWE N'INTANGIRIRO YA

.WY Evans-Wentz, MA, D.Litt., D.Sc

Uretse mwe"
reba
ibimenyetso
na
ibitangaza,
ntimuzemera
." - Yohana
.4:48

Uburenga
nzira,
1946, na
Paramha
nsa
Yoganand
a

Byeguriwe Kugeza Itsinda Kwibuka Cya

LUTHER BURBANK

An Umunyamerika Mutagatifu

Ibikubiyemo

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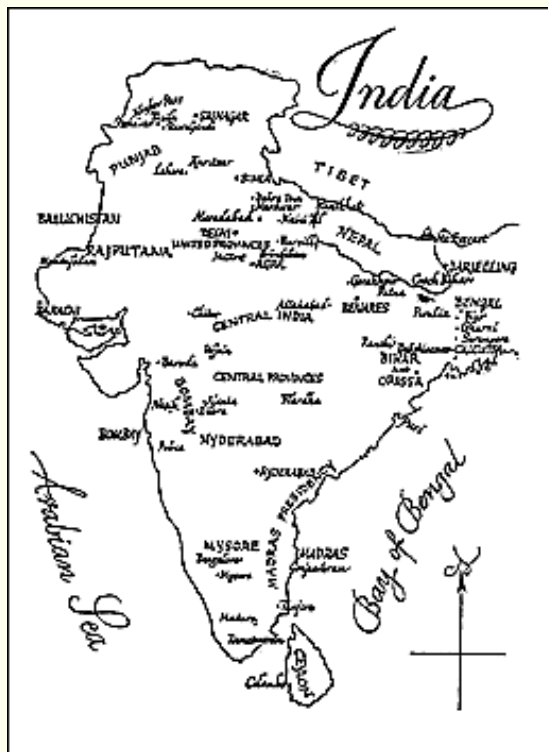
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Ikarita bya Ubuhinde

INTANGIRIRO

.Na WY EVANS-WENTZ, MA, D.Litt., D.Sc

Yesu Koleji, Oxford;

Umwanditsi Igitabo

cy'abapfuye cya Tibet, Yogi

,Milarepa ukomeye wa Tibet

.Yoga ya Tibetani n'inyigisho z'ibanga, n'ibindi

Agaciro k'igitabo cya Yogananda *cyitwa Autobiography* karushaho kwiyoungera bitewe nuko ari kimwe mu bitabo bike mu Cyongereza bivuga ku banyabwenge bo mu Buhinde cyanditswe, kitanditswe n'umunyamakuru cyangwa umunyamahanga, ahubwo cyanditswe n'umwe mu bo mu bwoko bwabo n'imyitozo yabo - muri make, igitabo *kivuga kuri yoga cyanditswe* n'umuyogi. Nk'umuntu wiboneye n'amaso ye inkuru y'ibintu bidasanze ubuzima na imbaraga bya igezweho Umuhindu abatagatifu, i igitabo ifite akamaro byombi ku gihe na ntazibagirana. Ku mwanditsi wayo w'icyamamare, nagize ibyishimo byo kumenya haba mu Buhinde no muri Amerika, buri musomyi ashimire kandi amushimire. Inyandiko ye idasanze y'ubuzima ni imwe mu zigaragaza cyane ubwimbike bw'ubwenge n'umutima by'Abahindu, ndetse .n'ubutunzi bw'umwuka bw'Ubuhinde, bwigeze gusohorwa mu Burengerazuba

Byambereye amahirwe guhura n'umwe mu banyabwenge bafite amateka y'ubuzima bwabo avugwa hano - Sri Yukteswar Giri. Isano y'umutagatifu w'icyubahiro yagaragaye nk'igice cy'imbere mu gitabo cyanyje cya *Yoga n'Inyigisho z'ibanga zo muri Tibet* . **1-1** Ni i Puri, muri Orissa, ku kigobe cya Bengal, aho nahuriye na Sri Yukteswar. Icyo gihe yari umuyobozi

w'agace gato k'amazi gatuje hafi y'inyanja aho ngaho, kandi yahugiye cyane mu gutoza itsinda ry'abantu iby'umwuka. bya urubyiruko abigishwa. We byagaragajwe ubushake inyungu muri i imibereho myiza bya i abantu bya i Ibihugu byunze ubumwe Ibihugu ndetse no muri Amerika zose, ndetse no mu Bwongereza, maze ambaza ibijyanye n'ibikorwa bya kure, cyane cyane ibyo muri Kaliforuniya, by'umwigishwa we mukuru, Paramhansa Yogananda, .wakundaga cyane, kandi akaba yaramwohereje, mu 1920, nk'intumwa ye mu Burengerazuba

Sri Yukteswar yari umuntu w'umutima mwiza n'ijwi ryiza, urangwa no kubana neza n'Imana, .kandi akwiriye icyubahiro cye

abayoboke bamuhawe ku bushake. Buri muntu wese wari umuzi, yaba uwo mu muryango we cyangwa utari uwo, yamuhaga agaciro cyane. Ndibuka neza ishusho ye ndende, igororotse, yiyanga, yambaye imyenda y'umukara w'umuntu wanze kujya mu bikorwa by'isi, ubwo yari ahagaze ku muryango w'urugo kugira ngo anyakire. Umusatsi we wari muremure kandi ufite imisatsi, n'isura ye yari ifite ubwanwa. Umubiri we wari ukomeye cyane, ariko muto na byakozwe neza, na bye intambwe imbaraga. We yari afite wahisemo nka bye ahantu bya iby'isi icumbi i cyera umujyi wa Puri, aho imbaga y'abahindu b'abemera Imana, bahagarariye buri ntara y'Ubuhinde, baza buri muni mu rugendo rutagatifu mu Rusengero ruzwi cyane rwa Jagannath, "Umwami w'Isi." I Puri niho Sri Yukteswar yapfutse amaso ye, mu 1936, ku bintu by'iyi mimerere y'igihe gito maze arapfa, azi ko kwigira umuntu kwe byari byararangiyeye neza. Mu by'ukuri, nishimiye kuba narashoboye kwandika ubu buhamya. kuri i hejuru imiterere na ubutagatifu bya Siri Yukteswar. Ibikubiyemo kuri gumaho kure kuva i imbaga y'abantu, yitanze atizigamye kandi mu ituze kuri ubwo buzima bwiza Paramhansa Yogananda, umwigishwa we, ubu yabivuze kuva kera. WY EVANS-WENTZ

1-1 : Oxford University Press, 1935.

Umwanditsi Gushimira

Ndashimira cyane Madamu LV Pratt ku bw'akazi kenshi yakoze mu kwandika inyandiko y'iki gitabo. ni kwishyura na none kuri Madamu Rusi Zahn kuri imyiteguro bya i imiterere y'ikirango, kuri Bwana C. Richard Wright kuri uburenganzira bwo gukoresha ibice byo mu gitabo cye cy'ingendo mu Buhinde, no kuri Dr. WY Evans-Wentz kugira ngo agire inama . n'inkunga

PARAMHANSA YOGANANDA

*Ku itariki ya 28
Ukwakira 1945
Encinitas, muri
Kaliforuniya*

Ibyanjye Ababyeyi na Hakiri kare Ubuzima

Ibintu biranga umuco w'Abahinde byagiye bihora ari ugushakisha ukuri kw'ikirenga hamwe n'umuyoboze w'ishuri **1-2**, umubano. Inzira yanjye bwite yangejeje ku munyabwenge usa na Kristo, ubuzima bwe bwiza bwaranzwe n'amateka. Yari umwe mu bahanga bakomeye b'Abahinde bonyine

Ubukire busigaye. Bakomeje kuzamuka mu bisekuruza byose, bakomeje igihugu cyabo kugira ngo barwanye amakuba ya Babuloni na Misiri.

Ibyo nibuka kera cyane bivuga ku bintu bitajyanye n'igihe umuntu yahoze yigira umuntu. Nabonye ibintu byiza byo kwibuka ubuzima bwa kure, yoga kuva mu **myaka 1 kugeza 3**, hagati y'urubura rwo mu misozi ya Himalaya. Uku kureba mu bihe byashize, hakoreshejwe isano idafite ingano, na ko kwampaye ishusho y'ejo hazaza.

Gusuzugurwa n'ubusa no mu bwana ntabwo byakuwe mu mutwe wanjye. Nari mfite inzika yo kutabasha kugenda cyangwa kuvuga mu bwisanzure. Inkubi y'umwuka yanturutsemo ubwo nabonaga ko nta bushobozi mfite bwo gukora. Ubuzima bwanjye bukomeye bw'amarangamutima bwahindutse nk'amagambo mu ndimi nyinshi.

Mu rujijo rw'indimi, ugutwi kwanjye kwagiye kumenyera buhoro buhoro imyandikire y'ikibengali y'abantu banjye. Ishusho ishukashuka y'ubwenge bw'uruhinja! Umuntu mukuru yafatwaga nk'aho ari ibikinisho n'amano gusa.

Gushyuha mu mutwe no kutagira icyo mvuga byanteye kurira cyane. Ndibuka ukuntu umuryango wose wagize ikibazo kubera agahinda kanjye. Ibintu byiza na byo byaranyibukije: mama yankoreye imibonano mpuzabitsina, ndetse n'uburyo nagerageje bwa mbere kuvuga amagambo meza no gutera intambwe. Izi ntsinzi zo hambere, akenshi zibagirwa vuba, ni ishingiro risanzwe ryo kwigirira icyizere.

Ibintu byinshi nibuka si ibintu byihariye. Abantu benshi bakora yoga bazwiho kugumana ubwenge bwabo nta nkomyi bitewe n'impinduka zikomeye zigana mu "buzima" no mu "rupfu." Niba umuntu ari umubiri gusa, kubura kwawo koko bituma igihe cya nyuma kiba icyo kwiyumvamo. Ariko niba abahanuzi bo mu myaka y'ibinyagihumbi baravuze ukuri, umuntu muri rusange nta mubiri afite. Ishingiro ry'ubwikunde bw'umuntu rifitanye isano ry'igihe gito no kwiyumvisha ibintu.

Nubwo kwibuka ibintu bidasanze kandi bisobanutse neza byo mu bwana atari gake cyane. Mu ngendo mu bihugu byinshi, numvise ibyo abagabo n'abagore b'inyangamugayo bavugaga kera.

Navutse mu myaka icumi ya nyuma y'ikinyejana cya cumi n'icyenda, maze ndangiza imyaka umunani ya mbere i Gorakhpur. Aha niho navukiye mu Ntara z'Uburasirazuba bw'Amajyaruguru y'Ubuhande. Twari abana umunani: abahungu bane n'abakobwa bane. Jyewe, Mukunda Lal Ghosh, nari umuhungu wa **kabiri** n'umwana wa kane.

Data na Mama bari Ababengali, bo mu bwoko bwa *kshatriya*. **1-5** Bombi bari bafite kamere y'ubutagatifu. Urukundo rwabo, ituze n'icyubahiro, ntirwigeze rugaragara nk'aho ari ubusa. Ubwumvikane busesuye bw'ababyeyi ni bwo bwatumye habaho ituze ry'imidugararo y'abana umunani bakiri bato.

Papa, Bhagabati Charan Ghosh, yari umuntu mwiza, ukomeye, rimwe na rimwe akaba n'umunyamahane. Kubera ko yakundaga cyane abana, ariko twari dufite intera ndende mu buryo bw'icyubahiro. Yari umuhanga mu mibare no mu bumenyi bw'ubwenge, yayoborwaga ahanini n'ubwenge bwe. Ariko Mama yari umwamikazi w'imitima, kandi yatwigishaga urukundo gusa. Nyuma y'urupfu rwe, Papa yagaragaje impuhwe ze zo mu mutima. Icyo gihe nabonye ko amaso ye yakundaga guhinduka nk'aya mama.

Mu maso ya Mama twabanje kumenyera ibyanditswe byera neza cyane. Inkuru zo muri i *mahabharata* na *Ramayana* **1-6** bari mu buryo bw'ikoranabuhanga yahamagawe kuri guhura i ibikenewe

bya imyitwarire. Amabwiriza na igihano yagiye ikiganza muri ikiganza.

Ikimenyetso cyo kubaha Papa cyakorwaga buri munsu, Mama yatwambikaga neza nyuma ya saa sita kugira ngo amwakire mu rugo avuye mu biro. Umurimo we wari nk'uwa visi perezida, muri gari ya moshu ya Bengal-Nagpur, imwe mu masosiyete akomeye yo mu Buhinde. Akazi ke kasabaga ingendo, kandi umuryango wacu wabaga mu mijyi myinshi mu bwana bwanjye.

Mama yafashe ukuboko kwe ku bakene. Papa na we yari umuntu w'umutima mwiza, ariko kubaha amategeko n'umutekano byageze no ku ngengo y'imari. Mama yamaze ibyumweru bibiri mu kugaburira abakene, arenga amafaranga Papa yinjizaga buri kwezi.

"Icyo nsaba gusa ni ugukomeza kugabanya umubare w'imiryango yanyu y'abagiraneza." Ndetse n'igihano cyoroheje cy'umugabo we cyababaje Mama. Yategetse imodoka ya Hackney, ntagaragaze ko abana batavugaga rumwe.

"Muraho neza; Jye am Kugenda kure kuri yanjye icya mama murugo." Icyo kera nta kabuza!

Twatangiye kurira cyane. Nyirarume wacu yahageze ku buryo buboneye; yongorera Papa inama y'umunyabwenge, yari yarakunzwe cyane kuva kera. Papa amaze kuvugaga amagambo make yo kwiyunga, Mama yishimye cyane ahita asohora tagisi. Ubwo ni bwo ikibazo cyonyine nabonye hagati y'ababyeyi banjye cyarangiye. Ariko ndibuka ikiganziro kidasanzwe.

"Ndakwinginze umpe amarupi icumi ku mugore w'umunyabyago uherutse kugera mu rugo." Inseko ya mama yari ifite icyo ishingiraho.

"Kuki amarupi icumi? Rimwe rirahagije." Papa yongeyeho impamvu: "Igihe data na ba sogokuru bapfaga mu buryo butunguranye, nabanje kuryohereza n'ubukene. Ifunguro rya mu gitondo ryonyine nari mfite, mbere yo kugenda ibirometero byinshi njya ku ishuri ryanjye, ryari agatoki gato. Nyuma, muri kaminuza, nari nkeneye cyane ku buryo nasabye umucamanza w'umukire ubufasha bw'amarupi rimwe ku kwezi. Yarabyanze, avugaga ko n'amarupi ari ingenzi."

"Mbega ukuntu wibuka cyane ko wanze iryo rupiye!" Umutima wa mama wahise utekereza. "Ese urashaka ko uyu mugore na we yibuka nabi ko wanze amarupiye icumi akeneye byihutirwa?"

"Uratsinda!" Akoresheje ikimenyetso cy'abagabo batsinzwe, yafunguye agakapu ke. "Dore inoti ya cumi y'amarupi. Muhe ku bushake bwanjye."

Papa yakundaga kubanza kuvugaga "Oya" ku kintu cyose gishya yasabwemo. Uko yabonyaga umugore udasanzwe wari impuhwe za Mama zari zikenewe cyane,

urugero rw'uburyo yahoraga yitonze. Kwanga kwemera ako kanya - ibisanzwe mu bitekerezo by'Abafaransa mu Burengerazuba - mu by'ukuri ni ukubaha ihame ryo "kwisuzuma neza." Buri gihe nabonaga Papa ashyira mu gaciro kandi afite uburinganire mu byo afata. Iyo nkunda yashoboraga gushyigikira ibyo nasabaga byinshi akoresheje ingingo imwe cyangwa ebyiri nziza, yahoraga ashyira intego nifuzaga imbere yanjye, yaba urugendo rw'ikiruhuko cyangwa moto nshya.

Papa yari umutoza w'abana be ibihano bikomeye mu myaka yabo yo hasi, ariko imyifatire ye kuri ubwe yari Umusipariti by'ukuri. Urugero, ntiyigeze ajya muri iyo sinema, ahubwo yashakaga kwidagadura mu bikorwa bitandukanye by'umwuka no gusoma **bhagavad-gita**. Yirinda ibintu byose by'akataraboneka, yakomezaga kwihambiraho kuri kimwe ishaje babiri bya inkweto kugeza bo bari ntacyo bimaze. Ye abahungu yaguzwe imodoka nyuma Byatangiye gukoreshwa cyane, ariko Papa yahoraga anyuzwe n'imodoka itwara abagenzi mu rugendo rwe rwa buri muni ajya ku biro. Kwirundanya amafaranga kubera ububasha byari bidasanzwe kuri kamere ye. Igihe kimwe, amaze gushinga Banki ya Calcutta Urban, yanze kugira icyo yimarira mu kugira imigabane yayo. Yari yifuzaga gusa gukora umurimo w'ubuturage mu gihe cye cy'ikiruhuko.

Nyuma y'imyaka myinshi Papa amaze kuja mu kiruhuko cy'izabukuru ku mushahara, umucungamari w'Umwongereza yaje gusuzuma ibitabo bya Kompanyi ya Gari ya Moshi ya Bengal-Nagpur. Umushakashatsi yatangajwe no kubona ko Papa atigeze asaba amafaranga y'inyongera yatinze.

"Yewe yabikoze i akazi bya gatatu "Bagabo!" i umucungamari yabwiwe i sosiyete. "Yewe ifite amarupi 125.000 (hafi ya \$41.250.) yagombaga kumuhemba nk'indishyi." Abayobozi bahaye papa sheki y'ayo mafaranga. Ntiyabyitayeho cyane ku buryo yirengagije kuvugwa k'umuryango. Nyuma y'igihe kirekire yabajijwe na murumuna wanjye Bishnu, wabonye amafaranga menshi yashyizwe ku rupapuro rwa banki.

"Kuki wishimira inyungu z'ibintu?" Papa aramusubiza ati: "Umuntu ukurikirana intego yo kugira ubwenge buboneye ntashimishwa n'inyungu cyangwa ngo yihebeshe igihombo. Azi ko umuntu agera kuri iyi si adafite amafaranga, kandi agenda nta rupiye na rimwe."



PAPA
Bhagabati Charan Ghosh
A Umwigishwa bya Lahiri Ikihasaya

Mu ntangiriro z'ubuzima bwabo bwo gushyingiranwa, ababyeyi banjye babaye abigishwa b'umuyobozi ukomeye, Lahiri Mahasaya wo muri Benares. Uku kuvugana kwabo kwakomeje imico ya Papa yo kwiya. Mama yabwiye mushiki wanjye mukuru Roma ati: "Njye na so tubana nk'umugabo n'umugore rimwe gusa mu mwaka, tugamije kubyara abana."

Papa yahuye bwa mbere na Lahiri Mahasaya binyuze kuri Abinash Babu, kuva ku **myaka 1 kugeza ku 8** umukozi mu biro bya Gorakhpur bya gari ya moshi ya Bengal-Nagpur. Abinash yangishije inkuru zishishikaje z'abatagatifu benshi b'Abahinde. Yasoza buri gihe ashimira icyubahiro gihebuje cy'umwarimu we.

"Wigeze wumva ibintu bidasanzwe byatumye so aba umwigishwa wa Lahiri Mahasaya?"

Hari ku gicamunsi cy'impeshyi, ubwo njye na Abinash twari twicaye hamwe mu rugo iwacu, ubwo yabazaga iki kibazo gishishikaje. Nanyeganyeje umutwe nseka cyane.

"Mu myaka yashize, mbere yuko uvuka, nasabye umusirikare mukuru wanjye—so—kumpa ikiruhuko cy'icyumweru ku mirimo yanjye ya Gorakhpur kugira ngo njye gusura umushumba wanjye i Benares. So yansekeje gahunda yanjye."

"Ugiye kuba umufana w'idini?" Yaramubajije ati "Wibande ku mirimo yo mu biro niba ushaka gutera imbere."

"Mbabajwe no kugenda mu rugo mu nzira y'ishyamba uwo muni, nahuye na so mu igare. Yasezereye abagaragu be n'imodoka ze, maze agwa iruhande rwanjye. Ashaka kumpumuriza, yangaragariye ibyiza byo guharanira intsinzi ku isi. Ariko naramwumvaga ntashimye. Umutima wanjye warasubiragamo uti: 'Lahiri Mahasaya! Sinshobora kubaho ntakubonye!'"

"Inzira yacu yatugejeje ku nkengero z'umurima utuje, aho imirasire y'izuba rya nyuma ya saa sita yari ikiri ikamba ry'ibyatsi birebire byo mu gasozi. Twahagaze dutangaye. Aho mu murima, metero nke uvuye aho turi, ishusho y'umuhanga wanjye mukuru yagaragaye mu buryo butunguranye! **1-9**

"Bhagabati, urakariye cyane umukozi wawe! Ijwi rye ryari rituje mu matwi. Yazimiye mu buryo butangaje nk'uko yari yaje. Napfukamye ndavugaga nti 'Lahiri Mahasaya! Lahiri Mahasaya!' So yamaze akanya gato adakora kubera ubwoba."

"Abinash, si jye uguha ikiruhuko gusa, ahubwo nihaye *ikiruhuko* cyo gutangirira Benares ejo. Ngomba kumenya uyu mu Lahiri Mahasaya ukomeye, ushobora kwihindura umuntu uko abyishakiye kugira ngo akuvugire! Nzafata umugore wanjye nsabe uyu mutware kutuyobora mu nzira ye y'umwuka. Uzatuyobora tumugereho?"

"Birumvikana." Ibyishimo byaranyuzuye kubera igisubizo cy'igitangaza cy'isengesho ryanjye, n'impinduka zihuse kandi nziza z'ibintu .

"Ku mugoroba wakurikiyeho, njye n'ababyeyi bawe twitoreje i Benares. Twafashe igare ry'amafarashi umunsi ukurikiyeho, na hanyuma yari afite kuri kugenda n'amaguru binyuze bito inzira kuri yanjye abayobozi wiherereye mu rugo. Kwinjira bye gato

Inzu yo kuraramo, twunamye imbere ya shebuja, twifunze mu buryo bwe bwa gakondo bw'umutuku. Yahumye amaso ye anyura hejuru maze ayashyira kuri so.

"Bhagabati, urakarira cyane umukozi wawe!' Amagambo ye yari amwe n'ayo yakoresheje iminsi ibiri mbere yaho mu murima wa Gorakhpur. Yongeyeho ati: 'Nishimiye ko wemereye Abinash kunsura, kandi ko wowe n'umugore wawe mwamuherekeje.'

"Bashimishijwe no kuba yaratangiye ababyeyi bawe mu imyitozo y'umwuka ya *Kriya Yoga* . **1-10** So wawe nanjye, nk'abigishwa bavandimwe, twabaye inshuti magara kuva umunsi utazibagirana w'iyerekwa. Lahiri Mahasaya yashishikajwe cyane n'ivuka ryawe. Ubuzima bwawe buzahuzwa n'ubw'ubwe: umugisha wa shebuja ntuzigera ushira."

Lahiri Mahasaya yavuye muri iyi si nyuma gato y'uko nyinjiyemo. Ishusho ye, mu gishushanyo mbonera, yahoraga ishushanyije ku gicaniro cy'umuryango wacu mu mijyi itandukanye Papa yimuriwemo n'ibiro bye. Kenshi na kenshi mu gitondo na nimugoroba twasangaga Mama turimo gutekereza imbere y'urusengero rwakozwe mu buryo budasanzwe, dutanga indabyo zitwikiriwe mu giti cya sandali cyiza cyane. Dukoresheje imibavu n'ishangi ndetse n'amasengesho yacu yunze ubumwe, twubahirizaga ubumana bwari bwaragaragaye mu buryo bwuzuye muri Lahiri Mahasaya.

Ye ifoto yari afite a kurenza ingaruka birarangiye yanjye ubuzima. Nkuko Jye yakuze, i igitekerezo bya i umuhanga yakuze hamwe na njyewe. Muri gutekereza ku mutima Jye yakwitwara akenshi reba bye amafoto ishusho kugaragara kuva byayo ntoya maze afata ishusho nzima, yicara imbere yanjye. Igihe nageragezaga gukora ku birenge by'umubiri we urimo urumuri, Byahindukaga bikongera bikaba ishusho. Ubwo ubwana bwatangiraga mu bwana, nabonye Lahiri Mahasaya yahinduwe muri yanjye Ubwonko kuva a gato ishusho, itwikiriwe muri a ifuremu, kuri a kubaho kuzima, gutanga urumuri. Namusengaga kenshi mu bihe by'ibigeragezo cyangwa urujijo, nkabona muri njye icyerekezo cye gihumuriza. Mbere na mbere nababajwe n'uko atari akiri muzima mu buryo bw'umubiri. Ubwo natangiraga Kugira ngo menye ibanga rye ryo kuba ahari hose, sinongeye kwinuubira. Yakundaga kwandikira abigishwa be bari bafite amatsiko menshi yo kumubona ati: "Kuki uza kureba amagufwa yanjye n'inyama zanjye, kandi buri gihe ndi hafi y'amaso yawe yo *mu* buryo bw'umwuka?"

Nahawe umugisha wo gukira neza mfite imyaka umunani binyuze mu ifoto ya Lahiri Mahasaya. Ibi byakomeje urukundo rwanjye. Ubwo nari mu isambu yacu i Ichapur, muri Bengal, nafashwe na kolera yo muri Aziya. Ubuzima bwanjye bwari bwihebye; abaganga bashoboraga kubikora. ntacyo. Ku buriri bwanjye, Mama yanshyize mu mwanya wanjye n'ubwoba kugira ngo ndebe ifoto ya Lahiri Mahasaya iri ku rukuta ruri hejuru y'umutwe wanjye.

"Mupfukamire mu mutwe!" Yari azi ko nari mfite intege nke cyane ku buryo ntashoboraga no kuzamura amaboko yanjye mu ndamutso. "Niba koko ugaragaje ubwitange bwawe kandi ukapfukama imbere ye, ubuzima bwawe buzarokoka!"

Narebye ifoto ye mbona urumuri rudasobanutse, rutwikiriye umubiri wanjye n'umubiri wose icyumba. Isesemi ryanjye n'ibindi bimenyetso bidashobora gusubirwaho byarashize; nari meze neza. Ako kanya numvise mfite imbaraga zihagije zo kunama no gukora ku birenge bya Mama mu rwego rwo kwishimira ukwizera kwe kudasanzwe mu muhanga we. Mama yakomeje umutwe we kenshi kuri iyo shusho nto.

"O Iboneka hose Mwigisha, Jye urakoze wowe ibyo byawe urumuri afite yakize yanjye
"Mwana wanjye!"

Nabonye ko na we yari yabonye umuriro mwinshi watumye nkira indwara isanzwe yica ako kanya.

Kimwe mu bintu by'agaciro mfitiye ni ifoto imwe. Yahawe Papa na Lahiri Mahasaya ubwe, ifite umuvuduko mutagatifu. Ifoto yari ifite inkomoko y'igitangaza. Numvise inkuru ivuye ku mwigishwa wa murumuna wa Papa, Kali Kumar Roy.

Bigaragara ko shebuja yangaga gufotorwa. Mu gihe cyo kwigaragambya kwe, hafashwe ifoto ye n'itsinda ry'abayoboze, barimo Kali Kumar Roy. Umufotozi watangajwe cyane ni we wavumbuye ko isahani yari ifite amashusho asobanutse y'abigishwa bose, nta kindi yagaragazaga uretse ahantu hadafite ikintu kinini yari yiteze ko azasangamo imiterere ya Lahiri Mahasaya. Iki kintu cyaganiriweho cyane.

Umunyeshuri umwe akaba n'umufotozi w'inzobere, Ganga Dhar Babu, yirataga cyane avuga ko uwo muntu wahunze atazamucika. Mu gitondo cyakurikiyeho, ubwo uyu mwari yari yicaye mu mwanya wa lotus ku ntebe y'imbaho afite inyuma ye, Ganga Dhar Babu yarahageze afite ibikoreshe bya. Yafashe ingamba zose zo kubwirinda kugira ngo atsinde, ashya ahagaragara amashusho cumi n'abiri yishimye. Kuri buri kimwe muri byo yahise abona ikimenyetso cy'intebe y'imbaho n'urukiramende, ariko nanone ishusho y'umuyobozi yari ibuze.

Arira kandi ashenguwe n'ishema, Ganga Dhar Babu yashatse umushumba we. Hashize amashuri menshi Lahiri Mahasaya acecetse avuga ati:

"Jyewe am Umwuka. Ishobora ibyawe kamera Kugaragaza i kuba ahantu hose Ntagaragara?"

"Ndabona bitashoboka! Ariko, Nyakubahwa, ndifuza cyane ishusho y'urusengero rw'umubiri aho jyeneyine, mu iyerekwa ryanjye rito, uwo Mwuka asa n'aho atuye byuzuye."

"Ngwino, hanyuma, ejo mugitondo. Jye ubushake ishusho kuri wowe."

Umufotozi yongeye gushyira kamera ye ku murongo. Kuri iyi nshuro, uwo musore w'umutagatifu, utari witwikiriye n'ibintu bidasanzwe, yari ahagaze ku isahani. Umutoza ntiyigeze afotora indi foto; byibuze nta n'imwe nigeze mbona.

Ifoto yakuwe muri iki gitabo. Imiterere ya Lahiri Mahasaya, y'abakinnyi bose, ntabwo yerekana ubwoko bwe. Ibyishimo bya bikomeye byo gusangira n'Imana bigaragazwa gato muri a gato amayobera inseko. Ye amaso, kimwe cya kabiri fungura kuri garagaza a izina ry'izina icyerekezo ku isi yo hanze, na yo ifunze igice kimwe. Kubera ko atari azi neza ibintu bibi byo mu isi, yari maso rwose igihe cyose ku bibazo by'umwuka by'abashaka inyungu begereye.

Nyuma gato yo gukira binyuze mu mbaraga z'ishusho y'uyu mwarimu, nagize

icyerekezo cy'umwuka gikomeye. Mu gitondo kimwe nicaye ku buriri bwanjye, natangiye kugira ubwoba bwinshi.

"Ni iki kiri inyuma y'umwijima w'amaso afunze?" Iki gitekerezo cyo gushakisha cyaje mu mutwe wanjye cyane. Umucyo mwinshi wahise ugaragara mu maso yanjye. Imiterere y'Imana y'abatagatifu, bicaye mu buryo bwo gutekereza mu buvumo bwo mu misozi, yakozwe nk'amashusho magufi ya sinema kuri

"Uri nde?" Navuze mu ijwi riranguruye

nti "Uri nde?"

"Turi aba yoga bo mu misozi ya Himalaya." Igisubizo cyo mu ijuru kiragoye kugisobanura; umutima wanjye wari wishimye cyane.

"Ah, ndifuza kujya mu misozi ya Himalaya nkamera nkawe!" Iyerekwa ryarazimye, ariko imirasire y'ifeza yariyongereye cyane kugeza ku iherezo ry'ibihe byose.

"Iki ni ibi bitangaje "Urabagirana?"

"Ndi Iswara. **1-11** Ndi Umucyo." Ijwi ryari nk'ibicu

bivugiriza. "Ndashaka kuba umwe nawe!"

Mu gihe cy'ibyishimo byanjye by'Imana byagendaga bigabanuka buhoro buhoro, nabonye umurage uhoraho wo gushaka Imana. "Ni yo ihoraho, ibyishimo bihoraho!" Uyu mwibutso wakomeje igihe kirekire nyuma y'umunsi wo kuzamurwa mu ijuru.

Ikindi kintu nibuka kare ni cyiza cyane; kandi mu by'ukuri ni ko bimeze, kuko mfite inkovu kugeza n'uyu munsi. Jye na mukuru wanjye Uma twari twicaye mu gitondo cya kare munsi y'igiti *cya neem* mu kigo cyacu cya Gorakhpur. Yarimo amfasha n'icyitegererezo cya Bengali, igihe nashoboraga kwitegereza imparage zari hafi aho zirya imbuto za margosa zeze. Uma yinubiye ko yarwaye ibibyimba ku kuguru kwe, maze azana agacupa k'amavuta yo kwisiga. Nasize umuti muto ku kuboko kwanjye.

"Kuki kora wowe gukoresha umuti ku a ubuzima bwiza ukuboko?"

"Mushiki wanjye, ndumva ngiye kugira ibibyimba ejo. Ndimu gupima amavuta yawe aho ibibyimba bizagaragara."

"Wowe gato umubeshyi!"

"Mushiki wanjye, ntukore hamagara njyewe a umubeshyi kugeza wowe reba iki bibaho muri i mugitondo. Uburakari byuzuye njyewe.

Uma ntiyashimishijwe n'ibyo yavuze, maze asubiramo gatatu kose. Mu ijwi ryanjye nahise numva umwanzuro ukomeye ubwo nasubizaga buhoro.

"Ku bw'imbaraga z'ubushake bwanjye, ndavuga ko ejo nzarwara ibibyimba byinshi aha hantu heza ku kuboko kwanjye; kandi ibibyimba *byawe* bizabyimba inshuro ebyiri z'ingano yabyo ubu!"

Mu gitondo nasanze mfite ibisebe bikomeye aho byavuzwe; ingano y'ibisebe bya Uma yari yikubye kabiri. Mushiki wanjye yirutse ajya kwa Mama ataka cyane. Ati:

"Mukunda yabaye umupfumu!" Mama yambwiye cyane ko ntagomba gukoresha imbaraga z'amagambo mu gukora ibibi. Nahoraga nibuka inama ze, kandi ndazikurikiza.

Ibyanjye guteka yari mu buryo bwo kubaga yavuwe. A Bigaragara inkovu, ibumoso na i kwa muganga gukata, ni ubu uyu munsu. Kuratangiye

yanjye iburyo ukuboko ni a gihoraho icyibutsa bya i imbaraga muri iby'umugabo ikeye ijamba.

Ayo magambo yoroshye kandi asa n'aho atari yo agize ingaruka mbi kuri Uma, yavuzwe mu buryo bwimbitse, yari afite imbaraga zihagije zihishe zo guturika nk'ibisasu no gutanga ingaruka zifatika, nubwo zibabaza. Nyuma nasobanukiwe ko imbaraga ziturika mu mvugo zishobora kwerekezwa mu buryo bw'ubwenge kugira ngo umuntu agire ingorane, bityo akore nta nkovu cyangwa ngo acikwe. **1-12**

Umuryango wacu wimukiye i Lahore muri Punjab. Aho ni ho nabonye ifoto ya Mama w'Imana mu ishusho y'Imana Kali. **1-13** Yejeje ahantu hato hadasobanutse neza ku ibaraza ry'inzu yacu. Naje kwemera ntashidikanya ko irangizwa ryazaba inkingi y'amasengesho yanjye yose nasenze muri ako gace gatagatifu. Umunsi umwe mpagaze aho na Uma, narebye udusimba tubiri tuguruka hejuru y'ibisenge by'inyubako ku rundi ruhande rw'umuhanda muto cyane.

"Kuki ni wowe rero "Acecetse?" Uma gusunikirwa nyewe mu buryo bw'ikinamico.

"Ndimu ndatekerezwa ukuntu ari byiza cyane kuba Mama w'Imana ampa

icyo nsabye cyose." "Ndatekerezwa ko yaguhaye utwo dukingiriza tubiri!"

Mushiki wanjye yarasetse cyane.

"Kuki "Ntabwo se?" Jye yatangiye guceceka amasengesho kuri ibyabo gutunga.

Imikino ikunirwa mu Buhinde irimo udusimba twitwaga "kites" dupfutse imigozi yatwo n'ibirahuri byo hasi. Buri mukinnyi agerageza guca umugozi w'uwo bahanganye. Injangwe yarekuwe iragenda hejuru y'ibisenge; biraryoshye kuyifata. Kubera ko nje na Uma twari ku ibaraza, byasaga nkaho bidashoboka ko injangwe yarekuwe yatugeraho; umugozi wayo washoboraga kumanika hejuru y'ibisenge.

Abakinnyi bari hakurya y'umuhanda batangiye umukino wabo. Umugozi umwe waciye; ako kanya agapira karareremba mu cyerekezo cyanjye. Karahagaze akanya gato, bitewe n'umuyaga utunguranye, wahise Byari bihagije kugira ngo mfungire umugozi neza n'igiti cya cactus hejuru y'inzu iri imbere. Hakozwe umugozi mwiza wo kunfata. Nahaye Uma igihembo.

"Byari impanuka idasanzwe gusa, ntabwo ari igisubizo cy'isengesho ryawe. Iyo nyoni yindi igusanze, ndabyemera." Amaso yijimye ya mushiki wacu yagaragaje gutangara cyane kurusha amagambo ye.

Nakomeje gusenga kwanjye n'imbaraga nyinshi. Gukurura undi mukinnyi ku ngufu byatumye igisimba cye gihita gitakaza. Cyaje kijegera aho ndi, kibyina mu muyaga.

Umufasha wanjye w'ingirakamaro, igiti cya cactus, yongeye gufata umugozi w'igisimba mu ruziga rwari rukenewe kugira ngo nyifate. Nahaye Uma igikombe cyanjye cya kabiri.

"Koko, Mama w'Imana araguteze amatwi! Ibi ni ibintu bitangaje cyane kuri njye!"
Mushiki wacu yaramutaye nk'inyana y'ingore ifite ubwoba.

.....
1-2 : Imyuka umwarimu; kuva Sanskriti umuzi *gu* r, kuri kuzamura, kuri kuzamura.

1-3 : A umuganga bya yoga, "ihuriro," ibya kera Umuhinde siyansi bya gutekereza ku mutima ku Imana.

1-4 : Ibyanjye izina yari byahindutse kuri Yogananda igihe Jye yinjiye i ibya kera abamonaki Swami Gutumiza muri 1914. Ibyanjye umwarimu bampaye izina ry'idini rya *Paramhansa* mu 1935 (reba ibice [24](#) na [42](#)).

1-5 : Mu buryo busanzwe, i isegonda urwego rw'abantu bya abarwanyi na abategetsu.

1-6 : Ibi ibya kera inkuru zikomeye ni i ububiko bya Ubuhinde amateka, imigani, na filozofiya. An "Bya buri wese Isomero" ingano,
.*Ramayana na Mahabharata* , ni a ubushyuye muri icyongereza umurongo na Romesh Dutt (Gishya York: E. P. Dutton)

1-7 : Iki gisigo cyiza cya Sanskrit, kiboneka nk'igice cy'inkuru ya *Mahabharata* , ni Bibiliya y'Abahindu. Ubuhinduzi bw'icyongereza bw'ubusizi cyane ni igitabo cya Edwin Arnold cyitwa *The Song Celestial* (Philadelphia: David McKay, 75 cents). Imwe mu buhinduzi bwiza cyane hamwe na birambuye igitekerezo ni Siri Aurobindo's *Ubutumwa Cya Itsinda Gita* (Jupiter Itangazamakuru, 16 Semudoss Mutagatifu, Madras, mu Buhinde, \$3.50).

1-8 : *Babu* (Bwana) ni yashyizwe muri Ikibengali amazina kuri i iherezo.

1-9 : Itsinda bitangaje imbaraga umutwaro na byiza cyane ba master ni byasobanuwe muri [igice 30](#) , "Icyo Amategeko bya Ibitangaza.

1-10 : A umuntu ukora yoga tekini aho i ibyumviro imvururu ni gutuza, kwemerera umugabo kuri kugera ku umuntu kwiyongera gukubijye umwironzoro hamwe n'ubwenge bw'ikire. (Reba [igice cya 26](#).)

1-11 : A Sanskriti izina kuri Imana nka Umutegetsu bya i isi yose; kuva i umuzi *Ese* , kuri itegeko. Hano ni 108 amazina kuri Imana muri Ibyanditswe Byera by'Abahindu, buri kimwe gifite ibisobanuro bitandukanye bya filozofiya.

1-12 : Itsinda nta mupaka ubushobozi bya ijwi umusaruro kuva i Ubuhanga Ijambo, *Aum* , i isanzure ihindagurika imbaraga inyuma byose ingufu za atome. Ijambo ryose rivuzwe mu buryo busobanutse neza kandi ryimbitse rifite agaciro ko kugaragara. Gusubiramo cyane cyangwa bucece bya gutera imbaraga amagambo ifite yabaye byabonetse ngirakamaro muri Ubukoueism na bisa sisitemu bya imitekerereze y'abantu; i ibanga ibinyoma muri gutera intambwe bya i ubwenge ihindagurika igipimo. Itsinda umusizi Tennyson ifite ibumoso twe, muri bye *Urwibutso* , umuntu konti bya Uburyo bwo gusubiramo ibintu kugira ngo urenze ubwenge bwawe ukajya mu bwenge burenze ubwenge:

Tennyson yaranditse ati: "Ubwo ni nk'aho umuntu asinziriye - kubera kubura ijamba ryiza - nakunze kugira, kuva mu bwana, igihe nari ndi nyenye." Ibi byambayeho binyuze mu *gusubiramo* izina ryanjye bucece, kugeza ubwo icyarimwe, nk'aho ari ukubera imbaraga zo kumenya umuntu ku giti cye, umuntu ku giti cye yasaga n'aho ashongye kandi akagenda yihisha mu nta mupaka kuba, na ibi ntabwo a urujijo leta ariko i sobanutse neza, i yizewe cyane bya i byizewe, rwose inyuma amagambo - aho urupfu rwari ikintu kidashoboka cyane - gutakaza kamere (niba ari ko byari bimeze) bisa nkaho bitazimira, ahubwo ari bwo buzima nyakuri bwonyine. Yakomeje agira ati: "Si ibyishimo bidasobanutse neza, ahubwo ni
".igitangaza kidasanzwe, gifitanye isano no kuba umuntu afite ubwenge busobanutse neza

1-13 : Kali ni a ikimenyetso bya Imana muri i imiterere bya iteka ryose Mama Kamere.

IGICE: 2

Ibyanjye icya mama Urupfu Kandi Itsinda Amayobera Impumuro

Ibyanjye icya mama gikomeye kurusha ibindi icyifuzo yari i ishyingiranwa bya yanjye

mukuru muvandinwe. "Ah, igihe Jye Reba i isura bya

Umugore wa Ananta, nzasanga ijuru kuri iyi si!" Nakunze kumva Mama avuga muri aya magambo igitekerezo cy'e gikomeye cy'Abahinde cyo gukomeza umuryango.

Igihe Ananta yasezeranyaga, nari mfite imyaka igera kuri cumi n'umwe. Mama yari i Calcutta, akurikirana imyiteguro y'ubukwe yishimye. Jye na Papa twasigaye twenyine mu rugo i Bareilly mu majyaruguru y'Ubuhande, aho Papa yimuriwe nyuma y'imyaka ibiri i Lahore.

Mbere nari narabonye ubwiza bw'imihango y'ubukwe kuri bashiki banjye babiri bakuru, Roma na Uma; ariko kuri Ananta, nk'umuhungu w'imfura, gahunda zari zirambuye. Mama yakiraga bene wabo benshi, buri muni bagera i Calcutta baturutse mu ngo za kure. Yabacumbikiraga neza mu nzu nini nshya yari imaze kugurwa kuri 50 Amherst Street. Byose byari byiteguye - ibiryo biryoshye byo ku meza, intebe y'ubutinganyi aho umuvandimwe yagombaga kujyanwa mu rugo rw'umugeni, imirongo y'amatara y'amabara menshi, inzovu nini n'ingamiya, orchestre z'Abongereza, Ecosse n'Abahinde, abakora imyidagaduro b'umwuga, abapadiri b'imihango ya kera.

Jye na Papa, twari dufite inzoga z'ibirori, twari dufite gahunda yo kwifatanya n'umuryango ku gihe cyo kwitabira umuhango. Ariko mbere gato y'umunsi mukuru, nagize iyerekwa riteye ubwoba.

Hari i Bareilly mu gicuku. Ubwo nari ndyamye iruhande rwa Papa ku cyumba cyo kuraramo cy'inzu yacu, nakanguwe n'urusaku rudasanze rw'umuyoboro w'imibu hejuru y'igitanda. Amashuka y'umugozi yaracitse maze mbona ishusho ya mama nkunda cyane.

"Kangura so!" Ijwi rye ryari nk'iry'ururimi gusa. "Fata gari ya moshi ya mbere ihari, saa yine za mugitondo. Ihutire kujya i Calcutta niba umbona!" Uwo muntu wari umeze nk'umwambaro yazimye.

"Data, Data! Mama aragiye gupfa!" Ubwoba mu ijwi ryanjye bwaramubyukije ako kanya. Naravuze inkuru y'urupfu ndarira.

"Nta kibazo kirimo kurota kwawe." Papa yahakanye ibintu bishya. "Nyoko ameze neza. Nitubona inkuru mbi, tuzagenda ejo."

"Ntuzigera wibabarira ko utatangiye ubu!" Ishavu ryanteye kongeramo cyane nti "Nanjye sinzakwibabarira!"

Igitondo cy'agahinda cyaje n'amagambo yeruye agira ati: "Mama arwaye cyane; ishyingiranwa ryasubitswe; ngwino vuba."

Jye na Papa twagiye twishimye. Umwe muri ba data wacu yadusanze mu nzira aho twimurirwaga. Gari ya moshi yaratungutse cyane, idusatira cyane. Kuva mu rujijo

rwanjye rwo mu mutima, nahise numva niyemeza kwiroha mu nzira ya gari ya moshi. Numvaga mama ananiwe kwihanganira isi itunguranye yangiritse. Nakundaga Mama nk'inshuti yanjye magara ku isi. Amaso ye y'umukara yishimye ni yo yari ubuhungiro bwanjye bukomeye mu byago bito byo mu bwana.

"Ese we nyamara "Muzima?" Jye yahagaze kuri kimwe icya nyuma ikibazo kuri yanjye marume.

"Birumvikana ko ari muzima!" Ntiyatinze gusobanura ihungabana ryari mu maso hawe. Ariko sinamwemeraga cyane.

Ubwo twageraga iwacu i Calcutta, twagombaga guhura n'amayobera atangaje y'urupfu. Naguye mu mimerere isa n'aho nta muntu ukiriho. Hashize imyaka myinshi mbere y'uko ubwiyunge bugera mu mutima wanjye. Nasenyutse mu marembo y'ijuru, amarira yanjye amaherezo yahamagaye Mama w'Imana. Amagambo ye yazanye gukira kwa nyuma ku bikomere byanjye byari bikaze:

"Ni njye wagutegereje, ubuzima ku bundi, mu bwuzu bw'ababyeyi benshi! Reba mu maso yanjye amaso abiri y'umukara, amaso meza yatakaye, urayashaka!"

Jye na Papa twasubiye i Bareilly nyuma gato y'imihango yo gutwika umurambo w'uwo twakundaga. Buri gitondo kare najyaga mu rugendo rubabaje rwo kwibuka igiti kinini *cya sheoli* cyari gitwikiriye ubwatsi bw'icyatsi kibisi imbere y'inzu yacu. Mu bihe by'ubusizi, natekerezaga ko indabyo z'umweru *za sheoli* zari zirimo kwiye gurira Imana ku bw'ubushake hejuru y'igicaniro cy'ibyatsi. Nkivanga amarira n'ikime, nakundaga kubona urumuri rudasanze rw'isi ruturuka mu museke. Ububabare bukomeye bwo kwifuza Imana bwaranyishe. Numvise nkuruwe cyane n'imisozi ya Himalaya.

Umwe muri babyara banjye, wari umaze igihe kinini mu rugendo mu misozi mitagatifu, yadusuye i Bareilly. Nateze amatwi inkuru ze zivugaga ku icumbi ry'aba yoga n'abaswami mu misozi miremire .

"Reka twirukire mu misozi ya Himalaya." Igitekerezo cyanjye umunsi umwe kuri Dwarka Prasad, umuhungu muto w'umutunzi wacu i Bareilly, cyaranzwe n'amatwi y'abantu bababaye. Yahishuriye mukuru wanjye wari uje kureba Papa gahunda yanjye. Aho guseka gato kubera iyi gahunda idashoboka y'umwana muto, Ananta yangiriye inama yo kunseka.

"Aho ni ibyaweho umuhondo ikanzu? Wowe ntashobora kuba a swami nta ibyo!"

Ariko amagambo ye yaranshimishije cyane. Yangejeje ku ishusho yanjye ngenda mu Buhinde ndi umumonaki. Wenda yankuye mu byibutso by'ubuzima bwa kera; uko byagenda kose, natangiye kubona uburyo bworoshye bwo kwambara imyenda y'iryo torero ry'abamonaki ryashinzwe kera.

Mu gitondo kimwe ubwo naganiraga na Dwarka, numvise urukundo rw'Imana rumanuka cyane bitewe n'inkubi y'umuyaga. Uwo twari kumwe yari yitaye ku magambo yakurikiyeho, ariko nanjye ubwanjye nari nteze amatwi.

Nahunze kuri uwo mugoroba yerekeza i Naini Tal mu misozi ya Himalaya. Ananta yaramukurikiye by'ukuri; Nahatiwe gusubira i Bareilly mbabaye. Urugendo

rwonyine rwanyemereraga ni urwo mu gitondo cya kare njya ku giti cya *sheoli* .
Umutima wanjye waraririye ba Mama bazimiye, abantu kandi b'Imana.

Amafaranga y'ubukode yasizwe mu muryango na Mama yapfuye ntabwo yari asanzwe. Papa ntiyigeze yongera gushaka mu myaka hafi mirongo ine yari asigaye. Afata inshingano itoroshye ya Papa na Mama ku mukumbi we muto, yarushijeho kuba mwiza, yegereka. Afite ituze n'ubushishozi, yakemuye ibibazo bitandukanye byo mu muryango. Nyuma y'amasaha y'akazi yavuye mu kazi nk'umwimukira mu cyumba cye, akora *Kriya Yoga* mu ituze ryiza. Nyuma y'igihe kirekire Mama apfuye, nagerageje gukorana na

Umuforomo w'Umwongereza kugira ngo yita ku bintu birambuye byatuma ubuzima bw'umubyeyi wanjye burushaho kuba bwiza. Ariko Papa yazunguje umutwe.



Ibyanjye Mama

A Umwigishwa bya Lahiri Ikihasaya

"Umurimo kuri njye warangiye kuri nyoko." Amaso ye yari kure cyane kubera ubwitange bwe bwose. "Sinzemera ubufasha buturutse ku wundi mugore uwo ari we wese."

Amezi cumi n'ane nyuma y'urupfu rwa Mama, namenye ko yansigiye ubutumwa bw'ingenzi. Ananta yari ahari ubwo yari asinziriye kandi yari yafashe amajwi ye. Nubwo yari yasabye ko ibyo bitangazwa nyuma y'umwaka umwe, musaza wanjye yaratinze. Yari agiye kuva i Bareilly ajya i Calcutta, gushaka umukobwa Mama yari yamutoranyirije. **2-2** Umugoroba umwe yarampamagaye ngo njye iruhande rwe.

"Mukunda, nanze kuguha inkuru idasanzwe." Ijwi rya Ananta ryari rifite agapapuro ko kwegura. "Nari mfite ubwoba bwo kongera icyifuzo cyawe cyo kuva mu rugo. Ariko uko byagenda kose, urimo ushishikazwa n'Imana. Igihe nagufataga vuba aha mu nzira ujya mu misozi ya Himalaya, nageze ku cyemezo gihamye. Sinkwiye gukomeza gusubika isohozwa ry'isezerano ryanjye rikomeye." Mukuru wanjye yampaye agasanduku gato, maze angezaho ubutumwa bwa Mama.

Mama yaravuze ati: "Aya magambo abe umugisha wanjye wa nyuma, mwana wanjye nkunda Mukunda!". "Igihe kirageze aho ngomba kuvuga ibintu byinshi bitangaje nyuma yo kuvuka kwawe. Namenye inzira yawe yagenewe ukiri uruhinja mu maboko

yanjye. Hanyuma naragutwaye ujya kwa mwarimu wanjye i Benares. Nari hafi kwihisha inyuma y'imbaga y'abigishwa, sinashoboraga kubona Lahiri Mahasaya yicaye atekereza cyane.

"Mu gihe nakukubitaga, nasengaga ngo umushumba mukuru abyiteho kandi aguhe umugisha. Ubwo icyifuzo cyanjye cyo gusenga bucece cyagendaga gikomera, yafunguye amaso ye ampamagarira ngo nzegere. Abandi bampaye inzira; nunamyeye ku birenge byera. Databuja yakwicaje ku bibero bye, agushyira ikiganza ku gahanga mu buryo bwo kubatiza mu buryo bw'umwuka."

"Mana muto, umuhungu wawe azaba umuyogi. Nk'umumoteri w'umwuka, azatwara roho nyinshi mu bwami bw'Imana."

"Umutima wanjye waranezerewe cyane kubona isengesho ryanjye ry'ibanga ritanzwe n'umuhanga mu by'ukuri. Mbere gato y'uko uvuka, yari yarambwiye ko uzakurikira inzira ye."

"Nyuma, mwana wanjye, iyerekwa ryawe ry'Umucyo Mukuru ryamenyekanye kuri njye na mushiki wawe Roma, kuko mu cyumba gikurikiraho twakubonye uhagaze ku buriri. Isura yawe ntoya yari imurikiwe; ijwi ryawe wavuze ushyizeho umutima ubwo wavugaga ibyo kujya mu misozi ya Himalaya ushakisha Imana."

"Muri ubu buryo, mwana wanjye, namenye ko inzira yawe iri kure y'ibyifuzo by'isi. Ikintu cyihariye cyane mu buzima bwanjye cyazanye ikindi gihamya - igikorwa ubu gishyira ubutumwa bwanjye ku buriri bwanjye."

"Byari ikiganiro n'umuhanga wo muri Punjab. Ubwo umuryango wacu wari utuye i Lahore, mu gitondo kimwe umukozi yinjiye mu cyumba cyanjye yihuta cyane."

"Madamu, a Bidasanzwe *sadhu* 2-3 ni hano. We ashimangira ibyo we "reba i umubyeyi bya Mukunda."

"Aya magambo yoroshye yankoze ku mutima cyane; nahise njya gusuhuza umushyitsi. Napfukamyeye imbere y'ibirenge bye, numva ko imbere yanjye hari umuntu w'Imana nyakuri."

"Mama," aravugaga, "bayobozi bakuru barakwifuriza kumenya ko igihe cyawe cyo ku isi kitazatinda. Indwara yawe itaha izaba ari yo ya nyuma." 2-4 Habayeho ituze, nta bwoba numvise ahubwo numvise gusa ituze ryinshi. Amaherezo yongeye kumbwira ati:

"Ugomba kuba umurinzi w'impimbano y'ifeza. Sinzayiguha uyu muni; kugira ngo nerekaneye ukuri mu magambo yanjye, impimbano izagaragara mu biganza byawe ejo mu gihe urimo gutekereza. Ku buriri bwawe bwo gupfa, ugomba kwigisha umuhungu wawe w'imfura Ananta kubika icyo mpimbano mu gihe cy'umwaka umwe hanyuma akayihira umuhungu wawe wa kabiri. Mukunda azasobanukirwa icyo impimbano isobanura mu bakomeye. Agomba kuyibona mu gihe azaba yiteguye kwihakana ibyiringiro byose by'isi no gutangira gushaka Imana by'ingenzi. Iyo

amaze imyaka runaka agumanye iyo mpimbano, kandi imaze kugera ku ntego yayo, izashira. Nubwo yabikwa ahantu hihishe cyane, izagaruka aho yaturutse."

"Natanze imfashanyo kuva ku myaka 2 kugeza kuri 5 ku mutagatifu, maze bamwikubita imbere bamwubaha cyane. Ntabwo bafata amaturo, aragenda afite umugisha. Ku mugoroba wakurikiyeho, ubwo nari nicaye n'amaboko apfunyitse ndimo gutekereza, impigi y'ifeza yambaye hagati y'ibiganza byanjye, nkuko *sadhu* yari yarabisezeranye. Yigaragaje ubwayo na a ubukonje, yoroshye gukoraho. Jye kugira kubera ishyari barinzwe byo kuri byinshi kuruta bibiri imyaka, na Noneho birekere Ananta. Ntumbabarire, kuko nzaba nayobowe n'umwarimu wanjye ukomeye

mu i intwaro bya i Nta kitagira iherezo. Muraho, yanjye umwana; i Ishusho y'isi Mama ubushake kurinda wowe."

Umuriro w'urumuri waranyicayeho mfite iyo ndahiro; ibintu byinshi byo kwibuka byari bisinziriye byarabyutse. Iyo ndahiro, yari izengurutse kandi idasanzwe, yari yuzuyemo inyuguti za Sanskrit. Nasobanukiwe ko yaturutse ku barimu bo mu buzima bwa kera, banyoboraga mu buryo butagaragara. Hari ikindi kintu cyari gikenewe cyane; ariko umuntu ntagaragaza neza umutima w'indahiro.

Uburyo iyo hirizi yazimiye mu bihe bibi cyane byo mu buzima bwanjye; n'uburyo kubura kwayo byambereye ikimenyetso cy'inyungu zanjye zo kuba umuhanga, ntabwo byavugwa muri iki gice.

Ariko uwo mwana muto, kubera ko yananiwe kugera mu misozi ya Himalaya, yagendaga buri munsu agendera ku mababa y'impigi ye.

.....
2-1 : Sanskriti umuzi ibisobanuro bya *swami* ni "Yewe nde ni kimwe hamwe na bye Kwikunda (*Swa*)." Byashyizweho kuri a umunyamuryango bya i Umuhinde gutumiza Mu bamonaki, izina ry'icyubahiro rifite icyubahiro cyemewe cya "reverend".

2-2 : Itsinda Umuhinde icyitegererezo, aho ababyeyi hitamo i umufatanyabikorwa w'ubuzima kuri ibyabo umwana, ifite yarwanyije i kudasobanutse ibitero bya igihe. Ijanisha ry'ingo z'Abahinde zirangwa n'ibyishimo riri hejuru.

2-3 : An ankorite; kimwe nde akurikirana a *sadhana* cyangwa inzira bya iby'umwuka imyitwarire.

2-4 : Igihe Jye byavumbuwe na ibi amagambo ibyo Mama yari afite umutwari ibanga ubumenyi bya a ngufi ubuzima, Jye byumvikana kuri iya mbere igihe kuki we yari afite yabaye gushimangira ku kwihuta i gahunda kuri Ananta's ishyingiranwa. Nubwo we yapfuye mbere i ubukwe, icyifuzo cye cya kibyeyi cyari ukubona imihango.

2-5 : A gakondo ikimenyetso bya icyubahiro kuri *sadhus* .

IGICE: 3

Itsinda Mutagatifu Hamwe na Ebyiri Imibiri

"Data, niba Jye isezerano kuri kugaruka mu rugo nta agahato, Gicurasi Jye gufata a kureba ibintu bireba urugendo kuri Benares?

Papa ntiyakundaga cyane gukunda ingendo. Yanyemereraga gusura imijyi myinshi n'ahantu ho gusura. Akenshi umwe mu nshuti zanjye yamperekezaga; twagendaga

neza ku makarita yo mu rwego rwo hejuru yatanzwe na Papa. Umwanya we nk'umukozi ushinzwe gari ya moshi washimishije cyane abashyitsi bo mu muryango.

Papa byasezeranyijwe kuri gutanga yanjye ubusabe kwishyura gutekereza. Itsinda igikurikiraho umunsi we yahamagawe nnyewe na byafashwe

hanze a urugendo rwo kugaruka no kugaruka impamyabushobozi kuva Bareilly kuri Benares, a umubare bya rupiye inyandiko, na bibiri amabaruwa.

"Mfite ikibazo cy'ubucuruzi nshaka gusaba inshuti yanjye ya Benares, Kedar Nath Babu. Ikibabaje ni uko nabuze aderesi ye. Ariko ndizera ko uzashobora kumugezaho iyi baruwa binyuze ku inshuti yacu dusangiye, Swami Pranabananda. Swami, umwigishwa wanjye, ageze ku rwego rwo hejuru mu buryo bw'umwuka. Uzungukirwa no kuba ari kumwe nawe; iyi nyandiko ya kabiri izaba nk'intangiriro yawe."

Kwa se amaso yahinye nka we byongeweho, "Ubwenge, oya byinshi ingendo z'indege kuva mu rugo!"

Natangiye urugendo mfite ibyishimo by'imyaka cumi n'ibiri (nubwo igihe kitarigeze kigabanya ibyishimo byanjye mu bintu bishya n'amasura adasanzwe). Ngeze i Benares, nahise njya mu rugo rwa swami. Urugi rw'imbere rwari rukinguye; nerekeza mu cyumba kirekire, gisa n'icyumba cyo ku igorofa rya kabiri. Umugabo ukomeye cyane, wambaye igitambaro gusa, yari yicaye mu mwanya wa lotus ku rubaraza ruzamutse gato. Umutwe we n'isura ye idapfutse byari byogoshe neza; inseko nziza yakinye ku minwa ye. Kugira ngo areke igitekerezo cyanjye cy'uho nari ninjiriye, yansuhije nk'inshuti yanjye ya kera.

" *Baba anand* (ibyishimo ku mukunzi wanjye)." Yakiriwe neza cyane mu ijwi ry'umwana. Narapfukamye nkora ku birenge bye.

"Ese wowe Swami Pranabananda?"

Yafashe umutwe. "Uri umuhungu wa Bhagabati?" Amagambo ye yari yasohotse mbere yuko mbona umwana wo gukura ibaruwa ya Papa mu mufuka wanjye. Natangajwe cyane no kumuha ibaruwa y'intangiriro, noneho isa n'aho idakenewe.

"Birumvikana ko nzagushakira Kedar Nath Babu." Uwo mutagatifu yongeye kuntungura kubera ubuhanga bwe bwo kuvuga. Yarebye ibaruwa, maze avuga ku mubyeyi wanjye amagambo make arangwa n'urukundo.

"Urabizi, ndimo kwishimira pansiyi ebyiri. Imwe ni iyatanzwe na so, uwo nahoze yakoranye muri i gari ya moshi ibiro. Itsinda ibindi ni na i inama bya yanjye Ijuru Data, uwo nasohojye inshingano zanjye zo ku isi mu buzima bwanjye n'umutima wanjye wose."

Nasanze iyi mvugo idasobanutse neza. "Ni ubuhe bwoko bw'ikiruhuko cy'izabukuru uhabwa na Data wo mu ijuru? Ese agushyira amafaranga mu bibero byawe?"

Yarasetse. "Ndavuga pansiyi y'amahoro atagira ingano - igihembo cy'imyaka myinshi yo gutekereza cyane. Sinigeze nifuza amafaranga ubu. Ibintu bike nkeneye

birahagije. Nyuma uzasobanukirwa akamaro ka pansiyu ya kabiri."

Mu buryo butunguranye, umutagatifu yahindutse umurava cyane. Umwuka umeze nk'uwa sphinx waramutwikiriye. Mu ntangiriro amaso ye yarabengeranaga, asa n'aho areba ikintu gishimishije, hanyuma aracika intege. Numvise mfite isoni kubera akantu gato yantunguye; yari atarambwira uko nahura n'inshuti ya Data. Narebye mu cyumba cy'ubusa, nta kintu na kimwe, uretse twe babiri. Amaso yanjye y'ubusa yarebye inkweto ze z'ibiti, zari muni y'intebe yo ku rukuta.

"Bwana muto, **3-1** Ntugire impungenge. Umugabo wifuza kubona azaba ari kumwe nawe mu minota 30." Umuyogi yasomaga ibitekerezo byanjye - ikintu kitari kigoye cyane muri iki gihe!

Yongeye kugwa mu gacerere kadasobanutse. Isaha yanjye yambwiye ko iminota mirongo itatu ishize. Swami yarabyutse. "Ndatekereza ko Kedar Nath Babu ari hafi y'umuryango."

Numvise umuntu azamuka ku madarajya. Hahise hazamo gutungurwa no kutamenya; ibitekerezo byanjye byaranyongeye cyane: "Bishoboka bite ko inshuti ya Data yahamagawe aha hantu nta ntumwa imufashije? Kuva aho mpagereye nta wundi muntu yigeze avugana nawe uretse jye ubwanjye !"

Nahise mva mu cyumba maze manuka ku madarajya. Hagati aho nahuye n'umugabo muto w'uruhu rwera kandi ufite uburebure burebure. Yasaga n'aho yihuta cyane.

"Ese wowe Kedari Nath Babu?" Ibyishimo ibara yanjye ijwi.

"Yego. Ese ntabwo uri umuhungu wa Bhagabati wari utegereje hano ngo duhure?" Yaramwenyuye mu buryo bw'urugwiro.

"Bwana, gute kora wowe bibaho kuri ngwino hano? " Jye yumva urujijo inzika birarangiye bye Ntibisobanutse neza kuhaba.

"Uyu muni byose ni amayobera! Mu gihe kitarenze isaha imwe ishize nari maze kurangiza kwiyuhagira muri Ganges ubwo Swami Pranabananda yegereye njewe. Jye kugira oya igitekerezo gute we yari azi Jye yari hariya kuri ibyo igihe.

"Umwana wa Bhagabati aragutegereje mu nzu yanjye,' aravugaga. 'Uzanjyana?' Naremeye nishimye. Ubwo twakomezaga kugenda dufatanye, swami yambaye inkweto ze z'ibiti yashoboye kundusha mu buryo butangaje, nubwo nambaye izi nkweto zikomeye zo kugenda.

"Bizagutwara igihe kingana iki kugira ngo ugere iwanjye?' Pranabanandaji yahise ahagarara kumbaza iki kibazo.

"Ibyerekeye kimwe cya kabiri umuntu isaha.'

"Nfite ikindi kintu ngomba gukora ubu.' Yanshubije amaso mu buryo butangaje. 'Ngomba kugusiga inyuma. Ushobora kuza mu nzu yanjye, aho njye n'umuhungu wa Bhagabati tuzaba tugutegereje.'

"Mbere yuko nshobora kwisubiraho, yanyuzeho vuba cyane maze abura mu bantu.

Nagiye hano vuba bishoboka."

Ibi ibisobanuro gusa byiyongereye yanjye urujijo. Jye yabajije gute kirekire we yari afite bizwi i swami.

"Twahuye inshuro nke umwaka ushize, ariko si vuba aha. Nashimishijwe cyane no kongera kumubona uyu munsu mu *birori byo kwiyuhagira* ."

"Jyewe ntibishobora kwizera yanjye amatwi! Am Jye gutsindwa yanjye Ubwonko? Yakoze wowe guhura we muri icyerekezo, cyangwa yabikoze wowe mu by'ukuri

reba we, gukoraho bye ikiganza, na kumva i ijwi bya bye ibirenge?

"Sinzi icyo utwaye!" Yarakaye cyane. "Sinkubeshya. Ntushobora kumva ko ari bwo buryo bwonyine nashoboraga kumenya ko untegerereje aha hantu ?"

"Ese, uwo mugabo, Swami Pranabananda, ntarava mu maso yanjye na gato kuva naza ku isi nk'isaha imwe ishize?" Navuze inkuru yose.

Amaso ye yarafungutse cyane. "Ese turi muri iki gihe cy'ibintu, cyangwa turimo kurota? Sinigeze nitega kubona igitangaza nk'iki mu buzima bwanjye! Nibwiraga ko uyu muswami ari umuntu usanzwe gusa, none ubu ndi Ashake ashobora kwihindura umubiri w'inyongera akawukoresha!" Twese hamwe twinjiye mu cyumba cy'umutagatifu.

"Reba, izo ni inkweto yari yambaye ubwo yari ku *ivuko* ," Kedar Nath Babu arangurura ati: "Yari yambaye igitambaro gusa, nk'uko mbibona ubu."

Nkuko i umushyitsi yunamye mbere we, i umutagatifu yahindukiye kuri njyewe hamwe na a ibibazo inseko.

"Kuki utangaye kuri ibi byose? Ubumwe buhishe bw'isi itangaje ntibwihishe abakora yoga nyabo. Nhita mbona kandi nkaganira n'abigishwa banjye bari i Calcutta ya kure. Na bo bashobora kurenga inzitizi zose z'ibintu bikomeye uko babyifuza."

Birashoboka ko ari mu rwego rwo gushishikariza ishyaka ry'umwuka mu ibere ryanjye rikiri rito, Swami yari yaricishije bugufi. kuri bwira njyewe bya bye imbaraga bya mu kirere radiyo na televiziyo. **3-2** Ariko ahubwo kubera ishyaka, nagize ubwoba bwinshi cyane. Kubera ko nari nagenewe gukora ubushakashatsi bwanjye bushingiye ku munyabwenge umwe - Sri Yukteswar, ntari narigeze mbona - ntabwo nigeze numva mfite icyifuzo cyo kwemera Pranabananda nk'umwarimu wanjye. Naramurebye nshidikanya, nibaza niba ari byo yari we cyangwa mugenzi we mbere yanjye.



Swami Pranabananda
"Icyo Mutagatifu Hamwe na Ebyiri Imibiri"

An Yashyizwe hejuru Umwigishwa bya Lahiri Ikihasaya

Umwigisha yashatse kwirukana ubwoba bwanjye ampa isura ikankora ku mutima, no mu magambo ashishikaje yerekeye umushumba we.

"Lahiri" Ikihasaya yari i gikomeye kurusha ibindi yoga Jye iteka ryose yari abizi. We yari Ubumana Ubwayo muri i ifishi bya inyama.

Niba umwigishwa, natekereje, yashoboraga kwihindura umubiri udasanzwe uko abyishakiye, ni ibihe bitangaza byashoboraga kubuzwa na shebuja?

"Ndakubwira ukuntu ubufasha bw'umuhanga ari ubw'agaciro. Nakundaga gutekereza n'undi mwigishwa amasaha umunani buri joro. Twagombaga gukora ku biro bya gari ya moshi ku manywa. Kubera ko nagorwaga no gukora imirimo yanjye y'ubupadiri, nifuje guha Imana igihe cyanjye cyose. Namaze imyaka umunani nihangana, ntekereza igice cy'ijoro. Nagize umusaruro mwiza; ibitekerezo bikomeye by'umwuka byamurikiye ubwenge bwanjye. Ariko agace gato k'igitambaro kaguma hagati yanjye n'Imana Ihoraho. Nubwo nashishikajwe cyane n'ubumuntu, nasanze ntari narigeze nsubira inyuma. Umunsi umwe nimugoroba nasuye Lahiri Mahasaya ndamusabira ko anyinginga. Nakomeje kwinginga mu ijoro ryose.

"Malayika Mukuru, agahinda kanjye ko mu mwuka karakomeye cyane ku buryo ntashobora kwihanganira ubuzima bwanjye ntahuye n'Umukunzi Mukuru imbonankubone!"

"Iki gishobora Jye gukora iki? Wowe ugomba gutekereza byinshi byimbitse."

"Ndagusabye, Mana Databuja! Ndakubona wihinduye umubiri imbere yanjye; mpa umugisha kugira ngo nshobore kukubona mu ishusho yawe itagira iherezo!"

"Lahiri Mahasaya yarambuye ukuboko kwe mu buryo burangwa n'ineza. 'Ushobora kujya gutekereza. Nagusabiraga kuri Brahma.' **3-3**

"Numvise nduhutse cyane, nasubiye iwanjye. Muri iryo joro, intego ikomeye y'ubuzima bwanjye yaragezweho. Ubu ndahora nishimira pansiyi y'umwuka. Kuva uwo munsi nta na rimwe Umuremyi w'Ibyiza yigeze aguma yihishe inyuma y'amaso yanjye inyuma y'igitambaro icyo ari cyo cyose cy'ubuyobe."

Isura ya Pranabananda yari yuzuye umucyo w'Imana. Amahoro y'indi si yinjiye mu mutima wanjye; ubwoba bwose bwari bwarahunze. Uwera yongeye kugira icyizere.

"Nyuma y'amezi make nasubiye i Lahiri Mahasaya ngerageza kumushimira ku bw'impano ye itagira iherezo. Hanyuma navuze ikindi kintu."

"Imana Nkuru, sinshobora gukomeza gukora mu biro. Ndakwinginze undekure. Brahma atuma nkomeza gusinzira."

"Saba pansiyi muri sosiyete yawe." "Ni

iyihe mpamvu natanga, mu ntangiriro

z'umurimo wanjye?" "Vuga uko wumva."

"Icyo igikurikiraho umunsi Jye byakozwe yanjye porogaramu. Itsinda umuganga yabajije i ubutaka kuri yanjye imburagihe ubusabe.

"Ku kazi, nsanga hari ikintu gikomeye cyane kizamuka mu mugongo wanjye. 3-4 Binjira mu mubiri wanjye wose, ntibinkwiriye gusohoka inshingano zanjye."

"Nta kindi kibazo muganga yansabye cyane pansiyi, ariko nahise mbona. Nzi ko ubushake bw'Imana bwa Lahiri Mahasaya bwanyuze kuri muganga n'abayobozi ba gari ya moshi, harimo na so. Bumviye ubuyobozi bw'umwuka bw'umwarimu mukuru, maze bandekura ngo ngire ubuzima bwo gusabana n'umukunzi wanjye." 3-5

Nyuma y'iri yerekwa ridasanzwe, Swami Pranabananda yavuye mu kanwa mu gace ke k'igihe kirekire yacecetse. Nari ndimo ndamusezeraho, nkora ku birenge bye mwubaha, ampa umugisha we:

"Ubuzima bwawe ni inzira yo kwiya no gukora yoga. Nzongera kukubona, uri kumwe na so, nyuma." Imyaka yatumye ibyo byombi bihanurwa bisohora. 3-6

Kedar Nath Babu yankurikiranye mu mwijima wari urimo uterana. Nazanye ibaruwa ya Papa, uwo twari kumwe ayisoma muni y'itara ry'umuhanda.

"So arampa inama yo gufata akazi mu biro bya sosiyete ye ya gari ya moshi i Calcutta. Mbega ukuntu bishimishije kwitega nibura imwe muri pansiyi Swami Pranabananda afite! Ariko ntibishoboka; sinshobora kuva muri Benares. Ikibabaje ni uko imibiri ibiri itaragera kuri njye!"

.....
3-1 : *Choto Ikihasaya* ni i igihe na iki a umubare bya Umuhinde abera yanditswe nyewe. Byabyo ihindura "gato Bwana."

3-2 : Mu buryo bwabwo, siyansi y'ibintu ishimangira ko amategeko yavumbuwe na yoga binyuze mu bumenyi bwo mu mutwe ari ukuri. Urugero, a imyigaragambyo ibyo umugabo ifite televiziyo imbaraga yari byatanze ku Ugushyamba 26, 1934 kuri i Umwami Kaminuza bya Roma. "Dr. Giuseppe Calligaris, Porofeseri w'imitekerereze y'umubiri, yakandagiye ingingo zimwe na zimwe z'umubiri w'umuntu maze uwo muntu asubiza ibisobanuro bigufi by'abandi bantu n'ibintu biri ku rundi ruhande rw'urukuta. Dr. Calligaris yabwiye abandi baporofeseri ko iyo hari ibice bimwe na bimwe ku ruhu bihangabanye, uwo muntu ahabwa ibitekerezo bidasanzwe bimufasha kubona ibintu atashoboraga kubona ukundi. Kugira ngo uwo muntu ashobore kumenya ibintu biri ku rundi ruhande rw'urukuta, Porofeseri Calligaris yakandagiye ahanu iburyo bw'igituma mu gihe cy'iminota cumi n'itanu. Dr. Calligaris yavuze ko iyo ibindi bice by'umubiri bihangabanye, uwo muntu yashoboraga kubona ibintu biri kure iyo ari yo yose, hatitawe ku kuba barigeze babona ibyo bintu mbere."

3-3 : Imana muri Ye imiterere bya Umuremyi; kuva Sanskriti umuzi *brih*, kuri kwagura. Igihe Emerson's igisigira *Brahma* yagaragaye muri Atalantika *Buri kwezi* muri 1857, hafi ya yose i abasomyi bari waratangaye. Emerson yarasetse cyane. "Bwira "Babo," we yaravuze ati, "kuri vuga "Yehova" aho kuba "Brahma" kandi ntibazumva babangamiwe.

3-4 : Muri birambuye gutekereza cyane, i mbere ubunararibonye bya Umwuka ni ku i igicaniro bya i urutirigongo, na hanyuma muri i ubwonko. Itsinda lbyishimo byinshi birarenze urugero, ariko umuntu ukora yoga yiga kugenzura uko bigaragara inyuma.

3-5 : Nyuma bye ikiruhuko cy'izabukuru, Pranabananda yanditse kimwe bya i hafi ya yose cyane ibitekerezo ku i *Bhagavad* Gita, iboneka mu rurimi rwa Bengali n'Igihindi.

IGICE: 4

Ibyanjye Byarahagaze Indege Kugana Itsinda Himalaya

"Va mu ishuri ryawe ku mpamvu ndende, maze ufate imodoka ya Hackney. Hagarara mu muhanda aho nta muntu wo mu rugo rwanjye ushobora kukubona."

Aya ni yo mabwiriza ya nyuma nahaye Amar Mitter, inshuti yanjye yo mu ishuri ryisumbuye wari ufite gahunda yo kumperekeza mu misozi ya Himalaya. Twari twahisemo umunsi ukurikiyeho mu rugendo rwacu. Kwitonda byari ngombwa, kuko Ananta yari maso cyane. Yari yiyemeje kuburizamo imigambi yo guhunga yakekaga ko ari yo yari iy'ingenzi mu bitekerezaho byanjye. Impumuro, nk'umusemburo wo mu mwuka, yari irimo gukora bucece muri njye. Hagati y'urubura rwo mu misozi ya Himalaya, nifuzaga kubona shebuja wakundaga kumubona mu iyerekwa.

Umuryango wari utuye i Calcutta, aho Papa yari yarimuwe burundu. Akurikije umuco w'abakurambere b'Abahinde, Ananta yari yazanye umugeni we iwacu, ubu uri kuri 4 Gurpar Road. Aho mu cyumba gito cyo hejuru nakoreragamo amasengesho ya buri muni kandi ntegura ubwenge bwanjye ku gushaka Imana.

Igitondo kitazibagirana cyageze imvura idasanzwe. Numvise amapine y'imodoka ya Amar mu muhanda, nahise mfata igitambaro, inkweto, ifoto ya Lahiri Mahasaya, kopi ya Bhagavad *Gita*, umugozi w'amasaro yo gusenga, n'ibitambaro bibiri byo mu rukenyerero. Uyu mufuka nawujugunye mva mu idirishya ryanjye ry'igorofa rya gatatu. Namanutse ku madarajya niruka nnyura kuri marume, ngura amafi ku muryango.

"Iki ni i "Ibishimishije?" Ye kureba kugenda mu buryo bw'amakenga birarangiye yanjye umuntu.

Namwenyuye nta kwiyezeza, maze ngenda njya mu muhanda. Mfata ipaki yanjye, nifatanyije na Amar n'uburiganya. Twafashe imodoka tujya i Chadni Chowk, ikigo gicuruza ibicuruzwa. Twamaze amezi menshi tuzigama amafaranga yacu yo kugura imyenda y'Abongereza. Kubera ko twari tuzi ko murumuna wanjye

w'umunyabwenge yashoboraga gukina nk'umupolisi w'iperereza, twatekereje kumurusha ubwenge dukoresheje imyenda y'Abanyaburayi.

Mu nzira tujya kuri sitasiyo, twahagaze dusanga mubyara wanjye, Jotin Ghosh, uwo nitaga Jatinda. Yari umuhindikiriye idini rishya, yifuzaga cyane umuhanga mu by'iyobokamana mu misozi ya Himalaya. Yambaye ikanzu nshya twari dufite twiteguye. Twifuje ko twihishe neza! Ibyishimo byinshi byari mu mitima yacu.

"Ubu icyo dukeneye ni inkweto zo mu kabati gusa." Najyanye bagenzi banjye mu iduka ryagaragazaga inkweto zifite ijosi rya kabutura. "Ingingo bya uruhu, nabonye gusa binyuze i ubwicanyi bya inyamaswa, ugomba kuba kubura kuri uru rugendo rutagatifu." Nahagaze mu muhanda kugira ngo nkureho igipfukisho cy'uruhu kuri *Bhagavad Gita yanjye*, n'imishumi y'uruhu kuri *sola topee yanjye* (ingofero) yakozwe mu Cyongereza.

Kuri sitasiyo twaguze amatike agana i Burdwan, aho twateganyaga kwimukira i Hardwar mu misozi ya Himalaya. Gari ya moshi ikimara kuguruka, kimwe natwe, navuze bimwe mu byo nari niteze.

"Tekereza gato!" Naravuze nti "Tuzatangizwa n'abahanga maze tubone uko twiyumva mu bwenge bw'ikirere. Inyama zacu zizaba zifite imbaraga zo gukurura ku buryo inyamaswa zo mu gasozi zo mu misozi ya Himalaya zizatwegera neza. Ingwe ntizizaba zimeze nk'injangwe zo mu rugo zidutegereje !"

Iki gitekerezo, nk'igishushanyo mbonera cy'umuntu natekerezaga ko ari mwiza cyane, haba mu buryo bw'ikigereranyo cyangwa mu buryo bw'umwimerere, cyazanye inseko y'ibyishimo kuri Amar. Ariko Jatinda yakuye amaso ye, ayerekeza mu idirishya areba ahantu hatandukanye.

"Amafaranga nagabanywemo ibice bitatu." Jatinda yacecetse igihe kirekire agira icyo abivugaho. "Buri wese muri twe agomba kugura itike ye i Burdwan. Bityo nta muntu n'umwe kuri sitasiyo uzatekereza ko turi guhunga hamwe."

Naremeye ntashidikanya. Mu mugoroba gari ya moshi yacu yahagaze i Burdwan. Jatinda yinjiye mu biro by'amatike; njye na Amar twicaye ku rubyiniro. Twategereje iminota cumi n'itanu, hanyuma tubaza ibibazo bidafite icyo bimaze. Twashakishije mu mpande zose, duhamagara izina rya Jatinda dufite ubwoba bwinshi. Ariko yari yazimiye mu mwijima utazwi wari ukikije sitasiyo nto.

Nagize ubwoba bwinshi, ntangazwa n'ibitotsi bidasanzwe. Ko Imana yakwihanganira iki kibazo giteye agahinda! Igihe cy'urukundo cyo mu rugendo rwanjye rwa mbere nateguye neza nyuma ye cyarangiritse cyane.

"Amar, tugomba gusubira mu rugo." Nari ndira nk'umwana. "Guhaguruka kwa Jatinda mu buryo bubabaje ni ikintu kibi. Uru rugendo ruzananirwa."

"Ese ibi ibyawe urukundo kuri i Nyagasani? Ntabwo nshobora wowe guhagarara i gato ikizamini bya a uburiganya mugenzi wawe?"

Binyuze mu gitekerezo cya Amar cyo kugerageza Imana, umutima wanjye warahagaze neza. Twasubiyemo inyama zizwi cyane za Burdwan, *sitabhog* (ibiryo by'imana) na *motichur* (uduce tw'isaro ryiza). Mu masaha make, twagiye kwitoza

muri Hardwar, dunyuze muri Bareilly. Guhindura gari ya moshi i Moghul Serai, twaganiriye ku kintu cy'ingenzi ubwo twari dutegereje ku rubyiniro.

"Amar, dushobora kuzahatwa ibibazo bikomeye n'abayobozi ba gari ya moshi. Sinsuzugura ubuhanga bwa murumuna wanjye! Uko byagenda kose, sinzavuga ibinyoma."

"Byose Jye baza bya wowe, Mukunda, ni kuri gumana na n'ubu. Ntukagire icyo ukora guseka cyangwa kumwenyura mu gihe Jye am "aravuga."

Muri ako kanya, umukozi wa sitasiyo y'i Burayi yaraje. Yampaye telegaramu maze numva icyo yashakaga kuvuga.

"Ese wowe kwiruka kure kuva mu rugo muri uburakari?"

"Oya!" Nishimiye ko amagambo yahisemo yanyemereye gusubiza mu buryo buhamye. Si uburakari ahubwo ni "agahinda gakomeye cyane", nari nzi, ku myitwarire yanjye idasanzwe.

Uwo mutegetsi yahise ahindukirira Amar. Intambara y'ubwenge yakurikiyeho ntiyanyemereye gukomeza imbaraga z'ubudahangarwa.

"Umuhungu wa gatatu ari he?" Umugabo yashyizemo ububasha bwinshi mu ijwi rye. "Ngwino; vuga ukuri!"

"Bwana, ndabona wambaye indorerwamo z'amaso. Ntubona ko turi babiri gusa?" Amar yaramwenyuye cyane. "Sindi umupfumu; sinshobora guhimba undi mugenzi wa gatatu."

Uwo mutegetsi, ababajwe cyane n'ubu bugome, yashatse ubundi buryo bwo

kugaba igitero. "Witwa nde?"

"Nitwa Thomas. Ndi umuhungu wa nyina w'Umwongereza na se w'Umuhindi

wahindutse Umukristo." "Inshuti yawe yitwa nde?"

"Jyewe hamagara we Thompson."

Icyo gihe ibyishimo byanjye byari bigeze ku rwego rwo hejuru; nagiye muri gari ya moshi nta muhate, mvugiriza ifirimbi ngo njye aho ndi. Amar yakurikiyeho n'umukozi wari wizeye kandi ufite inshingano nyinshi. kudushyira mu cyumba cy'i Burayi. Byaramubabajwe cyane gutekereza ku bahungu babiri b'Abongereza bagenda mu gice cyari cyagenewe abaturage baho. Nyuma yo gusohoka mu buryo bw'ikinyabupfura, naraye ku ntebe ndaseka cyane. Inshuti yanjye yagaragazaga ko yishimye cyane kubera ko yatsinze umutegetsi w'inararibonye w'i Burayi.

Ku rubuga nari naratekereje gusoma telegaramu. Kuva kuri mukuru wanjye, yavugaga ibi: "Abahungu batatu b'Ababengali bambaye imyenda y'Icyongereza bahunga iwabo berekeza Hardwar banyuze muri Moghul Serai. Nyamuneka mubafunge kugeza igihe nzazira. Igihembo gihagije ku bw'imirimo yanyu."

"Amar, nakubwiye ko utagomba gusiga ingengabihe zanditse mu rugo rwawe." Njyewe amaso yanjye yari ateye isoni. "Muvandimwe agomba kuba

yarahabonye."

Inshuti yanjye yemeye ko ari yo mpamvu yatumye tuyishyira mu mwanya wayo. Twahagaze gato i Bareilly, aho Dwarka Prasad yari adutegereje aduha telegaramu iturutse kuri Ananta. Inshuti yanjye ya kera yagerageje kudufunga; namwemeje ko urugendo rwacu rutari rwagenze mu buryo bworoshye. Nk'uko byagenze mbere yaho, Dwarka

yananze yanjye ubutumire kuri seti gusohoka kuri i Himalaya.

Ubwo gari ya moshi yacu yari ihagaze kuri sitasiyo muri iryo joro, nanjye nari nsinziriye gato, Amar yakanguwe n'undi muyobozi wabazaga ibibazo. Na we yaguye mu kaga k'ubwiza bw'ubwoko bwa "Thomas" na "Thompson." Gari ya moshi yadutwaye intsinzi igera i Hardwar mu gitondo cya kare. Imisozi miremire yari igaragara kure cyane. Twanyuze kuri sitasiyo twinjira mu mudendeko w'abantu benshi bo mu muji. Igikorwa cya mbere twakoze kwari ukwambara imyenda gakondo, kuko Ananta yari yarinjiye mu buryo bw'ibara ry'i Burayi. Hari igitekerezo cyo gufatwa cyari mu mutwe wanjye.

Kubera ko twabonaga ko ari byiza guhita tuva muri Hardwar, twaguze amatike yo gukomeza urugendo tujya mu majyaruguru tujya i Rishikesh, ubutaka burebure bwari bwuzuye ibirenge by'abayobozi benshi. Nari maze kwinjira muri gari ya moshi, mu gihe Amar yari asigaye ku rubyiniro. Yahagaritswe mu buryo butunguranye n'induru y'umupolisi. Umurinzi wacu utatwakiraga yaduherekeje atujyana muri sitasiyo maze afata amafaranga yacu. Yasobanuye mu kinyabupfura ko ari inshingano ze kudufata kugeza mukuru wanjye ahageze.

Kwiga ibyo i abatinganyi aho ugana yari afite yabaye i Himalaya, i umupolisi bifitanye isano a Bidasanzwe inkuru.

"Ndabona ukunda cyane abatagatifu! Ntuzigera uhura n'umuntu w'Imana ukomeye kurusha uwo nabonye." ejo gusa. Jye na mukuru wanjye w'umusirikare twahuye bwa mbere mu minsi itanu ishize. Twari turi ku irondo n'Abagande, bashakisha cyane umwicanyi. Amabwiriza yacu yari ukumufata, yaba ari muzima cyangwa yapfuye. Yari azwiho kwiyoberanya nk'umusadhu *kugira* ngo yibe abashyitsi. Imbere yacu gato, twabonye umuntu usa n'uko umunyabyaha abivuga. Yirengagije itegeko ryacu ryo guhagarara; twiruka tumutsinda. Ngeze mu mugongo, nafashe ishoka ryanjye n'imbaraga nyinshi; ukuboko kw'iburyo k'uwo mugabo kwari kwaciwe hafi umubiri we wose.

"Nta gutaka cyangwa ngo arebe igikomere giteye ubwoba, uwo muntu utazi yakomeje kwihuta cyane mu buryo butangaje. Ubwo twasimbukaga imbere ye, yavuze bucece."

"Jyewe am ntabwo i umwicanyi wowe ni gushaka."

"Nababajwe cyane no kubona nakomerekeje umuntu w'umunyabwenge usa n'Imana." Nunamyeye Njye ubwanjye ku birenge bye, namusabye imbabazi, maze mpa igitambaro cyanjye cyo mu gituzo kugira ngo nkize amaraso menshi.

"Mwana wanjye, iryo ryari ikosa ryumvikana ku ruhande rwawe." Uwera yamfashe neza. 'Iruka, ntukinubire. Mama ukundwa arimo kunyitaho.' Yasunikiye ukuboko kwe kwari kumanitse mu gishishwa cyayo maze irakomera; amaraso ahagarara mu

buryo butunguranye.

"Mu minsi itatu uzaze unsange munsi y'igiti, uzansanga nkize neza. Bityo ntuzicuza."

"Ejo njye n'umupolisi mukuru wanjye twagiye ahantu habigenewe twiteguye. *Sadhu* yari ahari maze atwemerera gusuzuma ukuboko kwe. Nta nkovu cyangwa igikomere cyari gifite!"

"Jyewe am Kugenda binyuze kuri Rishikesh kuri i Himalaya kwigunga.' We umugisha twebwe nka we yagiye vuba. Jye

kumva ibyo yanjye ubuzima ifite yabaye yazamuwe binyuze bye ukwera."

Umupolisi yasoje avuga amagambo y'ubuhakanyi; ibyamubayeho byamurenze cyane mu buryo busanzwe. Akoresheje ikimenyetso gitangaje, yampaye agapapuro kanditseho igitangaza. Mu buryo busanzwe bw'ikinyamakuru gitangaje (nta kindi kibura, ndetse no mu Buhinde), inyandiko y'umunyamakuru yari ikabije gato: byagaragazaga ko *sadhu* yari hafi gucibwa umutwe!

Jye na Amar twababajwe nuko twari twabuze umuyogi ukomeye washoboraga kubabarira uwamutotezaga mu buryo nk'ubwa Kristo. Ubuhinde, bukenye mu binyejana bibiri bishize, ariko bufite ubutunzi butagira iherezo bw'Imana; "ibintu byo mu kirere" byo mu buryo bw'umwuka bishobora rimwe na rimwe guhura nabyo, ndetse n'abantu bo mu isi nk'uyu mupolisi.

Twashimiye umupolisi kuba yaradufashije mu nkuru ye itangaje. Birashoboka ko yadusobanuriraga ko yari afite amahirwe kuturusha: yahuye n'umutagatifu wamurikiwe nta mbaraga; gushakisha kwacu kwari kwarangiye, ntabwo byari ku birenge bya shebuj, ahubwo byari byarangiye muri sitasiyo ya polisi itoroshye!

Rero hafi y'imisozi ya Himalaya, nyamara, mu gihe twari dufungiyey, kugeza ubu, nabwiyey Amar ko numva mfite imbaraga ebyiri zo gushaka ubwisanzure.

"Reka twigendere igihe amahirwe abonetse. Dushobora kugenda n'amaguru tujya i Rishikesh ntagatifu." Naramwenyuyey nshishikajwe.

Ariko mugenzi wanjye yari yahindutse umuntu wihebye akimara kwamburwa amafaranga yacu.

"Niba twatangiyey urugendo mu ishyamba riteje akaga, twagombye kurangiriza, atari mu muji w'abatagatifu, ahubwo mu nda z'ingwe!"

Murumuna wa Ananta na Amar barahageze nyuma y'iminsi itatu. Amar yakiranye n'umuvandimwe we ahumurizwa n'urukundo. Nari ntahuye ubwumvikane; nta kindi Ananta yangiriyey uretse gutukana cyane.

"Ndumva uko ubyumva." Mukuru wanjye yavuze atuje. "Icyo ngusaba ni ukumperekeza i Benares guhura n'umutagatifu runaka, hanyuma ugakomeza i Calcutta gusura so wari ubabaye iminsi mike. Hanyuma ushobora gukomeza gushaka umuyobozi hano."

Amar yinjiyey mu kiganiro muri iki gihe kugira ngo agaragaze ko nta mugambi wo kugaruka i Hardwar turi kumwe. Yari yishimiye ubushyuhe bw'umuryango. Ariko nari nzi ko ntazigera nreka gushaka umushumba wanjye.

Ibyacu ibirori yatoywe kuri Benares. Hano Jye yari afite a bumwe na ako kanya igisubizo kuri wanjye amasengesho.

ansabe ibibazo nyuma. Umuhanga n’umuhungu we bombi bari basezeranye kungerageza kuva mu nzira *y’umuswa* .

Ananta yanjyanye iwabo. Umuhungu, umusore w'umurava, yanyakiriye mu gikari. Yangejejeho ikiganiro kirekire cya filozofiya. Yibandagaje avuga ko azi neza ahazaza hawe, ariko yanze igitekerezo cyanjye cyo kuba umumonaki.

"Uzahura n'ibyago bidashira, kandi ntuzashobora kubona Imana, niba ukomeje kureka inshingano zawe zisanzwe! Ntushobora kurangiza karma yawe ya kera 4-2." nta bunararibonye bwo ku isi.

Amagambo ya Krishna adapfa yansubije agira ati: "Ndetse n'umuntu ufite karma mbi cyane uhora anyibuka ahita atakaza ingaruka z'ibikorwa bye bibi bya kera. Abaye ikiremwa cyishyira hejuru, vuba aha azagera ku mahoro ahoraho. Arjuna, menya neza ibi: umuntu unyiringira ntazigera ashira!" 4-3

Ariko ibyo umusore yavuze byari byarankuyeho gato icyizere cyanjye. Nasenze Imana bucece n'umutima wanjye wose nti:

"Ndakwinginze ukemure ikibazo cyanjye hanyuma unsubize, hano nonaha, niba ushaka ko mbaho nk'umuntu uhakanye cyangwa umuntu w'isi!"

Nabonye *umusaduke* w'umunyacyubahiro ahagaze hanze y'inzu y'umusesenguzi. Uko bigaragara yari yumvise ikiganiro cyuzuyemo umwuka hagati yanjye n'uwo muntu wiyitaga umuhanga, kuko uwo muntu ntazi yampamagaye iruhande rwe. Numvise imbaraga zidasanzwe zituruka mu ituze rye. amaso.

"Mwana wanjye, ntugatege amatwi uwo muswa. Mu gusubiza isengesho ryawe, Uwiteka arambwira ngo nguhe icyizere ko inzira yawe yonyine muri ubu buzima ari iyo kwihakana Imana."

Hamwe na gutangara nka neza nka gushima, Jye yaramwenyuye nishimye kuri ibi gufata icyemezo ubutumwa.

"Va kuri uwo mugabo!" "Injiji" yari ampamagaye ari mu gikari. Umuyobozi wanjye w'umutagatifu yazamuye ukuboko kwe ampa umugisha maze agenda buhoro buhoro.

"Uwo *musaza* nawe ni umusazi." Ni we wavuze ibi bintu bishimishije. We n'umuhungu we barandebaga cyane. "Numvise ko na we yavuye mu rugo rwe ashaka Imana mu buryo budasobanutse."

Narahindukiye. Nabwiye Ananta ko ntazongera kuganira n'abatwakiriye. Mukuru wanjye yemeye ko duhita duhaguruka; bidatinze twimukira i Calcutta.



Jye guhagarara inyuma yanjye mukuru muvandimwe, Ananta.



Iserukiramuco rya nyuma rya Solstice ryizihijwe na Sri Yukteswar, Ukuboza 1935. Umushumba wanjye yicaye hagati; ndi iburyo bwe, mu gikari kinini cy'inzu ye i Serampore.

"Bwana Detective, wamenye ute ko nahunze n'abagenzi babiri?" Nabwiye Ananta amatsiko menshi ubwo twasubiraga mu rugo. Yaramwenyuye cyane.

"Ku ishuri ryawe, nasanze Amar yavuye mu ishuri rye kandi ataragaruka. Nagiye iwe mu gitondo cyakurikiyeho maze mbona ingengabihe yagenwe. Se wa Amar yari

agiye kuva aho

Igare na yari kuvuga kuri i umutoza.

"Umwana wanjye ntazajyana nanjye ku ishuri rye muri iki gitondo. Yabuze!"
Se arataka.

"Numvise umushoferi w'imodoka ya moshi ko umuhungu wawe n'abandi babiri, bambaye amakoti y'i Burayi, binjiriye muri gari ya moshi kuri sitasiyo ya Howrah," uwo mugabo yaravuze. "Bahaye umushoferi wa tagisi impano y'inkweto zabo z'uruhu."

"Bityo rero Jye yari afite gatatu ibimenyetso ingengabihe, i batatu bya abahungu, na i icyongereza imyenda.

Nari numva ibyo Ananta yavugaga, mfite ibyishimo n'agahinda. Ubuntu bwacu ku mutoza w'igare bwari butari bwo!

"Birumvikana ko nihutiye kohereza telegaramu ku bayobozi ba sitasiyo mu mijyi yose Amar yari yarashyize ku murongo ku ngengabihe. Yari yagenzuye Bareilly, nuko nohereza inshuti yawe Dwarka aho ngaho. Nyuma yo kubaza mu gace kacu ka Calcutta, namenye ko mubyara wanjye Jatinda yari adahari ijoro rimwe ariko ko yageze mu rugo mu gitondo cyakurikiyeho yambaye imyenda y'i Burayi. Naramushatse ndamutumirira gusangira ifunguro rya nimugoroba. Yarabyemeye, yambaye ubusa kubera uburyo nari mfite bwo gusabana. Mu nzira namujyanye kuri sitasiyo ya polisi ntabigambiriye. Yari akikijwe n'abapolisi benshi nari naratoranyije mbere kubera isura yabo y'ubugizi bwa nabi. Bamurebaga nabi, Jatinda yemeye gusobanura imyitwarire ye idasanzwe.

"Natangiye kujya mu misozi ya Himalaya mfite umwuka mwiza wo mu mwuka," yasobanuye. "Impamyabumenyi yanyujuje icyizere cyo guhura n'abayobozi. Ariko Mukunda akimara kuvuga ati: "Mu gihe cy'ibyishimo byacu mu buvumo bwa Himalaya, ingwe zizaba zirimo gushishwa no kwicara hafi yacu nk'imbwa zitoshye," umwuka wanjye warakonje; ibyuya byatangiye ku gahanga kanjye. "None se?" Natekereje. "Niba kamere mbi y'ingwe idahinduka bitewe n'imbaraga z'umwuka wacu, ese bazadufata neza nk'injangwe zo mu rugo?" Mu bwenge bwanjye, nari maze kwibona ndi imfungwa y'inda y'ingwe—yinjiragayo atari icyarimwe n'umubiri wose, ahubwo mu byiciro by'ibice byayo byinshi!"

Uburakari bwanjye ku ibura rya Jatinda bwarashize mu gitwenge. Inkuru isekeje yakurikiyeho kuri gari ya moshi yari ikwiriye agahinda kose yanteje. Ngomba kwemera ko numva nyuzwe gato: Jatinda na we ntiyari yahunze guhura na polisi!

"Ananta, ~~4-4~~ Uri imbwa y'inkazi yavukiye mu rugo!" Narebye ibyishimo byanjye ntabwo byari bidafite ishavu. "Kandi nzabwira Jatinda ko nishimiye ko atabitewe n'umwuka w'uburiganya, nk'uko byagaragaraga, ahubwo yabitewe n'ubwenge bwo kwirinda!"

Nkiri iwacu i Calcutta, Papa yansabye mu buryo bukora ku mutima ko nagabanya ibirenge byanjye kugeza nibura ndangije amashuri yanjye yisumbuye. Mu gihe nari ntahari, yari yateguye umugambi mu buryo bwuje urukundo ategura umuhanga mu by'ukuri, Swami Kebalananda, 4-5. kuza mu rugo buri gihe.

"Icyo umunyabwenge ubushake kuba ibyaweho Sanskriti umwarimu," yanjye umubyeyi byatangajwe yizeye.

Papa Byiringiro kuri guhaza yanjye iyobokamana ibyifuzo na amabwiriza kuva a yize umuhanga mu bya filozofiya. Ariko ibintu byarahindutse mu buryo butunguranye: umwarimu wanjye mushya, aho gutanga ubumenyi bw'ubupfu, yashyize umuriro mu cyifuzo cyanjye cy'Imana. Papa atabizi, Swami Kebalananda yari umwigishwa ukomeye wa Lahiri Mahasaya. Uyu mwari utagira urugero yari afite abigishwa ibihumbi, bamukurura bucece. bitewe n'ubudahangarwa bw'imbaraga ze zo mu ijuru. Nyuma namenye ko Lahiri Mahasaya yakundaga kuvuga ko Kebalananda ari *rishi* cyangwa umunyabwenge umurikiwe.

Imisatsi myiza cyane yari ifite ishusho nziza y'umutoza wanjye. Amaso ye yijimye yari meza cyane, asa n'ay'umwana. Imigendere yose y'umubiri we muto yarangwaga no gutekereza neza. Yahoraga ari umunyabwenge kandi akundana, yari afite ubwenge butagira iherezo. Amasaha menshi twamaranye twishimye twayamaranye mu gutekereza cyane *kwa Kriya* .

Kebalananda yari umuhanga cyane ku bitabo bya kera *bya shastra* cyangwa ibitabo byera: ubumenyi bwe bwamuhesheje izina rya "Shastri Mahasaya," ubusanzwe yavugwaga. Ariko iterambere ryanjye mu buhanga bwa Sanskrit ntiriyari ryihariye. Nashatse uburyo bwose bwo kureka ikibonezamvugo cya prosaic no kuvuga kuri yoga na Lahiri Mahasaya. Umwarimu wanjye yansabye umunsi umwe kumbwira ikintu cy'ubuzima bwe n'umwarimu.

"Gake cyane Amahirwe, Jye yari gushobora kuri gumaho hafi Lahiri Ikihasaya kuri icumi imyaka. Ye Benares Iwanjye niho nari ngamije urugendo rw'ijoro. Uyu mwari yahoraga ari mu cyumba gito cyo ku igorofa rya mbere. Ubwo yari yicaye mu mwanya wa lotus ku ntebe y'imbaho idafite umugongo, abigishwa be bamushyize mu mwenda w'uruziga. Amaso ye yarabengeranaga kandi abyina ibyishimo by'Imana. Yahoraga afunze igice, areba mu mwobo w'imbere mu byishimo by'iteka ryose. Yavugaga gake cyane. Rimwe na rimwe amaso ye yarebaga umunyeshuri ukeneye ubufasha; amagambo akiza yasutswe nk'urumuri.

"Amahoro atagereranywa yaranyibagiwe n'amaso y'umuyobozi. Nari mfite impumuro nziza ye, nk'aho iturutse mu ibara ry'umutuku ritagira iherezo. Kubana na we, nubwo ntari kumwe n'ijambo iminsi myinshi, byari ubunararibonye bwahinduye ubuzima bwanjye bwose. Iyo hari imbogamizi itagaragara yazamukaga mu nzira ya Ubwo natekerezaga ku birenge bya mwarimu. Aho ni ho ibintu bigoye cyane byangerahoga byoroshye. Ibyo bitekerezo byanyobeye imbere y'abarimu bato. Umwigisha yari urusengero ruzima rw'Imana rufite amarembo y'ibanga yari akingukiye abigishwa bose binyuze mu kwiye gurira Imana.

"Lahiri Mahasaya ntiyari umusemuzi w'ibitabo by'Ibyanditswe. Yahise yinjira mu 'bitabo by'Imana'. Ifuro ry'amagambo n'ibitekerezo byavaga mu isoko y'ubumenyi bwe bwose. Yari afite clavis itangaje yafunguye siyansi yimbitse ya filozofiya yari yarashyizwe mu bihe byashize muri *Vedas* . **4-6** Iyo asabwa gusobanura imiterere

itandukanye y'ubwenge ivugwa mu nyandiko za kera, yabyemeraga amwenyura.

"Nzanyura muri ibyo bihe, kandi ubu ngubu nzakubwira icyo mbona.' Bityo yari atandukanye cyane i abarimu nde kwiyeze Ibyanditswe Byera kuri kwibuka na hanyuma gutanga gusohoka bitaragerwaho ibintu bidafite ishingiro.

"Ndakwinginze usobanure imirongo yera uko ibisobanuro bikugeraho.' Umuhanga mu by'ukuri yakundaga guha aya mabwiriza umwigishwa wari hafi aho. 'Nzayobora ibitekerezo byawe, kugira ngo ibisobanuro bikwiye bibe

byavuzwe.' Muri ubwo buryo ibitekerezo byinshi bya Lahiri Mahasaya byafashwe amajwi, hamwe n'ibitekerezo byinshi byatanzwe n'abanyeshuri batandukanye.

"Databuja ntiyigeze atanga inama ku kwemera nk'ubucakara. 'Amagambo ni amayobera gusa,' yaravuze. 'Wigarurire ukwemera ko Imana iriho binyuze mu kuganira kwawe mu buryo bw'ibyishimo mu gutekereza.'

"Oya ikintu iki icy'umwigishwa ikibazo, i umwarimu inama *Kriya Yoga* kuri byayo igisubizo.

"Urufunguzo rwa yoga ntiruzatakaza ubushobozi bwarwo igihe ntakiri mu mubiri ngo nkuyobore. Ubu buryo ntibushobora guhambirwa, gushyirwa mu buryo, no kwibagirana, mu buryo bw'ibitekerezo. Komeza ubudahwema mu nzira yawe igana ku kubohoka unyuze muri *Kriya* , imbaraga zayo ziri mu bikorwa."

"Njye ubwanjye mbona *Kriya* nk'igikoresho cyiza cyane cyo gukiza binyuze mu kwishyira hejuru cyigeze kubaho mu gushakisha kw'umuntu Itagira Iherezo." Kebalananda yasoje avuga ubu buhamya bwe. "Binyuze mu ikoreshwa ryayo, Imana ishobora byose, yihishe mu bantu bose, yagaragaye mu mubiri wa Lahiri Mahasaya n'abandi bigishwa be."

Igitangaza nk'icya Kristo cyakozwe na Lahiri Mahasaya cyabaye imbere ya Kebalananda. Umunsi umwe, umwarimu wanjye w'umutagatifu yavuze iyo nkuru, amaso ye ari kure y'inyandiko za Sanskrit zari imbere yacu.

"Umwigishwa w'impumyi, Ramu, yangiriye impuhwe. Ese nta mucyo yari afite mu maso ye, igihe yakoreraga shebuka mu budahemuka, Imana yari imurikiye? Umunsi umwe mu gitondo nashatse kuvugana na Ramu, ariko yicara amasaha menshi yihanganye atera imyuka y'ikigirwamana ikozwe mu maboko . Ubwo umuyoboke yasohokaga mu cyumba, naramukurikiye."

"Ramu, gute kirekire kugira wowe yabaye impumyi?"

"Kuva navutse, bwana! Amaso yanjye ntiyigeze ahabwa umugisha wo

kubona izuba." "'Umuhanga wacu ushobora byose arashobora kugufasha.

Ndakwinginze usenge."

"Ku munsi wakurikiyeho, Ramu yegereye Lahiri Mahasaya afite isoni. Uwo mwigishwa yumvise afite isoni zo gusaba ko ubutunzi bufatika bwongerwa ku butunzi bwe bwo mu mwuka."

"Mwami, Umurinzi w'ikirere uri muri wowe. Ndagusaba ko uzana urumuri rwe mu maso yanjye, kugira ngo mbone urumuri ruto rw'izuba."

"Ramu, hari umuntu wakoze umugambi wo kunshyira mu bihe bigoye. Nta mbaraga mfite zo gukiza." "Mwami, Utagira Imbibu muri wowe ashobora gukiza rwose."

"Ibyo biratandukanye rwose, Ramu. Umupaka w'Imana ntaho uri! Uwacana inyenyeri n'uturemangingo tw'umubiri n'imirasire y'ubuzima idasanzwe ashobora kuzana urumuri rw'amaso mu maso yawe."

"Shebuja yakoze ku gahanga ka Ramu hagati y'amaso. 4-7 "Komeza gutekerezanya cyane hariya, na kenshi indirimbo i izina bya i umuhanuzi Rama 4-8 kuri karindwi iminsi. Itsinda

ubwiza bya i izuba agomba kugira a byihariye umuseke kuri wowe.'

"Dore! Mu cyumweru kimwe byari bimeze bityo. Ku nshuro ya mbere, Ramu yabonye isura nziza y'ibidukikije. Uwuzi byose yari yategetse umwigishwa we mu buryo butaziguye gusubiramo izina rya Rama, akunzwe na we kurusha abandi batagatifu bose. Ukwizera kwa Ramu kwari ubutaka bwahinzwe n'Imana aho imbuto ikomeye y'umwarimu ihoraho gukira yaravutse." Kebalananda yari guceceka kuri a akanya gato, hanyuma yishyuwe a byongeyeho icyubahiro ku mwarimu we.

"Byaragaragaye mu bitangaza byose byakozwe na Lahiri Mahasaya ko atigeze yemera ko ihame rya **4-9 ryigenga** kwibona nk'imbaraga itera. Kubera ko yari yuzuye ubwitange butagira ikibuno, shebuja yatumye Imbaraga Nkuru zo Gukiza zimunyuramo mu buryo bwihuse.

"Imibiri myinshi yakize mu buryo butangaje binyuze muri Lahiri Mahasaya amaherezo yagombaga gutwika umuriro wo gutwika. Ariko gukanguka mu buryo bw'umwuka yashyize imbere, abigishwa bameze nka Kristo yahanze, ni ibitangaza bye bitabora."

Jye nta na rimwe yabaye a Sanskriti intiti; Kebalananda yigishijwe njyewe a umupfumu imiterere y'amagambo.

4-1 : Mu buryo bw'umwimerere, "kwihakana." Kuva Sanskriti inshinga imizi, "kuri abakinnyi ku ruhande."

4-2 : Ingaruka bya ibyashize ibikorwa, muri ibi cyangwa a icyahoze ubuzima; kuva Sanskriti *kri* , "kuri "kora."

4-3 : *Bhagavad Gita* , IX, 30-31. Krishna yari i gikomeye kurusha ibindi umuhanuzi bya Ubuhinde; Arjuna yari bye icya mbere umwigishwa.

4-4 : Jye buri gihe yanditswe we nka Ananta-da. *Da* ni a wubaha igisobanuro iki i mukuru umuvandimwe muri umuntu Umuhinde umuryango yakira abavandimwe bato.

4-5 : Mu gihe cy'inama yacu, Kebalananda yari atarajya mu itsinda rya Swami kandi muri rusange yitwaga "Shastri Mahasaya." Kugeza irinde urujijo hamwe na i izina bya Lahiri Ikihasaya na bya Umwigisha Ikihasaya (igice 9), Jye am yerekeza kuri nyje Sanskriti umwarimu gusa na bye nyuma abamonaki izina bya Swami Kebalananda. Ye ubuzima bwe ifite yabaye vuba aha byatangajwe muri

Ikibengali. Yavutse muri i Khulna Akarere bya Bengale muri 1863, Kebalananda yatanze hejuru bye umubiri muri Benares .kuri i imyaka bya mirongo itandatu n'umunani

.Ye umuryango izina yari Ashutosh Chatterji

4-6 : Itsinda ibya kera bine *Vedas* bigizwe birarangiye 100 ihari byemewe ibitabo. Emerson yishyuwe i gukurikira icyubahiro muri bye *Ikinyamakuru* cyanditswe na Vedic cyagize kiti: "Ni cyiza cyane nk'ubushyuhe n'ijoro n'inyanja itagira umwuka. Kirimo buri gitekerezo cy'idini, amahame mbwirizamuko yose asura buri muhanga w'ubusizi mwiza.

Nta cyo bimaze gushyira igitabo kure; niba niyiringira

ishyamba cyangwa muri a ubwato nyuma i ikidendezi, Kamere bituma a *Brahmin* bya njyewe ubu: iteka ryose Iyi ni yo myemerere ye. Amahoro, ngombwa, iteka ryose indishyi, imbaraga zitagereranywa, ituze ritavaho. arambwira ati, n'ubuziranenge n'ukuri

".gutereranwa- ibi imiti igabanya ubukana kwiyinga byose icyaha na Kuzana wowe kuri i Ihirwe bya i Umunani Imana

4-7 : Itsinda intebe bya i "ingaragu" cyangwa iby'umwuka ijisho. Kuri urupfu i ubwenge bya umugabo ni ubusanzwe yashushanyije kuri ibi cyera ahantu, havugwamo amaso yazamutse yabonetse mu bapfuye.

4-8 : Itsinda hagati cyera ishusho bya i Sanskriti ibihe byiza cyane, *Ramayana* .

4-9 : Ahankara, ubwikunde; mu buryo burambuye, "Jyewe "kora." Itsinda umuzi impamvu bya ubugiraneza cyangwa uburiganya bya *maya* , aho i icyigwa (ubwikunde) bigaragara nk'ikintu; ibiremwa byibwira ko ari ibiremwa.

IGICE: 5

A "Impumuro nziza" "Mutagatifu" Erekena Ye Ibitangaza

"Kugira ngo buri ikintu hariya ni a igihembwe cy'umwaka, na a igihe kuri buri intego muni i ijuru."

Sinari mfite ubwo bwenge bwa Salomo bwo kumpumuriza; narebaga hirya no hino, mu rugendo urwo ari rwo rwose mva mu rugo, nshakisha isura y'umwarimu wanjye nagombaga kunyuramo. Ariko inzira yanjye ntiyayinyuragamo kugeza nyuma yo kurangiza amashuri yisumbuye.

Hashize imyaka ibiri hagati y'urugendo rwanjye na Amar yerekeza mu misozi ya Himalaya, n'umunsi ukomeye wo kuhagera kwa Sri Yukteswar. Muri icyo gihe nahuye n'abanyabwenge benshi—"Umutagatifu w'Impumuro nziza," "Tiger Swami," Nagendra Nath Bhaduri, Master Mahasaya, n'umuhanga mu bya siyansi w'icyamamare wo muri Bengali, Jagadis Chandra Bose.

Guhura kwanjye na "Mutagatifu w'Impumuro nziza" kwari gufite amagambo abiri y'ibanze, rimwe ryari rihuje n'irindi ryari risekeje.

"Imana ni yoroshye. Ibindi byose biragoye. Ntugashake indangagaciro zitagira akagero mu isi y'ibidukikije ."

Izi ngingo za filozofiya zanyinjiriyeho buhoro buhoro ubwo nari mpagaze imbere y'ishusho y'urusengeru rwa Kali. Nahindukiye, mpura n'umugabo muremure wari ufite imyenda, cyangwa kutayigira, byamugaragazaga nk'umusaduki *uzerera* .

"Mu by'ukuri wamenyekanye mu bitekerezo byanjye!" Namwenyuye nshima. "Urujijo rw'ibintu byiza n'ibiteye ubwoba mu bidukikije, nk'uko bigaragazwa na Kali, **5-1** yateye urujijo imitwe y'abanyabwenge kurusha iyanjye!

"Ni bake cyane bakemura ibanga rye! icyiza n'ikibi ni igishuko gikomeye ubuzima bushyira imbere y'ubwenge bwose. Abantu benshi badashaka igisubizo, bishyura amafaranga yabo, ndetse no mu gihe cya Tebes. Aha na hariya, umuntu muremure wigunze ntiyigera arira ngo aratsindwa. Kuva ku *maya* **5-2** y'ubumwe bubiri, akuramo ukuri kutagira akajagari k'ubumwe."

"Wowe vuga hamwe na kwemeza umuntu, Bwana.

"Namaze igihe kinini nisuzuma mu buryo buboneye, uburyo bubabaza cyane bwo kubona ubwenge. Kwisuzuma, gukurikiza ibitekerezo byawe buri gihe, ni ibintu bikomeye kandi bivunanye. Bisenya ubwikunde bukomeye cyane. Ariko isesengura ry'ukuri ry'imibare rikora kugira ngo ritange abareba. Uburyo bwo 'kwigaragaza,' kwemera umuntu ku giti cye, butuma abantu biyemera, kandi bazi neza uburenganzira bwabo.

ubwite ibisobanuro bya Imana na i isi yose.

"Ukuri kwicisha bugufi agiye mu kiruhuko cy'izabukuru, oya gushidikanya, mbere nk'ibyo umwibone umwimerere." Jye yari kwishimira i ikiganiro.

"Umuntu ntashobora gusobanukirwa ukuri kw'iteka ryose kugeza igihe azaba yibohoye ku kwiwitirira. Ubwenge bw'umuntu, bwashyizwe mu birunga binini, bwuzuyemo ubuzima buteye ishozi bw'abantu batagira ingano bo mu isi."

Imirwano yo ku rugamba nta gaciro ifite hano, iyo umuntu atangiye guhangana n'abanzi be! Nta banzi bapfa, batsindwa n'imbaraga nyinshi! Bari hose, barangwa n'umutekano, bakurikirana umuntu ndetse no mu bitotsi, bafite intwaro mbi, aba basirikare b'irari ry'ubujiji bashaka kutwica twese. Umuntu uhisha amahame ye, akiyegurira iherezo rusange. Ese ashobora kugaragara nk'aho atari imburamukoro, igiti, cyangwa se umuntu uteye isoni?

"Nyakubahwa, nta mpuhwe ufite ku mbaga y'abantu bataye

umutwe?" Umuhanga yacecetse akanya gato, hanyuma

asubiza mu buryo butari bwo.

"Gukunda Imana itagaragara, Ububiko bw'Imyitwarire Yose, n'umuntu ugaragara, bisa nkaho nta na kimwe utunze, akenshi biragoye! Ariko ubuhanga bungana n'uruhererekane rw'ibintu. Ubushakashatsi bw'imbere buhita bugaragaza ubumwe mu bitekerezo by'abantu bose - isano ikomeye y'imigambi y'ubwikunde. Mu buryo bumwe byibuze, ubuvandimwe bw'umuntu buragaragara. Gukurikira ubu buvumbuzi buteye ubwoba. Bukura mu mpuhwe ku bagenzi bawe, bugahuma amaso ku mbaraga zo gukiza z'ubugingo butegereje kuvumburwa."

"Icyo abera bya buri imyaka, Nyakubahwa, kugira yumva nka wowe ubwawe kuri i agahinda bya i isi."

"Umuntu udakomeye ni we wenyine utakaza ubushobozi bwo kwita ku bibazo by'abandi, uko yishyira mu kaga gakomeye." Isura ya SADHU yari yoroshye cyane.

"Uwitoza Umuntu wicaye mu cyuma azamenya kwaguka kw'impuhwe rusange. Ahabwa ihumure ku byo yifuzaga cyane. Urukundo rw'Imana rurabya kuri ubwo butaka. Amaherezo ikiremwa gihindukirira Umuremyi wacyo, nubwo nta kindi cyabiteye uretse kubaza mu bubabare kigira kiti: 'Kuki, Mwami, kuki?' Binyuze mu bubabare buteye isoni, umuntu ajyanwa mu Buntu Butagira Iherezo, ubwiza bwe bwonyine ni bwo bugomba kumukurura.

Jye n'umunyabwenge twari turi mu rusengero rwa Kalighat rwa Calcutta, aho nari nagiye kureba ubwiza bwarwo buzwi cyane. Mu buryo butangaje, uwo twari kumwe yanze icyubahiro cyari gihari.

"Amatafari na morti kuririmba twebwe oya bwumvikana indirimbo; i umutima

irafungura gusa kuri i umuntu indirimbo bya kuba.

Twagiye mu rugendo rugana ku zuba ryihariye ryari ku muryango, aho imbaga y'abakunzi bacu banyuraga hirya no hino.

"Uri muto." Umuhanga yaranyibajije atekereza. "Ubuhinde nabwo ni buto. *Aba-Rishi ba kera* **5-3** Bashyizeho uburyo budasubirwaho bwo kubaho mu buryo bw'umwuka. Imvugo zabo zishaje zirahagije kuri uyu munsu n'igihugu. Ntabwo ari iza kera, ntabwo ari iz'ubuhanga mu kurwanya amayeri yo gukunda ibintu, amategako agenga imyitwarire aracyahindura Ubuhinde. Mu myaka ibarirwa mu bihumbi - abahanga barenze isoni bashishikajwe no kubara! - Igihe gishidikanya cyemeje agaciro ka Vedic. Gifate nk'umurage wawe.

Ubwo nasezeraga mu cyubahiro kuri *sadhu w'umuhanga* , yahishuye igitekerezo

cy'ubuhanga: "Umaze kuva hano uyu muni, ibintu bidasanze bizakugeraho."

Navuye mu nsengeri ndagenda nta ntego. Ngeze mu mfuruka, nahuye n'umuntu twari tuziranye kera - umwe muri ba bantu bahoranye ubwenge, bafite imbaraga zo kuganira zirengagiza igihe kandi zigakira ubuziraherezo.

"Ndakureka mu gihe gito cyane, niba umbwiye ibyabaye byose mu myaka itandatu twatandukanye."

"Iki a impagarara! Jye ugomba genda wowe ubu ngubu."

Ariko yamfashe ukuboko, anyohereza amakuru make. Natekereje mu buryo bwo kwishimisha, yari ameze nk'impayisi y'inkazi; uko navugaga igihe kirekire, ni ko yarushagaho guhumurira inkuru. Mu mutima nasabye Imana Kali ngo ishake uburyo bwiza bwo guhunga.

Uwo twari kumwe yarantaye mu buryo butunguranye. Nahumekeye ndahumuka kandi nkomeza kwihuta kabiri, ntinyako nasubira mu muriro mubi cyane. Numvise intambwe zihuse inyuma yanjye, nahise nihuta cyane. Sinatinyutse gusubiza amaso inyuma. Ariko umusore yankurikiye, yishimye cyane.

"Nibagiwe kukubwira Gandha Baba (Umutagatifu w'impumuro nziza), uri gusiga imisatsi kuri iyo nzu." Yerekeje kuri inzu iri muri metero nke uvuye aho. "Muhure; arashishikaje. Ushobora kugira uburambe budasanze. Muraho neza," maze aransiga.

Ubuhanuzi bwa *Sadhu* bwo ku rusengeri rwa Kalighat bwarangarutse mu mutwe. Nshimishijwe rwose, ninjira mu nzu maze ninjizwa mu cyumba cy'igorofa. Itsinda ry'abantu bari bicaye, urebye iburasirazuba, ku itapi nini y'umuhondo. Ururimi rw'amajwi rutangaje rwangeze mu gutwi:

"Dore Gandha Baba ku ruhu rw'ingwe. Ashobora guha impumuro karemano y'indabyo iyo ari yo yose umuntu udafite impumuro kimwe, cyangwa kuvugurura a byangiritse indabyo, cyangwa gukora a iby'umuntu uruhu gusohora bishimishije Impumuro nziza.

Narebye uwo mutagatifu; amaso ye yihutaga yari kuri njye. Yari afite ubwanwa bwishyamba, afite uruhu rwijimye n'amaso manini kandi arabagirana.

"Mwana wanjye, nishimiye kukubona. Vuga icyo ushaka. Urashaka

imibavu?" "Kubera iki?" Numvaga amagambo ye ari ay'abana.

"Kugira ngo wibonere uburyo bw'igitangaza bwo kwishimira imibavu." "Gukoresha Imana kugira ngo utange impumuro nziza?"

"Iki bya ni byo? Imana bituma imibavu uko byagenda kose."

"Yego, ariko akora amacupa yoroheje y'indabyo kugira ngo akoreshwe ari mashya hanyuma ajugunywe. Ese ushobora guhindura indabyo?"

"Jyewe kugaragara imibavu, gato inshuti.

"Hanyuma impumuro inganda ubushake genda hanze bya ubucuruzi."

"Nzabemerera gukomeza ubucuruzi bwabo! Intego yanjye ni ukugaragaza imbaraga z'Imana." "Bwana, ni ngombwa kugaragaza Imana? Ntabwo ikora ibitangaza muri byose, ahantu hose?" "Yego, ariko natwe twagombye kugaragaza bumwe mu buryo bwayo butagira iherezo bwo guhanga."

"Byatwaye igihe kingana iki kugira ngo

ube umuhanga mu buhanzi bwawe?"

"Imyaka cumi n'ibiri."

"Kugira ngo ukore impumuro nziza ukoresheje uburyo bwa astral! Bisa nkaho, mutagatifu wanjye, umaze imyaka cumi n'ibiri upfusha ubusa impumuro nziza ushobora kubona mu marupi make uvuye mu iduka ry'indabyo."

"Imibavu" gupfuka hamwe na indabyo.

"Imibavu" gupfuka hamwe na urupfu. Kuki byagombye Jye icyifuzo ibyo iki ibinezeza i umubiri gusa?"

"Bwana Filozofiya, uranshimisha. Noneho, rambura ukuboko kwawe kw'iburyo." Yakoze ikimenyetso cyo guha umugisha.

Nari ndi hafi ya Gandha Baba; nta wundi muntu wari hafi yo gukora ku mubiri wanjye. Naramburiye ukuboko kwanjye, ariko umuyogi ntiyagukozeho.

"Ni iyihe mpumuro

ushaka?" "Roza."

"Ba byo "Noneho rero."

Natunguwe cyane no kubona impumuro nziza y'iroza yaturutse hagati mu kiganza cyanjye. Nafashe indabyo nini y'umweru idafite impumuro nziza mu kirahuri cyari hafi aho.

"Ese iyi ndabyo idafite impumuro ishobora

kwezwamo jasmine?" "Bibe bityo."

Impumuro nziza ya jasmine yahise iva muri ayo mabara. Nashimiye umukozi w'ibitangaza maze nicara iruhande rw'umwe mu banyeshuri be. Yambwiye ko Gandha Baba, izina rye bwite ryari Vishudhananda, yari yarize amabanga menshi atangaje ya yoga ku mwarimu wo muri Tibet.

yoga, Jye yari yizeye, yari afite byagezweho i imyaka bya birarangiye a igihumbi imyaka.

"Umwigishwa we Gandha Baba ntabwo ahora akora impumuro ye mu buryo bworoshye nk'uko wabibonye." Umunyeshuri yavuze yishimiye cyane umwarimu we. "Inzira ye iratandukanye cyane, bitewe n'imiterere itandukanye. Ni umuntu utangaje! Benshi mu bagize abahanga bo muri Calcutta bari mu bayoboke be."

Nari niyemeje mu mutima wanjye kutazongera kuba mu mubare wabo. Umuhanga mu by'ukuri "utangaje" ntabwo yankundaga. Ndashimira Gandha Baba mu kinyabupfura, ndagenda. Ngarutse mu rugo, natekereje ku mibonano itatu itandukanye uwo munsu wangiriye.

Mushiki wanjye Uma yarampamagaye ubwo

ninjiraga mu muryango wacu wa Gurpar Road.

"Urimo urushaho kuba mwiza cyane, ukoresha

imibavu!"

Nta a ijambo, Jye yashyizweho ikimenyetso we kuri impumuro yanjye ikiganza.

"Iki umuntu gikurura indabyo y'iroza Impumuro nziza! Byabyo ni bidasanze komera!

Ntekereza ko "bidasanze cyane," nashyize bucece indabyo zifite impumuro nziza munsu y'izuru rye.

"Oh, nkunda jasmine!" Yafashe indabyo. Yahise yumva urujijo rudasanze mu maso ubwo yahoraga ahumura impumuro ya jasmine iva mu bwoko bw'indabyo yari azi neza ko idafite impumuro. Ibyo yakoze byatumye nkeka ko Gandha Baba ari we watumye numva impumuro mbi ku buryo jye ubwanjye nashoboraga kubona impumuro mbi.

Nyuma numvise inshuti yanjye, Alakananda, ivuga ko "Umutagatifu w'Impumuro nziza" afite imbaraga nifuzaga ko zabarirwa muri za miriyoni zo muri Aziya zishonje ndetse n'iz'i Burayi muri iki gihe.

Alakananda yarambwiye ati: "Nari kumwe n'abandi bashyitsi ijana mu rugo rwa Gandha Baba i Burdwan. Byari ibirori by'ibirori. Kubera ko yoga yari izwiho kugira imbaraga zo gukura ibintu mu kirere, namusabye mu buryo bwo guseka ko yambara tangerines zitari iz'igihembwe. Ako kanya lisansi yatsinze 5-4 byari ku masahani yose y'ibitoki byarabyimbye. Buri bahasha y'umugati yagaragaye ko irimo tangerine yashishuwe. Nayiriyemo mfite ubwoba, ariko nsanga iryoshye cyane.

Nyuma y'imyaka myinshi, nasobanukiwe neza uburyo Gandha Baba yageze ku ntego ze. Ubwo buryo, ikibabaje ni uko budashobora kugerwaho n'imbaga y'abantu bashonje ku isi.

Ibintu bitandukanye umuntu akora ku mitekerereze ye - ibintu bigaragara, ibyo yumva, ibyo yumva, ibyo kumva, n'ibyo ahumura - bikomoka ku guhindagurika kw'ibintu bihindagurika muri electron na proton. Guhindagurika kwabyo bigengwa na "lifetrans", imbaraga z'ubuzima zito cyangwa imbaraga ntoya kurusha atome zikoresha ubwenge hamwe n'ibintu bitanu by'ingenzi by'imatekerereze.

Gandha Baba, yihutishije imbaraga zo mu kirere akoresheje imigenzo imwe n'imwe ya yoga, yashoboye kuyobora ubuzima bwo guhindura imiterere yabwo ihindagurika no kugena umusaruro wifuzaga. Impumuro ye, imbuto ze n'ibindi bitangaza byari ibintu by'ingenzi byagaragaye nk'ibintu bisanzwe bihindagurika, ntabwo byari ibintu by'imbere byakozwe n'abantu bashishikajwe no gushishoza .

Ibikorwa by'ibitangaza nk'ibyo byagaragajwe na "Umutagatifu w'Impumuro nziza" ni ibintu bitangaje ariko ntacyo bimaze mu buryo bw'umwuka. Bidafite intego nyinshi uretse kwidagadura, ni ugutandukana n'ubushakashaka bw'Imana bukomeye.

Ubuwuzi bwakoreshejwe n'abaganga mu kubaga buke nk'ubwoko bwa chloroform yo mu mutwe ku bantu bashobora kuba bari mu kaga ko guterwa ikinya. Ariko iyo umuntu arwaye ubuvuzi bw'ubwenge, agira ingaruka mbi ku bantu bakunze kubikora; ingaruka mbi zo mu mutwe zituma uturemangingo tw'ubwonko duhungabana.

Guterura ni ukwinjira mu busitani bw'umuntu. Ibintu byayo by'igihe gito ntaho bihuriye n'ibitangaza bikorwa n'abantu bafite ubwenge bw'Imana. Kanguka mu Mana, abatagatifu nyakuri bahindura ibintu muri iyi si y'inzosi binyuze mu bushake buhuje neza n'Inzosi z'Ijuru zirema.

Ibimenyetso by'imbaraga zidasanzwe byamaganywe n'abahanga. Umupfumukazi w'Umuperesi, Abu Said, yigeze guseka bamwe mu *bafarisi* bishimiraga imbaraga zabo z'igitangaza ku mazi, ikirere n'ikirere .

"Igikeri na cyo kiri mu rugo mu mazi!" Abu Said yavuze mu buryo butuje. "Igikona n'igisiga biguruka mu kirere byoroshye; Sekibi abaho icyarimwe mu Burasirazuba no mu Burengerazuba! Umugabo w'ukuri ni we nde atuye muri ubutungane hagati bye mugenzi abagabo, nde kugura na igurisha, nyamara ni nta na rimwe Ubwo nibagirwa Imana ako kanya! " Ikindi gihe, umwarimu ukomeye w'Umuperesi yatanze ibitekerezo bye ku buzima bw'idini agira ati: "Gusiga ku ruhande ibyo ufite mu mutwe wawe (ibyifuzo n'ibyifuzo by'ubwikunde); gutanga ku buntu ibyo ufite mu ntoki zawe; no kutigera ucika intege kubera ibyago!"

Umuhanga utagira aho abogamiye wo mu rusengero rwa Kalighat cyangwa yoga watojwe na Tibetani ntabwo byanshimishije icyifuzo cyanjye cyo gushaka umwarimu w'umuhanga. Umutima wanjye ntiwari ukeneye umutoza kugira ngo amenyekane, ahubwo watakaga cyane uti "Mwarakoze!" cyane cyane kuko ntakunze guhamagara mu ituze. Ubwo nahuraga na shebuj, yanyigishije urugero rwiza gusa igipimo cy'umuntu nyakuri.

5-1 : Kali ihagarariye i iteka ryose ihame muri kamere. We ni gakondo ifoto nka a abantu bane bafite intwari umugore, guhagarara ku ifishi bya i Imana Shiva cyangwa i Nta kidashira, kubera ko kamere cyangwa i bitangaje isi ni imizi muri i Noumenon. Itsinda bine amaboko agereranya imico y'ingenzi, ibiri ifite akamaro, ibiri yangiza, bigaragaza ubunini bw'ingenzi bw'ibintu cyangwa ibiremwa.

5-2 : Ishusho y'isi uburiganya; mu buryo burambuye, "Icyo umupimi." *maya* ni i by'ubumaji imbaraga muri irema na iki imipaka na amacakubiri ni uko bigaragara ubu muri i Ntagereranywa na Ntibishobora gutandukanywa. Emerson yanditse i gukurikira igisigo, kuri iki we yatanze izina rya *maya* :

Igitekerezo imirimo kidashoboka kwinjiramo, Kuboha imbuga umubare utabarika, We umutinganyi amafoto nta na rimwe gutsindwa, Itsinda ry'abantu buri kimwe ibindi, agatambaro ku igitambaro, Umuhenzi uzemerwa n'umuntu ufite .inyota yo gushukwa

5-3 : Itsinda *rishis* , mu buryo burambuye "abareba," bari i abanditsi bya i *Vedas* muri umuntu

bitamenyekana kera.. 5-4: Umugati w'Abahinde ugororotse, uzingiye..

Abalayiki gake cyane Kumenya i nini cyane intambwe bya ikinyejana cya makumyabiri siyansi. Impinduka mu :5-5 mikorere bya ibyuma na ibindi inzozo za alchemique ni kubona gusohozza buri umunsi muri ibigo bya siyansi ubushakashatsi birarangiye i isi. Itsinda icyubahiro Igifaransa umuhanga mu bya shimi, M. Georges Claude, yakoze "ibitangaza" i Fontainebleau mu 1928 mbere y'uko habaho ihurizo rya siyansi binyuze mu bumenyi bwe ku ihinduka rya ogisijeni. "Inkoni ye y'umupfumu" yari ogisijeni yoroshye, itemba mu muyoboro uri ku meza. Uyu muhanga "yahinduye umucanga mu mabuye y'agaciro, icyuma kimera nk'ishokoleti yashongeshejwe, maze nyuma yo kubura indabyo, .azihindura nk'ikirahure

M. Claude yasobanuye uburyo inyanja yahindurwamo umwuka wa ogisijeni ikahinduka amamiliyoni menshi" y'amafarashi y'imbaraga; gute amazi iki ibibyimba ni ntabwo byanze bikunze gutwika; gute gato ibirundo bya umucanga, na a ingaragu guhumeka bya i umuyoboro wa ogisijeni, washoboraga guhindurwamo safiro, rubi, na topaze; kandi yahanuye igihe abantu bazashobora kugenda hasi mu nyanja badafite ibikoresho by'umuvogerwa. Amaherezo .umuhanga mu bya siyansi yatunguye abamurebaga ahindura isura yabo umukara avana umutuku mu mirasire y'izuba

Uyu muhanga mu bya siyansi w'Umufaransa wakoze umwuka w'amazi akoresheje uburyo bwo kwagura aho yashoboye gutandukanya ibintu bitandukanye imyuka bya i umwuka, na ifite byavumbuwe bitandukanye bivuze bya imashini . ikoreshe bya itandukaniro bya ubushyuhe muri amazi yo mu nyanja

IGICE: 6

Itsinda Ingwe Swami

"Jyewe kugira byavumbuwe i Ingwe Swami's aderesi. Reka twebwe gusura we ejo."

Iki gitekerezo cyo kwakira abantu cyaturutse kuri Chandi, umwe mu nshuti zanjye zo mu mashuri yisumbuye. Nari mfite amatsiko yo guhura n'umutagatifu, wari warafashe ingwe arwana n'amaboko ye yambaye ubusa mu buzima bwe. Nari mfite ishyaka ryinshi nk'iry'umwana w'umuhungu kubera ibikorwa nk'ibyo bitangaje.

Umunsi wakurikiyeho hatangiye ubukonje bwinshi bw'imbeho, ariko njye na Chandi twahise dusohoka twishimye. Nyuma yo guhiga cyane i Bhowanipur, hanze ya Calcutta, twageze ku nzu ikwiye. Urugi rwari rufite impeta ebyiri z'icyuma, numvise meze nk'urwijiji. Nubwo hari urusaku, umukozi yaregereye agenda yihuta. Ako kanya yari asekeje cyane. inseko bidafite ishingiro ibyo abashyitsi, nubwo ibyabo urusaku, bari imbaraga kuri guhungabanya i ituze y'urugo rw'umutagatifu.

Ubwo njye na mugenzi wanjye twumvaga amagambo atuka bucece, twishimiye ko twatumiwe mu cyumba cy'ishuri. Gutegereza igihe kirekire aho byaduteye gushidikanya. Itegeko ritanditse ry'ushaka ukuri mu Buhinde ni ukwihangana;

umuhanga ashobora kugerageza nkana icyifuzo cy'umuntu cyo kumubona. Ubu buryo bw'amayeri bwo mu mutwe bukoreshwa mu Burengerazuba bw'isi n'abaganga n'abaganga b'amenyo ku buntu!

Amaherezo twahamagawe n'umukozi, njye na Chandi twinjiye mu nzu yo kuraramo. Sohong izwi cyane yatsinze **6-1** Swami yari yicaye ku buriri bwe. Kubona umubiri we utangaje byaradukozeho mu buryo butangaje.

Amaso yacuze, twahagaze tudatangaye. Ntitwari bwigere tubona igituza nk'iki cyangwa biceps nk'iki nk'umupira w'amaguru. Ku ijosi rinini, isura y'umuswami yari ikaze ariko ituje yari ifite imisatsi ye itemba, ubwanwa n'ubwanwa. Akantu gato k'isura y'inuma n'ingwe karabagiranaga mu maso ye yijimye. Yari yambaye ubusa, uretse uruhu rw'ingwe mu rukenyerero rwe rw'imitsi.

Tubonye amajwi yacu, njye n'inshuti yanjye twasuhuje umumonaki, tumushimira ubuhanga bwe mu kibuga cy'injangwe kidasanzwe.

"Ntuzatubwira, ndakwinginze, uburyo bishoboka kwigarurira inyamaswa zo mu ishyamba z'inkazi cyane kurusha izindi zose, Bengals z'ibwami, n'ibipfunsi byazo?"

"Bahungu banjye, kurwana n'ingwe ntacyo bitwaye kuri njye. Nabikora uyu muni bibaye ngombwa." Yasetse nk'umwana. "Mubona ingwe nk'ingwe; nzi ko ari injangwe."

"Swamiji, ndatekereza ko nashoboraga kwemeza ubwenge bwanjye n'igitekerezo cy'uko ingwe ari injangwe, ariko se nashobora gutuma ingwe zibyemera?"

"Birumvikana ko imbaraga nazo ari ngombwa! Umuntu ntashobora kwitega intsinzi ku mwana utekereza ko ingwe ari injangwe yo mu rugo! Amaboko akomeye ni yo ntwaro yanjye ihagije."

Yadusabye kumukurikira tugera ku rukuta, aho yakubise inkombe y'urukuta. Itafari ryaguye hasi; ijuru ryarebye mu jinyo ry'urukuta ryari rifunguye. Naratangaye cyane; umuntu ushobora gukuraho amatafari ya sima ku rukuta rukomeye akoresheje ikubito rimwe, nibwiraga ko agomba kuba ashoboye kwimura amenyo y'ingwe!

"Abagabo benshi bafite imbaraga nk'izanjye, ariko baracyafite icyizere gikonje. Abafite umubiri ariko badafite ubwenge buhagije bashobora kwisanga bacitse intege babonye gusa inyamaswa yo mu ishyamba yiruka mu ishyamba. Ingwe mu bukana bwayo n'aho ituye itandukanye cyane n'inyamaswa yo mu bwoko bwa opium irya opium!"

"Abantu benshi bafite imbaraga nyinshi bagiye baterwa ubwoba no kubura imbaraga mbere y'igitero cy'umwami wa Bengal. Bityo ingwe yahinduye uwo mugabo, mu bitekerezo bye, aba imimerere itagira ubwoba nk'iy'injangwe. Birashoboka ko umugabo, ufite umubiri ukomeye kandi ufite ubushake bukomereye, yahindura ameza kuri ingwe, akayihatira kwemera ko injangwe idafite ubwirinzi. Ni kangahe nabikoze!"

Nari niteguye kwemera ko intwari yari imbere yanjye yashoboye guhindura isura y'injangwe n'injangwe. Yasaga n'aho ari umuntu ukunda kwigisha; njye na Chandi twateze amatwi twiyubashye.

"Ubwenge ni bwo bukoresha imitsi. Imbaraga zo gukubita inyundo zishingiye ku mbaraga zikoreshwa; imbaraga zigaragazwa n'igikoresho cy'umubiri w'umuntu zishingiye ku bushake bwe n'ubutwari bwe. Umubiri waremwe kandi ugashyigikirwa n'ubwenge. Binyuze mu gitutu cy'imitekerereze ikomoka mu buzima bwa kera, imbaraga cyangwa intege nke zinjira buhoro buhoro mu bwenge bw'umuntu. Zigaragara nk'ingeso, zigahinduka umubiri wifuza cyangwa utifuzwa. Intege nke zo hanze zigira inkomoko mu bwenge; mu ruziga rubi, umubiri uhambiriwe n'ingeso ubangamira ubwenge. Iyo umuyobozi yemeye

iyo umugaragu ategetswe, uwo mugaragu aba umunyagitugu; ubwenge na bwo buhinduka imbata iyo bwemeye gukurikiza amabwiriza y'umubiri.

Ubwo twamusabaga, uwo muswa w'igitangaza yemeye kutubwira ikintu

cy'ubuzima bwe. Yagize ati: "Icyo nashakaga mbere na mbere kwari

ukurwanya ingwe. Ubushake bwanjye bwari bukomeye, ariko umubiri

wanjye wari ufite intege nke."

Natunguwe no gusohora amagi. Byasaga n'ibitangaje kuba uyu mugabo, ubu "ufite ibitugu bya Atlantika, ashoboye kwitwara," yari azi intege nke.

"Kubera kwihangana mu bitekerezo by'ubuzima n'imbaraga, ni byo byatumye ntsinda ubumuga bwanjye. Mfite impamvu zose zo gushimagiza imbaraga z'ubwenge nabonye ko ari zo zatumye Bengals z'ibwami ziganza."

"Ese utekereza ko, swami wubahwa, ko nashobora kurwana n'ingwe?" Iyi yari inshuro ya mbere, kandi ya nyuma, ubwo bushake budasanze bwangiriye mu mutwe!

"Yego." Yari arimo aramwenyura. "Ariko hariho ubwoko bwinshi bw'ingwe; zimwe zizerera mu mashyamba y'ibyifuzo bya muntu. Nta nyungu y'umwuka iboneka iyo inyamaswa zitamenye. Ahubwo tsinda inzibacyuho zo imbere."

"Gicurasi twe umva, Nyakubahwa, gute wowe byahindutse kuva a umutoza bya ishyamba ingwe kuri a umutoza bya ishyamba irari?"

Ingwe Swami yaracecetse. Uburangare bwe bwaje mu maso, butuma abona ibintu byo mu myaka yashize. Nabonye ko yari afite ikibazo cyo mu mutwe cyo gufata icyemezo cyo kwemera icyifuzo cyanjye. Amaherezo yaramwenyuye yemera.

"Igihe icyamamare cyanjye cyageraga ku rwego rwo hejuru, byanteye ubusinzi bw'ubwibone. Sinahisemo kurwanya ingwe gusa ahubwo nanazigaragaza mu mayeri atandukanye. Intego yanjye kwari uguhatira inyamaswa z'inkazi kwitwara nk'izo mu rugo. Natangiye gukora ibikorwa byanjye ku mugaragaro, ntsinzi ishimishije."

"Imwe umugoroba yanjye papa yinjiye yanjye icyumba muri gutekereza cyane amarangamutima.

"Mwana wanjye, mfite amagambo yo kukwiburira. Nagukiza ingorane zizaza, ziterwa n'ibiziga bishya by'impamvu n'ingaruka."

"Ese uri umuntu utekereza ko ibintu bizaba byarangiye, Padiri? Ese imiziririzo ikwiye kwemererwa guhindura ibara amazi akomeye cyangwa ibikorwa byanjye?"

"Sindi umuntu utekereza ko ibintu bizaba byarangiye, mwana wanjye. Ariko nemera itegeko rikiranuka ryo guhana, nk'uko ryigishwa mu byanditswe byera. Hari inzika ikurwanya mu muryango w'ishyamba; rimwe na rimwe ishobora kukugirira akamaro."

"Data, urantunguye! Uzi neza icyo ingwe ari cyo - nziza ariko ntigira impuhwe! Ndetse n'ako kanya nyuma yo kurya inyamaswa nini cyane, ingwe irashyuha cyane iyo ibonye umuhigo mushya. Ishobora kuba impala yishimye, ireba hejuru y'ibyatsi byo mu ishyamba. Irayifata iruma umwobo mu muhogo woroshye, inyamaswa y'inkazi irya gato amaraso arira cyane,

na aragenda byayo ubusambo inzira.

"Ingwe ni zo zisuzuguritse cyane mu bwoko bw'ishyamba! Ni nde ubizi? Ibipfunsi byanjye bishobora gushyira ubwenge mu mitwe yazo minini. Ndi umuyobozi w'ishuri rirangiza ishyamba, kugira ngo mbigishe imico myiza!"

"Ndakwinginze, Papa, mfate nk'umuntu ukunda ingwe ntukamfate nk'umwicanyi w'ingwe. Ni gute ibikorwa byanjye byiza byanteye ingaruka mbi? Ndagusaba kudashyiraho itegeko na rimwe ngo mpindure imibereho yanjye."

Jye na Chandi twari twitayeho cyane, dusobanukiwe ikibazo cyabayeho mu gihe cyashize. Mu Buhinde umwana ntabwo anyuranya n'ibyo ababyeyi be bifuzaga.

"Mu ituze ryimbitse, Papa yumvise ibisobanuro byanjye. Yabikurikijeho avuga amagambo akomeye cyane."

"Mwana wanjye, unhatira kuvuga ubuhanuzi butangaje buturutse mu kanwa k'umutagatifu. Yanyegereye ejo ubwo nicaye ku ibaraza mu gihe natekerezaga buri muni."

""Nshuti yanjye, ndaje nzanye ubutumwa ku mwana wawe w'umugome. Nimureke ibikorwa bye by'ubugizi bwa nabi. Bitabaye ibyo, guhura kwe n'ingwe bizamutera ibikomere bikomeye, hanyuma hagakurikiraho amezi atandatu y'uburwayi bumuhitana. Hanyuma azareka inzira ze za kera maze abe umumonaki."

"Iyi nkuru ntabwo yanshimishije. Natekereje ko Papa yari umuntu utizera cyane washutswe n'umufana w'ibinyoma."

Swami w'ingwe yavuze aya magambo mu buryo butunguranye, nk'aho ari ubupfapfa. Yamaze igihe kinini acecetse, asa n'aho atazi ko turi kumwe. Ubwo yafataga umugozi w'inkuru ye, yahise atangira kuvuga mu buryo butunguranye, afite ijwi rituje.

"Nyuma gato y'aho Papa ampaye umuburo, nasuye umurwa mukuru wa Cooch Behar. Akarere keza kari gashya kuri njye, kandi niteze impinduka nziza. Nk'uko bisanzwe ahantu hose, abantu benshi barankurikiraga mu mihanda. Najyaga numva amagambo yo mu bwongo:

""Uyu ni we mugabo urwana

n'ingwe zo mu gasozi.' ""Afite

amaguru, cyangwa ibiti bifite

amashami?"

"Reba kuri bye isura! We ugomba kuba umuntu kwigira umuntu mu mubiri bya i umwami bya ingwe ubwe!"

"Uzi uburyo inyenzi zo mu cyaro zikora nk'ibinyamakuru bya nyuma! Ni gute amatangazo y'abagore yavuzwe nyuma akwirakwira mu nzu n'inzu! Mu masaha make, umujyi wose wari wishimye cyane kubera ko ndi kumwe na we."

"Nari nduhutse bucece nimugoroba, ubwo numvaga imirindi y'amafarasi yiruka cyane. Yahagaze imbere y'aho nari ntuye. Hinjira abapolisi benshi barebare kandi bambaye ingofero."

"Naratangaye cyane. 'Ibi bintu byose birashoboka kuri ibi biremwa by'amategako y'abantu,' nibwiraga. 'Ndibaza niba bazanshinja ibintu ntazi na gato.' Ariko abapolisi bunamiranye n'ikinyabupfura kitari cyo.

"Nyakubahwa Bwana, twoherejwe kukwakira mu izina ry'Igikomangoma cya Cooch Behar. Yishimiye kugutumira mu ngoro ye ejo mu gitondo."

"Namaze igihe nibaza ku kibazo cyo kuba naragiyeyo. Kubera impamvu zitazwi neza, numvise nicuza cyane kubera iki kibazo cyo kumpagarika mu rugendo rwanjye rwo mu gacerere. Ariko uburyo abapolisi bambazaga bwarankoze ku mutima; nemeye kugenda."

"Naratangaye umunsi ukurikiyeho ubwo banjyanaga mu modoka nziza cyane ikururwa n'amafarasi ane. Umugaragu yari afite umutaka umeze nk'umutaka wo kunkingira izuba ryinshi. Nashimishijwe n'urugendo rwiza mu mujyi no mu nkengero zawo z'ishyamba. Umuhungu w'umwami ubwe yari ku muryango w'ingoro kugira ngo anyakire. Yampaye intebe ye bwite y'izahabu, yishyira mu ntebe yoroheje yishimye.

"'Ubu bupfura bwose buzamfasha!'" Natekereje ntangaye cyane. Impamvu y'igikomangoma yagaragaye nyuma y'amagambo make asanzwe.

"'Umujyi wanjye wuzuyemo ibihuha bivuga ko ushobora kurwanya ingwe zo mu gasozi nta kindi uretse amaboko yawe yambaye ubusa. Ni ukuri koko?'"

"'Ni ni rwose 'ukuri.'"

"'Simbizi neza! Uri Umubengali wa Calcutta, utungwa n'umuceri wera w'abaturage bo mu mujyi. Vuga ukuri, ndakwinginze; ese ntiwarwanaga n'inyamaswa zitagira umugongo gusa, zigaburirwa opium?' Ijwi rye ryari rirenga kandi risesereza, ryumvikana nk'iry'intara.

"Jyewe byemewe oya igisubizo kuri bye gutuka ikibazo.

"Ndagusaba kurwanya ingwe yanjye nshya yafashwe, Raja Begum. **6-2** Niba ushobora kumurwanya neza, ukamufata umunyururu, hanyuma ukamusiga mu kato afite ubwenge, uzaba ufite iyi Bengal y'ibwami! Amafaranga ibihumbi n'izindi mpano nyinshi na yo azatangwa. Nunga guhura na we mu ntambara, nzatangaza izina ryawe muri leta yose nk'umubeshyi!

"Amagambo ye y'agasuzuguro yankoze ku mutima nk'urusaku rw'amasasu. Narashe nemera n'umujinya. Ahagurutse igice kimwe ku ntebe kubera ibyishimo bye, igikomangoma gisubira inyuma kimuseka cyane. Nibutse abami b'Abaroma bishimiraga gushyira Abakristo mu bibuga by'inyamaswa."

"Umukino uzamara icyumweru kimwe guhera ubu. Mbabajwe nuko ntashobora kuguha uburenganzira bwo kureba ingwe mbere y'igihe."

"Niba igikomangoma cyatinyaga ko nashaka gushukisha inyamaswa, cyangwa kumuha ibiyobyabwenge mu ibanga, sinzi!"

"Navuye mu ngoro, ntangazwa n'ibyishimo ko umutaka w'umwami n'igare ry'inyuma byari byabuze."

"Mu cyumweru cyakurikiyeho nateguye ubwenge bwanjye n'umubiri wanjye mu buryo bunonosoye ku bw'amakuba yari agiye kuza. Binyuze ku mugaragu wanjye namenye inkuru zitangaje. Ubuhanuzi bubi bw'umutagatifu kuri data bwari bwarageze mu mahanga, bugenda burushaho kwiyongera uko bwiyongeraga. Abaturage benshi bo mu cyaro bizeraga ko umwuka mubi, wavumwe n'imana, wongeye kuvuka nk'ingwe ifata imiterere itandukanye y'abadayimoni nijoro, ariko igakomeza kuba inyamaswa ifite imirongo ku manywa. Iyi ngwe y'idayimoni yagombaga kuba yoherejwe kuncisha bugufi.

"Indi myumvire y'ubuhanga yari uko amasengesho y'inyamaswa kuri Tiger Heaven yari yasubijwe mu ishusho ya Raja Begum. Yari kuba igikoresho cyo kumpana - umuntu w'intwari, utuka ubwoko bwose bw'ingwe! Umugabo utagira ubwoya, utagira amenyo, utinyuka guhangana n'ingwe ifite amaboko akomeye kandi ifite amaguru! Ubumara bw'ingwe zose zaciwe intege - abaturage bavuze ko bwari bwarakoranye imbaraga zihagije zo gushyira mu bikorwa amategeko yihishe no gutuma umuntu w'ingwe wirata agwa ."

"Umugaragu wanjye yakomeje ambwira ko igikomangoma cyari mu mwanya we nk'umuyobozi w'imirwano hagati y'abantu n'inyamaswa. Yari yarayoboye iyubakwa ry'inzu yo kwikingira inkubi y'umuyaga, yari igenewe kwakira abantu ibihumbi. Byayo hagati byafashwe Raja Begum muri umuntu kinini cyane icyuma akazu, bakikijwe hafi y'icyumba cyo hanze cy'umutekano. Imbohe yavuzaga urusaku rw'amaraso rudashira. Yagaburirwaga bike, kugira ngo ashyushye cyane. Ahari igikomangoma cyari cyiteze ko ndi ifunguro ry'ibihembo!

"Abantu bo mu muji no mu nkengero z'umuji baguze amatike bashishikaye cyane bitewe n'ingoma zatangazaga irushanwa ridasanzwe. Umunsi w'intambara watumye amagana asubira inyuma kubera kubura imyanya. Abagabo benshi binjiraga mu mahema, cyangwa bakuzuye ahantu hose munsi y'amabaraza."

Ubwo inkuru ya Tiger Swami yari yegereje kurangira, ibyishimo byanjye byariyongereye; Chandi na we yari ananiwe cyane.

"Mu gihe cy'amajwi menshi ya Raja Begum, n'urusaku rw'abantu bari bafite ubwoba, nahise ngaragara bucece. Nambaye ubusa mu kibuno, ubundi ntari nkingiwe n'imyenda. Nafunguye umugozi wo ku muryango w'icyumba cy'umutekano maze ndawufunga inyuma yanjye ntujye. Ingwe yumvise amaraso. Yasimbutse cyane ku mbaho zayo, irakirana ubwoba. Abari aho baratujye kubera ubwoba bukabije; nasaga n'umwana w'intama woroheje imbere y'inyamaswa y'inkazi.

"Mu kanya gato nari ndi mu kato; ariko ubwo nakomangaga urugi, Raja Begum yari anyitayeho cyane. Ukuboko kwanjye kw'iburyo kwari kwarashwanyaguritse cyane. Amaraso y'abantu, ikintu gikomeye cyane ingwe ishobora kumenya, yaguye mu migezi iteye ubwoba. Ubuhanuzi bw'umutagatifu kwasaga n'aho bugiye gusohora."

"Nahise ntera imbaraga nyuma yo gutungurwa n'igikomere cya mbere gikomeye nari narahuye nacyo. Kwirukana Mbonye intoki zanjye ziteye ubwoba nkazishyira muni y'igitambaro cyanjye, nakubise ukuboko kw'ibumoso mu buryo butunguranye. Inyamaswa yarasubiye inyuma, izenguruka inyuma y'igikarito, maze irasimbuka itera imbere ihinda umushyitsi. Igihano cyanjye cy'ubugizi bwa nabi cyaramwishe."

"Ariko uburyohe bw'amaraso bwa Raja Begum bwari bumeze nk'inzoga ya mbere iteye ubwoba ku muntu wari umaze igihe kirekire adafite icyo akeneye. Bitewe n'urusaku rwinshi, ibitero by'inyamaswa byarushijeho gukomera. Kuba ntari nishingikirije neza ku kuboko kumwe gusa byatumye ngira intege nke imbere y'inzara n'amenyo. Ariko natanze ibihano bitangaje. Twahanganye, turarwana kugeza ku rupfu. Uruziga rwari rubi cyane, amaraso yamenekaga mu mpande zose, kandi ububabare n'irari ryica byaturukaga mu muhogo w'inyamaswa.

"Mumurase!" "Nimwice ingwe!" Abari aho baranguruye ijwi. Abantu n'inyamaswa bihuta cyane, ko isasu ry'umurinzi ryapfuye. Nakoresheje imbaraga zanjye zose, ndavuzza induru cyane, maze nkubita umugongo wa nyuma. Ingwe yaraguye iraryama bucece.

"Nkunda a inyangwe! Jye yavugurujwe.

Itsinda swami yasetse muri umutima mwiza gushimira, hanyuma yakomeje i gukurura abantu inkuru.

"Raja Begum yaje gutsindwa amaherezo. Ishema rye ry'ubwami ryarushijeho gusuzugurwa: n'amaboko yanjye yari yakomeretse, namufunguye mu buryo butangaje. Mu kanya gato gatangaje, nafashe umutwe wanjye mu mutego w'urupfu warimo urira. Narebye hirya no hino nshaka umunyururu. Nakuruye umwe mu kirundo cyari hasi, mwuboha ingwe mu ijosi ryayo ku mbaho z'akazu. Mu ntsinzi nimukiye ku muryango.

"Ariko ibyo umugome umuntu wigize umuntu, Raja Begum, yari afite imbaraga birakwiye bya bye bivugwa ko umuntu urwaye amadayimoni Inkomoko. Yaciye umugozi ansimbuka ku mugongo. Urutugu rwanjye rwari mu kanwa ke, ndagwa cyane. Ariko mu buryo butunguranye namufashe muni yanjye. Kubera ibitero bitagira impuhwe, inyamaswa y'inkozi y'ibibi yaguye mu bwoba. Kuri iyi nshuro nayifashe neza cyane. Buhoro buhoro navuye mu kato.

"Nasanze ndi mu rusaku rushya, kuri iyi nshuro ndi mu byishimo. Ibyishimo by'imbaga byacitse nk'aho byaturutse umuhogo umwe munini cyane. Narakubiswe cyane, nari maze kuzuza ibisabwa bitatu byo kurwana - gukubita ingwe, kuyiboha n'umunyururu, nkayisiga nta mfashanyo yanjye. Byongeye kandi, nari narakomerekeje cyane kandi nteye ubwoba inyamaswa y'inkazi ku buryo yari yishimiye kwirengagiza igihembo cy'umutwe wanjye mu kanwa kayo!

"Nyuma y'uko ibikomere byanjye bivuye, nahawe icyubahiro kandi ndambikwa amakamba; ibice amagana bya zahabu byansutswe ku birenge. Umujyi wose winjiye mu gihe cy'iminsi mikuru. Havumbuwe ibiganiro bidashira ku mpande zose ku bijyanye n'intsinzi yanjye kuri imwe mu ngwe nini kandi z'inkazi cyane zigeze kubona. Raja Begum yanyeretswe, nk'uko byari byasezeranijwe, ariko nta byishimo nigeze numva. Impinduka mu buryo bw'umwuka yari yinjiye mu mutima wanjye.

Byasaga nkaho ubwo nasohokaga mu kato nari maze gufunga urugi ku byifuzo byanjye by'isi."

"Hakurikiyeho igihe kibi cyane. Namaze amezi atandatu ngeze hafi gupfa kubera uburozi mu maraso. Nkimara gukira bihagije ngo mve muri Cooch Behar, nasubiye mu mujyi wanjye w'amavuko."

"Noneho menye ko umwarimu wanjye ari we muntu w'umuziranenge watanze umuburo w'ubwenge.' Natuye data nicishije bugufi. 'Oh, iyaba nashoboraga kumubona!' Nari mfite icyifuzo gikomeye, kuko umunsi umwe umutagatifu yahageze atatangajwe."

"Birahagije bya ingwe gutozwa.' We yavuze hamwe na gutuza ubwishingizi. 'Ngwino hamwe na jyewe; Jye ubushake kwigisha wowe kuri

tsinda inyamaswa z'ubujiji zizenguruka mu mashyamba y'ubwenge bw'abantu. Umenyereye abareba: reka ibe inyenyeri y'abamarayika, bishimirwa n'ubuhanga bwawe bushimishije bwa yoga!'

"Natangijwe mu nzira y'umwuka n'umwarimu wanjye w'umutagatifu. Yakinguye imiryango y'ubugingo bwanjye, yari yuzuye ingese kandi idakoreshwa igihe kirekire. Twafashenye amaboko, vuba aha tujya mu myitozo yanjye mu misozi ya Himalaya."

Jye na Chandi twunamye imbere y'ibirenge bya swami, twishimiye imiterere ye isobanutse y'ubuzima bwe burangwa n'isuri. Numvise ko nishyuwe cyane kubera gutegereza igihe kirekire mu cyumba cy'igeragezwa!

6-1 : *Sohong* yari bye abamonaki izina. We yari bizwi cyane bizwi nka i "Ingwe" Swami."

6-2 : "Igikomangoma Igikomangomakazi"-so izina kuri garagaza ibyo ibi inyamaswa umutwaro i hamwe ubukana bya ingwe na ingwe.

IGICE: 7

Itsinda Guhindura Levitasiyo Mutagatifu

"Nabonye yoga ihagaze mu kirere, metero nyinshi hejuru y'ubutaka, mu ijoro ryakeye mu nama y'itsinda." Inshuti yanjye, Upendra Mohun Chowdhury, yavuze neza cyane.

Namwenyuye cyane. "Wenda ndakeka izina rye. Yari Bhaduri Mahasaya, wo muri Upper Circular Road?"

Upendra yafashe umutwe, ababaye cyane kubera ko ntari umunyamakuru w'amakuru. Kuba narashishikajwe no kumenya iby'abatagatifu byari bizwi cyane n'inshuti zanjye; bishimiraga kunshyira mu nzira nshya.

"Uwo mukinnyi wa yoga aba hafi y'iwacu ku buryo nkunda kumusura." Amagambo yanjye yatumye Upendra ashimishwa cyane, maze nkomeza kwigirira icyizere.

"Namubonye mu bikorwa bitangaje. Yashoboye gutsinda *pranayamas zitandukanye ku manota* **7-1.**" bya yoga ya kera y'inshuro umunani yavuzwe na Patanjali. **7-2** Igihe kimwe Bhaduri Mahasaya yaririmba *Bhastrika Pranayama* imbere yanjye akoresheje imbaraga zitangaje ku buryo byasaga nkaho inkubi y'umuyaga yari

yadutse mu cyumba! Hanyuma yazimye umwuka w'inkuba maze aguma adakora mu buryo bworoshye bwo gutekereza cyane. **7-3** Urumuri rw'amahoro nyuma y'inkubi y'umuyaga rwari rwiza cyane ku buryo butari kwibagirana.

"Jyewe wumvise ibyo i umutagatifu nta na rimwe amababi bye murugo." Upendra's ijwi yari a gato nta kwemera.

"Nibyo koko! Yamaze imyaka makumyabiri aba mu nzu. Agabanya gato ubutegetsu bwe yishyiriyeho mu bihe by'iminsi mikuru yacu yera, iyo agiye kugera ku muhanda we w'imbere! Abasabirizi bateranira aho, kuko Mutagatifu Bhaduri azwiho umutima we w'ubugwaneza."

"Nigute ikora we gumaho muri i umwuka, gusuzugura i amategeko bya imbaraga zikurura?"

"Umubiri w'umuntu ukora yoga utakaza ubukana bwawo nyuma yo gukoresha *pranayama zimwe na zimwe* . Hanyuma uzagenda wihuta cyangwa usimbuka nk'igikeri gisimbuka. Ndetse n'abatagatifu badakora yoga isanzwe 7-4 byamenyekanye ko umuntu ashobora gukurura umwuka wera mu gihe cyo kwiye gurira Imana cyane.

"Ndifuza kumenya byinshi kuri uyu munyabwenge. Ese witabira inama ze za nimugoroba?" Amaso ya Upendra yari afite amatsiko menshi.

"Yego, njyayo kenshi. Nshimishwa cyane n'ubwenge bwe. Rimwe na rimwe guseka kwanjye igihe kirekire kwangiza ibirori by'amateraniro ye. Uwera ntabwo ababaye, ariko abigishwa be basa n'abambaye impanga!"

Ubwo navaga ku ishuri kuri uwo mugoroba, nanyuze ku cyumba cya Bhaduri Mahasaya maze mpitamo gusura. Umunyeshuri wari wenyine, wari utuye mu igorofa ryo hasi, yarinze ubuzima bwite bwa shebuja. Umunyeshuri yari ameze nk'umunyeshuri; noneho yambazaga ku mugaragaro niba mfite "ubukwe." Umunyeshuri we yansabye kunsura ku gihe kugira ngo andekure mu gihe cyo kwirukanwa.

"Reka Mukunda aze igihe ashakiye." Amaso y'umunyabwenge yaramwenyuraga. "Itegeko ryanjye ryo kwigunga si iry'ihumire ryanjye, ahubwo ni iry'abandi. Abantu b'isi ntibakunda ukuri gusenya uburiganya bwabo. Abatagatifu si bake gusa ahubwo ni abatesha umutwe. Ndetse no mu byanditswe byera, akenshi bafatwa nk'abateye isoni!"

Nakurikiye Bhaduri Mahasaya mu cyumba cye cyo hejuru cy'igorofa, aho yakundaga kuva. Abahanga mu by'ubumenyi bakunze kwirengagiza imiterere y'isi, aho batigeze bamenya neza kugeza igihe bashingiye ku bihe byashize. Abantu bo mu gihe cy'umunyabwenge si bo bonyine bari mu bihe bito.

"Maharishi, 7-5 wowe ni i mbere yoga Jye kugira bizwi nde buri gihe agumaho imbere mu nzu.

"Imana ibimera bye abera rimwe na rimwe muri bitunguranye ubutaka, kugira ngo twe

Tekereza twe Gicurasi kugabanya We kuri a tegeka!

Umuhanga yapfunyitse umubiri we ushyushye mu gituza. Mu myaka ye ya za mirongo irindwi, nta bimenyetso bibi yagaragaje by'izabukuru cyangwa ubuzima bwo kwicara. Yari akomeye kandi agororotse, yari mwiza muri byose. Isura ye yari **n k ' u k o b y a s o b a n u w e m u n y a n d i k o z a k e r a .** Yari umuntu *w'icyubahiro* , ufite ubwanwa bwinshi, yahoraga yicaye ahagaze neza, amaso ye atuje areba ko ari hose.

Itsinda umutagatifu na Jye yinjiye i gutekereza ku mutima leta. Nyuma umuntu isaha, bye witonda ijwi yarakangutse njyewe.

"Ukunze kujya mu gacerere, ariko se waba warateye imbere *muri anubhava*?" **7-6**
Yari arimo anyibutsa gukunda Imana kuruta gutekereza cyane. "Ntukibeshye ubuhanga ku ntego."

Yampaye imyembe. Akoresheje ubwo bwenge bwiza nabonye bushimishije mu miterere ye y'urupfu, yagize ati: "Muri rusange abantu bakunda *Jala Yoga* (guhuza ibiryo) kuruta *Dhyana Yoga* (guhuza n'Imana)."

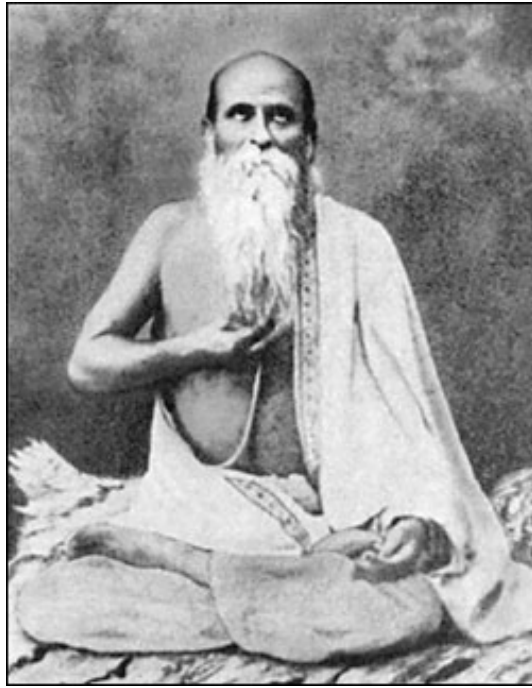
Ye umuntu ukora yoga amagambo ateye isoni byagizweho ingaruka nnyewe mu buryo bw'urusaku.

"Mbega ukuntu useka!" Yahise abona urumuri rw'urukundo. Isura ye yahoraga ikora ku mutima, ariko imukora ku mutima kubera inseko y'ibyishimo. Amaso ye manini, y'umutuku yari afite inseko y'Imana yihishe.

"Ayo mabaruwa aturuka muri Amerika ya kure." Umuhanga yagaragaje amabashya menshi manini ku meza. "Ndandikirana n'amashyirahamwe make aho abanyamuryango bayo bashishikajwe na yoga. Barimo kuvumbura Ubuhinde bushya, bafite icyerekezo cyiza kurusha Columbus! Nishimiye kubafasha. Ubumenyi bwa yoga ni ubuntu ku bazakira bese, nk'uko urumuri rw'izuba rudasumbwa.

"Ibyo *rishis* ifatwa nk'ingenzi ku gakiza ka muntu ntibigomba guhindurwa ku birebana n'Uburengerazuba. Nubwo hari byinshi mu buzima butandukanye, ntabwo ari Uburengerazuba cyangwa Uburasirazuba bizatera imbere niba hatabayeho uburyo bumwe na bumwe bwa yoga."

Uwo mutagatifu yaramfashe mu maso ye atuje. Sinari nzi ko ijamba rye ryari ubuyobozi bw'ubuhanuzi butwikiriye. Ubu, ubwo nandika aya magambo, ni bwo nsobanukiwe neza ibisobanuro byuzuye mu magambo yakundaga kumbwira ko umunsi umwe nzajyana inyigisho z'Ubuhinde muri Amerika.



BHADURI MAHASAYA
"Icyo Guhindura Levitasiyo "Mutagatifu"

"Bwana," ndamubaza, "kuki utandika igitabo kuri yoga ku bw'inyungu z'isi?" "Ndimo gutoza abigishwa," Arabasubiza. "Bo n'abanyeshuri babo bazaba ibitabo bizima, igihamya cyo kwangirika kw'ibihe n'ibisobanuro bidasanzwe by'abanenga."

"Maharishi, Jye icyifuzo wowe yakwitwara kwandika a igitabo ku yoga kuri i inyungu bya i isi."

"Ndimo gutoza abigishwa. Bo n'abanyeshuri babo bazaba ibitabo bizima, igihamya cyo kwangirika kw'ibihe n'uburyo ababisobanura badafite ishingiro." Ubwenge bwa Bhaduri bwanteye urundi rusaku rw'inseko.

Nasigaye ndi kumwe na yoga gusa kugeza igihe abigishwa be bahageze nimugoroba. Bhaduri Mahasaya yinjiye muri imwe mu nyigisho ze zitagereranywa. Nk'umwuzure w'amahoro, yakuyeho ibisigazwa by'ubwenge by'abamwumvaga, abashyira mu Mana. Imigani ye itangaje yavuzwe mu rurimi rw'ikibengali rutagira inenge.

Muri uyu mugoroba Bhaduri yasobanuye ingingo zitandukanye za filozofiya zijyanye n'ubuzima bwa Mirabai, Igikomangomakazi cyo mu gihe cya kera cya Rajputani cyataye ubuzima bwe bw'ibwami kugira ngo gishake icumbi rya sadhus. Hari igikomangoma kinini cya Sannyasi cyanze kumwakira kuko yari umugore; igisubizo cye cyamutumye yicisha bugufi.

Yari yaravuze ati: "Bwira shebuja ko ntari nzi ko hari umugabo mu isi uretse Imana; ese twese ntituri abagore imbere ye?" (Igitekerezo cy'Ibyanditswe bivuga ko Uwiteka ari we Mugenga w'Irema, ibyo yaremye ari ubusa uretse *maya idakora* .)

Mirabai yahimbye indirimbo nyinshi zishimishije cyane zigikunzwe cyane mu Buhinde; ndazihinduramo imwe muri zo hano:

"Iyaba Imana yashoboraga kugerwaho mu
kwiuhagira buri munsu, nabaye nk'ikirura mu
nyanja;
Iyo umuntu arya imizi n'imbuta, yamenyekanye,
nishimiye guhitamo ihene;
Iyo kubara rozari byamugaragazaga,
nasengaga nkoresheje amasaro manini cyane;
iyo kunamira amashusho y'amabuye
byamugaragazaga, umusozi w'amabuye
nawusenga nicishije bugufi;
Iyo Uwiteka anywa amata, abana benshi n'abana
bari kumumenya;
Iyo umuntu ata umugore we byasaba Imana,

abantu ibihumbi ntibaba inkone?
Mirabai azi ko gushaka Imana ari byo
byonyine by'ingenzi ari Urukundo.

Abanyeshuri benshi bashyize amarupi mu nkwezi za Bhaduri zari zimuryamye iruhande ubwo yari yicaye muri yoga. Iyi turo ryiyubashye, risanzwe mu Buhinde, rigaragaza ko umwigishwa ashira ibintu bya ku birenge bya mwarimu. Inshuti zishimira ni zo gusa Nyagasani wiyoberanyije, yita ku bye.

"Mwigisha, uri mwiza cyane!" Umunyeshuri umwe, agiye gusezera, yitegereza umunyabwenge w'umukurambere. "Wanze ubutunzi n'ihumire kugira ngo ushake Imana kandi utwigishe ubwenge!" Byari bizwi cyane ko Bhaduri Mahasaya yataye ubutunzi bwinshi bw'umuryango we akiri umwana, ubwo yinjiraga mu nzira ya yoga.

"Urimo gusubiza inyuma urubanza!" Isura y'umutagatifu yari ifite umunwa muto. "Nasize amafaranga make, make ntoya ibinezeza, kuri a isanzwe ubwami bya itagira iherezo ibyishimo. Uburyo hanyuma kugira Jye byanzwe Hari icyo nanjye ubwanjye? Nzi ibyishimo byo gusangira ubutunzi. Ese ibyo ni igitambo? Abantu bo mu isi batareba kure ni bo koko banze Imana! Batanga umutungo w'Imana udasanzwe kugira ngo babone ibikoresho bike byo ku isi!

Nasetse cyane kuri iyi myumvire iteye ubwoba yo kwiyanga—ishyira igitambaro cya Croesus ku mutagatifu wese usabiriza, mu gihe ihindura abaherwe bose b'abanyacyubahiro baba abahowe Imana batazi.

"Itegeko ry'Imana rigena ahazaza hacu mu buryo bw'ubwenge kurusha ikigo cy'ubwishingizi icyo ari cyo cyose." Amagambo yasoje y'umwarimu yari ukwemera kwe kwaragaragaye. "Isi yuzuyemo abizera badafite amahoro mu mutekano wo hanze. Ibitekerezo byabo bibabaza ni nk'inkovu ku gahanga kabo. Uwaduhaye umwuka n'amata kuva mu mwuka wacu wa mbere aza guha abamusenga umunsi ku wundi."

Nakomeje urugendo rwanjye nyuma y'ishuri njya ku muryango w'umutagatifu.

Yamfashije guceceka kugira ngo ngere kuri *anubhava*. Umunsi umwe yimukiye i Ram Mohan Roy Road, kure y'aho nari ndi muri Gurpar Road. Abigishwa be bamukunda bari bamwubakiye inzu nshya y'ingoro, izwi ku izina rya "Nagendra Math." 7-7

Nubwo bintera imbere y'inkuru yanjye mu myaka myinshi, ndagaruka hano ku magambo ya nyuma nahawe na Bhaduri Mahasaya. Mbere gato y'uko ngera mu Burengerazuba, naramushatse maze ndapfukama nicishije bugufi kugira ngo ampe umugisha wo kumusezeraho:

"Mwana wanjye, jya muri Amerika. Fata icyubahiro cy'Ubuhanze bw'imvi nk'ingabo yawe. Intsinzi yanditswe ku gahanga kawe; abaturage b'icyubahiro ba kure bazakwakira neza."

.....

7-1 : Uburyo bya kugenzura imbaraga z'ubuzima binyuze

amabwiriza bya umwuka. 7-2: Umuhanga wa kera cyane muri

yoga.

Abarimu b'Abafaransa ni bo ba mbere mu Burengerazuba biteguye gukora ubushakashatsi bwa siyansi ku :**7-3**
bushobozi bw'ubwenge burenze urugero ubwenge. Porofeseri Jules-Bois, umunyamuryango bya i L'Ecole de Inyigisho z'imitekerereze y'abantu bya i Sorbonne, yatanzeho inyigisho muri Amerika Mu 1928; yabwiye abari bamuteze amatwi ko abahanga mu bya siyansi b'Abafaransa bemeye ko ubwenge burenze urugero, "bitandukanye cyane n'ubwenge bwa Freud bwo mu bwenge kandi ko ari bwo bushobozi butuma umuntu aba umuntu koko atari inyamaswa gusa." M. Jules-Bois yasobanuye ko gukanguka k'ubwenge bwo hejuru "bitagombaga kwitiranywa n'ubukorikori cyangwa hypnotism. Kubaho k'ubwenge burenze urugero byamaze igihe kinini byemerwa muri filozofiya, mu by'ukuri bikaba ari Oversoul bivugwa bya na Emerson, ariko gusa vuba aha ifite byo yabaye byemewe mu buryo bwa siyansi." Itsinda Igifaransa umuhanga mu bya siyansi indorerwamo ko mu bwenge burenze urugero havamo guhumekwa, ubuhanga, indangagaciro z'umuco. "Kwizera ibi si amayobera nubwo ari

".byemewe na agaciro i imico iki abantu b'amayobera "Byarigishijwe

Mutagatifu Teresa bya Avila na ibindi Umukristo abera bari akenshi byagaragaye muri a :7-4

".leta bya 7-5: " Umuhanga ukomeye

.Nyabyo uburyo bwo kwiyumvisha ibintu bya Imana :7-6

Itsinda iby'abatagatifu yuzuye izina yari Nagendranath Bhaduri. *Imibare* bivuze ahantu ho kwimukira cyangwa *ashram* :7-7

.

IGICE: 8

Ubuhinde Byiza cyane Umuhanga mu bya siyansi, JC Bose

"Abajagadi" Chandra Kwa Bose umugozi ibihangano bishya mbere y'igihe ibyo bya Marconi."

Numvise iyi mvugo y'ubushotoranyi, negereye itsinda ry'abarimu bari mu nzira y'abanyamaguru bari mu biganiro bya siyansi. Niba impamvu yo kwifatanya nabo ari ishema ry'ivanguramoko, ndabyicuza. Sinshobora guhakana ko nshishikajwe cyane n'ibimenyetso bigaragaza ko Ubuhinde bushobora kugira uruhare runini muri fiziki, atari metafiziki gusa.

"Iki kora wowe ubugome, Bwana?"

Porofeseri yasobanuye abikuye ku mutima. "Bose ni we wa mbere wavumbuye ikintu kidakoresha insinga n'igikoresho cyo kwerekana ko imiraba y'amashanyarazi ihindagurika. Ariko umuhanga mu bya siyansi w'Umuhanze ntiyigeze akoresha ibyo yavumbuye mu bucuruzi. Bidatinze yahinduye ibitekerezo bye ava ku bintu bidafite akamaro ajya ku isi y'ibinyabuzima. Ibyo yavumbuye nk'umuhanga mu by'ibinyabuzima by'ibimera biraruta ndetse n'ibyo yagezeho bikomeye nk'umuhanga mu bya fiziki."

Nashimiye umujyanama wanjye mu kinyabupfura. Yongeyeho ati: "Umuhanze mu bya

siyansi ni umwe mu barimu banjye bakuru muri Kaminuza ya Perezidansi."

Umunsi wakurikiyeho nasuye umuhanga mu by'ubuhanga mu rugo rwe, rwari hafi y'urwanjye ku muhanda wa Gurpar. Nari maze igihe kinini mukunda cyane ndi kure. Umuhanga mu by'ibimera wo mu mva kandi wari ugiye mu kiruhuko cy'izabukuru yanyakiriye neza cyane. Yari umugabo mwiza, ukomeye mu myaka ya za mirongo itanu, afite umusatsi mwinshi, agahanga kanini, n'amaso adasobanutse nk'ay'umuntu urota. Uburyo yari afite amajwi meza bwagaragaje ingeso ye ya siyansi mu buzima bwe bwose.

"Navuye mu rugendo mu miryango ya siyansi yo mu Burengerazuba bw'Isi. Abanyamuryango babo bagaragaje ko bashishikajwe cyane n'ibikoresho byoroshye navumbuye bigaragaza

ubumwe butagabanywa bw'ibinyabuzima byose. **8-1** Crescograph ya Bose ifite ubwinshi bwa miliyoni icumi z'ubwinshi. Mikorosikopi yagutse inshuro ibihumbi bike gusa; nyamara yazanye imbaraga zikomeye muri siyansi y'ibinyabuzima. Crescograph ifungura amaso atagira uko asa."

"Wakoze byinshi, bwana, kugira ngo wihutishe kwakira Iburasirazuba n'Uburengerazuba mu maboko ya siyansi idafite kamere."

"Nize muri Cambridge. Mbega ukuntu uburyo bwo mu Burengerazuba bwo gushyira inyigisho zose mu igeragezwa ryimbitse ari bwiza! Ubwo buryo bwo gusuzuma ibintu bwajyanye n'impano yo kwisuzuma ari na yo gakondo yanjye yo mu Burasirazuba. Byose hamwe byatumye nshobora gutandukanya ituze ry'ibidukikije kuva kera bitavugwa. Imbonerahamwe z'ibyabaye kuri croscopy yanjye **8-2** ni ibimenyetso by'abashidikanya cyane ko ibimera bigira uturemangingo tw'imitsi twiyumvamo kandi bifite uburyo butandukanye bwo ubuzima bw'amarangamutima. Urukundo, urwango, ibyishimo, ubwoba, ibyishimo, ububabare, gushyuha, gusinzira, n'ibisubizo byinshi bikwiye ku bintu bitera imbaraga biri hose mu bimera nk'uko biri no mu nyamaswa.

"Ibyiza bidasanzwe by'ubuzima mu byaremwe byose byasaga n'aho ari ishusho y'ubusizi gusa mbere yo kuza kwawe, Porofeseri! Umweranda nari nzi ko atazigera akura indabyo. 'Ese nakwambura ubwiza bw'igihuru cy'indabyo? Ese nakwambura icyubahiro cyacyo nabi nkoresheje uburyo bwanjye bwo kwiyambura?' Amagambo ye y'impuhwe yemezwa neza binyuze mu byo wavumbuye!"

"Umusizi akunda ukuri cyane, mu gihe umuhanga mu bya siyansi aje yitonze. Ngwino umunsi umwe muri laboratwari yanjye urebe ubuhamya budashidikanywaho bw'ishusho y'ikimenyetso."

Nemeye ubutumire nishimye, maze ndagenda. Nyuma numvise ko umuhanga mu by'ibimera yari yaravuye muri Presidency College, kandi ko yari arimo gutegura ikigo cy'ubushakashatsi i Calcutta.

Ubwo Ikigo cya Bose cyafungurwaga, nitabiriye imihango yo kwegurira Imana. Abantu babarirwa mu magana bagendaga hirya no hino muri iyo nyubako. Nashimishijwe n'ubuhanzi n'ibimenyetso by'umwuka by'urugo rushya rwa siyansi. Navuze ko irembo ryayo ry'imbere ryari indiri y'ibisigazwa by'ibinyejana byinshi biturutse mu rusengero rwa kure. Inyuma y'ayo nyubako **8-3** isoko, igishushanyo cy'umugore cyashushanyijwe gifite itara cyagaragazaga icyubahiro cy'Abahinde ku mugore nk'utwara urumuri rudapfa. Ubusitani bwari bufite urusengero ruto rweguriwe Noumenon rurenze ibintu bitangaje. Igitekerezo cy'uko Imana itari ifite ishusho y'igicaniro cyagaragajwe no kuba nta shusho iyo ari yo yose yari iriho.



Jyewe ubwanjye kuri Imyaka gatandatu



JAGADI CHANDRA BOSE

Ubuhande byiza cyane umuhanga mu bya fiziki, umuhanga mu by'ibimera,
na umuvumbuzi bya i Crescograph

Kwa Bose imvugo ku ibi byiza cyane umunsi birashoboka kugira byatanzwe kuva i
iminwa bya kimwe bya i yahumekewe ibya kera

. rishis

"Uyu munsi ndayiyeguriye iyi Ikigo ntabwo ari laboratwari gusa ahubwo ni
urusengero." Icyubahiro cye cyibye nk'igishura kitagaragara hejuru y'icyumba

cy'inama cyari cyuzuye abantu. "Mu gukurikirana iperereza ryanjye najyanywe mu karere k'umupaka wa fiziki na fiziki. Natangajwe no kubona

Imipaka irashira, n'aho ibintu bihurira bikagaragara, hagati y'ikirere cy'ibinyabuzima n'ibidafite ubuzima. Ibintu bidafite ubuzima byafatwaga nk'ikintu cyose kitari ikintu kizima; byari bishimishije cyane bitewe n'imbaraga nyinshi.

"Inyito rusange yagaragaye ko ibyuma, ibimera n'inyamaswa bigendera ku itegeko rusange. Byose byagaragaje ibintu bimwe by'umunaniro n'ihungabana, hamwe n'amahirwe yo gukira no bya gushyirwa hejuru, nka neza nka i gihoraho kutita ku byo umuntu akora bifitanye isano hamwe na urupfu. Yujujwe Kubera gutangazwa n'iyi mvugo itangaje, nizeye cyane gutangaza ibyavuye mu bushakashatsi bwanjye imbere y'Umuryango w'Abami - ibyavuye mu bushakashatsi byagaragajwe n'igerageza. Ariko abahanga mu by'imiterere y'umubiri bari aho bangiriye inama yo kwibanda ku bushakashatsi bw'umubiri, aho gutsinda kwanjye byari byitezwe, aho kwigarurira ibidukikije byabo. Nari narayobye ntabizi mu buryo bw'ubwoko bw'abantu butari bumenyerewe, bityo nkora nabi umuco wabo.

"Hari kandi ivangura rishingiye ku tewolojiya ritazwi, rivanga ubujiji n'ukwizera. Akenshi byibagiwe ko Uwatuzengurukije iri banga ry'irema rihora rihindagurika yanadushyizemo icyifuzo cyo kwibaza no gusobanukirwa. Mu myaka myinshi yo gusobanukirwa nabi, namenye ko ubuzima bw'umuntu wiyeguriye siyansi bwuzuyemo intambara idashira. Ni we ugomba gutanga ubuzima bwe nk'igitambo gikomeye - ku bijyanye n'inyungu n'igihombo, intsinzi n'ibinaniranye, nk'umwe muri bo."

"Hashize igihe imiryango ikomeye ya siyansi ku isi yemeye inyigisho zanjye n'ibyavuye mu bushakashatsi bwanjye, kandi yemera akamaro k'umusanzu w'Abahinde muri siyansi." **8-4** Ese ikintu cyose gito cyangwa kidashingiye ku mategeko gishobora gushimisha ubwenge bw'Ubuhande? Binyuze mu muco uhoraho, n'imbaraga z'ingenzi zo kuvugurura ubuto, iki gihugu cyivuguruye binyuze mu mpinduka zitabarika. Abahinde bahoraga bavuka, bataye igihembo cy'igihe gito kandi gishimishije cy'isaha, bashakishaga ishyirwa mu bikorwa ry'amahame meza mu buzima - atari ukureka ibintu gusa, ahubwo binyuze mu rugamba rukora. Umuntu w'intege nke wanze amakimbirane, ntagire icyo abona, nta cyo yari afite cyo kwihakana. We wenyine waharaniye akanatsinda ashobora guhaza isi atanga umusaruro w'uburambe bwe bwo gutsinda.

"Akazi kamaze gukorwa muri laboratwari ya Bose ku bijyanye n'uko ibintu bimera bihagaze, ndetse n'ibyahishuwe mu buryo butunguranye mu buzima bw'ibimera, byafunguye ahantu hanini cyane ho gushakisha amakuru muri fiziki, mu buvuzi, mu buhinzi, ndetse no mu mitekerereze y'abantu. Ibibazo byafatwaga nk'ibidakemuka ubu byashyizwe mu rwego rw'iperereza ry'igerageza."

"Ariko intsinzi ikomeye ntishobora kuboneka hatabayeho ubushishozi buhamye. Ni yo mpamvu hari ibikoresho byinshi n'ibikoresho by'ingenzi byo mu gishushanyo cyanjye, bihagaze imbere yawe uyu munsu mu manza zabyo mu cyumba cyo ku irembo. Bikubwira imbaraga zirambye zo gushakisha inyuma y'uburiganya busa

n'aho butari mu kuri kugaragara, ku murimo uhoraho no kwihangana no kugira ubuhanga busabwa kugira ngo umuntu atsinde inzitizi za muntu. Abahanga bose mu bya siyansi b'abahanga bazi ko laboratwari nyayo ari ubwenge, aho inyuma y'amayobera bavumbura amategeko y'ukuri.

"Amasomo atangwa hano ntabwo azaba ari ayo gusubiramo ubumenyi bwakoreshejwe gusa. Bazatangaza ibintu bishya byavumbuwe, byerekanwe bwa mbere muri izi nzu. Binyuze mu gutangaza buri gihe ibikorwa by'Ikigo, iyi mishinga y'Abahinde izagera ku isi yose."

Bizaba umutungo wa rubanda. Nta patenti izigera ifatwa. Umwuka w'umuco wacu w'igihugu udusaba ko tugomba iteka ryose kwibohora ku ihumana ryo gukoresha ubumenyi mu nyungu zacu bwite gusa.

"Ikindi cyifuzo cyanjye ni uko ibikoresho by'iki kigo byaboneka, uko bishoboka kose, ku bakozi baturutse mu bihugu byose. Muri ibi ndimo kugerageza gukomeza imigenzo y'igihugu cyanjye. Kuva mu binyejana makumyabiri na bitanu, Ubuhinde bwakiraga muri za kaminuza za kera, muri Nalanda na Taxila, intiti ziturutse impande zose z'isi."

"Nubwo siyansi ni nta n'umwe muri bo bya i Iburasirazuba cyangwa bya i Iburengerazuba ariko ahubwo mpuzamahanga muri kuba ari rusange, nyamara **Ubuhinde** bufite umwihariko wo gutanga umusanzu ukomeye. Ibitekerezo by'Abahinde bishyushye, bishobora gukura ibintu bishya mu bintu byinshi bisa n'aho bivuguruzanya, bigenzurwa n'akamenyero ko kwibanda ku byo umuntu atekereza. Uku kwifata biha imbaraga zo gufata ubwenge kugira ngo bukurikire ukuri n'ukwihangana kutagira iherezo.

Amarira yanyijimye mu maso nyuma y'amagambo y'umuhanga. Ese "kwihangana" ntabwo ari ikintu kimwe n'Ubuhinde, bigatera urujijo Igihe n'abahanga mu by'amateka?

Nongeye gusura ikigo cy'ubushakashatsi, nyuma gato y'umunsi wo gufungura. Umuhanga mu by'ibimera ukomeye, yitaye ku isezerano rye, yanjyanye muri laboratwari ye ituje.

"Nzashyira crescograph kuri iyi fern; ubwinshi bwayo ni bwinshi cyane. Iyo ikinyamushongo cy'ikinyobwa cyaba cyaragutse muri i kimwe igipimo, i ikiremwa yakwitwara Kugaragara kuri kuba ingendo nka umuntu igezweho gari ya moshi!

Amaso yanjye yari areba cyane kuri ecran yerekanaga igicucu kinini cy'ikigina. Ingendo nto z'ubuzima zari zitangiye kugaragara neza; iki gihingwa cyari gikura buhoro buhoro imbere y'amaso yanjye yanshimishije. Umuhanga mu bya siyansi yakoze ku isonga ry'ikigina akoresheje akantu gato k'icyuma. Indirimbo yari irimo iratangira guhagarara mu buryo butunguranye, yongera kuririmba neza ako kanya inkoni imaze gukurwaho.

Bose yagize ati: "Wabonye ukuntu ikintu icyo ari cyo cyose cyo hanze cyangiza ingirabuzimafatizo z'umubiri." "Reba; noneho ngiye gutanga chloroform, hanyuma ntange umuti wo kurwanya indwara."

Ingaruka za chloroform zahagaritse gukura kose; umuti wongera kubyutsa ubuzima. Ibimenyetso by'ubwihindurize byanfashe cyane kuruta inkuru ya "filime". Uwo twari kumwe (aha mu mwanya w'umugizi wa nabi) yasunitse igikoresho gityaye mu gice cy'ikimera; ububabare bwagaragajwe n'amajwi ahindagurika.

Ubwo yacishaga urwembe mu gice cy'igiti, igicucu cyarahungabanye cyane, hanyuma gituzaga n'inyuguti ya nyuma y'urupfu.

"Mu gutangira gukora chloroforming igiti kinini, nabashije guteramo neza. Akenshi, bene ubwo bwoko bw'inyamaswa zo mu ishyamba bupfa vuba cyane nyuma yo kwimurwa." Jagadis yaramwenyuye yishimye ubwo yavugaga uburyo bwo kurokora ubuzima. "Amashusho y'igikoreshe cyanyije cyoroshye yagaragaje ko ibiti bifite sisitemu yo gutembera kw'amaraso; ingendo zabyo z'amazi zihuye n'umuvuduko w'amaraso w'inyamaswa. Kuzamuka kw'amazi ntabwo byumvikana bitewe n'imiterere isanzwe iteye imbere, nko gukurura imiyoboro y'amaraso. Iki kibazo cyakemutse binyuze mu isuzuma rya crescograph nk'imikorere y'uturemangingo tuzima. Imiraba ya peristaltic ituruka mu muyoboro wa cylindrical umanuka ku giti no

ikora nk'umutima nyawo! Uko turushaho gusobanukirwa mu buryo bwimbitse, ni ko birushaho kuba ikimenyetso cy'uko gahunda imwe ihuza buri kintu cyose mu miterere itandukanye.

Itsinda byiza cyane umuhanga mu bya siyansi indorerwamo kuri ikindi Bose igikoresho.

"Nzakwereka igerageza ku gice cy'agacupa. Imbaraga z'ubuzima ziri mu byuma zisubiza nabi cyangwa neza ku bintu bizitera. Ibimenyetso bya wino bizagaragaza ingaruka zitandukanye."

Nshishikajwe cyane, narebye imbonerahamwe yandikaga imiraba iranga imiterere ya atome. Ubwo Porofeseri yashyiraga chloroform ku gikoresho, inyandiko zihindagurika zarahagaze. Zatangiye kongera gukoreshwa ubwo icyuma cyasubiraga ku buryo bwacyo busanzwe. Uwo twari kumwe yatanze imiti y'uburozi. Igihe kimwe n'intambwe y'icyuma inyeganyega, urushinge rugaragara cyane yanditse ku mbonerahamwe itangazo ry'urupfu.

"Ibikoresho bya Bose byagaragaje ko ibyuma, nk'icyuma gukoreshwa mu makasi n'imashini, bigerwaho n'umunaniro, kandi bikongera gukora neza binyuze mu kuruhuka buri gihe. Ingufu z'ubuzima mu byuma zangiritse cyane cyangwa ndetse zikanazimwa binyuze mu gukoresha amashanyarazi cyangwa umuvuduko mwinshi."

Jye yarebye hirya no hino i icyumba kuri i byinshi ibihangano bishya, ubuhanga ubuhamya bya a nta kunanirwa ubuhanga.

"Bwana, birababaje kubona iterambere ry'ubuhinzi ritagerwaho vuba bitewe no gukoresha neza uburyo bwawe butangaje. Ese ntibyaba byoroshye gukoresha bumwe muri bwo mu bushakashatsi bwihuse bwa laboratwari kugira ngo hagaragazwe ingaruka z'ubwoko butandukanye bw'ifumbire ku mikurire y'ibimera?"

"Uri mu kuri. Ikoreshwa ry'ibikoresho bya Bose ritagira ingano rizakorwa n'abazavuka mu bihe bizaza. Umuhanga mu bya siyansi ni gake azi igihembo cy'igihe kimwe; birahagije kugira ibyishimo byo guhanga umurimo."

Mu magambo yo gushimira cyane umunyabwenge udacika intege, nahise nsezerera. "Ese uburumbuke butangaje bw'ubuhanga bwe bushobora kurangira?" Nibajije.

Nta gabanuka ryabayeho uko imyaka yagiye ihita. Ubwo yavumburaga igikoresho cy'ingenzi cyitwa "Resonant Cardiograph", Bose yakoze ubushakashatsi bwimbitse ku bimera byinshi byo mu Buhinde. Hagaragaye imiti myinshi idafite ishingiro y'ingirakamaro. Ishusho y'umutima yubatswe neza cyane, aho igice kimwe cy'ijana cy'isegonda yerekanwa kuri imbonerahamwe. Inyandiko zigaragaza imivuduko mito cyane mu bimera, inyamaswa n'abantu imiterere. Umuhanga mu by'ibimera yavuze ko gukoresha cardiograph ye bizatuma habaho guhindagurika kw'imitsi ku ibimera

aho kuba inyamaswa.

Yagize ati: "Inyandiko zigaragaza ingaruka z'umuti uhabwa igihingwa n'inyamaswa icyarimwe zagaragaje ko ari umwe mu miterere itangaje. Ibintu byose biri mu muntu byagaragajwe mu gihingwa. Kugerageza ibimera bizagira uruhare mu kugabanya imibabaro y'abantu ."

Nyuma y'imyaka myinshi, ibyavuye mu bushakashatsi bwa Bose ku bimera byashingiweho n'abandi bahanga mu bya siyansi. Imirimo yakozwe mu 1938 muri Kaminuza ya Columbia yatangajwe na *The New York Times* ku buryo bukurikira:

Byagaragaye mu myaka mike ishize ko iyo imitsi yohereza ubutumwa hagati y'ubwonko n'ibindi bice by'umubiri, hari uduce duto tw'amashanyarazi turimo gukorwa. Utu duce twapimwe hakoreshejwe galvanometers nziza kandi twagutse inshuro za miriyoni n'ibikoresho bigezweho byo kongera imbaraga. Kugeza ubu nta buryo bushimishije bwari bwaboneka bwo kwiga inzira z'utu duce duto tw'imitsi mu nyamaswa nzima cyangwa abantu kubera imbaraga nini umuvuduko izi mvuto zikoresha.

Ba muganga KS Cole na HJ Curtis bavuze ko bavumbuye ko uturemangingo ture ture ture twa nitella y'ikimera gikoreshwa mu mazi meza, dukoresheye kenshi mu dukombe twa zahabu, dusa cyane n'utw'imitsi imwe. Byongeye kandi, basanze uturemangingo twa nitella, iyo dushyushye, dukwirakwiza imiraba y'amashanyarazi isa mu buryo bwose, uretse umuvuduko, n'iy'imitsi mu nyamaswa no mu bantu. Imitsi y'amashanyarazi mu kimera yagaragaye ko igenda buhoro cyane ugereranyije n'iy'inyamaswa. Bityo, ubu buvumbuzi bwafashwe n'abakozi ba Columbia nk'uburyo bwo gufata amashusho y'imitsi y'amashanyarazi mu mitsi.

Bityo, ikimera cya nitella gishobora guhinduka ubwoko bw'ibuye rya Rosetta ryo gusesengura amabanga yari ahishe hafi y'umupaka w'ubwenge n'ibintu.

Umusizi Rabindranath Tagore yari inshuti ikomeye y'umuhanga mu bya siyansi w'Ubuhande w'ibitekerezo bifatika. Kuri we, uyu muhanzi w'umuhanga wo muri Bengali yamubwiye aya magambo: **8-6**

Ewe Mugeni, hamagara mu magambo y'ukuri
y'iyi ndirimbo ya kera yitwa *sama* ;
"Haguruka! Kanguka!" Hamagara umuntu wirata
inyigisho ze z'*ubusa* Kuva mu mpaka z'*ubusa*
zidafite icyo zimaze, Hamagara uwo mwirasi
w'umupfapfa ngo asohoke ku isi ya kamere,
iyi si yagutse, Ohereza iri hamagara
itsinda ryawe ry'abahanga; hamwe ukikije
igitambo cyawe cy'umuriro
Bose nibaterane. Bityo Ubuhande bwacu,
igihugu cyacu cya kera, gisubire kuri
we
Ongerera usubire ku murimo uhamye, Ku
nshingano no kwitanga, ku bwenge bwe

Cya umwete gutekereza; reka we kwicara
Yongeye kuba idafite umwanda, idafite umururumba,
idafite amakimbirane, itunganye, 0 ongera ku
ntebe yayo ndende
Kandi urubuga, umwarimu bya byose ubutaka.

8-1 : "Byose siyansi ni irenga ubwenge cyangwa ikindi amapasi kure. Ibimera ni ubu kugura i iburyo inyigisho amashusho bya Brahma ubu izaba igitabo cy'amateka y'ibidukikije."- *Emerson* .

8-2 : Kuva i Ikilatini umuzi, *crescere* , kuri kwiyoungera. Kuri bye creshografi na ibindi ibihangano bishya, Bose yari umunyacyubahiro muri 1917.

8-3 : Itsinda lotus indabyo ni umuntu ibya kera Imana ikimenyetso muri Ubuhinde; byayo kwigaragaza amababi tanga igitekerezo i kwagura bya i ubugingo; Ikura ry'ubwiza bwayo buzira inenge riva mu byondo byayo rikomokamo rifite isezerano ryiza ryo mu buryo bw'umwuka.

8-4 : "Kuri ubu, impanuka ikomeye cyane ni yo yonyine ituma Ubuhinde bushyirwa mu maboko y'umunyeshuri wa kaminuza w'Umunyamerika. Kaminuza umunani (Harvard, Yale, Columbia, Princeton, Johns Hopkins, Pennsylvania, Chicago, na California) zifite intebe za Indology cyangwa Sanskrit, ariko Ubuhinde ntaho buhuriye n'andi mashami y'amateka, filozofiya, ubugeni bwiza, siyansi ya politiki, mbonezamubano, cyangwa icyo ari cyo cyose bya i ibindi amashami bya umuhanga ubunararibonye muri ibyo, nka twe kugira byagaragaye, Ubuhinde ifite yatanze umusanzu ukomeye.Twemera ko nta shami ry'ubushakashatsi, cyane cyane mu by'ubumenyi bw'isi, mu

Kaminuza nkuru ishobora kugira ibikoresho byuzuye idafite inzobere yahugawe neza mu byiciro bya Indic by'amasomo yayo. Twemera ko, nabyo, ibyo buri Kaminuza iki intego kuri gutegura byayo abarangije amashuri kuri umunyabwenge akazi muri i isi iki ni kuri kuba ibyabo kuri imbonankubone muri, ugomba kugira ku byayo abakozi a intiti ushoboye muri i ubukungu bya Ubuhinde."-Ibisobanuro kuva umuntu ingingo na Porofeseri W. Norman Umukara w'umukara bya i Kaminuza bya Pennsylvania iki yagaragaye muri i Gicurasi, 1939, ikibazo bya i *Itangazo* bya i Inama Nkuru y'Abanyamerika bya Yize Amashyirahamwe, 907 Iya 15 Mutagatifu, Washington, D. C., 25 amasenti kopi. Ibi ikibazo

".(#28) irimo birangiye 100 impapuro za "Inyandiko z'ibanze ku bushakashatsi bw'Abandi

8-5 : Itsinda atome imiterere bya ikintu yari kizwi cyane kuri i ibya kera Abahindu. Rimwe bya i gatandatu sisitemu bya Umuhinde filozofiya ni *Vaisesika* , kuva i Sanskriti umuzi *visesa* , "atomu" umwihariko. Rimwe bya i icya mbere *Vaisesika* abasobanuzi yari Aulukya, nanone yitwa Kanada, "umurya atom," yavutse mu myaka 2800 ishize.

Mu nkuru yo mu *Burasirazuba bw'Iburengerazuba* , Mata 1934, hatanzwe incamake y'ubumenyi bwa siyansi bwa *Vaisesika* ikurikira: "Nubwo 'inyigisho ya atomike' ya none muri rusange ifatwa nk'iterambere rishya rya siyansi, yasobanuwe neza kera cyane na Kanada, 'umurya atome.' Inyo y'ikinyobwa cya *Sanskrit* ishobora guhindurwa neza nka 'atome' mu buryo bw'umwimerere bw'ikigiriki bwa nyuma bw'ijambo 'ritaciwe' cyangwa ritagabanywa. Izindi mvugo za siyansi z'inyandiko za *Vaisesika* zo mu gihe cya BC zirimo (1) ihindagurika ry'inshinge yerekeza rukuruzi, (2) i imiyoboro y'amazi bya amazi muri ibimera, (3) *akash* cyangwa eteri, idafite ishingiro na bidafite imiterere, nka a ishingiro yo kohereza imbaraga zitoroshye, (4) umuriro w'izuba nk'impamvu y'ubundi bwoko bwose bw'ubushyuhe, (5) ubushyuhe nk'impamvu y'impinduka mu tunyangingo, (6) itegeko ry'imbaraga rukuruzi nk'uko riterwa n'ubwiza buri mu atome z'isi kugira ngo zihabwe imbaraga zazo zikurura cyangwa hasi gukurura, (7) i kinetike kamere bya byose ingufu; impamvu nka buri gihe imizi muri umuntu amafaranga akoreshwa bya ingufu cyangwa igabanywa rishya bya ingendo, (8) rusange guseniyuka binyuze i guseniyuka bya atome, (9) i imirasire bya ubushyuhe na imirasire y'urumuri, uduce duto cyane, ,tugenda mu mpande zose ku muvuduko udasanzwe (inyigisho ya none ya 'imirasire y'isi')

.i isano bya igihe na umwanya (10)

Vaisesika yahawe i inkomoko bya i isi kuri atome, iteka ryose muri ibyabo kamere, ni ukuvuga, ibyabo icya nyuma " Ubuvumbuzi buherutse ibintu byihariye. Ibi atome zafatwaga nk'izifite umuvuduko uhoraho wo guhindagura. kuvumbura ko atome ari icyuma gito cy'izuba

sisitemu yakwitwara kuba oya amakuru kuri i ishaje *Vaisesika* abahanga mu bya filozofiya, nde na none byagabanijwe igihe kuri byayo kure cyane imibare igitekerezo gisobanura igice gito cy'igihe (*kala*) nk'igihe atome ifata kugira ngo ".itambuke igice cyayo cy'ikirere

8-6 : Byahinduwe kuva i Ikibengali bya Rabindranath Tagore, na Manmohan Ghosh, muri *Viswa- Bharati*.

IGICE: 9

***Itsinda Ibyishimo Uwiye muriye Imana Kandi Ye Ishusho y'isi
Urukundo***

"Ntoya Nyakubahwa, ndakwinginze kuba yicaye. Jye am kuvuga kuri yanjye Imana Mama.

Ninjiye mu cyumba bucece mfite ubwoba bwinshi. Isura y'umumarayika ya Mwalimu Mahasaya yarantunguye cyane. Afite ubwanwa bwera butuje n'amaso manini arabagirana, yasaga n'umuntu utagira inenge. Amaboko ye yari arambuye n'akanya gato byanyeretse ko urugendo rwanjye rwa mbere rwamuhungabanyije mu gihe yari mu materaniro ye.

Amagambo ye yoroshye yo kunsuhuza yateje ingaruka mbi cyane kamere yanjye yari imaze kugira kugeza ubu. Gutandukana gukomeye kw'urupfu rwa mama nari natekereje ko ari cyo gipimo cy'umubabaro wose. Noneho ububabare bwo gutandukana na Mama wanjye w'Imana bwari ububabare butagira uko buvugwa bw'umwuka. Naguye hasi ndira.

"Ntoya Nyakubahwa, ituze wowe ubwawe! Itsinda umutagatifu yari mu buryo bw'impuhwe guhangayika.

Natereranywe mu butayu bw'inyanja, nafashe ibirenge bye nk'igisenge

cyonyine cyo kunkiza. "Mwami Mutagatifu, ubuvugizi bwawe! Saba Mama

w'Imana niba hari icyo nshobora kubona mu maso ye!"

Ibi isezerano ni kimwe ntabwo byoroshye yahawe; i umuhanga yari bibujijwe kuri guceceka.

Ku buryo burenze gushidikanya, nemeraga ko Umwigisha Mahasaya yari ari mu kiganiro cya bugufi na Mama w'Isi Yose. Byari isoni cyane kubona ko amaso yanjye yari yaramuhumye, nubwo muri ako kanya yari abonye isura itunganye y'umutagatifu. Nafashe ibirenge bye nta soni, ntiyumvaga ibyo yihanangirije, namusabye kenshi kugira ngo ampe ubuntu bwe bwo kumfasha.

"Nzagusaba ku Mukundwa." Umwami yamwenyuye buhoro buhoro kandi abigiranye impuhwe .

Iki imbaraga muri ibyo bike amagambo, ibyo yanjye kuba byagombye kumenya kurekura kuva byayo inkubi y'umuyaga guhunga?

"Bwana, ibuka isezerano ryawe! Nzagaruka vuba kugira ngo menye ubutumwa bwe!" Ijwi ryanjye ryari rimaze akanya gato ndira mu kababaro.

Namanukaga ku ngazi ndende, nararengewe n'ibyo nibuka. Iyi nzu iri kuri 50 Amherst Street, ubu ikaba yari icumbi rya Mwalimu Mahasaya, yari icumbi

ry'umuryango wanjye, aho mama yapfuye. Aha ngaha umutima wanjye w'umuntu wari warashengutse kubera umubyeyi wari warabuze; none uyu muni umwuka wanjye wari nk'uwabambwe ku musaraba kubera ko Mama w'Imana atari ahari. Inkuta zejeje, ubuhamya bw'ububabare bwanjye bukomeye n'ubuvuzi bwa nyuma!

Intambwe zanjye zari zishishikaye ubwo nasubiraga mu rugo rwanjye rwa Gurpar Road. Nashakaga kwihisha mu gisenge cyanjye gito, nakomeje gutekereza kugeza saa yine. Umwijima wo mu ijoro ry'Abahinde wari ushyushye wahise umurikirwa n'iyerekwa ritangaje.

Mama w'Imana yari ahagaze imbere yanjye afite ubwiza bwinshi. Isura ye, isekera neza, yari nziza ubwayo.

"Buri gihe kugira Jye yakunze wowe! Iteka ryose agomba Jye urukundo wowe!"

Itsinda ibyo mu ijuru amajwi na n'ubu guhamagara muri i umwuka, We yarazimiye.

Izuba ryo mu gitondo cyakurikiyeho ryari ritarazamuka cyane ubwo nasuraga Umwigisha Mahasaya bwa kabiri. Nazamutse ku ngazi mu nzu y'ibintu bibabaje, nageze mu cyumba cye cyo ku igorofa rya kane. Agapfunyika k'urugi rwari rufunze kari gapfunyitseho igitambaro; numvise ko umutagatifu yifuzaga ubuzima bwite. Ubwo nari mpagaze ntashidikanya ku igorofa, urugi rwakinguwe n'ukuboko kwa shebuka kwakira. Napfukamye ku birenge bye byera. Mu buryo bwo gukina, nambaye agapfukamunwa gakomeye mu maso, nhisha ibyishimo by'Imana.

"Bwana, naje kare cyane, ndabyemera! - kubera ubutumwa bwawe. Ese Mama Ukundwa hari icyo yavuze kuri njye?"

"Ubugome gato Bwana!"

Oya ikindi igitekerezo yakwitwara we gukora. Uko bigaragara yanjye byitezwe imbaraga rukuruzi yari bidatangaje.

"Kuki rero amayobera, rero guhunga? Kora abera nta na rimwe vuga rwose?" Wenda Jye yari a gato gushotora.

"Ugomba kungerageza?" Amaso ye atuje yari yuzuyemo gusobanukirwa. "Ese nakongeraho ijamba rimwe muri iki gitondo ku gihamba wahawe nijoro saa yine na Mama Mwiza ubwe?"

Umwigisha Mahasaya yari afite ububasha ku marembo y'ubugingo bwanjye: nongeye kugwa hasi imbere ye. Ariko kuri iyi nshuro amarira yanjye yavuye mu byishimo, ntabwo ari ububabare, ahubwo nigeze kubabara.

"Utekereza ko ubwitange bwawe butagize icyo bukora ku mpuhwe zitagira iherezo? Ububyeyi bw'Imana, wasengaga mu buryo bw'abantu n'ubw'Imana, ntibwashoboraga kunanirwa gusubiza ugutaka kwawe kwari kwaratereranywe."

Ni nde uyu mutagatifu woroshye, wasabye umwuka w'isi yose ubusabe bwe gato cyane? Uruhare rwe mu isi rwari urworoheje, nk'uko byari bikwiye umugabo ukomeye w'ubwiyoroshye nigeze menya. Muri iyi nzu ya Amherst Street, Master Mahasaya **9-1** Yayoboye ishuri rito ryisumbuye ry'abahungu. Nta magambo yo guhana yanyuraga mu kanwa ke; nta tegeko na rimwe ryakomeje imyitwarire ye. Imibare yo hejuru yigishwaga muri ayo mashuri yoroheje, kandi ubumenyi bw'urukundo ntibwari mu bitabo by'amasomo. Yakwirakwije ubwenge bwe akoresheje uburyo bwo kwanduzanya mu buryo bw'umwuka aho gukoresha

inyigisho zidapfa.

Kubera ko yari afite ishyaka ridasanzwe kuri Nyina w’Imana, uwo mutagatifu ntiyasabaga icyubahiro cy’inyuma nk’uko byari bimeze ku mwana.

Yarambwiye ati: "Sindi umwarimu wawe; azaza nyuma gato." "Binyuze mu buyobozi bwe, ubunararibonye bwawe ku Mana mu bijyanye n'urukundo no kwiwegurira Imana buzahindurwamo ubwenge bwe butagira akagero."

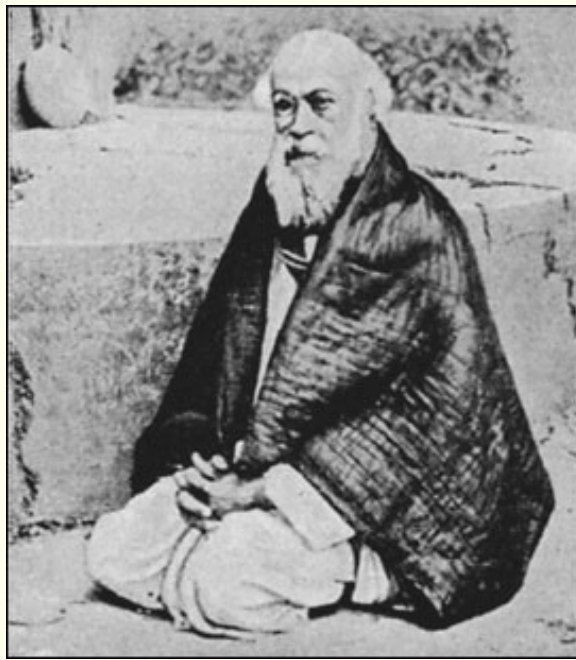
Buri mugoroba najyaga ku muhanda wa Amherst. Nashakaga igikombe cy'Imana cya Mwalimu Mahasaya, cyuzuye ku buryo amatonyanga yacyo yantereraga buri muni. Sinigeze nkubita icyubahiro cyinshi mbere; noneho numvise ari amahirwe atagira ingano ndetse no kunyura mu butaka nk'ubwo Mwalimu Mahasaya yejeje.

"Bwana, ndakwinginze wambare iyi ndabyo ya champak naguteguriye by'umwihariko." Nagezeyo nimugoroba umwe, mfite umukufi wanjye w'indabo. Ariko yavuyeyo afite isoni, yanga icyo cyubahiro kenshi. Abibonye Nababaye cyane, amaherezo yaramwenyuye arabyemera.

"Kubera ko twembi turi abayoboke ba Mama, ushobora gushyira indabo kuri uru rusengeri rw'umubiri, nk'igitambo kuri We utuye imbere." Kamere ye nini yabuze umwanya aho kwishyira hejuru kwashoboraga kugera.



KABIRI ABAVANDIMWE CYA THERESE NEUMANN
Jye guhagarara hamwe na bo muri Konnersreuth, Bavaria.



UMUHANGA MAHASAYA

Iteka ryose waratwawe cyane muri bye ibyishimo isanzure urukundo.

"Reka tujye ejo ku rusengero rwa Dakshineswar, rweguriwe Imana iteka ryose n'umwarimu wanjye." Umwigisha Mahasaya yari umwigishwa w'umwarimu wasaga na Kristo, Sri Ramakrishna Paramhansa.

Urugendo rw'ibirometero bine mu gitondo cyakurikiyeho rwakozwe mu bwato kuri Ganges. Twinjiye mu rusengero rwa Kali rufite amabara icyenda, aho ibishushanyo bya Mama w'Imana na Shiva bihagaze ku gishushanyo cy'ifeza gishyushye, indabo zacyo igihumbi zishushanyije neza. Umwigisha Mahasaya yarangururaga mu bupfumu. Yari afitanye urukundo rudashira n'Umukunzi we. Ubwo yaririmbaga izina rye, umutima wanjye wishimye wasaga n'aho washenjaguwe mo ibice igihumbi.

Nyuma twanyuze mu bice byera, duhagarara mu gasozi k'umutamarike. Mana yagaragaraga nk'iyi igiti yari ikimenyetso cy'ibiryo byo mu ijuru Umwigisha Mahasaya yatangaga. Amasengesho ye y'Imana yarakomeje. Nicaye ntanyeganyega ku byatsi hagati y'indabyo z'umutamarike z'umutuku. Nari ntari ku mubiri igihe gito, maze nzamuka mu kirere mu rugendo rwo mu ijuru.

Uru ni rwo rugendo rwa mbere mu ngendo nyinshi zabereye i Dakshineswar hamwe n'umwarimu wera. Ni we wanyigishije uburyohe bw'Imana mu ishusho ya Mama, cyangwa Impuhwe z'Imana. Uwo mutagatifu umeze nk'umwana ntiyakundaga cyane ishusho ya Data, cyangwa Ubutabera bw'Imana. Guca imanza gukomeye, gukomeye, no mu mibare byari bidasanzwe. kuri kamere ye y'ubwitonzi.

"Ashobora kuba icyitegererezo cy'isi ku bamarayika bo mu ijuru!" Natekereje nishimye, umunsi umwe ndamureba mu masengesho ye. Nta guhumeka cyangwa kunenga, yarebye isi n'amaso yari asanzwe azi neza Ubuziranenge bwa Primal.

Umubiri we, ubwenge bwe, imvugo ye, n'ibikorwa bye byahujwe nta ngorane n'ubworoherane bw'ubugingo bwe.

“Databuja yarabimbwiye.” Avuye ku byo yavuze ku giti cye, umutagatifu yashoje inama iyo ari yo yose y’umunyabwenge akoresheje ubu butumwa buhoraho. Umwirondoro we wari ukomeye cyane kuri Sri Ramakrishna ku buryo Databuja Mahasaya nta

kirekire bifatwa nk'aho bye ibitekerezo nka bye bwite.

Jye n'umutagatifu twafatanye ukuboko twagenze nimugoroba umwe ku kibuga cy'ishuri rye. Ibyishimo byanjye byagabanutse bitewe no kuza k'umuntu twari tuziranye wishyira hejuru wadukoreye ikiganiro kirekire.

"Ndabona uyu mugabo atagushimisha." Uwo mutagatifu yambwiye amagambo yo kwirata ntabwo yumvise, aterwa ubwoba n'amagambo ye bwite. "Naganiriye na Mama w'Imana kuri ibyo; arabona imimerere ibabaje turimo. Tukigera kuri iyo nzu itukura, yasezeranye kumwibutsa ibindi bibazo byihutirwa."

Amaso yanjye yari yerekeje aho agakiza kari karangirira. Ageze ku irembo ritukura, uwo mugabo yarahindukiye aragenda, nta kibazo yari afite, ntarangiza interuro ye cyangwa ngo avuge ko ari amahoro. Ikirere cyatewe cyahumurijwe n'amahoro.

Undi muni nasanze ngenda njyenyine hafi ya sitasiyo ya gari ya moshi ya Howrah. Nahagaze akanya gato iruhande rw'urusengero, nenga bucece itsinda rito ry'abagabo bafite ingoma n'ibyuma bavuga indirimbo ikomeye.

Natekereje nti: "Ese ukuntu bakoresha izina ry'Imana ry'Umwami mu buryo butari bwo mu buryo bw'umwuka mu gusubiramo ibintu." Amaso yanjye yatangajwe n'uko Umwigisha Mahasaya yihutaga cyane. "Bwana, waje ute hano?"

Uwo mutagatifu, yirengagije ikibazo cyanjye, yasubije igitekerezo cyanjye. "Ese si ukuri, bwana, ko izina ry'Umukunzi rivugwa neza mu minwa yose, yaba iy'injiji cyangwa iy'abanyabwenge?" Yankoreye ukuboko kwe mu rukundo; Nasanze ndi kumwe na Tapi ye y'ubumaji njya mu Mana Impuhwe.

"Ese wifuza kureba bioscope?" Iki kibazo cyabajijwe na Master Mahasaya ku gicamunsi kimwe cyari giteye ubwoba; icyo gihe ijamba ryakoreshwaga mu Buhinde risobanura filime. Narabyemeye, nishimiye kuba ndi kumwe na we mu bihe byose. Urugendo rwihuse rwatugejeje ku busitani bwa Calcutta. Kaminuza. Uwo twari kumwe yansabye intebe hafi y'ikidendezi *cya zahabu* cyangwa ikidendezi.

"Reka twicare hano iminota mike. Umwigisha wanjye yahoraga ansaba gutekereza igihe cyose nabonaga ubwiza bw'amazi. Aha hantu ituze ryayo ritwibutsa ituze rinini ry'Imana. Nk'uko ibintu byose bishobora kugaragara mu mazi, ni ko n'isi yose igaragara mu kiyaga cy'Ubwenge bw'Isi. Ni ko *mwarimu wanjye* yakundaga kubivuga."

Bidatinze twinjiye muri salle ya kaminuza aho ikiganiro cyari kirimo gutangirwa. Cyagaragaye ko kidashimishije cyane, nubwo rimwe na rimwe cyahindukaga bitewe n'amashusho y'amata, kimwe n'uko kitari gishimishije.

"None se ubu ni bwo bwoko bwa bioscope umwarimu yashakaga ko ndeba!"

Igitekerezo cyanyje cyari kidashira, ariko sinari kubabaza uwo mutagatifu mu kumugaragariza irungu mu maso. Ariko yaranyiyegereye mu ibanga.

"Ndabona, bwana, ko udakunda iyi bioscope. Nabibwiye Mama w'Imana; atwishimiye cyane twembi. Ambwira ko amatara y'amashanyarazi azazima, kandi ko atazongera gucanwa kugeza igihe tubonye amahirwe yo kuva mu cyumba."

Ubwo ijwi rye ryarangiraga, icyumba cyarahindutse umwijima. Ijwi ry'umwarimu ryaratuje kubera gutangara, hanyuma aravuga ati: "Uburyo bw'amashanyarazi bw'iyi cyumba busa n'aho bufite inenge." Icyo gihe, nje na Mwalimu Mahasaya twari twarenze umupaka nta nkomyi. Ngarutse inyuma mu cyumba, nabonye ko aho twapfiriye Imana twongeye kumurikirwa.

"Bwana muto, wababajwe n'iyi bioscope, 9-2 ariko ndatekerezaga ko uzakunda indi." Jye n'umutagatifu twari duhagaze ku muhanda imbere y'inyubako ya kaminuza. Yankubise umutima mu gituzo buhoro buhoro.

Hakurikiyeho ituze rihinduka. Nk'uko "amajwi" yo muri iki gihe ahinduka amashusho y'urujya n'uruza adashobora kumvikana iyo ibyuma by'amajwi biva mu buryo butunguranye, ni ko n'Ukuboko kw'Imana, ku bw'igitangaza kidasanzwe, kwabujije urusaku rw'isi. Abanyamaguru ndetse n'imodoka zitwara abagenzi, imodoka, amagare y'inka, n'imodoka z'ibyuma zari mu nzira zitagira urusaku. Nk'aho mfite ijisho riboneka hose, nabonye ibintu byari inyuma yanjye, no ku mpande zombi, byoroshye nk'ibiri imbere. Ishusho yose y'ibikorwa muri ako gace gato ka Calcutta yanyuze imbere yanjye nta jwi na rimwe. Nk'urumuri rw'umuriro rwagaragaraga mu buryo budasobanutse muni y'ivu ryorohye, urumuri rworoshye rwuzuye mu ishusho y'ahantu nyaburanga.

Umubiri wanjye wasaga n'aho ari kimwe mu bicucu byinshi, nubwo nta kintu na kimwe cyawugize, mu gihe abandi bazengurukaga bucece. Abahungu benshi, inshuti zanjye, begereye baranyica; nubwo bari barandebye, nta muntu wamenye.

Indirimbo idasanzwe yanteye ibyishimo bidasanzwe. Nanyoye cyane mu mwobo w'ibyishimo. Mu buryo butunguranye igituzo cyanjye cyakubiswe buhoro buhoro na Mwalimu Mahasaya. Urusaku rw'isi rwaturitse mu matwi yanjye atashakaga. Narahuze, nk'aho nakangutse cyane mu nzozi zanjye. Divayi idasanzwe yavuye kure yanjye.

"Bwana, ndabona wabonye bioscope ya kabiri ukunda." Uwera yari arimo aramwenyura; natangiye kwikubita hasi imbere ye mu gushimira. "Ntabwo ushobora kunkorera ibyo ubu; urabizi ko Imana iri no mu rusengeri rwawe! Sinzemera ko Mama w'Imana ankoraho ibirenga binyuze mu biganza byawe!"

Niba hari uwabonye shebuja utagira isoni nanjye ubwo twavaga mu muhanda wuzuye abantu, uwaturebaga nta gushidikanya ko yadukekaga ko twasinze. Numvise ko ibara rya nimugoroba bari basinze Imana mu buryo bw'impuhwe. Ubwo umwijima wagarukaga mu burakari bwawo bwa nijoro, Nahuye n'igitondo gishya nta byiyumvo byanjye by'ibyishimo. Ariko ikintu gihora cyibukwa ni Umuserafi mwene Mana-Mwigisha w'Imana Mahasaya!

Ngerageza gukoresha amagambo mabi kugira ngo ngaragaze ko ari mwiza, ndibaza

niba Umwigisha Mahasaya, n'abandi batagatifu bafite amaso yimbitse banyuze mu nzira zanjye, bari bazi ko nyuma y'imyaka myinshi, mu gihugu cy'Iburengerazuba, nari kwandika ku buzima bwabo nk'abiyeguriye Imana. Ubumenyi bwabo bw'igihe kitari kuzantungura, ndetse n'abasomyi banjye, bageze kure nanjye.

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9-1 : Ibi ni wubaha amazina na iki we yari mu buryo busanzwe yafashweho umwanzuro. Ye izina yari Mahendra Nath Gupta; we yasinye mu bitabo bye by'ubuvanganzo gusa "M."

9-2 : Itsinda Oxford icyongereza inkoranyamagambo itanga, nka gake cyane, ibi igisobanuro bya *Bioscope* : A kureba bya ubuzima; ibyo iki itanga nk'ibyo a icyerekezo. Guhitamo ijamba kwa Mwalimu Mahasaya byari bifite ishingiro mu buryo budasanzwe.

IGICE: 10

Jye Guhura Ibyanyije Mwigisha, Siri Yukteswar

"Kwizera Imana bishobora gutanga igitangaza icyo ari cyo cyose keretse kimwe gusa - gutsinda ikizamini utize." Nafunze igitabo nari nafashe mu kanya gato.

"Ibyavuzwe n'umwanditsi bigaragaza ko adafite ukwizera na gato," nibwiraga. "Wa mugabo we, yubaha cyane amavuta yo mu gicuku!"

Isezerano nagiranye na Papa ryari uko nzarangiza amashuri yanjye yisumbuye. Sinshobora kwigira umunyamwete. Amezi yagendaga ashira yansabaga kenshi mu ishuri nk'uko byari biri ahantu hiherereye ku *nkengero z'inyanja ya Calcutta* . Ahantu ho gutwika imirambo hateganye, cyane cyane nijoro, hari bifatwa nk'aho cyane gikurura na i yogi. We nde yakwitwara shaka i Nta rupfu Ishingiro ugomba Ntugacibwe intege n'uduhanga duke tudafite imitako. Ubukene bw'abantu bugaragara neza mu icumbi ry'amagufwa atandukanye. Gutegereza kwanjye kwa nijoro byari bitandukanye n'ukw'abahanga.

Icyumweru cy'ibizamini bya nyuma mu Ishuri Rikuru rya Hindu cyari cyegereje cyane. Ibi Igihe cyo kubaza, kimwe n'ahantu ho ku mva, gitera ubwoba buzwi cyane. Nubwo bimeze bityo, ubwonko bwanjye bwari bufite amahoro. Kubera ubutwari bw'abazimu, narimo nkura ubumenyi butabonekaga mu byumba by'amasomo. Ariko nta buhanga bwa Swami Pranabananda, wagaragaraga ahantu habiri icyarimwe. Ikibazo cyanjye mu burezi cyari ikibazo cy'ubwenge butagira iherezo. Iyi ni yo mpamvu natekerezaga, nubwo kuri benshi isa n'aho idasobanutse neza. Ubuswa bw'umuyoboze bukomoka ku bimenyetso igihumbi bidasobanutse byerekana ko Imana iri mu bibazo.

"Muraho, Mukunda! Muri iyi minsi ntagufata na gato!" Umunyeshuri twiganaga yansuye ku gicamunsi kimwe ku muhanda wa Gurpar.

"Muraho, Nantu! Kutagaragara kwanjye ku ishuri mu by'ukuri byanshyize mu mwanya uteye ubwoba cyane." Naramwituye imbere y'incuti ze.

Nantu, nde yari a umuhanga cyane umunyeshuri, yarasetse n'umutima ukunze; yanjye ikibazo yari ntabwo nta a urwenya

imiterere.

"Wowe ni rwose utiteguye kuri i Imikino ya nyuma! Jye Dufate ko byo ni hejuru kuri njyewe kuri ubufasha wowe!"

Amagambo yoroheje yangejeje ku isezerano ry’Imana; nasuye inshuti yanjye mu buryo bwihuta. Yansobanuriye neza ibisubizo by’ibibazo bitandukanye yabonaga ko bishobora guterwa n’abarimu .

"Ibi bibazo ni umutego uzafata abahungu benshi bizera mu mutego w'ibizamini. Wibuke ibisubizo byanjye, maze uzarokoka nta mvune."

Ijoro ryari rigiye cyane ubwo nagendaga. Nuzuye ubumenyi budasanzwe, nasenze cyane ko rizakomeza mu minsi mike yari iri imbere. Nantu yari yantoje amasomo yanjye atandukanye ariko, kubera igihe cyari gihagije, yari yaribagiwe amasomo yanjye mu rurimi rw'igisanskrit. Nibukije Imana cyane ko ari yo yari yanyoboje.

Mu gitondo cyakurikiyeho natangiye urugendo rugufi, nshyira ubumenyi bwanjye bushya mu muvuduko wo kugenda n'amaguru. Ubwo nanyuraga mu byatsi byo mu mfuruka, amaso yanjye yaguye ku mpapuro nke zanditseho amagambo. Gutsinda byagaragaje ko ari indirimbo ya Sanskrit. Nashatse umuhanga mu gusobanura amagambo yanjye agoye. Ijwi rye ryuzuye ubwiza bw'ururimi rwa kera. **10-1**

"Izi ndime zidasanzwe ntizishobora kugufasha mu kizamini cyawe cya Sanskrit." Intiti yazihakanye ishidikanya.

Ariko kumenya icyo gisigo byamfashije gutsinda ikizamini cya Sanskrit ku muni wakurikiyeho. Binyuze mu bufasha bw’ubushishozi Nantu yampaye, nanabonye amanota make yo gutsinda mu yandi masomo yanjye yose.

Papa yishimiye ko nakomeje isezerano ryanjye maze ndangiza amasomo yanjye y’amashuri yisumbuye. Ndashimira cyane Umwami, we wenyine nabonye mu rugendo rwanjye i Nantu no mu rugendo rwanjye mu nzira idasanzwe yo mu butaka bwuzuyemo imyanda. Mu buryo bw'urwenya, yari yangaragarije uburyo bwo kunkiza igihe cyagenwe.

Nabonye igitabo cyajugunywe cyanditswe n’umwanditsi wacyo yari yarahakanye ko Imana itagomba kuba imbere mu byumba by’ibizamini. Sinashoboye kwifata ngo nseke ubwo navugaga bucece nti:

"Byongera urujijo kuri uyu mugabo, iyo nza kumubwira ko gutekereza ku Mana mu bapfuye ari inzira y'impamyabumenyi y'amashuri yisumbuye!"

Mu cyubahiro cyanjye gishya, noneho nari mfite gahunda yo kuva mu rugo ku mugaragaro. Ndi kumwe n'inshuti yanjye ikiri nto, Jitendra Mazumdar, **natsinze 10-2.**

Nahisemo kujya mu kigo cy'abimukira cya Mahamandal i Benares, maze nkakira inyigisho zacyo zo mu buryo bw'umwuka.

Umunsi umwe mu gitondo nagize agahinda kenshi ubwo natekerezaga gutandukana n'umuryango wanjye. Kuva mama apfa, urukundo rwanjye rwari rwarushijeho kuba rwiza kuri barumuna banjye babiri, Sananda na

Bishnu. Nihutiye kujya mu cyumba cyanjye cyo kwiherera, icyumba gito cyo hejuru cyari cyarabonye ibintu byinshi muri *sadhana yanjye yari irimo urujijo*. Nyuma y'amasaha abiri y'amarira menshi, numvise mpinduka mu buryo bwihariye, nk'aho nahinduriwe n'umuti wo koza alchemical. Byose byashyizwemo **10-4**. yarazimiye; icyemezo cyanjye cyo gushaka Imana nk'inshuti y'inshuti cyaranyicanye nk'amabuye y'agaciro. Narangije vuba imyiteguro yanjye y'urugendo.

"Ndasaba ubwa nyuma." Papa yari afite agahinda ubwo nari mpagaze imbere ye ngo ampe umugisha wa nyuma. "Ntuntere n'abavandimwe bawe bari mu kababaro."

"Data we, navuga nte urukundo rwanjye kuri wewe! Ariko urukundo nkunda Data wo mu ijuru, wampaye impano y'umubyeyi utunganye ku isi, ni rwo ruruta urwo. Reka ngende, kugira ngo umunsi umwe nzagaruke mfite ubumenyi buhebuje bw'Imana."

Ababyeyi banjye banze kwemera, nagiye kwifatanya na Jitendra, wari usanzwe i Benares mu kigo cy'ingoro. Nkihagera, umusore w'umutware witwa Dyananda, yanyakiriye neza cyane. Yari muremure kandi woroshye, afite ubwenge buhanitse, yanshimishije cyane. Isura ye nziza yari ifite ituze nk'irya Buda.

Nashimishijwe nuko inzu yanjye nshya yari ifite icyumba cyo hejuru, aho nashoboraga kumara amasaha ya mugitondo n'aya mu gitondo. Abagize ishyirahamwe rya ashram, kubera ko bari bazi bike ku bijyanye no gutekereza, batekereje ko nkwiye gukoresha igihe cyanjye cyose mu mirimo yo gutunganya ibintu. Banshimiye akazi kanjye ka nyuma ya saa sita mu biro byabo.

"Ntugerageze gufata Imana vuba!" Uyu mushinyaguzi wa mugenzi wanjye wari uhari wajyanye n'umwe mu bo nakundaga. Nagiye i Dyananda kare cyane, nkora akazi ko mu cyumba cye gito cyo kuruhuka giteganye n'inyanja ya Ganges.

"Swamiji, **10-5** Sinumva icyo nsabwa hano. Ndimu gushaka kumenya Imana mu buryo butaziguye. Ntayo, sinshobora kunyurwa no kwifatanya cyangwa kwemera cyangwa gukora imirimo myiza.

Umunyedini wambaye ikanzu y'umuhondo yankoze ku mutima. Yangiriye inama yo gushinyagurira, maze abwira abigishwa bake bari hafi aho ati: "Wikwirirwa uhangayika Mukunda. Azatwigiraho inzira zacu."

Nahishe gushidikanya kwanjye mu kinyabupfura. Abanyeshuri basohotse mu cyumba, ntibarenze urugero mu guhanwa kwabo. Dyananda yari afite andi magambo ambwira.

"Mukunda, ndabona so ahora akoherereza amafaranga. Nyamuneka uyamusubize; ntayo ukeneye hano. Indi ngingo y'itegeko ryawe yerekeye ibiryo. Nubwo waba wumva ushonje, ntukayivuge."

Niba inzara yaranyeretse mu maso, sinari nzi. Ko nari nshonje, nari nzi neza gusa. Isaha idahinduka yo kurya ifunguro rya mbere rya hermitage yari saa kumi n'ebyiri za saa sita. Nari menyereye iwanjye kurya ifunguro rya mu gitondo rinini saa cyenda.

Icyuho cy'amasaha atatu cyarushijeho kuba kirekire buri muni. Imyaka ya Calcutta yararangiye ubwo nashoboraga gucyaha umutetsi ngo anteze iminota icumi. Noneho nagerageje kugenzura ubushake bwanjye bwo kurya; umunsi umwe natangiye kwiwiriza ubusa amasaha 24. Ntegereje amasaha abiri n'abiri ku manywa yakurikiyeho.

"Gariyamoshi ya Dyanandaji yatinze; ntabwo tugiye kurya atarahagera." Jitendra yanzaniye iyi nkuru ibabaje. Mu rwego rwo kwakira swami, wari umaze ibyumweru bibiri adahari, hari ibiryo byinshi byari byiteguye. Impumuro nziza yari yuzuye mu kirere. Nta kindi cyatangaga, ni iki kindi cyashoboraga kumirwa uretse kwishimira ko ejo hashize twageze ku gisibo?

"Mwami, kora vuba gari ya moshi!" Nibwiraga ko Umutanga wo mu ijuru atari yashyizwe mu itegeko Dyananda yari yancecekesheje. Ariko, kwitabwaho n'Imana byari ahandi hantu; isaha yari imeze nk'iy'umuvuduko bitwikiriwe i amasaha. Umwijima yari kumanuka nka cyacu umuyobozi yinjiye i umuryango. Ibyanjye Kuramukanya byari ibyishimo bitagira uburyarya.

"Dyanandaji azajye yiyuhagira atekereze mbere yuko dutanga ibiryo." Jitendra yongeye kunyegera nk'inyoni y'ibitangaza.

Nari hafi kugwa. Inda yanjye nto, yari ikiri nto, yari imaze igihe gito ikeneye ubufasha, yabyinubiye cyane. Amashusho nari narabonye y'abishwe n'inzara yanyuze imbere yanjye asa n'aho ari mabi.

"Urupfu rukurikira rwa Benares ruzize inzara rugomba guhita muri aka gace k'ishyamba," nibwiraga. Irimbuka ryari ryitezwe saa cyenda. Guhamagarwa kwapfuye! Mu kwibuka iryo funguro ni rimwe mu masaha meza y'ubuzima.

Gushishikarira cyane ariko byatumye mbona ko Dyananda yaryaga ntabitekerejeho. Byaragaragaraga ko yari hejuru y'ibyishimo byanjye byose.

"Swamiji, ntabwo bari wowe ushonje? Ku bw'amahirwe yarenze urugero, Jye yari wenyine hamwe na i umuyobozi muri bye kwiga.

"Yego! Namaze iminsi ine ishize ntarya cyangwa ngo nywe. Sinigeze ndya muri gari ya moshi, yuzuyemo imitingito itandukanye y'abantu bo mu isi. Nitondera cyane *shastrike* **10-6** amategako agenga abamonaki bo mu muryango wanjye.

"Hari ibibazo bimwe na bimwe by'akazi kacu ko gutunganya ibintu biri mu mutwe wanjye. Iri joro mu rugo naranze kurya ifunguro rya nimugoroba. Ni iki cyantwaye? Ejo nzagerageza kurya ifunguro rikwiye." Yasetse yishimye.

Isoni zaranyishe nk'umuntu uhumeka umwuka. Ariko umunsi washize wo kubabazwa kwanjye ntabwo woroshye kwibagirana; natangiye kuvuga ikindi kintu.

"Swamiji, ndashobewe. Nkurikije amabwiriza yawe, reka tuvuge ko ntasabye ibiryo, kandi nta muntu umpa. Nakwicwa n'inzara."

"Fata rero!" Iyi nama iteye ubwoba yaratangaje cyane. "Fata niba ari ngombwa

Mukunda! Ntuzigere wemera ko ubeshwaho n'imbaraga z'ibiryo atari imbaraga z'Imana! Uwaremye ubwoko bwose bw'ibiryo, Uwatanze inzara, azabona ko umuyoboze we atungwa! Ntukibwire ko umuceri ugutunga, cyangwa ko amafaranga cyangwa abantu bagushyigikiye! Ese bashobora kugufasha niba Uwiteka agukuyemo umwuka w'ubuzima? Ni ibikoresho bye bitaziguye gusa. Ese ni ubuhanga bwawe ubwo aribwo bwose ibiryo birya mu nda yawe? Koresha inkota y'ivangura ryawe, Mukunda! Kata

binyuze i iminyururu bya ikigo na Kumenya i Ingaragu Impamvu! "

Nasanze amagambo ye y'ibanga yinjiye mu mwobo wimbitse. Hari hagiyeho ubuyobe bwa kera bwatumaga umubiri urusha ubugingo ubwenge. Aho ngaho nasogongeye ku byo Umwuka uhagije byose. Ni mu mijyi myinshi idasanzwe, mu buzima bwanjye bwa nyuma bwo mu ngendo zidashira, habayeho umwanya wo kwerekana ko iri somo rikora neza mu nzu y'i Benares!

Ubutunzi bwonyine bwari bwaramperekezaga kuva i Calcutta bwari impano ya SADHU y'ifeza nahawe na Mama. Nayirinze imyaka myinshi, noneho nayihishe neza mu cyumba cyanjye cy'ubupfumu. Kugira ngo nongere ibyishimo byanjye mu buhamya bw'ubupfumu, mu gitondo kimwe nafunguye agasanduku kari gafunze. Igipfundikizo cyari kidakozweho, dore! impigi yari yashize. Nakuyemo ibahasha yayo mbabaye kandi nemeza nta gushidikanya. Yari yazimiye, nk'uko SADHU yabihanuye, mu kirere aho yayihamagaye.

Imibanire yanjye n'abayoboze ba Dyananda yarushijeho kuba mibi. Urugo rwari rwaratandukanye, Nababajwe no kwishyira kure kwanjye. Gukomeza kwanjye gutekereza cyane ku Ntego nari naravuye mu rugo ndetse n'ibyifuzo byose by'isi byatumye ndushaho kunengwa cyane.

Nashenguwe n'agahinda ko mu buryo bw'umwuka, ninjiraga mu gisenge cy'inzu mu museso umwe, niyemeza gusenga kugeza igihe nzabonera igisubizo .

"Mubyeyi w'Impuhwe w'Isi, nyigisha ubwawe binyuze mu iyerekwa, cyangwa binyuze ku muyobozi woherejwe nawe!"

Amasaha yagendaga ashira, nabonye ubusabe bwanjye bwo kurira butarasubizwa. Mu buryo butunguranye numvise meze nk'aho ndi mu kirere kidakebwe.

"Wawe Umwigisha araje uyu muni! A Imana umugore ijwi yaraje kuva ahantu hose na ntaho.

Iki kintu cy'igitangaza cyaranzwe n'induru yaturutse ahantu runaka. Umupadiri ukiri muto witwaga Habu yari ampamagaye ari mu gikoni cyo hasi.

"Mukunda, birahagije bya gutekereza cyane! Wowe ni bikenewe kuri umuntu umurimo."

Hari undi muni nshobora kuba narasubije nta kwihangana; noneho nihanaguye amarira yanjye yari yabyimbye mu maso maze numvira ubutumwa bwo gutumiza. Twembi na Habu twafashe urugendo tujya mu isoko rya kure muri Bengali. igice bya Benares. Itsinda kwitonda Umuhinde izuba yari ntabwo nyamara kuri hejuru nka twe byakozwe cyacu kugura mu masoko. Twanyuze mu ruvange rw'abagore bo mu

rugo, abayobozi, abapadiri, abapfakazi bambaye ubusa, aba-Brahmin b'abanyacyubahiro, n'ibimasa byera bizwi hose. Nanyuze mu nzira itagaragara, nahindukije umutwe nsuzuma uburebure buto.

Umugabo usa na Kristo wambaye amakanzu y'umuswa yari ahagaze adatembera ku mpera y'umuhanda. Yahise asa n'aho amenyereye kera; amaso yanjye yari yuzuye inzara kuri gatatu. Hanyuma gushidikanya kwaranyishe.

"Wowe ni urujijo ibi kuzerera umumonaki hamwe na umuntu bizwi kuri wowe," Jye igitekerezo. "Muroti, kugenda n'amaguru

kuri.

Nyuma y'iminota icumi, numvise ibirenge byanjye bizimye cyane. Nk'aho byahindutse ibuye, ntibyashoboye kuntwara kure. Narahindukiye cyane; ibirenge byanjye byongeye kumera neza. Narebye mu cyerekezo gitandukanye; nanone uburemere butangaje bwarankandamije.

"Uwera arimo kunkurura kuri we akoresheje imbaraga z'ingufu!" Ubwo natekerezaga, nashyize udupaki twanjye mu maboko ya Habu. Yari amaze igihe yitegereza ibirenge byanjye bidasanzwe atangaye, none araturika araseka.

"Iki indwara wowe? Ari wowe umusazi?"

Ibyanjye urusaku amarangamutima byabujijwe icyo ari cyo cyose gusubiza; Jye umuvuduko bucece kure.

Nsubiye inyuma nk'aho nambaye inkweto, ngeze ku muhanda muto. Numvise umuntu utuje, areba mu cyerekezo cyanjye buhoro buhoro. Nkomeje gutera intambwe nke nsanga ibirenge bye.

"Gurudeva!" **10-7** Isura y'Imana ntiyari indi uretse iyo mu byo nabonye igihumbi. Aya maso y'inyuma, afite umutwe wa Leonine n'ubwanwa busongoye n'umusatsi utemba, yakundaga kureba mu mwijima w'ibyifuzo byanjye bya nijoro, afite isezerano ntari nasobanukiwe neza.

"Yewe uwanjye, waje kuri njye!" Umuhanga wanjye yavuze amagambo kenshi mu rurimi rw'ikibengali, ijwi rye rihinda umushyitsi kubera ibyishimo. "Nagutegereje imyaka ingahe!"

Twinjiye mu bumwe bw'ituze; amagambo yasaga n'aho ari ibintu bidasanzwe. Imvugo yumvikanaga mu ndirimbo zitagira amajwi kuva ku mutima w'umwarimu kugeza ku wundi. Nifashishije umunwa w'ubushishozi budasubirwaho, numvise ko umushumba wanjye azi Imana, kandi ko azanyobora kuri yo. Ubwihisho bw'ubu buzima bwazimiye mu gihe cy'ivuka ry'umwana muto. Ibihe bikomeye! Ibyahise, iby'ubu, n'iby'ejo hazaza ni byo bizenguruka. amashusho. Ntabwo ari ryo zuba rya mbere ryansanze ku birenge byera!

Mu ntoki zanjye, umuhanga wanjye yanyoboye mu nzu ye y'agateganyo mu gace ka Rana Mahal mu mujyi. Ishusho ye y'umukino yagendaga neza. Yari muremure, agororotse, yari afite hafi mirongo itanu n'itanu muri icyo gihe, yari afite imbaraga. kandi yari afite imbaraga akiri umusore. Amaso ye yijimye yari manini, meza afite ubwenge butagira amapine. Umusatsi wari umeze nk'umugozi woroshye isura y'imbaraga zitangaje. Imbaraga zavanzwe mu buryo butoshye n'ubwitonzi.

Ubwo twageraga ku ibaraza ry'amabuye ry'inzu ireba Ganges, yavuze

abigiranye urukundo ati:

"Jyewe ubushake gutanga wowe yanjye ahantu ho kwimukira na byose Jye gutunga.

"Bwana, Jye ngwino kuri ubwenge na Kuvugana n'Imana. Ibyo ni ibyawe ubutunzi-udushya Jye am nyuma!"

Umucyo wihuse w'Abahinde wari waraguye igice cy'umwenda mbere y'uko databuja yongera kuvuga. Amaso ye yari afite ubwuzu budasanzwe.

"Jyewe gutanga wowe yanjye ibidafite aho bihuriye n'amategeko urukundo."

Amagambo y'agaciro! Imyaka makumyabiri n'itanu yarashize mbere yuko mbona ikindi gihamya cy'urukundo rwe mu matwi. Iminwa ye yari idasanzwe mu buryo bw'ishyaka; guceceka byahindutse umutima we wuzuye inyanja.

"Ese uzampa urukundo nk'urwo rudashingiye ku byifuzo?" Yanyitegereje

nk'umwana. "Nzagukunda iteka ryose, Gurudeva!"

"Urukundo rusanze ni urwikekwe, rufite imizi mu byifuzo no kunyurwa. Urukundo rw'Imana nta mipaka rufite, nta mpinduka rugira. Umutima w'umuntu ugenda burundu iyo urukundo ruhindutse." Yongeyeho yicishije bugufi ati: "Niba ubonye nduhutse mva mu buryo bwo kumenya Imana, ndakwinginze usezeranye gushyira umutwe wanjye ku bibero byawe kandi ufashe kunsubiza ku Nshuti y'Ijuru twembi dusenga."

Hanyuma yarahagurutse mu mwijima wari urimo guterana anjyana mu cyumba cy'imbere. Ubwo twari turi kurya imyembe n'inyama z'amande, yashyize mu kiganiro cye ubumenyi bwimbitse ku miterere yanjye. Natangajwe cyane n'ubwenge bwe buhebuje, buvanze neza n'ubwiyoroshye bwa kamere .

"Ntugatinye indabyo yawe. Yageze ku ntogo yayo." Nk'indorerwamo y'Imana, umwarimu wanjye asa n'aho yari yafashe ishusho y'ubuzima bwanjye bwose.

"Icyo ubuzima ukuri bya ibyaweho kuhaba, Mwigisha, ni ibyishimo inyuma icyo ari cyo cyose ikimenyetso."

"Byo ni igihe kuri a impinduka, kubera ko nka wowe ni nabi ahantu muri i ahantu ho kwibera.

Nta kintu na kimwe nari navuze ku buzima bwanjye; noneho byasaga n'aho ari ubusa! Kubera imyitwarire ye isanzwe kandi idahindagurika, nasobanukiwe ko atifuzaga ko amasohoro ye atangazwa n'uko yavutse.

"Wowe byagombye genda inyuma kuri Calcutta. Kuki Kureka bene wabo kuva ibyaweho urukundo bya inyokomuntu?"

Igitekerezo cye cyaranteye ubwoba. Umuryango wanjye wahanuraga ko nzagaruka, nubwo ntari nakiriye ubusabe bw'inshi bwo mu ibaruwa. Ananta yagize ati: "Reka inyoni iguruke mu kirere cy'ibintu bidasanzwe." "Amababa yayo azarushya mu kirere gikomeye. Tuzongera kuyibona igana mu rugo, izunguze amababa yayo, kandi iruhukire mu cyaro cy'umuryango wacu." Iyi mvugo inca intege yari ikiri nshya mu mutwe wanjye, nari niyemeje kutagira "gusohokera" mu cyerekezo cya Calcutta.

"Bwana, sinzongera gutaha. Ariko nzagukurikira aho ari ho hose. Mpa aderesi yawe

n'izina ryawe."

"Swami Sri Yukteswar Giri. Inzu yanjye nkuru iri i Serampore, kuri Rai Ghat Lane. Ndagiye gusura mama hano iminsi mike gusa."

Natekereje ku mukino ukomeye Imana yakoranye n'abayoboke bayo. Serampore iri ku birometero cumi na bibiri gusa uvuye i Calcutta, nyamara muri utwo turere sinari narigeze mbona umushumba wanjye. Twagombaga gukora urugendo rurerure

Guhurira kwacu mu muji wa kera wa Kasi (Benares), byajejwe n'ibibuka Lahiri Mahasaya. Aha kandi ibirenge bya Buda, Shankaracharya n'abandi Bakristo b'aba Yogi byari byarahaye umugisha ubutaka.

"Uzaza aho ndi mu byumweru bine." Ku nshuro ya mbere, ijwi rya Sri Yukteswar ryari rikaze. "Noneho navuze urukundo rwanjye ruhoraho, kandi nagaragaje ibyishimo byanjye byo kugusanga - niyo mpamvu wirengagije icyifuzo cyanjye. Ubutaha niduhura, uzagomba kongera kunshimisha: Sinzakwemera nk'umwigishwa byoroshye. Hagomba kubaho kwiye gurira byuzuye binyuze mu kumvira imyitozo yanjye ikomeye."

Nakomeje guceceka ntashidikanya. Umuhanga wanjye

yashoboye kwinjira mu ngorane zanjye. "Uratekereza ko

bene wanyu bazaguseka?"

"Jyewe ubushake ntabwo kugaruka."

"Wowe ubushake kugaruka muri mirongo itatu iminsi."

"Nta na rimwe." Narapfukamye imbere ye mwubaha, ndagenda ntagabanya ikibazo cyari gihari. Nagiye mu mwijima wo mu gicuku, nibajije impamvu inama y'igitangaza yarangiye ku buryo butari bumwe. Iminzani ibiri ya *maya*, ihuza ibyishimo byose n'agahinda! Umutima wanjye ukiri muto wari utarahinduka ngo uhuzwe n'intoki z'umwarimu wanjye.

Mu gitondo cyakurikiyeho nabonye urwango rwinshi mu myifatire y'abayoboke ba shene. Iminsi yanjye yarushijeho kwiyongera kubera uburangare butagira iherezo. Mu byumweru bitatu, Dyananda yavuye muri ashram ajya mu nama i Bombay; urusaku rwaranshenguye mu mutwe.

"Mukunda ni inyamaswa, yemera kwakira abashyitsi bo mu rugo ntashubize amafaranga akwiye." Numvise aya magambo, nicuza ku nshuro ya mbere ko nakurikije icyifuzo cyo gusubiza amafaranga yanjye kuri Papa. Nashatse inshuti yanjye yonyine, Jitendra, mfite agahinda kenshi.

"Jyewe am kugenda. Ndakwinginze kohereza yanjye wubaha kwicuza kuri Dyanandaji igihe we kugaruka."

"Nanjye ndagenda! Ibyo nagerageje gutekereza hano nta kindi byanshimishije uretse ibyawewe." Jitendra yavuze yiyemeza.

"Jyewe kugira twahuye a Ubusa na Kristo umutagatifu. Reka twebwe gusura we muri Serampore."

Kandi rero i "inyoni" gutegura kuri "guswera" mu buryo buteye akaga funga kuri Calcutta!

.....
10-1 : *Sanskriti* , irangi; byuzuye. Sanskriti ni i mukuru mushiki wanjye bya byose Indo-European indimi. Byayo inyuguti inyandiko ni *Devanagari* , bisobanura "ubuturo bw'Imana." "Ni nde uzi ikibonezambvugo cyanyje azi Imana!" Panini, umuhanga mu by'imibanire mu Buhinde bwa kera, yatanze iki cyibutso ku buziranenge bw'imibare n'imitekerereze mu rurimi rwa Sanskrit. Umuntu wese ukurikirana ururimi kugeza ku rundi rugomba kuba azi byose agomba kuba azi byose.

10-2 : We yari ntabwo Jatinda (Jotin Ghosh), nde ubushake kuba yibutswe kuri bye ku gihe

kwanga kuri ingwe! 10-3: Inzira cyangwa inzira y'ibanze igana ku Mana.

10-4 : Umuhindu ibyanditswe byera kwigisha ibyo umuryango gufatisha ni uburiganya niba byo ibuza i umuyoboke kuva gushaka i Utanga bya ibyiza byose, harimo i kimwe bya gukunda bene wabo, ntabwo kuri Kuvuga ubuzima ubwabyo. Yesu kimwe yigishijwe: "Ni nde ni yanjye Mama? Kandi bene data ni bande?" (*Matayo* 12:48).

10-5 : *Ji* ni a gakondo wubaha incamake, by'umwihariko byakoreshejwe muri itaziguye aderesi; bityo "swamiji," "guruji," "Sri Yukteswarji," "paramhansaji."

10-6 : Ibiyanye nabyo kuri i *shastra* , mu buryo burambuye, "cyera" ibitabo," kigizwe bine amasomo bya Ibyanditswe Byera: i *Shruti*, *smriti*, *purana*, na *tantra* . Ibi byuzuye inyandiko z'amasezerano igipfundikizo buri imiterere bya iyobokamana na imibereho myiza ubuzima, na i imirima bya amategeko, ubuvuzi, ubwubatsi, ubuhanzi, nibindi. *Shruti* ni ibyanditswe "byumvwa mu buryo butaziguye" cyangwa "byahishuwe", *Vedas* . *Smritis* cyangwa amateka "yibukwa" amaherezo yanditswe mu bihe bya kera cyane nk'ibisigo birebire cyane ku isi, *Mahabharata* na *Ramayana* . *Puranas* ni mu buryo burambuye "icya kera" ikigereranyo; *tantra* mu buryo burambuye ubugome "imihango" cyangwa "imihango"; ibi inyandiko z'amasezerano gutangaza ukuri kwimbitse muni y'igitambaro cy'ibimenyetso birambuye.

10-7 : "Imana" mwarimu," i gakondo Sanskriti igihe kuri iby'umuntu iby'umwuka umuyobozi. Jye kugira byakozwe byo muri icyongereza nka gusa "Mwigisha."

IGICE: 11

Ebyiri Nta faranga Abahungu Muri Brindaban

"Byari kukugirira akamaro cyane iyo Papa akwambura umurage, Mukunda! Mbega ukuntu uri guta ubuzima bwawe nk'ubupfapfa!" Inyigisho ya mukuru wanjye yari irimo kunkubita mu matwi.

Jye na Jitendra, duherutse kuva muri gari ya moshi (ni ikigereranyo gusa; twari twuzuye ivumbi), twari tugeze mu rugo rwa Ananta, wari uherutse kwimurwa ava i Calcutta ajya mu muji wa kera wa Agra. Umuvandimwe yari umucungamari ushinze ishamba rya gari ya moshi rya Bengal-Nagpur.

"Urabizi neza, Ananta, ndashaka umurage wanjye kuri Data wo

mu Ijuru." "Amafaranga mbere na mbere; Imana ishobora kuza

nyuma! Ni nde ubizi? Ubuzima bushobora kuba burebure

cyane." "Imana mbere na mbere; amafaranga ni imbata yayo!

Ni nde wabimenya? Ubuzima bushobora kuba bugufi cyane."

Igisubizo cyanjye cyasabwe n'ibibazo byariho icyo gihe, kandi nta kintu na kimwe cyagaragaye. Nyamara ibihe byahise birangira Ananta arangije; nyuma y'imyaka mike **11-1** yinjiye mu gihugu aho inoti za banki zitari zisanzwe cyangwa iza nyuma.

"Ubwenge buva mu nzu y'ishyamba, ndakeka! Ariko ndabona wavuye muri Benares." Amaso ya Ananta yarabengeranaga anyuzwe; nyamara yari yizeye ko azanshyira mu rugo rw'umuryango.

"Icumbi ryanjye i Benares ntiriyabaye imfabusa! Nahasanze ibyo umutima wanjye wari wifuje byose! Ushobora kwemeza ko atari umuhanga wawe cyangwa umuhungu we!"

Ananta yanshyigikiye mu guseka nk'uko byari bimeze; yagombaga kwemera ko "umuntu ukunda kuvuga ibintu mu buryo busobanutse" wa Benares yahisemo yari umuntu utareba kure.

"Iki ni ibyawe gahunda, yanjye kuzerera Muvandimwe?"

"Jitendra yanshishikariye Agra. Tuzareba ubwiza bwa Taj Mahal 11-2 hano," nasobanuye. "Noneho tugiye kureba umwarimu wanjye mushya, ufite icumbi i Serampore."

Ananta yaduteguriye uburyo bwo kuruhuka. Incuro nyinshi nimugoroba nabonye amaso ye anyitegereza cyane.

"Jyewe kumenya ibyo Reba! Jye igitekerezo. "A umugambi ni guteka!"

Itsinda icibwa ry'urubanza yafashe ahantu mu gihe cyacu hakiri kare ifunguro rya mu gitondo.

"Rero wumva ntaho ubogamiye ku butunzi bwa Papa." Ananta yari afite amaso meza ubwo yakomezaga kuvuga amagambo y'ejo hashize.

"Jyewe am ubwenge bya yanjye kwishingikiriza ku bandi ku Imana."

"Amagambo ni make! Ubuzima bwarakurindaga kugeza ubu! Mbega ingorane uramutse uhatiwe kureba ku Kuboko kutagaragara kugira ngo ubone ibyo kurya n'aho kuba! Wahita usabiriza mu mihanda!"

"Ntabwo nakwemera! Sinakwizera abahisi aho kwizera Imana! Ishobora gutegurira umuyoboke wayo ibintu igihumbi uretse inkongoro yo gusaba!"

"Amagambo menshi! Reka tuvuge ko filozofiya yawe wishimira cyane igeragezwa muri iyi si ifatika?"

"Jyewe yakwitwara Ndemeranya! Kora wowe guhagarikira Imana kuri a gutekereza isi?"

"Turareba; uyu muni uzabona umwanya wo kwagura cyangwa kwemeza ibitekerezo byanjye!" Ananta yahagaze gato; hanyuma avuga buhoro kandi mu buryo bukomeye.

"Ndagusaba ko ngutuma wowe n'umunyeshuri mugenzi wawe Jitendra muri iki

gitondo mu mujyi wa Brindaban uri hafi aho. Ntugomba gufata ifaranga na rimwe; ntugomba gusabiriza, haba ku byo kurya cyangwa amafaranga; ntugomba kubwira umuntu uwo ari we wese ikibazo cyawe; ntugomba kugenda nta byo kurya byawe; kandi ntugomba gufungirwa muri Brindaban. Nugaruka mu nzu yanjye hano mbere ya saa kumi n'ebyiri z'umugoroba, nta tegeko ry'ikizamini na rimwe, nzaba ndi umuntu utangaje cyane muri Agra!"

"Ndemera ikibazo." Nta gushidikanya kwari mu magambo yanjye cyangwa mu mutima wanjye. Ibyibutso by'ibyishimo byaranshimishije by'ubugiraneza bw'ako kanya: gukira kwanjye kolera yica binyuze mu gusaba Lahiri

Ifoto ya Mahasaya; impano y'imikino y'udusimba tubiri ku gisenge cya Lahore hamwe na Uma; impano iboneye mu gihe cyo gucika intege kwanjye; ubutumwa bw'ingenzi bwanyuze mu nzu y'umushakashatsi wa Benares *Sadhu utazwi* ; iyerekwa rya Mama w'Imana n'amagambo ye meza y'urukundo; Kwita ku mutima kwe vuba binyuze kuri Mwalimu Mahasaya kugeza ku soni zanjye ntoya; ubuyobozi bwo ku munota wa nyuma bwagaragaje impamyabumenyi yanjye y'amashuri yisumbuye; n'ihirwe ry'ikirenga, Mwigisha wanjye muzima kuva mu gihu cy'inzozi z'ubuzima bwose. Sinigeze nemera ko "filozofiya" yanjye idashobora kugereranywa n'intambara iyo ari yo yose ku isi ikomeye!

"Ubwitange bwawe buragushimisha. Nzaguherekeza muri gari ya moshi ako kanya." Ananta yahindukiriye Jitendra wari ufunguye umunwa. "Ugomba kujyana nawe nk'umutangabuhamya, kandi birashoboka cyane ko ari mugenzi wawe wahohotewe!"

Nyuma y'iminota 30, njye na Jitendra twari dufite amatike y'urugendo rwacu rwatunguranye. Twasabye abantu bacu, mu mfuruka yihishe ya sitasiyo. Ananta yahise yumva ko nta kintu na kimwe twari dufite mu bubiko; *dhoti zacu zoroshye* **11-3**. nta kindi yahishe uretse ibyari bikenewe.

Ubwo ukwizera kwari kwinjirira mu bihugu bikomeye by'imari, inshuti yanjye yavuze yitotomba ati: "Ananta, mpa rupiya imwe cyangwa ebyiri nk'ubwirinzi. Hanyuma nshobora kuguhamagara mu gihe habayeho ibyago."

"Jitendra!" Gusohora kwanjye byarantunguye cyane. "Sinzakomeza kwipimisha niba ufashe amafaranga nk'ingwate ya nyuma."

"Hari ikintu gihumuriza ku bijyanye no gukubitana kw'ibiceri." Jitendra ntiyakomeje kuvuga kuko namurebye nabi.

"Mukunda, Jye am ntabwo nta mutima ugira. A igitekerezo bya kwicisha bugufi yari afite yanyereye mu Ananta's ijwi. Byabyo Gicurasi kuba ko umutimanama we wamukubitaga; wenda kubera ko yohereje abasore babiri b'abakene mu muji atazi; wenda kubera gushidikanya kwe mu by'idini. "Niba ku bw'amahirwe cyangwa ubuntu bwawe wanyuze mu bigeragezo bya Brindaban neza, ndagusaba kuntangira nk'umwigishwa wawe."

Iri sezerano ryari rifite ikintu kidahuye n'igihe runaka, gihuye n'ibyabaye mu buryo budasanzwe. Mukuru mu muryango w'Abahinde ntabwo akunda kunamira abana be bato; ahabwa icyubahiro no kumvira nyuma ya se. Ariko nta mwanya usigaye wo kuvuga icyo mvuga; gari ya moshi yacu yari igeze aho ihaguruka.

Jitendra yakomeje guceceka mu buryo butangaje ubwo gari ya moshi yacu yazengurukaga ibirometero byinshi. Amaherezo yarahagurutse; yunamye, arambabaza cyane ahantu hateye ubwoba.

"Nta kimenyetso mbona cy'uko Imana igiye kuduha

ifunguro ritaha!" "Ceceka, Tomasi ushidikanya;

Umwami arimo gukorana natwe."

"Ese nawe ushobora kumutegurira ko yihuta? Ndamaze gusanza gusa kubera ahantu haturi imbere. Navuye i Benares kugira ngo ndebe urusengero rwa Taj, ntabwo ninjira mu rwanjye!"

"Humura, Jitendra! Ese ntabwo tugiye kubona bwa mbere ibitangaza bitagatifu bya Brindaban? **11- 4** Ndishimye cyane iyo ntekereje kuzenguruka ubutaka bwejejwe n'ibirenge bya Lord Krishna.

Urugi rw'icyumba cyacu cyarakinguwe, abagabo babiri bicaye. Aho gari ya moshi ihagarara ni ho hazaba ari ho ha nyuma.

"Basore bato, mufite inshuti i Brindaban?" Umuntu utazi wari imbere yanjye yari ashishikajwe cyane.

"Nta na kimwe bya ibyawe ubucuruzi! Mu buryo buteye isoni Jye byakuweho yanjye kureba.

"Birashoboka ko muhunga imiryango yanyu muni y'ubupfumu bw'Umujura w'imitima." **11-5** Nanjye mfite imico y'ubwitange. Nzabikora inshingano yanjye yo kubona ibyo kurya, no kwikingira ubu bushyuhe bwinshi.

"Oya, bwana, reka tureke. Uri umuntu mwiza cyane; ariko wibeshye mu kutuvuga ko turi abasibira mu rugo."

Nta kindi kiganiro cyakurikiyeho; gari ya moshi yarahagaze. Ubwo njye na Jitendra twamanukaga tujya kuri platifomu, abo twari kumwe mu buryo bw'impanuka badufatanye amaboko maze bahamagara tagisi y'amafarashi.

Twacanye imbere y'ahantu nyaburanga hanini, haherereye hagati y'ibiti bitoshye by'ubutaka busanzwe. Abagiraneza bacu bari bazwi hano; umusore umwenyura yatuyoboye mu cyumba cy'ishuri nta cyo avuga. Bidatinze twaje guhura n'umukecuru w'indashyikirwa.

"Gauri Ma, ibikomangoma ntibyashoboye kuza." Umwe muri abo bagabo yabwiye nyir'inzu ya ashram ati: "Mu kanya ka nyuma gahunda zabo zarahindutse; batuma twicuza cyane. Ariko twazanye abandi bashyitsi babiri. Tukimara guhura muri gari ya moshi, numvise nkunze kubakunda nk'abiyeguriye Lord Krishna."



(Uhereye ibumoso ugana iburyo) Jitendra Mazumdar, mugenzi wanjye mu kizamini cyo "kutagira amafaranga" i Brindaban; Lalit-da, mubyara wanjye; Swami Kebelananda ("Shastri Mahasaya"), umwarimu wanjye w'umusanskrit w'umutagatifu; nanjye ubwanjye, nkiri umusore wo mu mashuri yisumbuye.



Ananda Moyi Mama
i Ikibengali "Ibyishimo byuzuyemo Mama.



Imwe mu buvumo bwigaruriwe na Babaji mu misozi ya Drongiri hafi ya Ranikhet mu misozi ya Himalaya. Umwuzukuru wa Lahiri Mahasaya, Ananda Mohan Lahiri (uwa kabiri uvuye iburyo, wambaye imyenda yera), n'abandi bihayeye Imana batatu barimo gusura ahantu hatagatifu.

"Muraho, nshuti zacu zikiri nto." Abagenzi bacu babiri bagiye ku muryango.
"Tuzongera guhura, Imana nibishaka."

"Murakaza neza hano." Gauri Ma yamwenyuye nk'umubyeyi ku byaha bye bibiri bitunguranye. "Nta wundi muni wari kuzaza uruta uyu. Nari niteze abashyitsi

babiri b'ibwami bo muri iyi nzu y'imbohe. Mbega ikimwaro iyo ibyo natekaga bitaza kuboneka ku muntu n'umwe ubishimira!"

Ayo magambo aryoshye yagize ingaruka mbi kuri Jitendra: yararize cyane. "Icyizere" yari afite cyo muri Brindaban cyari kigiye guhinduka nk'imyidagaduro y'ibwami; guhinduka kwe mu buryo butunguranye byaramurenze. Uwaduhaye ikaze yamurebye afite amatsiko, ariko ntagire icyo avuga; wenda yari azi imico y'ingimbi n'abangavu.

Ifunguro rya saa sita ryatangajwe; Gauri Ma yayoboye inzira ajya kuri patio yo kuriramo, irimo ibirungo n'impumuro nziza. Yazimiye mu gikoni cyari hafi aho.

Nari maze igihe ntekereza kuri iki gihe. Nahisemo ahantu hakwiriye ku miterere ya Jitendra, maze nkora ikintu gikomeye nk'icyo yari yampaye muri gari ya moshi.

"Gushidikanya Tomasi, i Umwami ikora a ihute, nanjye!

Nyiri inzu yongeye kwinjira avuza *induru*. Yakomeje kudushyushya mu buryo bwo mu Burasirazuba ubwo twari bicaye ku ntebe z'uburingiti zikozwe mu buryo bw'amabara meza. Abigishwa ba Ashram banyuraga hirya no hino bafite amafunguro agera kuri mirongo itatu. Aho kuba "ifunguro," ibisobanuro bishobora kuba "ibirori biryoshye cyane." Kuva twagera kuri uyu mubumbe, njye na Jitendra ntitwari twarigeze turya ibiryo biryoshye nk'ibyo.

"Amafunguro akwiriye ibikomangoma koko, Mubyeyi w'icyubahiro! Icyo abagushyigikiye b'ibwami bari kubona cyihutirwa kuruta kwitabira iri funguro, sinshobora kwiyumvisha! Waduhaye urwibutso rw'igihe ubuzima bwose!

Nubwo twacecetse kubera icyifuzo cya Ananta, ntitwashoboye gusobanurira uwo mugore mwiza ko gushimira kwacu gufite agaciro gakomeye. Ubunyangamugayo bwacu byibuze bwari ubwa patienti. Twagiye dufite umugisha we n'ubutumire bwiza bwo gusubira gusura urugo rw'abashyitsi.

Ubushyuhe bwo hanze bwari bukabije. Jye n'inshuti yanjye twagiye kwihisha igiti cy'umutware cya cadamba ku irembo rya ashram. Amagambo akarishye yakurikiyeho; na none Jitendra yari afite impungenge nyinshi.

"Wanshyize mu kagari keza! Ifunguro rya saa sita ryabaye amahirwe gusa! Twabona dute ahantu nyaburanga muri uyu muji, nta kintu na kimwe twahuriyeho? None se uzansubiza gute kwa Ananta?"

"Wibagirwa Imana vuba, none inda yawe yuzuye." Amagambo yanjye, atari ay'agahinda, yari ay'ikirego. Mbega ukuntu kwibuka ubuntu bw'Imana ari bigufi cyane! Nta muntu ubaho utarabona neza amasengesho ye.

"Jyewe am ntabwo birashoboka kuri kwibagirwa yanjye ubupfapfa muri kwiyemeza hanze hamwe na a isazi nka wowe!"

"Ba ituze, Jitendra! Itsinda kimwe Umwami nde bagaburirwa twebwe ubushake kwerekana twebwe Brindaban, na kugaruka twebwe kuri "Agra."

Umusore muto w'isura nziza yageze hafi yihuta cyane. Ahagarara muni y'igiti cyacu, aramwunamira.

"Nshuti yanjye, wowe n'uwo mugendana mugomba kuba muri abashyitsi hano. Reka nkubere umwakira n'umuyobozi."

Bigoye ko Umuhinde ahinduka ibara, ariko isura ya Jitendra yari imeze nk'iy'umusazi. Nanze iki gikorwa mu kinyabupfura.

"Ntabwo rwose urimo kunyirukana?" Itangazo ry'uwo muntu utazi ryari kuba risekeje mu zindi mpamvu zose.

"Kuki "Ntabwo se?"

"Uri umwarimu wanjye." Amaso ye yantegereje yiringiye. "Mu gihe cyo gusenga kwanjye kwa saa sita, Umwami Krishna wahishuriwe yabonekeye mu iyerekwa. Yanyeretse abantu babiri batereranywe munsu y'iki giti. Isura imwe yari iyawe, shobuja! Akenshi nayibonye mu gutekereza! Mbega ibyishimo iyo wemeye imirimo yanjye yoroheje!"

"Nanjye nishimiye ko wansanze. Nta Mana cyangwa umuntu wadutereranye!" Nubwo nari ntanyeganyega, nsekera isura yanjye yari ishishikaye, igicucu cyo mu mutima cyanteye ku birenge by'Imana.

"Mukundwa inshuti, ubushake wowe ntabwo icyubahiro yanjye mu rugo kuri a gusura?"

"Uri umuntu mwiza; ariko gahunda ntabwo ishoboka. Ubu turi abashyitsi

ba musaza wanjye i Agra." "Nibura umpe kwibuka ko twatembereye i

Brindaban hamwe nawe."

Naremeye nishimye. Umusore, wavuze ko yitwa Pratap Chatterji, yahamagaye igare ry'amafarashi. Twasuye urusengero rwa Madanamohana n'ahandi hantu h'ingoro za Krishna. Ijoro ryarageze ubwo twari mu rusengero rwacu rw'amasengesho.

"Mbabarira mu gihe nkomeje gufata *sandesh* ." **11-6** Pratap yinjiye mu iduka riri hafi ya gare ya gari ya moshi. Jye na Jitendra twagendaga mu muhanda mugari, ubu huzuye abantu benshi mu bukonje budasanzwe. Inshuti yacu yamaze igihe idahari, ariko amaherezo yagarutse afite impano z'inyama nyinshi ziryoshye.

"Ndakwinginze unyemerere ngire icyo nkora mu idini." Pratap yamwenyuye asaba ubwo yashyikirizaga Agra ipaki y'inoti za rupiyefu n'amatike abiri, yari amaze kugura.

Ubwubahane bwo kwemerwa kwanjye bwari ubw'Ukuboko kutagaragara. Ananta yasetse, ubwo ubuntu bwayo bwari butarenze cyane ibyari bikenewe?

Twebwe yashakishijwe hanze a wiherereye ahantu hafi i sitasiyo.

"Pratap, nzakwigisha muri *Kriya* ya Lahiri Mahasaya, yoga ikomeye cyane yo mu bihe bya none. Ubuhanga bwe buzaba ari bwo mwigisha wawe."

Gutangira byarangiye mu gihe cy'iminota 30. " *Kriya* ni *inshuti yawe* ," **11-7**
Nabwiye umunyeshuri mushya nti: "Ubuhanga, nkuko ubibona, burimo ubuhanga bwo kongera imbaraga z'umuntu."

Ihindagurika ry'umwuka. Ibyanditswe by'Abahindu byigisha ko kwishyira mu mwanya w'umuntu bisaba imyaka miliyoni kugira ngo umuntu abohoke kuri *maya* . Iki gihe karemano kigabanuka cyane binyuze muri *Kriya Yoga* . Nk'uko Jagadis Chandra Bose yabyerekanye ko gukura kw'ibimera bishobora kwihutishwa kurenza urugero rusanze, ni nako iterambere ry'imitekerereze y'umuntu rishobora kwihutishwa na siyansi y'imbere. Gira indahemuka mu myitoto yawe; uzegera Guru w'abahanga bese.

Pratap yavuze atekereza ati: "Ndajyanywe gushaka uru rufunguzo rwa yoga, rushakishwa igihe kirekire!" "Ingaruka zarwo zo kugabanya imigozi ku mibanire yanjye y'amarangamutima zizandekura ngo ngere mu nzego zo hejuru. Iyerekwaga ry'uyu muni rya Lord Krishna bishobora gusobanura gusa ibyiza byanjye by'ingenzi."

Twamaze umwanya ducecetse, hanyuma tugenda buhoro buhoro tujya kuri sitasiyo. Ibyishimo byari muri njye ubwo najyaga muri gari ya moshi, ariko uyu wari umuni Jitendra yari arira. Gusezera kwanjye kwa Pratap kwaranzwe n'amarira menshi y'abagenzi banjye bombi. Urugendo rwongeye gusanga Jitendra afite agahinda kenshi. Ntabwo ari ku bwe kuri iyi nshuro, ahubwo ni ku bwe ubwe.

"Nigute kigufi cyane yanjye icyizere! Ibyanjye umutima ifite yabaye ibuye! Ntibigeze bibaho muri ejo hazaza agomba Jye gushidikanya Imana uburizi!"

Igicuku cyari cyegereje. "Cinderellas" ebyiri, zoherejwe zidafite amafaranga, zinjijye mu cyumba cya Ananta. Isura ye, nk'uko yari yarabisezeranye, yari nk'aho ari indorerezi itangaye. Nanyoye amarupi bucece ku meza.

"Jitendra, ukuri!" Ananta yavuze mu ijwi rye ry'urwenya. "Uyu mwana ntabwo yari arimo ahagarika?" Ariko inkuru imaze gusohorwa, murumuna wanjye yahindutse nk'umusinzi, hanyuma yitonze.

"Itegeko ryo gusaba no gutanga rigera mu bihugu bitoroshye kurusha uko nabyibwiraga." Ananta yavuze afite ishyamba ry'iby'umwuka ritigeze rigaragara mbere hose. "Ndumva ku nshuro ya mbere utita ku bihome n'ibirundo by'isi."

Nubwo byari bitinze, mukuru wanjye yashimangiye ko yahabwa *diksha* **11-8** muri *Kriya Yoga* . "Inyabwenge" Mukunda yagombaga kwikorera inshingano z'abigishwa babiri batashakishwaga mu muni umwe.

Ifunguro rya mu gitondo ryakurikiyeho ryarariwe mu buryo butuje umuni wabanjirije uwo. Namwenyuye Jitendra.

"Wowe agomba ntabwo kuba yashutswe bya i Taji. Reka twebwe kureba byo mbere gutangira kuri Serampore."

Mu gusezera kuri Ananta, njye n'inshuti yanjye twari twiteguye gusezera ku ikuzo rya Agra, Taj Mahal. Marble yera irabagirana ku zuba, igaragara neza cyane. Ahantu heza ni sipresi yijimye, ubwatsi bubengerana, n'ikiyaga gituje. Imbere ni heza cyane hamwe n'ibishushanyo bisesuye byanditseho amabuye y'agaciro gake. Amakamba meza n'imizingo biva mu mabuye y'agaciro gake, umukara n'umuhengeri. Umucyo uva mu gisenge ugwa ku mashusho y'Umwami Shah-Jahan na Mumtaz Mahall, umwamikazi w'ubwami bwe n'umutima we.

Birahagije bya kureba ibintu bireba! Jye yari kwifuza kuri yanjye umwarimu. Jitendra na Jye bari vuba aha ingendo amajyepfo na

gari ya moshi yerekeza Bengale.

"Mukunda, maze amezi menshi ntabona umuryango wanjye. Nahinduye igitekerezo; wenda nyuma nzasura shebuja i Serampore."

Inshuti yanjye, ishobora kuvugwaho ko ihindagurika mu mico, yansize i Calcutta. Nahise ngera muri gari ya moshi yo muri ako gace i Serampore, ibirometero cumi na bibiri ugana mu majyaruguru.

Natangajwe cyane ubwo nabonaga ko iminsi makumyabiri n'umunani ishize kuva aho Benares ahuriye n'umwarimu wanjye. "Uzaza aho ndi mu byumweru bine!" Ubwo nari ndi, umutima utera cyane, mpagaze mu rugo rwe ku muhanda utuje wa Rai Ghat. Ninjiye bwa mbere mu nzu y'ikirahure aho nagombaga kumarana igice cyiza cy'imyaka icumi iri imbere na *Jyavatar wo mu Buhinde*, "kwigiramo ubwenge."

.....
11-1 : Reba igice 25.

11-2 : Itsinda icyamamare ku isi Imva..

11-3 : A *dhoti* - umwenda ni ipfundo hirya no hino i ikibuno na ibipfukisho i amaguru..

11-4 : Brindaban, muri i Muttra Akarere bya Ibihugu byunze ubumwe Intara, ni i Umuhindu Yerusalemu. Hano Umwami Krishna byerekanwe icyubahiro cye ku bw'inyungu z'abantu..

11-5 : Hari; umuntu gukundwa izina na iki Umwami Krishna ni bizwi kuri bye

abihaye Imana. 11-6: Inyama nziza y'Abahinde..

11-7 : A inkuru z'imigani ibuye ry'agaciro hamwe na imbaraga kuri inkunga ibyifuzo.

11-8 : Imyuka gutangiza; kuva i Sanskriti umuzi *diksh*, kuri kwiyegegurira ubwanjye.

IGICE: 12

Imyaka Muri Ibyanjye Ishuri rya Master Hermitage

"Waje," Sri Yukteswar yaranyakiriye ari mu ruhu rw'ingwe hasi mu cyumba cyo kwicaramo kirimo balkoni. Ijwi rye ryari rikonje, imyitwarire ye idahuje n'amarangamutima.

"Yego, mukundwa Mwigisha, Jye am hano kuri gukurikira wowe." Gupfukama, Jye yakozweho bye ibirenge.

"Nigute gishobora ibyo kuba? Wowe irengagize yanjye ibyifuzo.

"Oya kirekire, Guruji! Iyawwe icyifuzo agomba kuba yanjye amategako!

"Ibyo ni byiza kurushaho! Noneho nshobora gufata

inshingano ku buzima bwawe." "Ndakwimurira

umutwari ku bushake, Mwalimu."

"Icyifuzo cyanjye cya mbere rero ni uko wasubira mu rugo mu muryango wawe. Ndashaka ko winjira muri kaminuza i Calcutta. Amashuri yawe agomba gukomeza."

"Nibyo rwose, bwana." Nahishe ubwoba bwanjye. Ese ibitabo biremereye byankurikirana mu myaka yashize? Papa wa mbere, ubu ni Sri Yukteswar!

"Umunsi umwe uzajya mu Burengerazuba. Abaturage baho bazatega amatwi ubwenge bwa kera bw'Ubuhinde niba umwarimu w'Umuhindu udasanzwe afite impamyabumenyi ya kaminuza."

"Urabizi neza, Guruji." Ishavu ryanjye ryarashize. Kuvuga iby'Uburengerazuba nabibonye bitangaje, kure cyane; ariko amahirwe yanjye yo gushimisha Databuja binyuze mu kumvira yari ahita aboneka.

"Wowe ubushake kuba hafi muri Calcutta; ngwino hano igihe icyo ari cyo cyose wowe shaka igihe."

"Buri munsi niba bishoboka, Mwalimu! Nemera cyane ububasha bwawe muri buri kantu kose k'ubuzima bwanjye - ku kintu kimwe."

"Yego?"

"Ibyo wowe isezerano kuri kugaragaza Imana kuri nyewe!

Hakurikiyeho impaka z'amagambo zimara isaha imwe. Ijambo ry'umuyobozi ntirishobora guhindurwaho ukuri; ntabwo ari ibintu byoroshye gutanga. Ingaruka ziri muri iyo ndahiro zitanga ibitekerezo binini by'ubuhanga. Umuhanga agomba kuba afitanye ubucuti bwa bugufi n'Umuremyi mbere yuko amutegeka kugaragara! Nabonye ubumwe bwa Sri Yukteswar, kandi nari niyemeje, nk'umwigishwa we, kunshyigikira.

"Uri umuntu ukunda ibintu bikomeye!" Hanyuma ukwemera kwa Shebujja

kwararangiye neza ati: "Icyifuzo cyawe kube icyifuzo cyanjye."

Igicucu cy'ubuzima bwose cyakuwe mu mutima wanjye; gushakisha ku buryo budasobanutse neza, hirya no hino, byari birangiye. Nari nabonye ubuhungiro buhoraho mu muhanga nyawe.

"Ngwino; ndakwereka aho hantu hagenewe inyamaswa." Umwigisha yahagurutse ku buriri bwe bw'ingwe. Narebye hirya no hino; amaso yanjye yaguye ku ifoto yo ku rukuta, iriho indabo za jasmine.

"Lahiri" Mahasaya!"

"Yego, mwarimu wanjye w'Imana." Ijwi rya Sri Yukteswar ryari ritangaje mu buryo burangwa no kubaha. "Yari akomeye, nk'umuntu na yoga, kurusha undi mwarimu uwo ari we wese wabayeho mu rwego rwo gukora iperereza ryanjye."

Nari nicaye imbere y'ishusho nari nzi. Gusenga Imana byihuta cyane kuri shebuja utagira urugero, wampaye umugisha ku bwana bwanjye, akanyobora kugeza kuri iyi saha.

Nayobowe n'umwarimu wanjye, nazengurutse inzu n'ubutaka bwayo. Inzu nini, ya kera kandi yubatswe neza, yari ikikijwe n'urugo runini rufite inkingi. Inkuta zo hanze zari zitwikiriwe n'ibimera; inuma zagurukaga hejuru y'igisenge cy'umukara gishashe, zisangira mu buryo butari ubwa ashram. Ubusitani bw'inyuma bwari bwiza cyane bufite ibiti bya jackfruit, mango, n'ibiti by'ibimera. Amabaraza y'ibyumba byo hejuru mu nyubako y'amagorofa abiri yari areba mu rugo uhereye ku mpande eshatu. Mwigisha yavuze ko hakoreshwaga icyumba kinini cyo hasi, gifite igisenge kirekire gishyigikiwe n'inkingi, cyane cyane mu minsi mikuru ngarukamwaka ya *Durgapuja* . **12-1** Ingazi ntoya yaganaga mu cyumba cyo kwicaramo cya Sri Yukteswar, aho ibaraza rito ryari rireba umuhanda. Inzu yometseho ashram yari ifite ibikoresho bisanzwe; byose byari byoroshye, bisukuye, kandi bifite akamaro. Intebe nyinshi, intebe n'ameza byakozwe mu buryo bwa Western byari bigaragara.

Umwarimu yantumiye kurara aho. Ifunguro rya nimugoroba rya curry y'imboga ryatanze n'abanyeshuri babiri bakiri bato bari mu mahugurwa yo mu rugo.

"Guruji, ndakwinginze umbwire ikintu cy'ubuzima bwawe." Nari nicaye ku gitambaro cy'ibyatsi hafi y'uruhu rwe rw'ingwe. Inyenyeri nziza zari hafi cyane, byasaga nkaho, zirenze ibaraza.

"Izina ry'umuryango wanjye ni Priya Nath Karar. Navutse mfite **imyaka 12-2** hano i Serampore, aho Papa yari umucuruzi w'umukire. Yansigiye iyi nzu y'abakurambere, ubu ni iy'iwacu. Amashuri yanjye yo mu ishuri yari make; nayabonaga buhoro kandi ari make. Nkiri muto, nafashe inshingano zo kuba nyir'urugo, kandi mfite umukobwa umwe, ubu warashatse. Ubuzima bwanjye bwo hagati bwari bufite umugisha wo guhabwa ubuyobozi wa Lahiri Mahasaya. Umugore wanjye amaze gupfa, nitabiriye itsinda rya Swami maze mbona izina rishya rya Sri Yukteswar Giri. **12-3** Dore inkuru zanjye zoroshye z'amateka.

Umwigisha yansekeye ku maso yanjye ashishikaye. Kimwe n'ibishushanyo byose by'ubuzima bwe, amagambo ye yari yatanze amakuru y'inyuma adahishuye umuntu w'imbere.

"Guruji, Jye yakwitwara nka kuri kumva bimwe inkuru bya ibyawewe ubwana."

"Ndakubwira bike - buri kimwe gifite ihame!" Amaso ya Sri Yukteswar yamwenyuraga kubera umuburo we. "Mama yigeze kugerageza kuntera ubwoba akoresheje inkuru iteye ubwoba y'umuzimu uri mu cyumba cyijimye. Nagiye ngaho ako kanya, maze ngaragaza ko nababajwe no kuba narabuze umuzimu. Mama ntiyigeze ambwira indi nkuru iteye ubwoba. Moral: Reba ubwoba mu maso kandi buzashira kugutera ikibazo.

"Tkindi kintu nabanje kwibuka ni uko nifuzaga imbwa mbi y'umuturanyi. Namaze ibyumweru byinshi mu muvurungano kugira ngo mbone iyo mbwa. Amatwi yanjye yari yanze kumva amatungo asa neza cyane. Imyitwarire: Gukundana n'umuntu birahumye; bitanga ishusho y'igikurura umuntu wifuza.

"Inkuru ya gatatu ivuga ku buryo ubwenge bw'abakiri bato buhagaze. Numvaga mama avuga rimwe na rimwe ati: 'Umuntu wemera akazi kagenewe undi muntu wese aba ari imbata.' icyo gitekerezo cyarakomeje guhagarara ku buryo na nyuma yo gushyingiranwa nanze imyanya yose. Nabashije kwishyura amafaranga nshora umutungo w'umuryango wanjye mu butaka. Imyitwarire myiza: Inama nziza kandi nziza zigomba kwigisha abantu bakomeye amatwi y'abana. Ibitekerezo byabo byo hakiri kare biracyari bishya.

Umwigisha yaguye mu ituze. Ahagana mu gicuku yanjyanye ku buriri buto. Ibitotsi byari byiza kandi biryoshye mu ijoro rya mbere munsu y'igisenge cy'umwarimu wanjye.

Sri Yukteswar yahisemo mu gitondo cyakurikiyeho kugira ngo ampe uburyo bwo gutangira *Kriya Yoga*. Ubuhanga nari maze guhabwa n'abigishwa babiri ba Lahiri Mahasaya - Data n'umwarimu wanjye, Swami Kevalananda - ariko imbere ya Mwalimu numvise imbaraga zihindura ubuzima bwanjye. Akinkoraho, urumuri rw'inshi rwamurikiye umubiri wanjye, nk'ubwiza bw'izuba ritabarika ryakiranaga. Umusesekara w'ibyishimo bitavugwa, wuzuye umutima wanjye ugera mu mutima wanjye, wakomeje ku munsu wakurikiyeho. Byari bigeze nimugoroba kuri uwo munsu mbere yuko mva mu rugo.

"Uzagaruka mu munsu mirongo itatu." Ubwo nageraga iwacu i Calcutta, isohozwa ry'ubuhanuzi bwa Master ryanyinjije. Nta n'umwe mu bavandimwe banjye wavuze amagambo akomeye natinyaga ko "inyoni iguruka."

Nazamutse mu gisenge cyanjye gito maze ndeba mu buryo bwuje urukundo, nk'aho ndi muzima. "Wabonye ibyo natekerezaga, n'amarira n'inkubi y'umuyaga byo muri *sadhana yanjye*. Ubu ngeze ku cyambu cy'umwarimu wanjye w'Imana."

"Mwana wanjye, ndishimye kuri twembi." Jye na Papa twicaye hamwe nimugoroba dutuje. "Wabonye mwari wanyu, nkuko byagenze mu buryo bw'igitangaza nigeze kubona uwanjye. Ukuboko kwera kwa Lahiri Mahasaya kurinda ubuzima bwacu. Databuja ntiyigeze aba umweranda wo muri Himalaya, uretse umwe uri hafi. Amasengesho yanjye yarashubijwe: ntabwo mu gushaka Imana mwayikuyeho burundu. imbere yanjye.

Papa na we yishimiye ko amasomo yanjye yo mu rwego rwo hejuru yari agiye gusubukurwa; yanteguriye gahunda ikwiye. Nanditswe umunsu ukurikiyeho muri Koleji ya Kiliziya ya Scottish i Calcutta.

Amezi meza yarenze. Nta gushidikanya ko abasomyi banjye bigeze ku gitekerezo cy'uko ntagaragaraga cyane mu byumba by'amashuri ya kaminuza. Inzu ya Serampore yari ifite ikintu kidashoboka. Umwarimu yemeye ko ndi ahantu hose ntagize icyo avuga. Nashimishijwe nuko adakunze kuvuga ku byumba by'amashuri. Nubwo byari bisobanutse kuri bose ko ntari nkwiye kuba intiti, nabashije gutsinda amanota make rimwe na rimwe.

Ubuzima bwa buri munsu muri ashram bwagendaga neza, rimwe na rimwe bugatandukana. Umushumba wanjye yabyukaga mbere y'uko umuseke ucyaga. Yaryamye, cyangwa rimwe na rimwe akicara ku buriri, yinjira mu mimerere ya *samadhi*. **12-4** Byari ubworoshye kuvumbura igihe Mwalimu yari yakangutse: guhagarara gutunguranye kw'induru zitangaje. Guhumeka gato cyangwa kabiri; wenda umubiri. Hanyuma umwuka utagira urusaku: yari mu byishimo bikomeye bya yoga.

Ifunguro rya mu gitondo yabikoze ntabwo gukurikira; mbere yaraje a kirekire kugenda n'amaguru na i Ganges. Ibyo mugitondo ingendo zo gutembera hamwe na yanjye

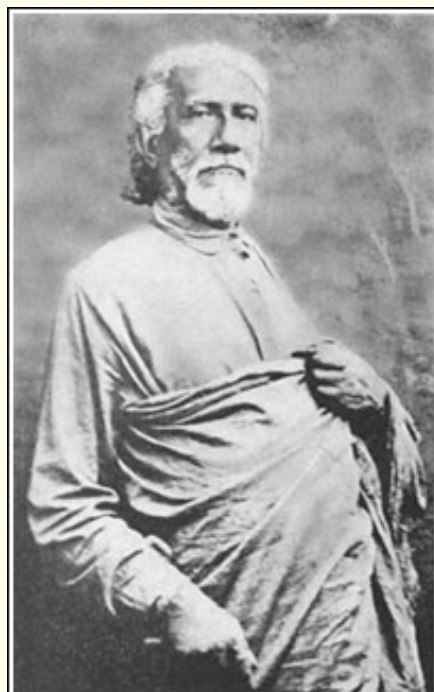
guru - mbega ukuri kandi gusobanutse neza! Mu kwibuka byoroshye, akenshi nisanga ndi iruhande rwe: izuba rya kare rishyushya uruzi. Ijwi rye rirangurura, ryuzuyemo ubwenge nyakuri.

Kwiyuhagira; hanyuma ifunguro rya saa sita. Gutegura, nk'uko amabwiriza ya buri muni ya Mwalimu yari abivuga, byari inshingano y'abanyeshuri bakiri bato. Umunyeshuri wanjye yari umuhinzi w'ibikomoka ku bimera gusa. Mbere yo kwemera ubumonaki, yaryaga amagi n'amafi. Inama yagiraga abanyeshuri ni ukukurikiza indyo iyo ari yo yose yoroshye yagaragaye ko ijyanye n'imiterere y'umubiri w'umuntu.

Umwigisha kurya bike; akenshi umuceri, ibara hamwe na tungurusumu cyangwa umutobe bya beterave cyangwa epinari na yasizweho gato *umugati w'uburo* cyangwa amavuta yashongeshejwe. Undi muni ashobora kuba afite lentil- *dhal* cyangwa *channa* **12- 6** curry hamwe n'imboga. Ku biryo biryoshye, imyembe cyangwa amacunga hamwe na pudding y'umuceri, cyangwa umutobe wa jackfruit.

Abashyitsi bagaragaraga nyuma ya saa sita. Umugezi uhoraho wavaga ku isi ugana mu ituze ry'abatuye mu gace k'ishyamba. Buri wese yabonye muri Databuja ikinyabupfura n'ubugwaneza bingana. Ku muntu wimenye nk'ubugingo, atari umubiri cyangwa ubwikunde, abandi bantu babona ko hari ishusho isa cyane.

Itsinda kutabogama bya abera ni imizi muri ubwenge. Masters kugira yatorotse *maya* ; byayo gusimburana Isura y'ubwenge n'ubupfapfa ntibyari bigishoboka ko abantu bagaragaza imbaraga. Sri Yukteswar ntiyigeze agaragaza ubwitonzi bwihariye ku bantu bari bakomeye cyangwa bashoboye; ndetse ntiyasuzuguraga abandi kubera ubukene bwabo cyangwa kutamenya gusoma no kwandika. Yategaga amatwi amagambo y'ukuri y'umwana mu cyubahiro, kandi akirengagiza ku mugaragaro umuhanga w'ubwibone.



BWANJYE UMUHANGA, SRI Yukteswari
Umwigishwa bya Lahiri Ikihasaya

Saa munani z'ijoro ni saa sita z'ifunguro rya nimugoroba, rimwe na rimwe nasangaga abashyitsi bategereje. Umuhanga wanjye ntiyashakaga kwitwaza ngo arye wenyine; nta n'umwe wasize ashram ye ashonje cyangwa ngo anyurwe. Sri Yukteswar ntiyigeze abikora.

mu gihe cy'igihombo, ntatinye abashyitsi batari babyiteze; ibiryo bike byazanaga ibirori mu buyobozi bwe bw'ubuhanga. Nyamara yari umuntu uzi gucunga amafaranga; amafaranga ye make yageze kure. Yakundaga kuvuga ati: "Ishime mu mufuka wawe." "Gusagura bizakubuza kumererwa nabi." Haba mu buryo burambuye ku myidagaduro yo mu nzu, cyangwa mu mirimo ye yo kubaka no gusana, cyangwa mu bindi bintu bifatika, Umwigisha yagaragaje umwimerere w'umwuka wo guhanga.

Amasaha atuje ya nimugoroba yakunze kuzana imwe mu mvugo z'umwarimu wanjye, ubutunzi bujyanye n'igihe. Buri jambo rye ryapimwe kandi rigatozwa ubwenge. Kwiyizera gukomeye kwagaragaje uburyo bwe bwo kugaragaza: byo yari bidasanzwe. We yavuze nka nta na kimwe ibindi muri yanjye ubunararibonye iteka ryose yavuze. Ye ibitekerezo byapimwe mu buryo bworoshye bw'ivangura mbere yuko abiha imyambaro yo hanze. Ishingiro ry'ukuri, ryuzuyemo byose ndetse n'imiterere y'umubiri, ryaturutse kuri we nk'impumuro nziza y'ubugingo. Nahoraga nzi neza ko ndi imbere y'iyerekwa rizima y'Imana. Uburemere bw'ubumana bwe bwahise bunamisha umutwe wanjye imbere ye.

Iyo abashyitsi batinze babonaga ko Sri Yukteswar arimo kwishora mu bintu bitagira iherezo, yahitaga abaganiriza. Ntiyashoboraga kwihagararaho cyangwa kwigaragaza nk'aho ari wenyine. Ahora ari umwe n'Umwami, nta mwanya yari akeneye wo gusabana. Umutoza wiyubashye aba yamaze gusiga ibuye ryo gutekereza. "Indabyo ziragwa iyo imbuto zigaragaye." Ariko abatagatifu bakunze kwizirika ku miterere y'umwuka kugira ngo batere inkunga abigishwa.

Iyo saa sita z'ijoro zegerezaga, umutoza wanjye yashoboraga gusinzira bitewe n'uko umwana yari ameze. Nta kintu na kimwe cyabaga kijyanye n'ibiryamirwa. Yakundaga kuryama, nta n'umusego, ku kabari gato kari yari inyuma y'intebe ye isanzwe imeze nk'iy'uruhu rw'ingwe.

Ikiganiro cya filozofiya cyamaze ijoro ryose ntabwo cyari gisanzwe; umwigishwa uwo ari we wese yashoboraga kugihamagara bitewe n'ubwinshi bw'ibitekerezo bye. Icyo gihe nta ntege numvise mfite, nta n'icyifuzo cyo gusinzira; amagambo mazima ya Mwalimu yari ahagije. "Oh, buracya! Reka tugende duce ku nkengero za Ganges." Uko ni ko ibihe byinshi byo kwiyubaka nijoro byarangiye.

Amezi yanjye ya mbere na Sri Yukteswar yarangiye ku isomo ry'ingirakamaro - "Uburyo bwo kunesha umubu." Mu rugo umuryango wanjye wahoraga ukoresha amarido yo kurinda nijoro. Nababajwe no kuvumbura ko muri Urugo rwa Serampore uyu muco wo kwitonda warubahirijwe mu gihombo. Nyamara udukoko twari mu gace kose; narumiwe kuva ku mutwe kugeza ku birenge. Umuhanga wanjye yaramgiriye impuhwe.

"Igurire umwenda, n'undi wanjye." Yarasetse maze yongeraho ati "Nugura umwe gusa, wowe ubwawe, imibu yose izankurikirana!"

Nashimiye cyane kuba narabyemeye. Buri joro namaze i Serampore, umwarimu wanjye yansabaga gutunganya amarido yo kuryama.

Umugoroba umwe, imibu yari ikomeye cyane. Ariko Mwalimu yananiwe gutanga amabwiriza ye asanzwe. Numvise urusaku rw'udukoko n'ubwoba. Ninjiye mu buriri, nasenze isengesho ry'imponyano mu cyerekezo cyazo rusange. Nyuma y'igice cy'isaha, nahise nkorora nk'uwigira ...

Nta gitutu cyaturutse kuri Mwalimu; namwegereye nitonze. Ntabwo yari ahumeka. Iyi ni yo yari inshuro ya mbere namubonye mu iyerekwa rya yoga; byanyuzuyemo ubwoba.

"Umutima we ugomba kuba warananiwe!" Nashyize indorerwamo muni y'izuru rye; nta mwuka wo guhumeka wagaragaye. Kugira ngo nemeze neza, namaze iminota mike mfunga umunwa we n'amazuru ye n'intoki zanjye. Umubiri we wari ukonje kandi udafite aho uhagaze. Nahindukiye yerekeza ku muryango kugira ngo ntabare.

"None se! Umushakashatsi ukiri muto! Izuru ryanjye rituje!" Ijwi rya Mwalimu ryari rituje riseka. "Kuki utajya kuryama? Ese isi yose izahinduka kuri wewe? Hindura ubwawe: ikureho ubwenge bw'umubu."

Nasubiye mu buriri bwanjye nitonze. Nta nkoko n'imwe yanyegereye. Nabonye ko umuganga wanjye yari yaremeye amarido gusa kugira ngo anshimishe; nta bwoba yari afite ku mibu. Imbaraga ze zo muri yoga zari zikomeye ku buryo yashoboraga kuzireka ngo zitaruma, cyangwa ngo zihungire mu mubiri .

"Yari arimo kungaragariza," nibwiraga. "Ubwo ni bwo buryo bwo kwishyira mu mwanya wa yoga ngomba kwihatira kugeramo." Umu-yogi agomba kuba ashobora kunyuramo, no gukomeza, mu bwonko burenze urugero, nubwo hari ibintu byinshi bimutera kwiheba bitazigera bibura kuri iyi si. Haba mu rusaku rw'udukoko cyangwa urumuri rw'izuba, ubuhamya bw'ibyumviro bugomba gukumirwa. Amajwi n'ibyerekanwa rero biza koko, ariko ku isi nziza kurusha Edeni yari yarirukanywe.

12-7

Itsinda inyigisho imibu bitangwa kuri ikindi hakiri kare isomo kuri i ashram. Byabyo yari i witonda isaha y'umugoroba. Umuhanga wanjye yasobanuraga inyandiko za kera mu buryo butagereranywa. Ku birenge bye, nari mu mahoro atagira ingano. Umubu mubi winjiye muri idyl urushanwa kunyitaho. Ubwo wacukuraga uburozi Urushinge rwo mu kibero cyanjye, nahise nzamuka ukuboko kwihorera. Ndumva ko ndi hafi kwicwa! Nibuka uburyo bwiza bwo kwibuka imwe mu mvugo za yoga za Patanjali- ko kuri *ahimsa* (kutagira icyo ukoraho).

"Kuki utarangije akazi?" "Mwami!

Ushyigikiye kwica?"

"Oya; ariko urupfu rwari rwamaze gukubitwa mu

mutwe wawe." "Sinumva."

"Icyo Patanjali yashakaga kuvuga ni ugukuraho *icyifuzo* cyo kwica." Sri Yukteswar yari yasanze imitekerereze yanjye ari igitabo gifunguye. "Iyi si yateguwe mu buryo butari bwo kugira ngo umuntu akore *ahimsa* . Umuntu ashobora guhatirwa kurimbura ibiremwa byangiza. Nta gahato nk'ako afite ko kumva uburakari cyangwa inzika. Ubwoko bwose bw'ibinyabuzima bufite uburenganzira bungana n'umwuka wa *maya* . Umutagatifu uhishura ibanga ry'irema azaba ahuje n'imvugo zayo zitabarika ziteye urujijo. Abantu bose bashobora kwegera ubwo bwumvikane bugabanya ishyamba ryo kurimbura."

"Guruji, byagombye kimwe gutanga ubwe a igitambo ahubwo kuruta kwica a ishyamba inyamaswa?"

"Oya; umubiri w'umuntu ni uw'agaciro. Ufite agaciro gakomeye cyane mu ihindagurika ry'ikirere kubera ko ufite ubwonko n'impande zombi zidasanzwe. Ibi bituma umuntu ukunda Imana cyane asobanukirwa neza kandi akagaragaza ibintu byo hejuru cyane by'ubumana. Nta shusho yo hasi ifite ubushobozi nk'ubwo. Ni ukuri ko umuntu aba afite umwenda w'icyaha gito iyo ahatiwe kwica inyamaswa cyangwa ikintu icyo ari cyo cyose kizima. Ariko Vedas *yigisha* ko gutakaza umubiri w'umuntu mu buryo butunguranye ari ukurenga ku mategeko ya karmic."

Jye guhumeka muri ihumure; Ibyanditswe Byera kongera imbaraga bya iby'umuntu karemano imitekerereze ni ntabwo buri gihe igiye kuza.

Byarabayeho ko ntari narigeze mbona Umwigisha hafi ari kumwe n'ingwe cyangwa ingwe. Ariko inzoka yica yigeze kuyirwanya, ariko itsindwa n'urukundo rw'umwarimu wanjye. Ubwo bwoko bw'inzoka buratinywa cyane mu Buhinde, aho butera abantu barenga ibihumbi bitanu buri mwaka. Iyi mpanuka iteje akaga yabereye i Puri, aho Sri Yukteswar yari ifite ubwa kabiri, iherereye hafi y'aho hantu. i Ikibaya bya Bengale. Prafulla, a ukiri muto umwigishwa bya nyuma imyaka, yari hamwe na Umwigisha ku ibi igihe.

Prafulla yarambwiye ati: "Twari twicaye hanze hafi y'ishyamba ry'inzitane. Imbogo yagaragaye hafi aho, ifite uburebure bwa metero enye z'ubwoba. Igipfukisho cyayo cyari cyaragutse cyane ubwo yadusatiraga. Umunyeshuri wanjye yasetse cyane, nk'aho abwira umwana. Nari mfite ubwoba bwinshi ubwo nabonaga Umwigisha akoma amashyi menshi. **12-8** Yari arimo kwakira umushyitsi w'ishyano! Nagumye ntujwe rwose, imbere yanjye ntangira gusohora amasengesho menshi nashoboraga gusenga. Inzoka, yegereye cyane umushumba wanjye, noneho yari idafite aho ihagaze, isa nkaho yakuruwe n'imyitwarire ye yo gukubita. Ingofero y'ubwoba yagabanutse buhoro buhoro; inzoka yacitse hagati y'ibirenge bya Shebuja irazimira mu bihuru.

Prafulla yasoje agira ati: "Impamvu umushumba wanjye yakoreshega amaboko ye, n'impamvu inzoka y'impinja itayakubita, ntabwo byari bisobanutse kuri njye icyo gihe. Kuva icyo gihe naje kubona ko Imana yanjye idashobora gutinya ko ikiremwa icyo ari cyo cyose cyayibabaza."

Umunsi umwe ku gicamunsi, mu mezi yanjye ya mbere muri ashram, nasanze Sri Yukteswar anyitegereza cyane.

"Wowe ni nabyo muto, Mukunda."

Ijambo rye ryankoze ku ngingo ikomeye. Ko amaso yanjye yari yananutse n'isura yanjye yari yananutse byari kure cyane Uko nabyifuzaga byagaragajwe n'imiti myinshi yo kuvura mu cyumba cyanjye i Calcutta. Nta kintu na kimwe cyamfashije; indwara yo kubura igitsina idakira yari yaranyibagiwe kuva nkiri umwana. Kwiheba kwanjye kwageze ku rwego rwo hejuru rimwe na rimwe ubwo nabaga nibajije niba

byari ngombwa gukomeza ubuzima mfite umubiri umeze nk'uyu.

"Imiti ifite aho igarukira; imbaraga z'ubuzima zirema ntazo zifite. Izere ko: uzaba mwiza kandi ukomeye."

Amagambo ya Sri Yukteswar yatumye numva ukuri gufatika ku giti cyanyje, nta wundi muvuzi - nanjye nari naragerageje byinshi! - kwashoboye kungeraho.

Umunsi ku wundi, dore! Narasukuye isuka. Nyuma y'ibyumweru bibiri Imana impaye umugisha wihishe, nari maze ndundanya uburemere butuma ntabona icyo nkora mu bihe byashize. Indwara zanjye zo mu gifu zarashiraga hamwe n'indwara

ubuzima bwanjye bwose. Mu bihe byakurikiyeho, nabonye umushumba wanjye akiza abantu barwaye indwara ziteye ubwoba nk'igituntu, diyabete, igicuri cyangwa ubumuga. Nta n'umwe washoboraga gushimira gukira kwe kurusha uko nanjye nabyishimiye ubwo nari nkiri mu rupfu mu buryo butunguranye .

Sri Yukteswar yarambwiye ati: "Mu myaka yashize, nanjye nari mfite amatsiko yo kongera ibiro." Mu gihe cyo gukira nyuma y'uburwayi bukomeye, nasuye Lahiri Mahasaya muri Benares.

"Bwana, Jye kugira yabaye cyane kurwara na gutakaza byinshi ibiro."

"Jyewe reba, Yukteswar, **12-9** wowe byakozwe wowe ubwawe kumererwa nabi, na ubu wowe Tekereza wowe ni "Wananutse."

"Tki gisubizo cyari gitandukanye cyane n'icyo nari niteze; ariko umujyanama

wanjye yongeyeho ashimitse ati: 'Reka ndebe; ndahamya ko ugomba kumva

umeze neza ejo.'

"Mfashe amagambo ye nk'ikimenyetso cyo gukira mu ibanga ku bwonko bwanjye bwakiraga, sinatunguwe n'igitondo cyakurikiyeho ubwo nakirwaga n'imbaraga. Nashatse shebuja maze ndangurura ijwi nishimye nti 'Bwana, uyu muni ndumva meze neza cyane.'

"Koko rero!" Uyu muni wowe kongera imbaraga wowe ubwawe.'

"Oya, shobuja!" Narabyanze. "Ni wowe wamfashije; ni ubwa mbere mu byumweru byinshi mfite imbaraga."

"Yego! Indwara yawe yari ikomeye cyane. Umubiri wawe uracitse intege; ni nde wavuga uko ejo bizaba bimeze ?"

"Igiterekerezo cy'uko intege nke zanjye zishobora kugaruka cyanteye ubwoba bwishyirakuraho. Mu gitondo cyakurikiyeho sinashoboraga kwikurura ngo njye kwa Lahiri Mahasaya."

"Bwana, Jye am kurwara nanone."

"Ubwanjye abayobozi kureba yari ibibazo. 'Noneho rero!' Rimwe byinshi wowe kutihanganira wowe ubwawe.'

"Gurudeva, ubu ndabizi ko umuni ku wundi unseka.' Kwihangana kwanjye kwari umuhamya. 'Sinumva impamvu utemera inkuru zanjye z'ukuri.'

"Mu by'ukuri, ibitekerezo byawe ni byo byatumye wumva ufite intege nke kandi

ukomeye mu buryo bunyuranye.' Databuja yarandebye mu buryo bw'urukundo. 'Wabonye uburyo ubuzima bwawe bwakurikije ibyo wari witeze. Igitekerezo ni imbaraga, ndetse n'amashanyarazi cyangwa imbaraga rukuruzi. Ubwenge bw'umuntu ni urumuri rw'ubwenge bushobora byose bw'Imana. Nakwereka ko icyo ubwenge bwawe bukomeye bwizera cyane cyahita kibaho.'

"Kumenya ibyo Lahiri Ikihasaya nta na rimwe yavuze mu buryo butagira icyo bukora, Jye yanditswe we hamwe na byiza cyane ubwoba na gushima:

'Mwigisha, niba Jye Tekereza Jye am neza na kugira yagarutse yanjye icyahoze uburemere, agomba ibyo bibaho?'

"Ni ni rero, kimwe kuri ibi akanya gato.' Ibyanjye umwarimu yavuze bikomeye, bye kureba cyane ku yanjye amaso.

"Dore! Numvise imbaraga ziyongera cyane, ahubwo numvise ibiro byinshi." Lahiri Mahasaya yasubiye inyuma aceceka. Nyuma y'amasaha make ndi ku birenge bye, nasubiye kwa mama, aho nacumbitse mu gihe nasuraga Benares.

"Mwana wanjye! Ikibazo ni iki? Urimo kubyimba kubera indwara yo mu nda?' Mama ntiyashoboraga kwemera amaso ye. Umubiri wanjye wari ufite ingano nk'iyi wari ufite mbere y'uko ndwara.

"Naripimye maze nsanga mu munsu umwe nari maze kongera ibiro mirongo itanu; bagumanye nanjye burundu. Inshuti n'abagenzi babonye imiterere yanjye yoroshye baratangaye cyane. Bamwe muri bo bahinduye imibereho yabo maze baba abigishwa ba Lahiri Mahasaya kubera iki gitangaza."

"Umuhanga wanjye, wari maso mu Mana, yari azi ko iyi si ari inzizi z'Umuremyi gusa. Kubera ko yari azi neza ubumwe bwe n'Imana irota, Lahiri Mahasaya yashoboraga kwigaragaza cyangwa kwihindura cyangwa gukora impinduka iyo ari yo yose yifuzaga mu iyerekwa ry'isanzure." **12-10**

Sri Yukteswar yasoje agira ati: "Ibyaremwe byose bigengwa n'amategeko." "Ibiri mu isanzure ry'isi, bishobora kuvumburwa n'abahanga mu bya siyansi, byitwa amategeko karemano. Ariko hari amategeko adasobanutse neza agenga imiterere y'ubwenge ashobora kumenyekana gusa binyuze mu bumenyi bw'imbere bwa yoga. Imiterere y'umwuka ihishe ifite kandi amahame yayo karemano kandi yemewe n'amategeko. Si umuhanga mu bya siyansi ahubwo ni umuhanga wiyizi neza ubwe usobanukiwe imiterere nyayo y'ibintu. Bityo rero, si umuhanga mu bya siyansi, ahubwo ni umuhanga wiyizi neza. **Kristo yashoboye gusubiza ugutwi k'umugaragu** **nyuma** y'uko guciwe n'umwe mu bigishwa.

Sri Yukteswar yari umusemuzi w'ibyanditswe byera udasanzwe. Ibyinshi mu byo nibuka bishimishije cyane bishingiye ku biganiro bye. Ariko ibitekerezo bye by'agaciro ntibyajugunywe mu ivu ry'uburangare cyangwa ubupfapfa. Ingendo imwe y'umubiri wanjye idatuje, cyangwa gucika intege gato mu bitekerezo byanjye, byari bihagije kugira ngo bishyire mu buryo butunguranye ibisobanuro bya Mwalimu.

"Ntabwo uri hano." Umutoza yiyamye ku gicamunsi kimwe ubwo yatangazaga ibi. Nk'uko bisanzwe, yari arimo gukurikirana ibyo namubwiraga ako kanya.

"Guruji!" Ijwi ryanjye ryari iryo kwigaragambya. "Sinigeze mbyimuka; amaso yanjye ntabwo yanyeganyega; nshobora gusubiramo buri jambo wavuze!"

"Icyakora ntabwo wari unyifatanyije neza. Kutemeranya kwawe kwatumye mvuga ko mu mutwe wawe wari urimo gushinga inzego eshatu. Kimwe cyari icyumba cy'inyuma ku kibaya, ikindi ku musozi, icya gatatu ku nyanja."

Ibyo bitekerezo bitari byumvikana neza byari byarabonetse hafi mu buryo butunguranye. Naramurebye mbabarira.

"Tki gishobora Jye kora hamwe na nk'ibyo a shobuja, nde yinjira yanjye gutunguranye ibitekerezo?"



Inyubako nkuru iri muri Mount Washington Estates i Los Angeles, yashinzwe mu 1925 nk'icyicaro gikuru cy'Abanyamerika cy'Ubufatanye bwo Kwigira.



Kwimenya Kiliziya bya Byose Amadini, Hollywood, Kaliforuniya.

"Wampaye ubwo burenganzira. Ukuri gusobanutse neza ndimo gusobanura ntabwo gushobora kumvikana utabanje kwibanda ku byo uvuga byose. Keretse bibaye ngombwa, sininjira mu bitekerezo by'abandi. Umuntu afite uburenganzira bwo kuzerera mu ibanga mu bitekerezo bye. Umwami utahamagawe ntabwo yinjiramo; nanjye sininjiramo."

"Wowe ni iteka ryose Murakaza neza, Mwigisha!"

"Ibyawe ubwubatsi inzozo ubushake kugaragara nyuma. Ubu ni i igihe kuri kwiga!"

Bityo, umwarimu wanjye yahishuye mu buryo bwe bworoshye ko hari ibintu bitatu bikomeye byabaye mu buzima bwanjye. Kuva nkiri muto nabonye inyubako eshatu mu buryo butangaje, buri imwe mu buryo butandukanye. Mu buryo burambuye, Sri

Yukteswar yari yarabigaragaje, aya mayerekwa yafashe isura nziza cyane. Ubwa mbere nashinze ishuri rya yoga ry'abahungu mu kibaya cya Ranchi, hanyuma icyicaro cyanjye cy'Abanyamerika kiri i Los Angeles.

Angeles hejuru y'umusozi, amaherezo a ahantu ho kwimukira muri amajyepfo Kaliforuniya na i nini cyane Pasifika.

Umwigisha ntiyigeze avuga yirata ati: "Ndahanura ko ikintu nk'iki kizabaho!" Yabishatse igitekerezo: "Ntukagire icyo ukora wowe Tekereza byo Gicurasi "Biragenda bite?" Ariko bye byoroshye imvugo bihishe vatiye imbaraga. Hano ntabwo yari yisubiyeho; nta na rimwe amagambo ye yapfutse gato yigeze aba ibinyoma.

Sri Yukteswar yari umuntu witinye kandi w'ukuri mu myifatire ye. Nta kintu na kimwe cy'umuntu udafite ishingiro cyangwa w'umuswa cyari kimuriho. Ibirenge bye byari bikomeye ku isi, umutwe we uri mu buhungiro bw'ijuru. Abantu bakora ibintu byamushimishije cyane. Yagize ati: "Ubutagatifu si ubuswa! Ubwenge bw'Imana ntibutuma umuntu adakora neza!". "Kugaragaza neza imico myiza bituma umuntu agira ubwenge buhanitse cyane."

Mu buzima bwa Master navumbuye neza itandukaniro riri hagati y'ukuri kw'umwuka n'ibintu bidafite ishingiro Ubupfumu bunyuranya n'ubupfu. Umuhanga wanjye ntiyashakaga kuganira ku bintu bidasanzwe. Umucyo we rukumbi "wiza" wari uworoshye cyane. Mu biganiro yirindaga kuvuga ibintu bitangaje; mu bikorwa yagaragazaga ubwisanzure. Abandi bavugaga ibitangaza ariko ntacyo yashoboraga kugaragaza; Sri Yukteswar ntiyakundaga kuvuga amategeko adasobanutse neza ahubwo yayakoreshaga mu ibanga uko abyishakiye.

"Umuntu ufite ubwenge ntakora igitangaza na kimwe atarahabwa igihano cy'imbere," Mwigisha yasobanuye. "Imana ntishaka ko amabanga y'ibyo yaremye ahishurwa mu buryo buteye isoni." **12-12** Nanone, buri muntu ku isi afite uburenganzira budasubirwaho ku bushake bwe. Umutagatifu ntazabangamira ubwo bwigenge.

Guceceka kwa Sri Yukteswar kwaterwaga n'uko yumvaga ibintu bitagira iherezo. Nta gihe gisigaye cyo "guhishurirwa" guhoraho kwari mu minsi y'abarimu batabyitayeho. "Mu bantu badakomeye, amafi y'ibitekerezo bito atera urusaku rwinshi. Mu bwenge bw'inyanja, ifi zo mu biremwa zihumekerwa ntizikora ikintu na kimwe." Iyi ngingo iva mu byanditswe by'Abahindu ntabwo idafite urwenya rusobanutse.

Kubera isura idatangaje y'umwarimu wanjye, bake mu bo mu gihe cye ni bo bamumenye nk'umuntu ukomeye. Umugani uzwi cyane ugira uti: "Ni umupfapfa udashobora guhisha ubwenge bwe," ntiwashoboraga gukoreshwa kuri Sri Yukteswar. Nubwo yavutse ari umuntu usanzwe nk'abandi bese, Mwigisha yari yarageze ku kwishyira hamwe n'Umutware w'igihe n'ikirere. Mu buzima bwe nabonye ubumwe nk'ubw'Imana. Nta mbogamizi na imwe yari yabonye ku kwihuza kw'umuntu n'Imana. Nta mbogamizi nk'iyi ibaho, naje kubyumva, uretse ku buryo umuntu adashishikajwe n'iby'umwuka.

Nahoraga nishimira cyane ukuntu ibirenge byera bya Sri Yukteswar bikoza. Yogi yigisha ko umwigishwa akururwa mu buryo bw'umwuka no gukorana n'umuyobozi mu buryo bw'icyubahiro; havuka umuyoboro muke. Ingeso mbi z'uwo muyoboze mu bwonko zikunze gutwikirwa; imiyoboro y'imyitwarire ye y'isi irahungabanywa mu buryo bw'ingirakamaro. Nibura ashobora gusanga isura y'ibanga ya *maya*. ndekura, kandi ndeba ukuri kw'ibyishimo. Umubiri wanjye wose wakiraga urumuri rurekura igihe cyose Napfukamye imbere y'umwarimu wanjye nk'uko byari bimeze mu Buhinde.

"Ndetse na igihe Lahiri Ikihasaya yari "ceceka," Umwigisha yabwiye njyewe, "cyangwa igihe we kuganira ku ibindi kuruta

ingingo z'idini gusa, nasanze ariko yarampaye ubumenyi budasobanutse neza."

Sri Yukteswar yankozeho kimwe. Iyo ninjiye muri hermitage mfite impungenge cyangwa ntabyitayeho mu mutwe, imyitwarire yanjye yarahindutse mu buryo butagaragara. Umutuzo ukiza warabonetse iyo nabonaga gusa umwarimu wanjye. Buri munsu hamwe na we hari ibyishimo bishya, amahoro n'ubwenge. Sinigeze mbona wihenze cyangwa wasinze umururumba cyangwa amarangamutima cyangwa uburakari cyangwa ikintu icyo ari cyo cyose gifitanye isano n'abantu.

"Umwijima wa *maya* uri hafi guceceka. Reka twiruke twerekeza mu rugo." Muri aya magambo nimugoroba, Umwigisha yahoraga yibutsa abigishwa be ko bakeneye *Kriya Yoga*. Hari umunyeshuri mushya wagaragazaga gushidikanya ku bijyanye n'ubushobozi bwe bwo gukora imyitozo ya yoga.

Sri Yukteswar yamuhumurizaga ati: "Ibagirwa ibyahise. Ubuzima bwazimiye bw'abantu bose buri mu mwijima hamwe n'ibiteye isoni byinshi. Imyitwarire y'abantu ihora itizewe kugeza igihe ishingiye ku Mana. Byose mu gihe kizaza bizarushaho kuba byiza niba urimo ushyiraho imihati y'umwuka ubu."

Master yahoraga afite *chelas ntoya* **12-13** mu rugo rwe. Uburezi bwabo bw'umwuka n'ubw'ubwenge ni byo byamushishikazaga mu buzima bwe bwose: ndetse na mbere gato y'uko yitaba Imana, yemeye gutoza abahungu babiri b'imyaka itandatu n'umusore umwe w'imyaka cumi n'itandatu. Yayoboraga ibitekerezo byabo n'imibereho yabo akoresheje iyo nyigisho yitonze aho ijamba "umwigishwa" rikomoka ku nkomo y'inkomoko. Abaturage ba Ashram bakundaga kandi bubahaga umushumba wabo; gukoma amashyi make byari bihagije kugira ngo abajyane iruhande rwe bashishikaye. Igihe yari afite amarangamutima yacecetse kandi yigunze, nta muntu n'umwe watinyutse kuvuga; ubwo asekaga yishimye, abana barebye kuri we nk'uwabo bwite.

Umwigisha ntiyakundaga gusaba abandi kumukorera umurimo we bwite, kandi ntiyakwemera ubufasha bw'umunyeshuri keretse abikunze. Umunyeshuri wanjye yamesaga imyenda ye bucece iyo abigishwa birengagije uwo murimo w'icyubahiro. Sri Yukteswar yambaraga ikanzu gakondo y'umukara w'umukara; inkweto ze zidafite imigozi, hakurikijwe umuco wa yoga, zari zikozwe mu ruhu rw'ingwe cyangwa impala.

Umwigisha yavugaga neza icyongereza, Igifaransa, Igihindi, n'Ikibengali; Sanskrit ye yari ikwiye. Yigishije abigishwa be bakiri bato yihanganye akoresheje inzira ngufi yari yaratekereje mu buryo bw'ubuhanga bwo kwiga icyongereza n'Ikibengali.

Umwigisha yari Kwitonda bya bye umubiri, mu gihe gufatisha umuntu usaba imbabazi gufatisha. Itsinda Nta kidashira, Yagaragaje ko bigaragarira neza mu kugira ubuzima bwiza bw'umubiri n'ubwo mu mutwe. Yasuzuguye ibintu byose

bikabije. Hari umwigishwa watangiye kwiwiriza ubusa igihe kirekire. Umunyeshuri wanjye yasetse gusa ati: "Kuki utatera imbwa igufwa ?"

Ubuzima bwa Sri Yukteswar bwari bwiza cyane; sinigeze mbona ameze nabi. **12-14**
Yemereraga abanyeshuri kujya kwa muganga niba byasaga n'aho ari byiza. Intego ye kwari ukubahiriza umuco w'isi: "Abaganga bagomba gukomeza umurimo wabo wo gukiza binyuze mu mategeko y'Imana nk'uko bikoreshe ku bintu." Ariko yashimagije ko ubuvuzi bwo mu mutwe ari bwiza cyane, kandi yakundaga kuvuga ati: "Ubwenge ni bwo busukura cyane."

Yagize ati: "Umubiri ni inshuti y'umuhemu. Uwuhe uburenganzira bwawo; ntukigere ubikora." "Ububabare n'ibyishimo ni iby'igihe gito; wihanganire ibintu bibiri byose utuje, ariko icyarimwe ugerageza kubikuramo."

Gutekereza ni irembo indwara ndetse no gukira binyuramo. Ntukemere ukuri kw'indwara nubwo waba urwaye; umushyitsi utazwi azahunga!

Umwigisha yari afite abaganga benshi mu bigishwa be. Yarababwiye ati: "Abamaze gusobanukirwa amategako agenga imiterere y'umubiri bashobora gusesengura byoroshye siyansi y'ubugingo." "Inzira y'umwuka ihishe inyuma y'imiterere y'umubiri." **12-15**

Sri Yukteswar yagiriye abanyeshuri be inama yo kuba abantu bazima bahuza imico myiza y'Uburengerazuba n'iy'Uburasirazuba. We ubwe yari umuyobozi w'inyuma mu ngeso zo hanze, imbere mu mutima yari umuntu w'iburasirazuba bw'umwuka. Yashimaga ingeso z'iterambere, ubuhanga n'isuku byo mu Burengerazuba, hamwe n'amahame y'idini atanga ishusho y'Uburasirazuba.

Imyitwarire mibi sinari nzi: mu rugo Data yari umuntu ukomeye, Ananta akenshi yari umuntu ukabije. Ariko imyitoto ya Sri Yukteswar ntabwo yavugwa ko ari indi idasanzwe. Kubera ko yari umuntu ukunda gukora ibintu byose neza, umwarimu wanyije yanengaga cyane abigishwa be, haba mu bihe by'akanya gato cyangwa mu myitwarire idasobanutse neza.

"Imyitwarire myiza idafite ubunyangamugayo imeze nk'umupfakazi mwiza," yavuze mu gihe gikwiye. "Kuba umuntu utaryarya udafite ubupfura ni nk'icyuma cy'umuganga ubaga, bigira ingaruka nziza ariko ntibishimishije. Kuvuga ukuri no mu kinyabupfura birafasha kandi birashimishije."

Umwigisha yasaga n'aho anyuzwe n'iterambere ryanjye ryo mu buryo bw'umwuka, kuko atakundaga kurivuga; mu bindi bibazo amatwi yanjye ntiyari amenyereye gucyahwa. Ibyaha byanjye by'ingenzi byari ukudatekereza, kwishimisha mu bihe bibabaje rimwe na rimwe, kutubahiriza amategako amwe n'amwe y'umuco, ndetse rimwe na rimwe n'inzira zinyuranyije n'amahame.

"Reba uburyo ibikorwa bya so Bhagabati biteguye neza kandi biringaniye mu buryo bwose," umujyanama wanjye yavuze. Abigishwa babiri ba Lahiri Mahasaya bari barahuye, nyuma gato y'uko ntangiye urugendo rwanjye rwo gusura Serampore. Papa na Sri Yukteswar basuzumaga agaciro k'undi bashimye. Bombi bari bubatse ubuzima bw'imbere bw'amabuye y'agaciro yo mu buryo bw'umwuka, adashonga mu bihe byashize.

Kuva ku barimu b'igihe gito bo mu buzima bwanjye bwa mbere nari narasomye amasomo make y'amakosa. Bambwiye ko *Chela* atari ngombwa kwihangayikishwa cyane n'inshingano z'isi; iyo nabaga nirengagije cyangwa nkora imirimo yanjye nabi, sinahanwaga. Kamere ya muntu isanga inyigisho nk'izo zoroshye kuzisobanukirwa. Ariko, muni y'inkoni ya Master itizigama, nahise ndushaho kuva mu bitekerezo byiza byo kudakora cyane.

Sri Yukteswar yagize ati: "Abarusha abandi kuba beza kuri iyi si barimbisha abandi."
"Igihe cyose uhumeka umwuka w'ubutaka, ugomba gutanga umurimo w'ishimwe. Ni
we wenyine washoboye neza **12-16 wo kuruhuka.** ibohowe ku ngingo z'ingenzi zo mu
kirere. Sinzabura kukumenyesha igihe uzaba wageze ku butungane bwa nyuma.

Umunyeshuri wanjye ntashoboraga guhabwa ruswa, ndetse no mu rukundo. Nta
mpuhwe yagaragaje ku muntu wese, nkanjye, witanze ku bushake kuba
umwigishwa we. Twaba turi kumwe na Databuja n'abanyeshuri be cyangwa abantu
tutazi, cyangwa se twari twenyine, yahoraga avuga yeruye kandi atuka cyane. Nta
gusetsa. gucika intege cyangwa kudahuzagurika byamubujije gukangurwa. Uku
guhonyora byari bigoye

kwihangana, ariko icyo nari niyemeje kwari ukwemerera Sri Yukteswar gukemura buri kibazo cyanyje cyo mu mutwe. Ubwo yakoraga akazi ko guhindura ibintu mu buryo bukomeye, naratinye kenshi bitewe n'imbaraga ze zo guhanahana .

"Niba udakunze amagambo yanjye, ufite uburenganzira bwo kugenda igihe icyo ari cyo cyose," Master yanyijeje. "Nta kindi nshaka kuri wowe uretse iterambere ryawe bwite. Guma aho gusa niba wumva ufite inyungu."

Kuri buri gitero cyo kwicisha bugufi yankubise, kuri buri ryinyo mu rwasaya rwanjye rw'ikigereranyo yankubise afite intego itangaje, ndashimira cyane kurusha uko nabivuga. Ishingiro rikomeye ry'ubwibone bw'abantu ntirishobora gukurwaho keretse mu buryo buteye isoni. Iyo rivuyeho, Imana ibona umuyoboro utagira imbogamizi. Ishaka kwinjira mu mitima y'ubwikunde ku buryo butagira umumaro.

Ubwenge bwa Sri Yukteswar bwari bwimbitse cyane ku buryo, atitaye ku byo umuntu yavuze, yakundaga gusubiza ibyo umuntu yamubajije atavuze. Yagize ati: "Ibyo umuntu yumva yumva, n'ibyo umuvuga yasobanuye mu by'ukuri, bishobora kuba bitandukanye cyane." Gerageza kumva ibitekerezo biri inyuma y'urujijo rw'amagambo y'abagabo."

Ariko ubushishozi bw'Imana burababaza amatwi y'isi; Umwigisha ntiyari akunzwe n'abanyeshuri bo mu rwego rwo hejuru. Abanyabwenge, bahoraga ari bake mu mubare, bamwubahaga cyane. Ndatinyuka kuvuga ko Sri Yukteswar yari kuba ari we mwari ukunzwe cyane mu Buhinde iyo amagambo ye ataba asobanutse neza kandi arangwa no kunenga.

"Ndacyaha abaje ku myitozo yanjye," yanyemereye. "Uko ni ko nshaka; fata cyangwa ugende." byo. Jye ubushake nta na rimwe ubwumvikane. Ariko wowe ubushake kuba byinshi mwiza kuri ibyawwe abigishwa; ibyo ni ibyawwe buryo. Ngerageza kwisukura gusa mu muriro w'ubukana, nkitwika birenze ubushobozi busanzwe bwo kwihanganira. Uburyo bworoshye bya urukundo ni na none guhinduka. Itsinda idahinduka na i kwemera uburyo ni Bizagira ingaruka nziza iyo bikoreshejwe ubwenge. Uzajya mu mahanga, aho kwibasira ubwibone bidashimwa. Umwarimu ntashobora gukwirakwiza ubutumwa bw'Ubuhande mu Burengerazuba adafite amafaranga menshi yo kwihangana no kwihanganirana. "Nanze kuvuga ukuri naje kubona nyuma shakisha mu magambo ya Mwalimu!

Nubwo ijamba rya Sri Yukteswar ritagaragara ryabujije abantu benshi kumukurikira mu myaka yamaze ku isi, ariko umwuka we uhoraho ugaragara ku isi muri iki gihe, binyuze mu banyeshuri b'inyangamugayo ba *in y i g i s h o* ze za *Kriya Yoga* n'izindi. Afite ububasha bwinshi mu mitima y'abantu kurusha uko Alexander yarotaga mu butaka.

Papa yahageze umunsi umwe aje kunamira Sri Yukteswar. Umubyeyi wanjye yari yiteze ko azamva amagambo amwe anshima. Yatunguwe no kumva inkuru ndende

y'inenge zanjye. Byari akamenyero ka Master kuvuga amakosa yoroshye kandi make mu buryo bw'igitangaza. imbaraga zikomeye. Papa yihutiye kundeba. "Kubera amagambo y'umwarimu wawe natekereje kukubonera ivutu rwose!" Umubyeyi wanjye yari hagati y'amarira n'inseko.

Impamvu imwe rukumbi yatumye Sri Yukteswar arakara icyo gihe ni uko nari nagerageje, nubwo yari yangiriye inama yoroheje, guhindura umuntu runaka mu nzira y'umwuka.

Hamwe na kurakara umuvuduko Jye yashakishijwe hanze yanjye umwarimu. We yakiriwe njyewe hamwe na kugwa hasi amaso, nka nubwo

nari mfite icyizere. Ni bwo bwonyine nabonye intare y'Imana yitonze imbere yanjye. Icyo gihe cyihariye cyari cyiza cyane.

"Bwana, kuki wanciye urubanza rubi cyane imbere ya data watangaye?

Byari ubutabera?" "Sinzongera kubikora." Ijwi rya Master ryari risaba

imbabazi.

Ako kanya nambuwe intwari. Mbega ukuntu uwo mugabo ukomeye yemeye ikosa rye vuba! Nubwo atasubiye kubangamira amahoro yo mu mutima ya Papa, Umwigisha yakomeje kunsuzuma igihe cyose n'aho yashakiye.

Abigishwa bashya bakunze kwifatanya na Sri Yukteswar mu kunenga abandi byimazeyo. Ni abanyabwenge nk'abahanga! Ingero z'ivangura ritagira inenge! Ariko ufata igitero ntagomba kuba adafite ubwirinzi. Abanyeshuri bamwe bacitse intege bahunze cyane Master amaze kubohora ku mugaragaro imyenge mike mu mugongo we w'isesengura.

"Intege nke zo mu mutima, zibabaza iyo umuntu akozeho gato agahanwa, ni nk'ibice by'umubiri birwaye, bisubira inyuma mbere yo kubikoresha neza." Ibi ni byo byavuzwe na Sri Yukteswar ku binyabutabire bidasanzwe.

Hari abigishwa bashakaga umupfumu wigize ibishushanyo byabo. Abo banyeshuri bakundaga kwitotomba bavuga ko batasobanukiwe Sri Yukteswar.

Igihe kimwe nasubije nti: "Namwe ntumusobanukiwe Imana!" "Iyo umutagatifu agusobanukiye neza, uzaba umwe." Muri za filiyo ibihumbi, zihumeka buri segonda umwuka udasobanutse, ni nde ushobora gusaba ko kamere y'umwami idashobora gusobanuka ihita imenyekana?

Abanyeshuri baraje, kandi muri rusange baragiye. Abifuzaga inzira y'impuhwe nyinshi no kumenyekana neza ntibayibonye mu rugo rw'ingoro. Umwigisha yatanze icumbi n'ubushumba imyaka myinshi, ariko abigishwa benshi basabye n'amavuta y'ubwikunde. Baragiye, bahitamo gusuzugurwa mu buzima kuruta kwicisha bugufi. Imirasire y'Umwigisha, izuba ryinshi ry'ubwenge bwe, byari bikomeye cyane ku barwayi babo bo mu mwuka. Bashakaga umwigisha muto, ubahisha uburiganya, maze abareka ngo basinzire neza.

Mu mezi yanjye ya mbere na Mwalimu, nagize ubwoba bukomeye bw'ibihano bye. Nahise mbona ko ibyo byari byihariye ku bigishwa bari basabye ko bamuca intege mu magambo. Iyo umunyeshuri wese wivurugutaga yigaragambyaga, Sri Yukteswar yacecekaga adatsinzwe. Amagambo ye ntiyigeze agira uburakari, ahubwo yari adafite ubwenge.

Ubushishozi bwa Master ntibwari ubw'abashyitsi basanzwe batiteguye;
ntiyakundaga kuvuga ku ntege nke zabo, nubwo byaba bigaragara. Ariko ku
banyeshuri bamusabye inama, Sri Yukteswar yumvaga afite inshingano zikomeye.
Mu by'ukuri, umwari wiyemeje guhindura ubutare bw'abantu buzuye ubwikunde ni
intwari! Ubutwari bw'umutagatifu bushingira ku mpuhwe ze ku bantu batagira
amaso bagwa muri iyi si.

Ubwo nari maze kureka inzika nari mfite, nasanze igihano cyanjye cyaragabanutse cyane. Mu buryo buhishe cyane, Umwigisha yashongesheje umutima wo kubabarira. Nyuma y'igihe nasenye urukuta rwose rw'ibitekerezo n'ubwishingizi bw'ubwenge inyuma y'umuntu, aho kamere ye muri rusange yikingira - Ingororano yari ubwumvikane buke n'umwarimu wanjye. icyo gihe namusanze yizeye, amwitaho kandi akunda bucece. Ariko, nta kintu na kimwe cyerekana ko yagiraga urukundo.

Imiterere yanjye ahanini ni icyo kwiyegegurira Imana. Byari biteye ubwoba mbere na mbere kubona ko umwarimu wanjye, wuzuyemo *jnana* ariko asa n'uwuzuye *bhakti*, **kuva ku wa 12 kugeza ku wa 18.** yigaragaje gusa mu mibare y'umwuka ikonje. Ariko uko nitegerezaga kamere ye, nta cyuho nabonye ahubwo nabonye uburyo bwo kwiyegegurira Imana. Umwigisha wiyiziho ashobora kuyobora abigishwa be batandukanye mu buryo busanzwe bw'amahame yabo y'ingenzi.

Umubano wanjye na Sri Yukteswar, wari utari usobanutse neza, ariko wari ufite ubuhanga bwo kuvuga. Akenshi nasangaga ikimenyetso cye cy'ubucece mu bitekerezo byanjye, bigatuma imvugo yanjye idakora neza. Nicaye iruhande rwe mu ituze, numvaga ubuntu bwe busesekaye ku buzima bwanjye.

Ubutabera butabogamye bwa Sri Yukteswar bwagaragaye cyane mu biruhuko byo mu mpeshyi mu mwaka wanjye wa mbere wa kaminuza. Nakiriye amahirwe yo kumara amezi adasibangana muri Serampore ndi kumwe n'umwarimu wanjye.

"Ushobora kuba ushinze iby'ingoro y'imana." Umwigisha yishimiye kuhagera kwanjye gushimishije. "Imirimo yawe izaba kwakira abashyitsi, no kugenzura imirimo y'abandi bigishwa."

Kumar, umuturage ukiri muto wo mu burasirazuba bwa Bengal, yemerewe nyuma y'ibyumweru bibiri ngo ajye mu mahugurwa yo mu rugo. Kubera ko yari umunyabwenge cyane, yahise akundwa na Sri Yukteswar. Kubera impamvu idasanzwe, Master yari umuhanga cyane kuri uwo muturage mushya.

"Mukunda, reka Kumar akore imirimo yawe. Koresha umwanya wawe mu gusukura no guteka." Master yatanze aya mabwiriza nyuma y'uko umuhungu mushya amaranye natwe ukwezi.

Kumar yashyizwe mu mwanya w'ubuyobozi, yakoresheje igitugu cyoroheje cyo mu rugo. Mu kwigomeka bucece, abandi bigishwa bakomeje kunshakaho inama za buri muni.

"Mukunda ntibishoboka! Wanshyizeho umuyobozi, nyamara abandi baramuyoboka." Nyuma y'ibyumweru bitatu Kumar yari arimo kwitotombera umupfumu wacu. Namubyumvise ari mu cyumba cyari gifatanye.

"Niyo mpamvu namuhaye akazi ko mu gikoni naho wowe ukamuha akazi ko mu cyumba cyo kuraramo." Imvugo ya Sri Yukteswar yari nshya kuri Kumar. "Muri ubwo buryo wamenye ko umuyobozi ukwiye afite icyifuzo cyo gukorera abandi, atari ugutegeka abandi. Washakaga umwanya wa Mukunda, ariko ntiwashoboraga kuwugumana kubera ubwiza. Subira ku kazi kawe ka mbere nk'umufasha w'umutetsi."

Nyuma y'iki gikorwa cyo kwicisha bugufi, Master yongeye kugaragariza Kumar imyumvire ya kera yo kwinezeza mu buryo budasanzwe. Ni nde wakemura ibanga ryo gukurura? Muri Kumar umwarimu wacu yavumbuye isoko nziza idashimishije abigishwa bagenzi be. Nubwo umuhungu mushya yari Sri.

Ibyo Yukteswar yakundaga cyane, sinagize ubwoba. Imico yihariye, ndetse n'iy'abayobozi, ituma ubuzima burushaho kuba ubw'akataraboneka. Kamere yanjye ntabwo ikunze kwigarurirwa n'ibintu bito; nashakaga inyungu idasanzwe kuri Sri Yukteswar kuruta ishimwe ry'inyuma.

Kumar yavuze uburozi kuri njyewe kimwe umunsi nta impamvu; Jye yari byimbitse gukomereka.

"Umutwe wawe urabyimba cyane!" Nongeyeho umuburo numvise ukuri kwawo mu buryo bw'imitekerereze: "Keretse ukemuye, umunsi umwe uzasabwa kuva muri iyi ashram."

Kumar yasetse cyane, asubiramo amagambo yanjye abwira umushumba wacu wari umaze kwinjira mu cyumba. Nizeye ko bazantuka, nahise nitonda njya mu mfuruka.

"Wenda Mukunda afite ukuri." Igisubizo cya Master kuri uwo muhungu cyaje n'ubukonje budasanzwe. Narahunze nta gihano.

Nyuma y'umwaka umwe, Kumar yagiye gusura iwabo yavukiyemo. Yirengagije ko Sri Yukteswar atamwemeraga, utigeze agenzura ingendo z'abigishwa be mu buryo buhamye. Nyuma y'amezi make, umuhungu agarutse i Serampore, impinduka zaragaragaye nabi. Kumar wari ufite isura ituje yari yagiye. Umuhinzi udasanzwe yari ahagaze imbere yacu, wari umaze igihe gito afite ingeso mbi.

Umwigisha yarampamagaye maze aganira n'umutima ubabaye ku kuba uwo muhungu atari akwiriye ubuzima bwo mu kigo cy'abihaye Imana.

"Mukunda, ndagusigira amabwiriza yo guha Kumar kuva muri ashram ejo; sinshobora kubikora!" Amarira yari mu maso ya Sri Yukteswar, ariko yifata vuba. "Uwo muhungu ntiyari kuzigera agwa muri ubu bwigunge iyo aza kunyumvira ntagende ngo yivange n'inshuti mbi. Yanze uburinzi bwanjye; isi y'abagome igomba kuba ikiri umwarimu we."

Kugenda kwa Kumar ntabwo byanteye ibyishimo; ikibabaje ni uko nibajije uburyo umuntu ufite imbaraga yatsinda Urukundo rwa shebuja rwashoboraga gusubiza ibintu bihendutse. Kunywa divayi n'imibonano mpuzabitsina bishingiye ku muntu usanzwe, kandi ntibisaba uburyohe bwo kumva kugira ngo bishimirwe. Amayeri yo kumva ameze nk'ay'igiti cy'umukara, gifite impumuro nziza hamwe n'indabyo zacyo z'amabara menshi: buri gice cy'ikimera ni uburozi. Igihugu cyo gukira kiri imbere, gifite urumuri hamwe n'ibyo byishimo bishakishwa mu buryo butari bwo mu nzira igihumbi. **12-19**

"Ubwenge bukomeye bufite impande zombi," Master yigeze kuvuga yerekeza ku bwenge bwa Kumar butangaje. "Bushobora gukoreshwa mu buryo bwubaka cyangwa mu buryo bwangiza nk'icyuma, haba mu guca ubujiji, cyangwa mu

kwicisha umutwe. Ubwenge buyoborwa neza gusa iyo ubwenge bwemeye ko amategeko y'umwuka adashobora guhungwa."

Umunyeshuri wanjye yavangaga n'abigishwa b'abagabo n'abagore nta nkomyi, abafata bose nk'abana be. Amaze kubona ko imitima yabo ingana, nta tandukaniro cyangwa ngo agire ivangura.

"Muri gusinzira, wowe kora ntabwo kumenya niba wowe ni a umugabo cyangwa a "umugore," we yavuze. "Gusa nka a umugabo,

Kwigira umugore ntabwo biba kimwe, bityo roho, yigira umugabo n'umugore, nta gitsina igira. Roho ni ishusho y'Imana isukuye kandi idahinduka.

Sri Yukteswar ntiyigeze yirinda cyangwa ngo ashinje abagore ko ari abo gushukwa. Yavuze ko abagabo nabo bari igishuko ku bagore. Nigeze kubaza umushumba wanjye impamvu umutagatifu ukomeye wa kera yise abagore "umuryango ugana ikuzimu."

"Umukobwa agomba kuba yarabangamiye cyane amahoro ye yo mu mutima mu bwana bwe," umwarimu wanjye yaramushubije abigiranye umujinya. "Bitabaye ibyo, yari kwamagana, atari umugore, ahubwo yari kwamagana inenge zimwe na zimwe mu kwifata kwe."

Iyo umushyitsi yatinyukaga kuvuga inkuru y'ubusa mu nzu y'abashyitsi, Umwigisha yaguma acecetse. Yabwiye abigishwa be ati: "Ntiwemere gukubitwa n'ikiboko cy'isura nziza." "Ni gute abacakara bashobora kwishimira isi? Uburyohe bwayo butoroshye bubacika mu gihe baryamye mu byondo bya kera. Itandukaniro ryose ryiza rirabura ku muntu w'irari ry'ibanze."

Abanyeshuri bashaka guhunga ubuyobe bw'aba *Maya bushingiye ku myitwarire ibiri* bahawe n'umujyanama w'umurwayi n'usobanukiwe wa Sri Yukteswar.

Yagize ati: "Nk'uko intego yo kurya ari ugushira inzara, atari umururumba, ni ko n'irari ry'imibonano mpuzabitsina ryagenewe gukwirakwiza amoko hakurikijwe amategeko karemano, ntabwo ari ukugira ngo ritume habaho irari ritarangira." Yagize ati: "Kuraho irari ribi ubu; bitabaye ibyo rizagukurikira nyuma y'uko umubiri w'ikirere ucitsemo ibice. Nubwo umubiri waba ufite intege nke, ubwenge bugomba guhora burwanya. Niba ikigeragezo kiguteye imbaraga mbi, kitsinde ukoresheje isesengura ridafite ishingiro n'ubushake budasubirwaho. Buri rari karemano rishobora kugengwa."

"Zigama imbaraga zawe. Ba nk'inyanja nini, winjirira mu migezi yose y'ibyumviro. Ibyifuzo bito ni imiyoboro iri mu kigega cy'amahoro yawe yo mu mutima, yemerera amazi akiza gupfusha ubusa mu butaka bwo mu butayu bw'ibintu by'umubiri. Ingufu zikomeye zitera irari ribi ni umwanzi ukomeye w'ibyishimo by'umuntu. Igendere mu isi nk'intare yifata; reba ko ibikeri by'intege nke bitagutera ubwoba."

Amaherezo, umuntu ukunda Imana aba yarabohowe ku byo yishakiye byose. Ahindura icyifuzo cye cyo gukunda abantu mo icyifuzo cyo gushaka Imana yonyine, urukundo rwonyine kuko ruri hose.

Nyina wa Sri Yukteswar yari atuye mu karere ka Rana Mahal muri Benares aho nari narasuye umushumba wanjye bwa mbere. Yari umunyabuntu kandi w'umunyabuntu, ariko yari umugore ufite ibitekerezo bihamye. Umunsi umwe nahagaze ku ibaraza rye ndeba umubyeyi n'umuhungu we baganira. Mu buryo bwe butuje kandi

bwumvikana, Mwalimu yageragezaga kumwemeza ikintu runaka. Byaragaragaraga ko ntacyo yagezeho, kuko yanyeganyeje umutwe n'imbaraga nyinshi.

"Oya, Oya, yanjye umuhungu, genda kure ubu ngubu! Ibyawe umunyabwenge amagambo ni ntabwo kuri njyewe! Jye am ntabwo ibyawe umwigishwa!

Sri Yukteswar yasubiye inyuma nta yandi makimbirane, nk'umwana uhanwe. Nakozwe ku mutima n'icyubahiro cye gikomeye yahaga nyina ndetse no mu buryo bwe budasanzwe. Yamubonaga nk'umwana we muto gusa,

ntabwo ari nk'umunyabwenge. Hari igikundiro cy'ibiyabaye mu buryo budasobanutse; byatanze ishusho y'ishusho idasanzwe y'umwarimu wanjye, imbere yicisha bugufi kandi inyuma nta kinyoma.

Amateguko y'abihaye Imana ntiyemerera umuswa gukomeza kugirana isano n'isi nyuma yo gutandukana kwabo ku mugaragaro. Ntishobora gukora imihango y'umuryango itegegetswe n'urugo. Nyamara Shankara, washinze umuryango wa Swami wa kera, yirengagije amabwiriza. Nyina yakundaga amaze gupfa, yatwitse umurambo we n'umuriro wo mu ijuru yateje urusaku mu kuboko kwe kwazamuwe.

Sri Yukteswar na we yirengagije ayo mategeko, mu buryo budatangaje cyane. Nyina amaze gupfa, yateguye imihango yo gutwika abapfuye mu rusengero rwa Ganges i Benares, kandi yagaburiraga ababrahmin benshi mu buryo bukurikije imigenzo ya kera.

Ibibujijwe *bya shastri* byari bigamije gufasha abaswami gutsinda kwitandukanya mu buryo buciriritse. Shankara na Sri Yukteswar bari barahuye ibiremwa byabo mu mwuka utagira kamere; nta gukizwa n'amateguko byari bikenewe. Hari n'igihe, umuhanga yirengagiza nkana igitabo cyemewe n'amateguko kugira ngo ashyingikire ihame ryacyo nk'iriruta kandi ridafite imiterere. Nguko uko Yesu yakuyemo amahundo y'ibigori ku munsu cyo kuruhuka. Ku banenga badashobora kwirindwa, yaravuze ati: "Isabato yabereyeho umuntu, ntabwo umuntu yabereyeho isabato." **12-20**

Uretse ibyanditswe byera, ni gake igitabo cyahabwaga icyubahiro n'amasomo ya Sri Yukteswar. Nyamara yahoraga azi ibintu bishya byavumbuwe mu bya siyansi n'andi makuru y'ubumenyi. Yari umuhanga mu kuganira, yakundaga kungurana ibitekerezo ku ngingo nyinshi n'abashyitsi be. Ubwenge bwe bwo kwitegura n'inseko isekeje byakomezaga buri kiganiro. Akenshi yari ababaye cyane, Umwigisha ntiyigeze yiheba. Yagiraga ati: "Kugira ngo umuntu ashake Uwitaka, ntabwo ari ngombwa ko ahindura isura ye." "Wibuke ko kubona Imana bizasobanura gushyingura agahinda kose."

Mu bahanga mu bya filozofiya, abarimu, abanyamategeko n'abahanga mu bya siyansi baje muri urwo rusengero, hari abaje ku nshuro ya mbere biteze guhura n'umuyoboze w'idini ry'aba-orthodox. Inseko idasanzwe cyangwa kureba kure y'ubworohereye rimwe na rimwe byagaragazaga ko abashyitsi bari biteze ko hari icyo bapfa uretse amagambo make y'ubuhakanyi. Nyamara kugenda kwabo badashaka byazanaga icyizere cy'uko Sri Yukteswar yari yagaragaje ubumenyi nyabwo mu nzego zabo zihariye.

Ubusanzwe mwarimu wanjye yari umuntu witonda kandi wumvikana n'abashyitsi; ikaze rye ryabaga rikozwe mu buryo bw'ubugwaneza. Nyamara abantu biyoberanyaga rimwe na rimwe bahuraga n'ihungabana rikomeye. Bahuraga na

Mwalimu haba mu buryo bukabije bwo kutita ku bandi cyangwa mu buryo buteye ubwoba: urubura cyangwa icyuma!

Umuhanga mu bya shimi w'icyamamare yigeze gushwana na Sri Yukteswar. Uwo mushyitsi ntiyashakaga kwemera ko Imana ibaho, kubera ko siyansi itarigeze ikora uburyo bwo kuyimenya.

"Rero wananiwe gutandukanya Imbaraga z'Ikirenga mu miyoboro yawe yo gupima!" Ijisho rya Master ryari rikaze. "Ndagusaba igerageza ritarigeze ribaho. Suzuma ibitekerezo byawe ubudacogora mu masaha makumyabiri n'ane. Noneho ntukongere kwibaza ko Imana itabaho."

A byizihijwe umuhanga yakiriwe a bisa gutitira. Hamwe na kwigaragaza ishyaka, i intiti gutigita i ashram

ibirahuri hamwe na Ibyanditswe Byera amateka. Ijwi rirenga ibice yasutswe kuva i *Mahabharata* , i

.*Upanishads* , **12-21** i *Bhasyas* **12-22** bya Shankara

"Ndategereje kukumva." Ijwi rya Sri Yukteswar ryari riteye kwibaza, nk'aho ari ryo ryari ryiganjemo agacece. Umuhanga yari yatangaye.

"Hari amagambo menshi cyane." Amagambo ya Master yanshimishije cyane, ubwo nari nicaye mu mfuruka yanjye, ndi kure y'umushyitsi. "Ariko se ni ikihe gitekerezo cy'umwimerere ushobora gutanga, uhaye ku buryo bwihariye bw'ubuzima bwawe? Ni iyihe nyandiko yera wamenye kandi ukayigira iyawe? Ni mu buhe buryo uku kuri kudashira kwavuguruye kamere yawe? Ese wishimiye kuba vicrolo idafite icyo ivuze, usubiramo amagambo y'abandi bantu mu buryo bw'umwuga?"

"Jyewe gutanga hejuru!" Itsinda intiti agahinda yari urwenya. "Jyewe kugira oya imbere "Kumenya ibintu."

Ku nshuro ya mbere, wenda, yasobanukiwe ko gushyira koma mu buryo busobanutse neza bitakuraho koma yo mu mwuka.

"Izi pedanti zitagira amaraso zinuka cyane ku itara," umwarimu wanjye yavuze nyuma yo kugenda kw'uwahanwe. "Bakunda filozofiya kuruta imyitozo yo kwiyubaka mu buryo bworoheje. Ibitekerezo byabo byo hejuru ntibifitanye isano n'ibikorwa by'inyuma cyangwa se n'imyitwarire iyo ari yo yose yo mu mutima ibabaza!"

Umwigisha guhangayika ku ibindi ibihe i ubusa bya gusa igitabo kwiga.

Yagize ati: "Ntimukivange gusobanukirwa n'amagambo menshi." "Inyandiko zera ni ingirakamaro mu gutera inyota yo kugera ku ntego z'imbere mu mutima, iyo umurongo umwe ugenda winjira buhoro buhoro. Kwiga mu buryo buhoraho bivamo ubusa n'ibyishimo by'ibinyoma by'umuntu udafite icyo yiga." ubumenyi."

Sri Yukteswar yavuze kimwe mu byo yiboneye mu bwubatsi bw'Ibyanditswe Byera. Aho hantu hari mu ishyamba ry'inzitane mu burasirazuba bwa Bengal, aho yitegereje uburyo umwarimu uzwi cyane, Dabru Ballav yakoresheye. Uburyo bwe, bwari busanzwe bworoshye kandi bugoye, bwari busanzwe mu Buhinde bwa kera.

Dabru Ballav yari yateraniye hamwe n'abigishwa be mu bwigunge bwa sylvan. *Bhagavad Gita* yera yari ikinguye imbere yabo. Barebye neza igice kimwe cy'isaha, hanyuma bafunga amaso. Ikindi gice cy'isaha kirashira. Umwigisha yatanze igitekerezo gito. Badakora, bongera gutekereza isaha imwe. Amaherezo umwarimu aravugaga.

"Ufite wowe Urabyumva?"

"Yego, Bwana. Rimwe muri i itsinda yagerageje ibi kwemeza.

"Oya; ntabwo byuzuye. Shaka imbaraga zo mu mwuka zahaye aya magambo imbaraga zo kuvugurura Ubuhinde ikinyejana ku kindi." Indi saha irashira bucece. Umwarimu yasezereye abanyeshuri, maze ahindukirira Sri Yukteswar.

"Oya, Nyakubahwa, ntabwo mu by'ukuri; nubwo yanjye amaso na Ubwonko kugira Kwiruka binyuze byayo impapuro byinshi inshuro."

"Abantu ibihumbi bamsubije mu buryo butandukanye!" Umuhanga mukuru yamwenyuye asabira Umwigisha umugisha. "Niba umuntu yihugira mu kwerekana ubutunzi bw'Ibyanditswe Byera, ni ikihe gihe gisigaye cyo kwibira mu mutima bucece inyuma y'amasaro y'agaciro?"

Sri Yukteswar yayoboye inyigisho z'abigishwa be akoresheje uburyo bumwe buhambaye bwo gushyira ibintu ku murongo umwe. Yagize ati: "Ubwenge ntibuhuzwa n'amaso, ahubwo buhuzwa n'uturemangingo." Iyo ukwemera kwawe ukuri kutari mu bwonko bwawe gusa ahubwo no mu buzima bwawe, ushobora kwemeza ko icyo busobanura ari ukuri." Yabujije umunyeshuri gutekereza ku bumenyi bw'igitabo nk'uko intambwe ikenewe kugira ngo umuntu agere ku ntego ye mu buryo bw'umwuka.

" *Abarishi* banditse mu nteruro imwe amagambo y'ingenzi avuga ko abahanga mu gutanga ibitekerezo bihugira mu bisekuruza byinshi." "Impaka z'ubuvanganzo zitagira iherezo ni iz'abantu b'abanebwe. Ni ikihe gitekerezo kirusha 'Imana' - oya, 'Imana'?"

Ariko umuntu ntabwo byoroshye gusubira mu bworoshye. Ni gake cyane kuri we "Imana", ahubwo ni ukwigira ubwibone. Ubwibone bwe buramushimisha, kuko ashobora gusobanukirwa ubwo bumenyi.

Abagabo bari bafite ishema ryo kumenya imyanya ikomeye yo ku isi, birashoboka ko imbere ya Shebujja, bongereye kwicisha bugufi ku bindi bintu byabo. Umucamanza wo muri ako gace yigeze kuza mu kiganiro mu nzu y'abashyitsi yo ku nkombe z'inyanja i Puri. Uwo mugabo, wari uzwiho kuba umugome, yari afite ububasha bwo kutwirukana muri ashram. Naburiye umushumba wanjye ku byerekeye amahirwe yo kuba umunyagitugu. Ariko yicaye yishimye cyane, ntiyahaguruka ngo asuhuze umushyitsi. Yari afite ubwoba gato, Nari nicaye hafi y'umuryango. Umugabo yagombaga kwishimira agasanduku k'ibiti; umujyanama wanjye ntiyansabye kuzana intebe. Nta kintu na kimwe cyari giteganyijwe n'umucamanza cy'uko akamaro ke kazamenyekana mu buryo bw'umuhango.

Hakurikiyeho ikiganiro cy'ibintu bifatika. Umushyitsi yahinduye isura y'ibyanditswe mu buryo butari bwo. Uko ukuri kwe kwagabanukaga, uburakari bwe bwariyongereye.

"Uzi ko nabaye uwa mbere mu kizamini cya MA?" Impamvu yari yamutaye, ariko yari agishoboye gutaka.

"Bwana Mucamanza, wibagiwe ko iyi atari icyumba cyawe cy'urukiko," Master yasubije atyo. "Kubera amagambo yawe y'ubwana nari gutekereza ko umwuga wawe wa kaminuza utari uw'ingenzi. Impamyabumenyi ya kaminuza, uko byagenda kose, ntabwo ifitanye isano rya bugufi n'amahame ya Vedic. Abatagatifu ntibakorwa mu byiciro buri gihembwe nk'uko abahanga mu by'ibaruramari babikora."

Nyuma a gutangara guceceka, i umushyitsi yarasetse n'umutima ukunze.

Yagize ati: "Ni ubwa mbere mpura n'umucamanza wo mu ijuru." Nyuma yatanze icyifuzo cyemewe, gishingiye ku mategeko, bigaragara ko ari kimwe mu bigize ubuzima bwe, cyo kwemerwa nk'umucamanza

"igeragezwa" umwigishwa.

Umuhanga wanjye ubwe yitaye ku makuru ajyanye n'imirungire y'umutungo we. Abantu b'abagome mu bihe bitandukanye bagaragaye kwigururira ubutaka bw'abakurambere ba Shebuka. Babigiranye ubushake ndetse no mu gushinja inkiko, Sri Yukteswar yatsinze abamurwanya bese. Yahuye n'ibi bintu bibabaza bitewe n'icyifuzo cyo kutazigera aba umuganga usabiriza, cyangwa ngo abe umutwari ku bigishwa be.

Ubwigenge bwe mu by'imari ni imwe mu mpamvu zatumye Umwarimu wanjye uvuye cyane adakora amayeri ya dipolomasi. Bitandukanye n'abarimu bagomba gushimangira abashyigikiye babo, umwarimu wanjye Ntiyigeze yumva agize ingaruka ku butunzi bw'abandi, haba mu buryo bugaragara cyangwa buhisha. Sinigeze numva asaba cyangwa ngo agaragaze amafaranga ku mpamvu iyo ari yo yose. Amahugurwa ye yo mu cyaro yatanze ku buntu kandi ku buntu ku bigishwa bese.

Umudepite w'urukiko w'umunyamwaga yageze umunsi umwe muri Serampore ashram aje gukorera Sri Yukteswar ahamagawe mu buryo bwemewe n'amategako. Umwigishwa witwaga Kanai nanjye twari turi aho. Imyitwarire y'umusirikare kuri Mwalimu yari iteye isoni.

"Byagufasha kuva mu gicucu cy'aho utuye ukajya guhumeka umwuka mwiza w'urukiko." Umudepite yavuye cyane. Sinashoboye kwifata.

"Undi ijamba bya ibyawe kutishyira hejuru na wowe ubushake kuba ku i hasi!" Jye ikoranabuhanga mu buryo buteye ubwoba.

"Wa mugome we!" Kanai yaranguruye ijwi rimwe n'iryanjye. "Uratinye kuzana ibitutsi byawe muri iyi ashram yera?"

Ariko Mwalimu yahagaze imbere y'uhamuhohoteye amurinda. "Ntugahangayikishwe n'ikintu na kimwe. Uyu mugabo arimo gukora inshingano ze gusa."

Itsinda umupolisi, nataye umutwe kuri bye gutandukana kwakira abantu, mu cyubahiriro byatanze a ijamba bya gusaba imbabazi na umuvuduko kure.

Byari bitangaje kubona ko umuhanga ufite ubushake nk'ubwo bushyushye ashobora kuba atuye imbere. Yahuye n'igisobanuro cya Vedic cy'umuntu w'Imana: "Yoroshye kurusha indabyo, aho ineza ireba; ikomeye kurusha inkuba, aho amahame ari mu kaga."

Muri iyi si, mu magambo ya Browning, hariho abantu bahora "batihanganira urumuri, kuko ubwabo ntibihisha." Hari umuntu wo hanze wahoraga anenga Sri Yukteswar kubera ikibazo cyo mu bitekerezo bye. Umuhanga wanjye w'umuhanga yanteze amatwi mu kinyabupfura, yisuzuma kugira ngo arebe niba hari ukuri kuri mu byo yavugaga. Ibi bintu byanyibutsaga kimwe mu byo Mwigisha yavuze: "Hari

abantu bagerageza kuba barebare batema imitwe y'abandi!"

Ugutuzza gukomeye kw'umutagatifu kuratangaje kurusha inyigisho iyo ari yo yose.

"Utinda kurakara aruta intwari; kandi utegeka umutima we aruta uwigarurira umujyi."

12-23

Jye akenshi byagaragajwe ibyo yanjye icyubahiro Umwigisha yashoboraga byoroshye kugira yabaye umuntu umwami w'abami cyangwa gutigisa isi

Umurwanyi yari afite ubwenge bwe bushingiye ku kuba icyamamare cyangwa ku kugera ku ntego z'isi. Ahubwo yari yahisemo kwigarurira ibirindiro by'uburakari n'ubwibone, aho kugwa kwabyo ari uburebure bw'umuntu.

12-1 : "Gusenga Durga." Uyu ni wo munsu mukuru ukomeye w'umwaka wa Bengali kandi ungana n'iminsi icyenda ahagana mu mpera za Nzeri. Ako kanya gukurikira ni i iminsi icumi ibirori bya *Dashahara* ("iya Rimwe nde bikuraho icumi ibyaha" - bitatu bya umubiri, bitatu bya ubwenge, bine bya imvugo). Byombi *pujas* ni cyera kuri Durga, mu buryo burambuye "Icyo Ntibishoboka kugerwaho," umuntu imiterere bya Imana Mama, Shakti, imbaraga z'ubuhanga z'abagore zagaragajwe nk'umuntu.

12-2 : Siri Yukteswar yari Kuvuka ku Gicurasi 10, 1855.

12-3 : *Yukteswar* bivuze "bumwe kuri Imana." *Giri* ni a igenamiterere itandukaniro bya kimwe bya i icumi ibya kera Swami amashami. *Siri*

.bivuze "uwera"; byo ni ntabwo a izina ariko a umutwe bya icyubahiro

12-4 : Mu buryo bw'umwimerere, "kuri itaziguye hamwe. *Samadhi* ni a ubwenge burenze urugero leta bya ibyishimo bidasanzwe muri iki i yoga arabona i imiterere y'ubugingo n'Umwuka.

12-5 : Kugona, hakurikijwe kuri abahanga mu by'umubiri, ni umuntu ikimenyetso bya rwose kuruhuka (kugera kuri i kwibagirwa umuganga, gusa).

12-6 : *Dhal* ni a ubunini isupu byakozwe kuva gutandukana amashaza cyangwa ibindi ibihaha. *Channa* ni a foromaje bya bishya ifuro amata, gukata mu duce duto hanyuma ukaranze hamwe n'ibirayi.

12-7 : Imbaraga zo kuri hose z'umuntu ukora yoga, aho abona, yumva, akumva, ahumura, kandi yumva ubumwe bwe mu byaremwe nta i gukoresha bya ibyumviro ingingo, kugira yabaye byasobanuwe nka akurikira muri i *Taitiriya Aranyaka* : "Icyo impumyi umugabo bateye isaro; umuntu udafite urutoki yashyiragamo umugozi; umuntu udafite ijosi yaryambaraga; kandi umuntu udafite ururimi yararishimaga."

12-8 : Itsinda inzoka y'impiswi vuba imyigaragambyo kuri icyo ari cyo cyose kwimuka ikintu imbere byayo urwego. Byuzuye kudashobora kugenda ni ubusanzwe iby'umuntu hejuru y'umubiri ibyiringiro by'umutekano .

12-9 : Lahiri Ikihasaya mu by'ukuri yavuze "Priya" (ubwa mbere cyangwa byatanzwe izina), ntabwo "Yukteswar" (abihaye Imana izina, ntabwo yakiriwe na umwarimu wanjye mu gihe Lahiri Ikinyamakuru cya Mahasaya ubuzima). (Reba [urupapuro 109.](#)) "Yukteswar" ni yasimbuwe hano, na muri a bike ibindi ahantu muri iki gitabo, kugira ngo hirindwe urujijo, ku musomyi, rw'amazina abiri.

12-10 : "Kubera iyo mpamvu Jye vuga kugeza kuri wowe, Iki ibintu icyo ari cyo cyose mwe icyifuzo, igihe mwe gusenga, kwizera ibyo mwe kwakira bo, na mwe" - *Mariko* 11:24. Abigisha bafite iyerekwa ry'Imana bashoboye kugeza ibyo basobanukiwe ku bigishwa bakomeye, nk'uko Lahiri Mahasaya yabigenje kuri Sri Yukteswar kuri iki gihe.

12-11 : "Kandi kimwe bya bo gukubitwa i umugaragu bya i hejuru Umutambyi, na gukata irazimye bye iburyo ugutwi. Kandi Yesu yasubijwe na aravuga ati "Nimurekere aho." Akora ku gutwi kwe aramukiza." - *Luka* 22:50-51.

12-12 : "Tanga ntabwo ibyo iki ni cyera kugeza kuri i imbwa, nta n'umwe muri bo abakinnyi mwe ibyawe amasaro mbere ingurube, kugira ngo bo gukandagira bo munsu y'ibirenge byabo, hanyuma bahindukire bagutere ibisate." - *Matayo* 7:6.

12-13 : Abigishwa; kuva Sanskriti inshinga umuzi, "kuri korera.

12-14 : We yari rimwe kurwara muri Kashmir, igihe Jye yari kubura kuva we. (Reba [igice 23.](#))

12-15 : A ubutwari ubuvuzi umugabo, Charles Robert Richet, igihembo i Nobel Igihembo muri imiterere y'umubiri, yanditse nka ibi bikurikira: "Metafiziki ntabwo ari siyansi yemewe ku mugaragaro, yemerwa nk'iyoyi. Ariko izabaho.

Kuri Edinburgh, Jye yari gushobora kuri

kwemeza mbere 100 abahanga mu by'umubiri ibyo cyacu gatanu ibyumviro ni ntabwo cyacu gusa bivuze bya Kubera ko a ukuri ni ubumenyi na ibyo a igice bya ukuri rimwe na rimwe kugera i ubwenge muri ibindi inzira. gake cyane ni oya Impamvu ibyo byo ikora ntabwo kubaho. Kubera ko

Ibyo nde kugira ishoti kuri metafiziki nka a kwiga ni bigoye, ni ibyo a Impamvu kuri ntabwo gusobanukirwa Ibyo se?
umuntu ibikorwa by'ubumaji

siyansi izaba ikozwe n'isoni nk'abavugaga shimi bavuga ko gukurikirana ibuye ry'umuhanga mu bya filozofiya ari
Muri i ikintu bya amahame hariya ni gusa ibyo bya Lavoisier, Claude Bernard, na..... ukwibeshya.

Pasteur-the *igerageza* ahantu hose na buri gihe. Muraho, hanyuma, kuri i gishya siyansi iki ni Kugenda kuri impinduka
.icyerekezo cy'ibitekerezo bya muntu

12-16 : *Samadhi* : bitunganye ishyirahamwe bya i by'umwihariko ubugingo hamwe na i Nta kidashira Umwuka.

12-17 : Itsinda mu buryo butazi Kuyoborwa impamvu bya i Ubwonko ni rwose bitandukanye kuva i nta kwibeshya ubuyobozi bya ukuri ibibazo kuva i ubwenge burenze urugero. Ikirango na Igifaransa abahanga mu bya siyansi bya i Sorbonne, Iburengerazuba abatekereza ni itangiriro gukora iperereza ku buryo umuntu ashobora kubona ibintu nk'iby'Imana.

Mu myaka makumyabiri ishize, abanyeshuri biga imitekerereze ya muntu, bayobowe na Freud, batanze igihe cyabo "cyose mu gushakisha ubwenge uturere," Rabi Isirayeli H. Levinthal indorerwamo hanze muri 1929. "Byo ni ukuri ibyo i ubwenge butamenya igaragaza byinshi bya amayobera ashobora gusobanura ibikorwa bya muntu, ariko atari ibikorwa byacu byose. Ashobora gusobanura ibidasanzwe, ariko atari ibikorwa biri hejuru i ibisanzwe. Itsinda ibiheruka imitekerereze y'abantu, inkunga na i Igifaransa amashuri, ifite byavumbuwe a gishya akarere muri umugabo, iki Bivuga ubwenge burenze urugero. Bitandukanye n'ubwenge budafite ubwenge buhagarariye imigezi iri muni y'amazi ya kamere yacu, bigaragaza i uburebure kuri iki cyacu kamere gishobora kugera ku ntogo. Umugabo ihagarariye a gatatu, ntabwo a kabiri, imico; cyacu ubwenge kandi ubuzima bwo mu mutwe buterwa n'ubwenge burenze urugero. Hashize imyaka myinshi umuhanga mu by'imatekerereze y'Umwongereza, FWH Myers, yavuze ko 'mu nda yacu hari imyanda ndetse n'inzu y'ubutunzi.' Bitandukanye n'imatekerereze ishingiyeye ku bushakashatsi bwayo bwose ku bwenge burenze urugero muri kamere y'umuntu, iyi mitekerereze mishya y'ubwenge burenze urugero yibanda ku nzu y'ubutunzi, akarere .konyine gashobora gusobanura ibikorwa bikomeye, bitagira ubwikunde, kandi by'intwari by'abantu

12-18 : *Jnana* , ubwenge, na *bhakti* , ubwitange: bibiri bya i nyamukuru inzira kuri Imana.

12-19 : "Umugabo muri bye gukanguka leta gushyira gusohoka umubare utabarika imbaraga kuri kubona ibyumviro bishishikaje ibinezeza; igihe i byose itsinda ry'ingingo z'umubiri zumva rinaniwe, yibagirwa n'ibyishimo biri mu mwanya we maze akajya gusinzira kugira ngo yishimire kuruhuka mu mutima, kamere ye bwite," Shankara, umwarimu ukomeye wa Vedantist, yanditse. "Kugira ngo ibyishimo bidasanzwe bigere kuri byinshi biroroshye cyane kandi biruta kure ibyo umuntu yumva bishimishije bihora birangirana n'isesemi."

12-20 : *Mariko* 2:27.

12-21 : *Upanishad* cyangwa *Vedanta* (mu magambo ahinnye, "iherezo rya Vedas"), iboneka mu bice bimwe na bimwe bya *Vedas* nk'incamake y'ingenzi. *Upanishad* ni yo ishingiro ry'inyigisho z'idini ry'Abahindu. Yahawe icyubahiro gikurikira na Schopenhauer: "Nigute byose ikora i *Upanishad* guhumeka muri rusange i cyera umwuka bya i *Vedas* ! Uburyo ni buri wese wamenye icyo gitabo kitagereranywa yashishikajwe n'uwo mwuka kugeza mu mutima we! Kuva kuri buri nteruro ndende, by'umwimerere, na byiza cyane ibitekerezo Haguruka, na i byose ni byuzuye na a hejuru na cyera na umwete umwuka. . . . Kubona *Vedas* binyuze muri *Upanishads* ni igikundiro gikomeye kurusha ibindi byose iki kinyejana gishobora kugira mbere y'ibinyejana byose byashize.

12-22 : Ibitekerezo. Shankara ntagereranywa byasobanuwe i *Upanishad*

. 12-23: *Imigani* 16:32.

IGICE: 13

Itsinda Kudasinzira Mutagatifu

"Ndemera kujya mu misozi ya Himalaya. Ndizera ko ndi mu bwigunge ntazigera mpabwa ubusabane n'Imana."

Mu by'ukuri nigeze kubwira Databuja aya magambo yo kudashima. Nafashwe n'ibintu bidasanzwe rimwe na rimwe byibasira umuyoboze, numvise ntakihanganira imirimo yo mu ishuri n'amasomo ya kaminuza. Impamvu iteye ubwoba ni uko namusabye igihe nari maze amezi atandatu gusa ndi kumwe na Sri Yukteswar. Sinari narigeze nsuzuma neza uburebure bwe.

"Abantu benshi bo mu misozi batuye mu misozi ya Himalaya, nyamara nta bwoba bafite mu Mana." Igisubizo cy'umwarimu wanjye cyaje buhoro buhoro kandi mu buryo bworoshye. "Ubwenge burusha gushakwa ku muntu uzi ubwenge kuruta gushakwa ku musozi udakora."

Nirengagije igitekerezo cya Mwalimu cy'uko ari we mwarimu wanjye, atari umusozi, nasubiyemo icyifuzo cyanjye. Sri Yukteswar ntiyasubije. Nafashe guceceka kwe nk'ukwemera, ibisobanuro bitari byoroshye byakirwaga uko umuntu abishakiye.

Mu rugo rwanjye i Calcutta kuri uwo mugoroba, nahugiye mu myiteguro y'urugendo. Ubwo napfunyikaga ibintu bike mu gitambaro, nibukaga ikintu nk'icyo, cyaguye mu ibanga mu idirishya ryanjye ryo hejuru mu myaka mike ishize. Nibajije niba uru rwari kuba ari urundi rugendo rudasobanutse rwerekeza mu misozi ya Himalaya. Ubwa mbere ibyishimo byanjye byo mu mwuka byari bikomeye; muri iri joro umutimanama warakubise cyane ubwo natekerezaga kuva kuri mwarimu wanjye.

Mu gitondo cyakurikiyeho nashatse Behari Pundit, umwarimu wanjye w'Abasanskriti muri Koleji ya Kiliziya ya Scottish.

"Bwana, wambwiye ubucuti bwawe n'umwigishwa ukomeye wa Lahiri Mahasaya. Ndakwinginze umpe aderesi ye."

"Uvuze Ram Gopal Muzumdar. Nmwita 'umutagatifu udasinzira.' Ahora ari maso afite ibyishimo byinshi. Iwawe ni i Ranbajpur, hafi ya Tarakeswar."

Jye ndashimira i umuhanga, na yatojwe ako kanya kuri Tarakeswar. Jye Byiringiro kuri guceceka Numvise ko gushidikanya kwanjye kwatumye ntabasha kwemera igihano cy'"umutagatifu udasinzira" kugira ngo nifatanye mu gutekereza mu misozi ya Himalaya ndi wenyine. Inshuti ya Behari, nk'uko numvise, yari yarahawe urumuri nyuma y'imyaka myinshi imyitoto ya *Kriya Yoga* mu buvumo butandukanye.

I Tarakeswar negereye ahantu hazwi cyane ho mu rusengero. Abahindu baho bahoza icyubahiro nk'icyo Abagatolika baha ingoro ya Lourdes mu Bufaransa. Ibitangaza byinshi byo gukiza byabereye i Tarakeswar, harimo n'icyabereye umwe mu bagize umuryango wanjye.

Masenge mukuru yigeze kumbwira ati: "Nicaye mu rusengero icyumweru kimwe." "Mu gihe cyo kwiyiriza ubusa burundu, nasenze kugira ngo Marume Sarada akire

indwara idakira. Ku muni wa karindwi nasanze icyatsi mu ntoki zanjye! Nakoze inzoga mu mababi, ndagiha marume wawe." indwara yazimye ako kanya, kandi ntiyigeze yongera kugaragara."

Ninjiye mu rusengero rutagatifu rwa Tarakeswar; igicaniro kirimo ibuye ry'uruziga gusa. Umuzenguruko wacyo, utagira intangiriro kandi utagira iherezo, utuma gisobanura neza Itagira Iherezo.

Ibintu bidasanzwe si bishya ndetse no ku muhinzi wo mu Buhinde uciriritse; mu by'ukuri, yashinjwe n'Abanyaburayi ko abeshwaho n'ibintu bidasanzwe!

Icyo gihe amarangamutima yanjye yari agoye cyane ku buryo numvaga ntashaka gupfukama imbere y'ikimenyetso cy'ibuye. Imana ikwiye gushakishwa, natekereje, gusa mu mutima.

Navuye mu rusengero nta kuzuyaza amaso, ngenda vuba ngana mu mudugudu wa Ranbajpur. Gusaba ubuyobozi kwanjye ku muntu wari uhanyura byatumye atangira gutekereza cyane.

"Igihe wowe ngwino kuri a inzira y'umuhanda, guhindukira iburyo na gumana "Ndagiye," we amaherezo kuvugwa mu magambo.

Numviye amabwiriza, nanyuze ku nkengero z'umuyoboro w'amazi. Umwijima waratangiye; impande z'umudugudu w'ishyamba zari zuzuyemo inzige zikubitana n'amajwi y'ingunzu zari hafi aho. Umucyo w'ukwezi wari utoroshye ku buryo nta n'umwe wansubiza icyizere; namaze amasaha abiri ntahagera.

Murakaza neza! Induru zanjye nyinshi zatumye umuhinzi aza iruhande

rwanjye. "Ndashaka Ram Gopal Babu."

"Nta muntu nk'uwo utuye mu mudugudu wacu." Ijwi ry'uwo mugabo ryari riteye isoni. "Ushobora kuba uri umupolisi w'umubeshyi."

Nizeye ko nzagabanya urwikekwe mu mutwe we wari ufite ibibazo bya politiki, namusobanuriye mu buryo bukora ku mutima ikibazo cyanjye. Yanjyanye iwe anyakira neza.

Yagize ati: "Ranbajpur iri kure cyane hano." "Kuri aho wahuriraga, wagombaga guhindukira ibumoso, ntabwo wahindukira iburyo."

Natekereje mbabaye ko uwampamagariye mbere yari ikibazo gikomeye ku bagenzi. Nyuma yo kurya umuceri utose, lentil- *dhal* , na curry y'ibirayi hamwe n'ibitoki bibisi, nagiye mu kazu gato kari iruhande rw'urugo. Mu gace k'iwacu, abaturage bari baririmba indirimbo zumvikana cyane ziherekejwe n'amanota 13-1 n'ibyuma bicuranga. Muri iryo joro nta bitotsi byinshi byari bihari; nasenze cyane kugira ngo nerekezwe kuri yoga y'ibanga, Ram Gopal.

Ubwo imirasire ya mbere y'umuseke yinjiraga mu byumba byanjye byijimye, natangiye kujya i Ranbajpur. Nanyuze mu mirima y'ubuhinzi iteye ubwoba, nanyuze mu biti by'igiti cy'umukara n'ibirundo by'ibumba ryumye. Umuhinzi wahuraga rimwe na rimwe yambwiraga, buri gihe, ko aho najyaga ari " *krosha gusa* (ibirometero bibiri)." Mu masaha atandatu izuba ryagenze neza riva ku isanzure

rigana kuri meridian, ariko natangiye kumva ko nzagera kure ya Ranbajpur n'ikorosha *imwe* .

Ku gicamunsi, isi yanjye yari ikiri umurima w'ubuhinzi utagira iherezo. Ubushyuhe bwavaga mu kirere kitagira uburyarya bwatumaga ngira ubwoba. Ubwo umugabo yazaga yihuta cyane, sinatinyutse kuvuga ikibazo cyanjye gisanzwe, kugira ngo kitazatera ikibazo kidashimishije: "Ni *krosha gusa* ."

Itsinda umuntu utazi yahagaritswe iruhande nnyewe. Ngufi na gato, we yari ku mubiri bidatangaje Kubika kuri umuntu

bidasanzwe babiri bya gutobora umwijima amaso.

"Nari mfite gahunda yo kuva i Ranbajpur, ariko intego yawe yari nziza, nuko ndagutegereje." Yankoreye urutoki mu maso hatangaye cyane. "Ntabwo uri umunyabwenge wibwira ko, utabitangaje, ushobora kunyica? Uwo mwarimu Behari nta burenganzira yari afite bwo kuguha aderesi yanjye."

Kubera ko kwimenyekanisha kwanjye byaba ari amagambo gusa imbere y'uyu muyobozi, nahagaze ntavuze, nkomeretse gato mu gihe cyo kwakira abashyitsi. Ijambo rye ryakurikiyeho ryavuzwe mu buryo butunguranye.

"Bwira jyewe; aho kora wowe Tekereza Imana ni iki?"

"Kuki, We ni imbere njyewe na hose." Jye nta gushidikanya yarebye nka waratangaye nka Jye yumva.

"Birakwira hose, si byo se?" Umweranda yarasetse. "None se, bwana muto, kuki wananiwe kunamira Infinite iri ku kimenyetso cy'ibuye ku rusengero rwa Tarakeswar ejo? **13-2** Ubwibone bwawe bwaguteye igihano cyo kuyobya inzira n'umuntu unyura aho utari uhangayikishijwe n'itandukaniro ryiza hagati y'ibumoso n'iburyo. Uyu munsu nawe wagize ibihe bibi cyane!"

Naremeye n'umutima wanjye wose, ntangazwa cyane n'uko ijisho rizi byose ryihishe mu mubiri udasanzwe imbere yanjye. Imbaraga zo gukiza zaturukaga kuri yoga; nahise nduhuka mu murima ushyushye.

Yagize ati: "Uwiyeguriye Imana ahora atekereza ko inzira ye igana ku Mana ari yo nzira yonyine." "Yoga, aho ubumana buboneka imbere, nta gushidikanya ko ari yo nzira iruta izindi zose: ni ko Lahiri Mahasaya yabitubwiye. Ariko iyo tubonye Umwami imbere, duhita tumubona tutari kumwe. Insengero zera zo muri Tarakeswar n'ahandi zubahwa neza nk'ahantu ho gusengera imbaraga z'umwuka."

Imyitwarire y'umutagatifu yo kwirubana yarazimye; amaso ye ahinduka yoroshye kubera impuhwe. Yankomanga ku rutugu.

"Yogi ukiri muto, ndabona urimo guhunga shebuja. Afite byose ukeneye; ugomba kumugarukira. Imisozi ntishobora kuba umwarimu wawe." Ram Gopal yari arimo asubiramo igitekerezo kimwe iby'iby'ibyo Sri Yukteswar yari yarabigaragaje mu nama yacu iheruka.

"Abahanga mu by'ijuru nta gahato bafite ko kugabanya aho batuye." Uwo twari kumwe yarandebye yibaza. "Himalaya zo mu Buhinde na Tibet nta bwo zifite ububasha ku batagatifu. icyo umuntu atagorwa no kubona imbere muri zo ntikizavumburwa no gutwara umurambo hirya no hino. Iyo umuyoboze yemeye *kujya* no ku mpera z'isi gushaka urumuri rw'umwuka, umwarimu we araza hafi."

Naremeye bucece, nibuka isengesho ryanjye mu kigo cya Benares, hanyuma n'inama na Sri Yukteswar mu muhanda wuzuye abantu.

"Ese wowe gushobora kuri kugira a gato icyumba aho wowe gishobora funga i umuryango na kuba wenyine?"

"Yego." Natekereje ko uyu mutagatifu yavuye kuri jenerali ajya kuri uwo muntu ku buryo butunguranye cyane .

"Ubwo ni ubuvumo bwawe." Yogi yampaye isura y'urumuri ntari nibagirwa. "Ubwo ni umusozi wawe wera. Niho uzasanga ubwami bw'Imana."

Amagambo ye yoroshye yahise akuraho ubwo buryo nari mfite bwo gukunda imisozi ya Himalaya. Mu murima w'ubuhinzi wagurumanaga nakangutse nturutse mu nzosi z'urubura rudashira.

"Bwana musore, inyota yawe y'Imana irashimirwa. Numva ngukunda cyane." Ram Gopal yaramfashe ukuboko anjyana mu mudugudu mwiza. Amazu y'ibyatsi yari yuzuyeho amababi y'ibitoki kandi yari afite imiryango y'icyaro.

Uwo mutagatifu yanyicaje ku rukuta rw'ibiti by'imigano rw'akazu ke gato. Amaze kumpa umutobe w'indimu uryoshye n'agace k'imbombo, yinjiye mu ibaraza rye maze afata imiterere y'ubururu. Mu masaha agera kuri ane nafunguye amaso yanjye ntekereza mbona ishusho y'ukwezi y'uwo mugirya yari itarakora. Ubwo narimo nibutsa inda yanjye cyane ko umuntu adaturutse n'umugati gusa, Ram Gopal yaranyegereye.

"Jyewe reba wowe ni inzara; ibiryo ubushake kuba witeguye vuba."

Umuriro wacanywe muni y'ifuru y'ibumba ku rubaraza; umuceri na *dhal* yahise bitangwa ku mababi manini y'ibitoki. Uwancumbikiye yanze kumfasha mu buryo bw'ubugwaneza mu mirimo yose yo guteka. "Umushyitsi ni Imana," umugani w'Abahindu, wagiye ukurikizwa kuva kera cyane. Mu ngendo zanjye zo mu isi za nyuma, nashimishijwe no kubona ko icyubahiro nk'icyo ku bashyitsi kigaragara mu bice by'icyaro by'ibihugu byinshi. Umuturage wo mu mujyi asanga uburyo bwiza bwo kwakira abashyitsi bugabanuka bitewe n'ubwinshi bw'amasura adasanzwe.

Inzu y'abagabo yari imeze nk'iy'izuba ubwo nicaraga iruhande rw'umukozi wa yoga mu gace k'iwabo gato k'ishyamba. Icyumba cy'akazu cyari kidasanzwe gifite urumuri rukeye. Ram Gopal yashyize ibitambaro byacitse hasi ku buriri bwanjye, maze yicara ku gitanda cy'ibyatsi. Natewe ubwoba n'imbaraga ze zo mu mwuka, maze nsaba ikintu.

"Bwana, kuki ntukore wowe inkunga njyewe a *Samadhi* "? "

"Mukundwa, nishimiye kungaragariza ubwiza bw'Imana, ariko si uburenganzira bwanjye kubikora." Umweranda yarandebye amaso ye afunze. "Datubajya azaguhaye ubwo bunararibonye vuba aha. Umubiri wawe nturahinduka. Nk'uko itara rito ridashobora kwihanganira ingufu nyinshi z'amashanyarazi, ni ko n'imitsi yawe imeze. ntabwo witeguye kwakira umuyoboro w'ikirere. Iyo nza kuguhaye ibyishimo bitagira iherezo ubu ngubu, watwika nk'uko iyo buri kasho yaba irimo gushya."

"Urasaba kumurikirwa," umuyogi yakomeje atekereza, "mu gihe ndimo ndibaza - nubwo ntari nzi neza, kandi mfite gutekereza guke - niba naratsinze mu gushimisha Imana, n'agaciro nshobora kubona mu maso yayo mu gihe cy'ibazwa rya nyuma."

"Bwana, kugira wowe ntabwo yabaye ku mutima umwe gushaka Imana kuri a kirekire igihe?"

"Nta byinshi nakoze. Behari agomba kuba yarakubwiye iby'ubuzima bwanjye. Namaze imyaka makumyabiri nkora mu mwobo w'ibanga, ntekereza amasaha cumi n'umunani ku munsu. Hanyuma nimukiye mu buvumo butagerwaho n'abantu benshi maze ndahaguma imyaka makumyabiri n'itanu, ninjira mu itsinda rya yoga amasaha makumyabiri ku munsu." Ntabwo nagombaga gusinzira, kuko nahoraga ndi kumwe n'Imana. Umubiri wanjye wari uruhutse cyane mu ituze ryuzuye ry'ubwenge burenze urugero kuruta uko waruhukiraga mu ituze risanzwe ryo mu bwenge busanzwe.

"Imitsi iraruhuka mu gihe cyo gusinzira, ariko umutima, ibihaha, n'imiyoboro y'amaraso bihora bikora; ntibiruhuka. Mu gihe cyo gutekereza cyane, ingingo z'imbere ziguma mu mimerere yo guhagarara, zigashyuka n'ingufu zo mu kirere. Muri ubwo buryo nasanze ari ngombwa gusinzira imyaka myinshi. Igihe kizagera aho nawe uzareka gusinzira."

"Mana wanjye, umaze igihe kinini utekereza ariko ntuzi neza ubuntu bw'Uwiteka!" Naramurebye ntangaye. "None se twe abakene b'isi bite?"

"None se, ntubona, mwana wanjye nkunda, ko Imana ari yo Iteka Ryonyine? Kwibwira ko umuntu ashobora kuyimenya byuzuye mu gihe cy'imyaka mirongo ine n'itanu yo gutekereza ni ukwitega ubusa. Ariko, Babaji aratwizeza ko no gutekereza gato bikiza umuntu ubwoba bukomeye bw'urupfu n'imimerere nyuma y'urupfu. Ntugashyire igitekerezo cyawe cy'umwuka ku musozi muto, ahubwo ugishyire ku nyenyeri y'igerwaho ry'Imana ridafite aho rihuriye n'ibyo wabonye. Nukora cyane, uzakagera."

Nashimishijwe n'uwo muntu, namusabye andi magambo arambuye. Yambwiye inkuru itangaje y'uko yahuye bwa mbere n'umwarimu wa Lahiri Mahasaya, Babaji.

13-3 Ahagana mu gicuku Ram Gopal yaracecetse, maze ndaryama ku buriri bwanjye. Nafunze amaso, mbona imirabyo; umwanya munini muri nje wari urimo icyumba cy'urumuri rwashongeshejwe. Nafunguye amaso wanjye mbona urumuri rumwe rutangaje. Icyumba cyabaye igice cy'icyo cyumba kitagira iherezo nabonaga imbere .

"Kuki ntukore wowe genda kuri gusinzira?"

"Bwana, gute gishobora jye gusinzira muri i kuhaba bya inkuba, Ikaka niba wanjye amaso ni funga cyangwa "Birafunguye?"

"Ufite umugisha wo kugira iki gikorwa; imirasire y'umwuka ntiyoroheye kuyibona." Uwo mutagatifu yongeyeho amagambo make y'urukundo.

Mu gitondo cya kare Ram Gopal yampaye bombo za rock arambwira ngomba

kugenda. Numvise ntashaka kumusezeraho ku buryo amarira yantembagaje.

"Jyewe ubushake ntabwo reka wowe genda ubusa. Itsinda yoga yavuze mu buryo bwuje ubwuzu. "Jyewe ubushake kora ikintu kuri wowe."

Yaramwenyuye arandeba ashikamye. Nahagaze hasi nshinze imizi, amahoro anyura nk'umugezi ukomeye mu marembo y'amaso yanjye. Nahise ndushaho gukira ububabare mu mugongo wanjye, bwari bumaze imyaka myinshi bumbangamiye. Navuguruwe, nuzuyemo inyanja y'ibyishimo bitangaje, sinongeye kurira. Nyuma yo gukora ku birenge by'umutagatifu, nahise ninjira mu ishyamba, nyura mu karere karyo gashyuha.

guhurirana kugeza Jye byagezweho Tarakeswar.

Aho ngaho nakoze urugendo rushya rwo gusura urusengero ruzwi cyane, maze nikubita hasi imbere y'igicaniro. Ibuye ry'uruziga ryaragutse mbere y'uko mbona imbere kugeza ubwo rihinduka uruziga rw'ikirere, uruziga ruri imbere mu ruziga, akarere ku kandi, byose byuzuyemo ubumana.

Namaze isaha imwe nitoza njya i Calcutta nishimye. Ingendo zanjye ntizarangiriye mu misozi miremire, ahubwo zarangiriye imbere y'Umwami wanjye mu misozi ya Himalaya.

13-1 : Yakinwe n'intoki ingoma, byakoreshejwe gusa kuri kwiye gurira Imana umuziki.

13-2 : Rimwe ni yibukijwe hano bya Dostoevski's kwitegereza: "A umugabo nde imiheto hasi kuri ntacyo gishobora nta na rimwe idubu i umutwari wewe bwite."

13-3 : Reba [igice 35](#).

IGICE: 14

An Ubunararibonye Muri Ishusho y'isi Ubwenge

"Jyewe am hano, Guruji. " Ibyanjye isoni yavuze byinshi mu buryo busobanutse neza kuri njewe.

"Reka tujye mu gikoni tushake icyo kurya." Imyitwarire ya Sri Yukteswar yari isanzwe nk'aho amasaha atari iminsi yadutandukanyije.

"Mwigisha, ngomba kuba naragutengushye kubera ko navuye mu mirimo yanjye hano mu buryo butunguranye; nibwiraga ko ushobora kundakarira."

"Oya, birumvikana ko atari byo! Uburakari buturuka gusa ku byifuzo byabuze. Sintegereje ikintu icyo ari cyo cyose ku bandi, bityo ibikorwa byabo ntibishobora kuba bihabanye n'ibyo nshaka. Sinshobora kugukoresha ku nyungu zanjye bwite; ndishimye gusa mu byishimo byawe nyakuri."

"Bwana, umuntu yumva urukundo rw'Imana mu buryo budasobanutse neza, ariko ku nshuro ya mbere mfite urugero rufatika muri wowe nk'abamarayika! Mu isi,

ndetse n'umubyeyi ntashobora kubabarira umwana we iyo asize ibyabo nta nteguza. Ariko ntugaragaza agahinda na gato, nubwo ugomba Nagize ibibazo bikomeye kubera imirimo myinshi ntarangije nasize inyuma."

Twarebye mu maso y'undi, aho amarira yari arimo arabagirana. Umuraba w'ibyishimo warantwikiriye; nari nzi neza ko Umwami, mu ishusho y'umwarimu wanjye, yari arimo kwagura ishyaka rito ry'umutima wanjye akarishyira mu rukundo rw'isi yose rudacogora.

Nyuma y'ibitondo bike nagiye mu cyumba cy'ubwiherero cya Mwalimu cyarimo ubusa. Nateganyaga gutekereza, ariko intego yanjye ishimishije ntiyavugwagaho n'ibitekerezo byo kutumvira. Byaratatanaga nk'inyoni imbere y'umuhigi .

"Mukunda!" Siri Yukteswar's ijwi byumvikanye kuva a kure imbere balkoni.

Numvise ndi umugome nk'uko ibitekerezo byanjye byari bimeze. "Databuja ahora ansaba gutekereza," nibwiye mu mutima. "Ntagomba kumbuza amahwemo iyo azi impamvu naje mu cyumba cye."

Yongeye kumpamagarira; nakomeje guceceka nta shiti. Ku nshuro ya gatatu

ijwi rye ryakomeje kumunenga. "Nyakubahwa, ndimo ndatekereza,"

naranguruye ijwi mvuga nabi.

"Ndazi uko urimo gutekereza," umwarimu wanjye arataka, "ubwonko bwawe bukwirakwiriye nk'amababi mu muyaga! Ngwino hano aho ndi."

Yaciwe intege na byashyizwe ahagaragara, Jye byakozwe yanjye inzira ikibabaje kuri bye uruhande.

"Wa muhungu we, imisozi ntiyashoboraga gutanga icyo wifuza." Umwami yavuze yitonze, ahumuriye. Ijisho rye rituje ryari ritagereranywa. "Icyo umutima wawe wifuza kizagerwaho."

Sri Yukteswar ntiyakundaga kuvuga ibihimbano; nari mfite urujijo. Yankubise buhoro ku gituzo hejuru y'umutima.

Umubiri wanjye warashinze imizi mu buryo budashobora kwimuka; umwuka wavanywe mu bihaha byanjye nk'aho ari rukuruzi nini. Roho n'ubwenge byahise bitakaza ububata bwabyo bw'umubiri, bisohoka nk'urumuri rw'amazi rusohoka mu mwenge wose w'umubiri wanjye. Inyama zari zimeze nk'izapfuye, ariko mu bwenge bwanjye bukomeye nari nzi ko ntari narigeze mba muzima byuzuye mbere. Uburyo nari meze ntabwo bwari bukiri ku mubiri gusa, ahubwo bwari bwarafashe atome zikikije. Abantu bari mu mihanda ya kure basaga n'aho bagenda buhoro buhoro ku nkengero zanjye za kure. Imizi y'ibimera n'ibiti yagaragaraga mu Ubutaka bwari buto cyane; nabonye uko amazi yabwo yinjiraga imbere.

Ahantu hose hari hagaragara imbere yanjye. Ubusanzwe amaso yanjye yari yahindutse nk'uruziga runini, icyarimwe rureba byose. Nanyuze inyuma y'umutwe

wanjye mbona abagabo bagendagenda kure cyane mu muhanda wa Rai Ghat, mbona n'inka y'umweru yari ije yihuta. Ageze aho hantu imbere y'irembo ry'ibuye ry'umukara rifunguye, nayirebye n'amaso yanjye abiri y'umubiri. Ubwo yanyuraga inyuma y'urukuta rw'amatafari, nayibonye neza.

Ibintu byose byari mu maso yanjye byahindaga umushyitsi kandi bikanyeganyega nk'amashusho yihuse. Umubiri wanjye, uw'Umuyobozi w'Ingoro, ikigo cy'inkingi, ibikoresho byo mu nzu n'ubutaka, ibiti n'izuba, rimwe na rimwe byahindagagurikaga cyane, kugeza ubwo byose byashongeshejwe mu nyanja irabagirana; ndetse nk'amakristaro y'isukari, yajugunywe

mu kirahure cy'amazi, bigashonga nyuma yo kunyeganyezwa. Urumuri ruhuza ibintu rwasimburanaga n'imiterere y'ibintu, impinduka zigaragaza itegeko ry'impamvu n'ingaruka mu irema.

Ibyishimo byo mu nyanja byasesekaye ku nkombe z'ubugingo bwanjye zituje zitagira iherezo. Nabonye ko Umwuka w'Imana ari Ibyishimo bitagira iherezo; Umubiri we ni uturemangingo tw'urumuri tutagira ingano. Ikuzo riyongera muri njye ryatangiye kunkoraho Imijyi ikikije, imigabane, isi, imirasire y'izuba n'inyenyeri, imirasire y'izuba itose, n'ikirere cyo hejuru. Isi yose, imurika buhoro, nk'umujyi ubonwa kure nijoro, yarabagiranaga mu buryo butagira akagero bw'umubiri wanjye. Imiterere y'isi yari yashushanyijeho cyane yazimye gato ku nkengero za kure cyane; aho ngaho nabonaga urumuri rwiza, rutazigera rugabanuka. Byari bito cyane; amashusho y'imibumbe yari yakozwe n'urumuri rwinshi.

Ikwirakwira ry'imirasire y'Imana yaturutse ku Isoko Ihoraho, ikabya mu magalaksi, ihinduka nk'imirasire idasobanutse. Nabonye kenshi imirasire y'ubuhanzi yibumbiye mu matsinda y'inyenyeri, hanyuma ihinduka nk'urumuri rubonerana. Binyuze mu gusubira inyuma kw'imivuduko, isi ya za tiliyoni z'amadolari yahindutse urumuri rudasanze; umuriro uhinduka ikirere.

Nabonye hagati mu kirere nk'ahantu ho kumva ibintu mu mutima wanjye. Ubwiza butangaje bwaturutse mu mutima wanjye bugera kuri buri gice cy'imiterere y'isi yose. *Amrita mwiza*, umucyo w'ubudapfa, yannyuzemo nk'ifeza yoroheje. Ijwi ry'Imana rirema Numvise ijwi ryumvikana nka *Aum*, **14-1** gutigita kwa Moteri y'Ijuru.

Mu buryo butunguranye umwuka wasubiye mu bihaha byanjye. Nababajwe cyane n'uko ntashoboraga kwihanganira, nabonye ko ubunini bwanjye butagira iherezo bwari bwarazimiye. Nari narashyizwe mu kato k'umubiri gateye isoni, katari koroshye kwakira Umwuka. Nk'umwana w'ikirara, nari narahunze inzu yanjye ikomeye cyane maze mfungirwa mu kazu gato k'isi.

Umuhanga wanjye yari ahagaze imbere yanjye adatezuka; natangiye kugwa hasi ku birenge bye byera nshimira ubunararibonye bwo mu bwenge bw'isi nari maze igihe kirekire nshakisha cyane. Yaramfashe ahagaze, maze avuga atuje kandi atagira isoni.

"Ntimugasinde cyane kubera ibyishimo. Haracyari akazi kenshi ku isi. Nimuze; dusukure hasi ku ibaraza; hanyuma tuzanyura hafi ya Ganges."

Nazanye umukufi; Mwigisha, nari nzi ko arimo kunyigisha ibanga ryo kubaho mu buryo bukinganiye. Roho igomba kurambura hejuru y'ikuzimu ry'isi, mu gihe umubiri ukora imirimo yawo ya buri munsu. Ubwo twahagurukaga nyuma tujya gutembera, nari nkishimye cyane. Nabonye imibiri yacu nk'ibishushanyo bibiri byo mu kirere, bigenda hejuru y'umuhanda uri ku ruzi, imiterere yawo yari urumuri rutangaje.

"Umwuka w'Imana ni wo ushyigikira buri shusho n'imbaraga zose mu isanzure; nyamara ni we urenze ubwenge kandi uri kure y'abandi mu mwanya w'ibyishimo utaremwe urenze isi y'ibintu bihindagurika," **14-2** Umwigisha yasobanuye ati: "Abatagatifu bamenya ubumana bwabo nubwo bari mu mubiri bazi ubuzima bubiri nk'ubwo. Bakora akazi ko ku isi babishishikariye, ariko bakomeza kwishyira mu byishimo by'imbere. Umwami yaremye abantu bose mu byishimo bitagira iherezo by'ubugingo bwe. Nubwo bagoswe n'umubiri, Imana itegereje ko ubugingo bwaremwe mu ishusho yayo amaherezo buzazamuka hejuru y'ubwenge bwose kandi bukongera kwiyinga na Yo.

Iyerekwa ry'isanzure ryansigiye amasomo menshi ahoraho. Mu guceceka ibitekerezo byanjye buri muni, nashoboraga kubona ihumire mu kwemera kw'uburiganya ko umubiri wanjye ari ikirundo cy'inyama n'amagufwa, binyura mu butaka bukomeye bw'ibintu. Nabonaga umwuka n'ubwenge budatuje nk'inkubi y'umuyaga yateraga inyanja y'urumuri mu miraba y'ibintu - isi, ikirere, abantu, inyamaswa, inyoni, ibiti. Nta buryo bwo kubona Umucyo Utagira Iherezo nk'Umwe bwashoboraga kubaho keretse iyo ntumye iyo miyaga ituzi. Igihe cyose nacecekaga imivurungano ibiri isanzwe, nabonye imiraba myinshi y'ibyaremwe ishonga mu nyanja imwe nziza, ndetse n'imiraba y'inyanja, inkubi y'umuyaga wayo igabanuka, ishonga ituje mu bumwe.

Umwigisha atanga ubunararibonye bw'Imana mu bwenge bw'isi iyo umwigishwa we, binyuze mu gutekereza cyane, yakomeje ubwenge bwe ku rugero runaka aho ibitekerezo binini bitamuremerera. Ubunararibonye ntibushobora gutangwa binyuze mu bushake bw'umuntu cyangwa mu bitekerezo bya bifunguye. Kwaguka bihagije gusa binyuze mu myitozo ya yoga no gusenga *bhakti* bishobora gutekura ubwenge kugira ngo yihanganira umujinya ubohora wo kuba ahantu hose. Bizana n'uburyo busanzwe bwo kwishingikiriza ku Mana. Irari rye rikomeye ritangira gukurura Imana n'imbaraga zidasubirwaho. Umwami, nk'Iyerekwa ry'Ijuru, akururwa n'ishyamba ry'umushamba mu bwenge bwe.

Mu myaka yanjye ya nyuma, nanditse igisigo gikurikira, "Samadhi," ngerageza kwerekana ubwiza bw'imiterere y'isi:

Yakuyeho umucyo n'igicucu, Yakuyeho
ibyuka byose by'agahinda,
Yagiye mu bwato mu byishimo byose
by'akanya gato, Yagiye mu mazi
y'urujijo.
Urukundo, urwango, ubuzima, indwara, ubuzima, urupfu,
Yapfuye ibi ikinyoma igicucu ku i ecran bya ububiri.
Imiraba y'inseko, imiraba y'urwenya, imiraba y'agahinda, Ishonga
mu nyanja nini y'ibyishimo.
Itsinda inkubi y'umuyaga bya *maya* gutuza
Kugeza kuri ubumaji inkoni bya ubushishozi ndende.
Isi, inzosi zibagirwa, irihisha mu buryo butazi,
Yiteguye kwinjira mu bwenge bwanjye bushya bwo kwibuka.
Mbaho nta gicucu cy'isi, Ariko si
ko biri, ntari nje;
Nk'uko inyanja ibaho nta miraba, Ariko
ntibahumeka nta nyanja.
Inzosi, gukanguka, imiterere y'ibintu

byimbitse biri mu *mutima* gusinzira, Ubu,
ibyahise, ibizaza, nta kindi kuri njye,
Ariko ndiho iteka ryose, njyewe, ahantu hose.
Imibumbe, inyenyeri, umukungugu w'inyenyeri, isi,
Imvura y'ibirunga y'ibiza byo ku munsu
w'imperuka, itanura rihindura imiterere
y'Irema,
Ibirabura bya guceceka imirasire ya x, gutwika electron imyuzure,

Ibitekerezo by'abantu bose, ibyahise,
iby'ubu, iby'ejo hazaza, Buri shami
ry'ibyatsi, nje ubwanjye, abantu,
Buri kimwe agace gato bya rusange umukungugu,
Uburakari, umururumba, icyiza, ikibi,
agakiza, irari, narabyize, byose
narabihinduye

Mu nyanja nini y'amaraso y'ikiremwa cyanjye!
Ibyishimo bishyuha, bikunze kwishima no
gutekereza bihuma amaso yanjye yuzuye amarira,
Yatwitse mu muriro w'ibyishimo
bidashira, Yanyishe amarira, umubiri
wanjye, byose byanjye. Uri nje, ndi
wowe,

Kumenya, Ubizi, Bizwi, nka Imwe!

Ibyishimo bituje, bitagira iherezo, ubuzima bw'iteka ryose, amahoro
mashya! Biryoshye birenze uko umuntu yabyitega, *samadhi* Ibyishimo!
Oya umuntu ubwenge leta

Cyangwa chloroform yo mu mutwe idasubijwe
nkana, *Samadhi* ariko yagura imiterere
yanjye y'ubwenge irenze imipaka y'umubiri
w'umuntu

Kugeza ku mupaka wa kure cyane
w'iteka ryose Aho nje, inyanja
y'isi yose,

Reba i gato kwishyira hejuru kuremba muri Jyewe.
Igishwi, buri gace k'umusenyi, ntikagwa ntabonye. Ahantu
hose hareremba nk'ikibuye cy'urubura mu nyanja yanjye yo mu
mutwe.

Ibara ry'umutuku Kontineri, Jyewe, bya byose ibintu byakozwe.
Ku bw'ibitekerezo byimbitse, birebire, binyotewe,
kandi bitangwa n'abahanga, iyi *samadhi yo mu ijuru*
iraza .

Telefoni igendanwa imiborogo bya atome ni yumvise,
Isi yijimye, imisozi, ibibaya, reba! amazi
yashongeshejwe! Inyanja zitemba zihinduka umwuka
w'ibinure!

Aum ihuha ku mwuka, ifungura mu buryo butangaje utwenda
twayo, Inyanja ziragaragara, electron zirabagirana,
Kugeza ubwo, amaherezo ingoma y'isi yose
izumva, Zimya imirasire y'iteka y'ibyishimo
byose.

Navuye mu byishimo, mbana n'ibyishimo, mbana n'ibyishimo
byera. Inyanja y'ubwenge, nywa imiraba y'ibiremwa byose.

Udupfundikizo tune tw'ibintu bikomeye, amazi,
umwuka, urumuri, Kurambura neza.

Njyewe, muri byose, yinjira i Byiza cyane Njyewe.

Iragiye burundu, igicucu gikwiye, cy'urwibutso rw'abantu
bapfa. Ijuru ryanjye ry'ubwenge nta cyuho ririmo, riri
munsi, imbere, kandi riri hejuru.

Iteka nanjye, urumuri rumwe.

Akantu gato k'urwenya,

Am guhinduka i Inyanja bya Ibyishimo Ubwayo.

Sri Yukteswar yanyigishije uburyo bwo guhamagara ubunararibonye bwiza uko nshaka, ndetse n'uburyo bwo kubugeza ku bandi mu gihe inzira zabo zoroshye zakozwe. Namaze amezi menshi ninjira mu bumwe bw'ibyishimo, nsobanukirwa impamvu Upanishads *bavuga* ko Imana ari *rasa* , "ishimisha cyane." Ariko umunsi umwe, najyanye ikibazo kuri Master.

"Ndashaka kumenya, bwana - nzabona

Imana ryari?" "Wayibonye."

"O oya, Nyakubahwa, Jye ntukore Tekereza none se!"

Umuhanga wanjye yari arimo aramwenyura. "Ndahamya ko utari witeze Umunyacyubahiro, urimbisha intebe y'ubwami mu mfuruka imwe y'isi ishobora kwica udukoko! Ariko ndabona ko uri gutekereza ko ubwo imbaraga z'ibitangaza ni ubumenyi bw'Imana. Umuntu ashobora kuba afite isi yose, ariko agasanga Umwami ari mu kaga! Iterambere ry'umwuka ntiripimirwa n'imbaraga z'inyuma z'umuntu, ahubwo ripimirwa gusa n'imbaraga ubwinshi bw'ibyishimo bye mu gutekereza cyane.

" *Ibyishimo bishya ni Imana* . Ntishira; uko ukomeza gutekereza kwawe mu myaka myinshi, izagushukashuka ikoresheje ubuhanga butagira akagero. Abiyeguriye Imana nkawe babonye inzira igana ku Mana ntibigera barota kuyigurana ngo babone ikindi gishimishije; irakurura abantu birenze urugero .

"Mbega ukuntu twihutira kurambirwa ibinezeza byo mu isi! Irari ry'ibintu bifatika ntirigira iherezo; umuntu ntanyurwa byuzuye, kandi akurikirana intego imwe nyuma y'indi. 'Ikindi' ashaka ni Uwiteka, we wenyine ushobora gutanga ibyishimo birambye."

"Ibyifuzo byo hanze bidukura muri Edeni imbere; bitanga ibyishimo by'ibinyoma byigaragaza gusa ibyishimo by'ubugingo. Paradizo yatakaye isubizwa vuba binyuze mu gutekereza ku Mana. Kubera ko Imana ari Ishya Ihoraho, ntiturambirwa na Yo. Ese dushobora kuzura ibyishimo, tugahinduka mu buryo bushimishije mu bihe byose?"

"Noneho ndasobanukiwe impamvu abatagatifu bita Uwiteka ko ari umuntu utamenyekana. Ndetse n'ubuzima buhoraho ntibuhagije kumupima."

"Ibyo ni ukuri; ariko kandi ari hafi kandi arakundwa. Nyuma y'uko ubwenge bumaze gukurwaho inzitizi z'ibyumviro na *Kriya Yoga* , gutekereza bitanga igihamya kibiri cy'Imana. Ibyishimo bishya ni igihamya cy'uko ibaho, bikatwemeza. Nanone, mu gutekereza umuntu abona ubuyobozi bwe bwihuse, igisubizo cye gihagije kuri buri

kibazo."

"Ndabyumva, Guruji; wakemuye ikibazo cyanjye." Namwenyuye nshima. "Ubu ndabona ko nabonye Imana, kuko igihe cyose ibyishimo byo gutekereza byagarutse mu masaha yanjye yo gukora, nasabwe mu buryo bucece gufata inzira ikwiye muri byose, ndetse no mu buryo burambuye."

"Ubuzima bw'abantu burangwa n'agahinda kugeza igihe tuzamenyera gukurikiza Ubushake bw'Imana, aho 'inzira ikwiye' ikunze kubangamira ubwenge bw'ubwikunde. Imana ni yo ikorera umutwaro w'isi; ni yo yonyine ishobora gutanga inama zidakosa."

.....
14-1 : "Muri i itangiriro yari i Ijambo, na i Ijambo yari hamwe na Mana, na i Ijambo yari Imana." - *Yohana* 1:1.

14-2 : "Kubera i Papa umucamanza oya umugabo, ariko afite wiyemeje byose urubanza kugeza kuri i "Umwana." - *Yohana* 5:22. "Oya umugabo afite yabonye Imana kuri icyo ari cyo cyose igihe; i gusa uwavutse Mwana, iki ni muri i igituza bya i Data, we afite byatangajwe we." - *Yohana* 1:18. "Mu by'ukuri, mu by'ukuri, Jye vuga kugeza kuri wowe, we ibyo yemera ku nyewe, i imirimo ibyo Jye kora agomba we kora na none; na kinini imirimo kuruta ibi azabikora, kuko ngiye kwa Data."- *Yohana* 14:12. "Ariko Umufasha, ari we Mwuka Wera, uwo Data azohereza mu izina ryanjye, ni we uzabigisha byose, kandi azababutsa byose nababwiye."- *Yohana* 14:26.

Aya magambo yo muri Bibiliya yerekeza ku miterere itatu y'Imana nka Data, Mwana, Umwuka Wera (*Sat* , *Tat* , *Aum* mu byanditswe by'Abahindu). Imana i Papa ni i Byuzuye, Bitagaragara, isanzweho *inyuma* ihindagurika irema. Imana i Umwana w'umuhungu ni i Ubwenge bwa Kristo (Brahma cyangwa *Kutastha Chaitanya*) isanzweho *imbere* ihindagurika irema; ibi Kristo Ubwenge ni i "Umwana w'ikinege" cyangwa ishusho yonyine y'Utaremwe Utagira Iherezho. Ishusho yayo y'inyuma cyangwa "umuhamya" ni *Aum* cyangwa Umwuka Wera, imbaraga z'Imana, zirema, zitagaragara zitunganya ibyaremwe byose binyuze mu gutigita. *Aum* Umuhoza w'ibyishimo yumvikanirwa mu gutekereza kandi agahishurira umuyobohe Ukuri .guhebuje

IGICE: 15

Itsinda Kolifulawa Ubujura

"Mwigisha, impano kuri wewe! Izi nyoni esheshatu nini za cauliflower naziteye n'amaboko yanjye; nazikurikiranye mu mikurire yazo nzita ku mubyeyi wonsa umwana we." Nahaye igitebo cy'imboga umuhigo w'ibirori.

"Murakoze!" Sri Yukteswar yamwenyuye cyane. "Ndakwinginze ubabike mu cyumba cyawe; Nzabakenera ejo kugira ngo mbahe ifunguro rya nimugoroba ridasanzwe.

Nari maze kugera muri Puri **15-1** Kugira ngo mbone ikiruhuko cyanjye cya kaminuza mu mpeshyi hamwe n'umwarimu wanjye ku nkengero ze zo ku nkombe z'inyanja. Yubatswe na Master n'abigishwa be, ni ahantu heza ho kwiruhukira hafite amagorofa abiri ku kigobe cya Bengal.

Nabyutse kare mu gitondo cyakurikiyeho, numvise umuyaga w'umunyu wo mu nyanja n'ubwiza bw'ahantu nari ndi. Ijwi ryiza rya Sri Yukteswar ryari rihamagara;

narebye amashu yanjye ya cauliflower nkunda cyane maze ndayabika neza muni y'igitanda cyanjye.

"Ngwino, reka twebwe genda kuri i inkombe. Umwigisha Kuyoborwa i inzira; byinshi ukiri muto abigishwa na jye ubwanjye bakurikiwe muri

a batatanye itsinda. Ibyacu umwarimu ubushakashatsi twebwe muri byoroheje kunenga.

"Iyo abavandimwe bacu bo mu Burengerazuba bw'isi bagenda, bakunze kwishimira ko baririmbana. Noneho, ndakwinginze mugende mu mirongo ibiri; mukomeze gutera intambwe mu buryo bushimishije." Sri Yukteswar yarebye uko twamwumviraga; yatangiye kuririmba ati: "Abahungu bajya hirya no hino, mu murongo muto cyane." Sinashoboraga kwirengagiza ukuntu Master yashoboye kujyana n'umuvuduko w'abanyeshuri be bato.

"Hagarika!" Ibyanjye abayobozi amaso yashakishijwe yanjye. "Ese wowe ibuka kuri gufunga i inyuma umuryango bya i ahantu ho kwibera?"



BWANJYE ABAGURU KU NYABUZI HERMITAGE AT PURI

Urujya n'uruza rw'abashyitsi rwaturutse ku isi mu ituze ry'aho batuye. Hari abantu benshi b'abahanga baje biteze guhura n'umunyedini w'umwimerere. Kumwenyura cyane cyangwa kureba kure y'ubworoherane rimwe na rimwe byagaragazaga ko abashyitsi bari biteze ko hari icyo bapfa uretse amagambo make y'ubuhakanyi. Nyamara kugenda kwabo babishaka byazanaga icyizere cy'uko Sri Yukteswar yari yagaragaje ubumenyi nyabwo mu bumenyi bwabo bwihariye.

Umunyeshuri wanjye yahoraga afite abigishwa bakiri bato mu rugo rwe. Yayoboraga ibitekerezo byabo n'imibereho yabo akoresheje iyo disipuline witonze aho ijamba "umwigishwa" rikomoka mu nkomoko yaryo.

"Jyewe Tekereza rero, Bwana.

Sri Yukteswar yamaze iminota mike acecetse, amwenyura igice cy'umunwa.

Amaherezo yagize ati: "Oya, wibagiwe." "Gutekereza ku Mana ntibigomba kuba urwitwazo rwo kutita ku bintu. Wirengagije inshingano zawe zo kurinda ashram; ugomba guhanwa."

Jye igitekerezo we yari mu buryo busobanutse neza urwenya igihe we byongeyeho: "Ibyawe gatandatu imboga za chouflage ubushake vuba kuba gusa bitanu."

Twebwe yahindukiye hirya no hino kuri Ishuri rya Master amabwiriza na umutambagiro inyuma kugeza twe bari funga kuri i ahantu ho kwibera.

"Humura gato. Mukunda, reba hakurya y'ikigo kiri ibumoso bwacu; reba umuhanda uri hakurya. Hari umugabo uzahagera ubu ngubu; ni we uzaba inzira yo kuguhana."

Nahishe agahinda kanjye kubera ayo magambo adasobanutse. Umuhinzi yahise agaragara ku umuhanda; yari arimo kubyina nabi cyane kandi akubita amaboko ye hirya no hino akoresheje ibimenyetso bidafite icyo bivuze. Hafi yo gucika intege kubera amatsiko, nashyize amaso yanjye kuri iyo shusho isekeje. Ubwo uwo mugabo yageraga ahantu mu muhanda aho yari kubura amaso yacu, Sri Yukteswar yaravuze ati: "Noneho, azagaruka."

Umuhinzi yahise ahindura icyerekezo maze yerekeza inyuma y'umucanga. Yambutse inzira y'umucanga, yinjira mu nyubako anyuze mu muryango w'inyuma. Nari nasize idakinguye, nk'uko umwarimu wanjye yari yabivuze. Umugabo yasohotse vuba aha, afite imwe mu mbuto zanjye z'amashu. Noneho agenda mu buryo bwiubashye, afite icyubahiro cyo gutunga ibintu.

Imvugo y'urwenya yari irimo, aho uruhare rwanjye rwasaga n'aho ari urw'uwapfuye atazi, ntabwo yari iteye ubwoba cyane ku buryo nananiwe gukurikira n'umujinya. Nari ngeze hagati mu nzira ubwo Mwalimu yanyibukaga. Yari arimo aranyeganyega aseka cyane.

"Uriya mugabo w'umusazi yari amaze igihe yifuza cyane ifuro rya koliforufe," yasobanuye hagati y'ibyishimo byinshi. "Natekereje ko byaba byiza aramutse aguze imwe muri zo, utitaye cyane!"

Nahise njya mu cyumba cyanjye, aho nasanze umujura, bigaragara ko yari afite imboga, yasize ntakozeho impeta zanjye za zahabu, isaha, n'amafaranga, byose biri ku gitambaro cye. Ahubwo yari yihishe muni y'igitanda aho, kimwe mu bimera byanjye bya cauliflower cyamuteye icyifuzo cy'umutima we wose.

Nabajije Sri Yukteswar kuri uwo mugoroba ngo asobanure ibyabaye, nibwiraga ko byari bifite ibintu bike bitangaje.

Umuhanza wanjye yazunguje umutwe buhoro buhoro. "Uzabyumva umunsi umwe. Siyansi izavumbura amwe muri aya mategeko ahishe vuba aha."

Ubwo radiyo yatangazaga ibitangaza nyuma y'imyaka runaka ku isi yatangaye cyane, nibutse ubuhanuzi bwa Master. Ibitekerezo bya kera ku gihe n'ahantu byarasenyutse; nta rugo rw'umuhinzi rufunganye cyane. ko Londres cyangwa Calcutta bitashoboraga kwinjira! Ubwenge bukabije bwaragutse mbere y'uko bushidikanywaho. gihamya y'uko umuntu aba hose.

Itsinda "umugambi" bya i chouflage urwenya gishobora kuba cyiza kurusha ibindi byumvikana na a radiyo ikigereranyo. Siri Yukteswar yari radiyo itunganye y'abantu. Ibitekerezo ntabwo ari ukunyuranya gusa no kwihuta cyane bigenda mu kirere. Nk'uko radiyo ikora ku mutima ifata umubare w'umuziki wifuza mu bindi bikorwa ibihumbi n'ibihumbi biturutse impande zose, ni ko n'umuhanga wanjye yashoboye kwiyumvisha igitekerezo cy'umuntu wari ufite ubwenge buke wari ufite amatsiko. kuri a chouflage, hanze bya i umubare utabarika ibitekerezo bya gutangaza umuntu inyandiko z'irage muri isi. **15-2** Ku bushake bwe bukomeye, Umwigisha yari n'ikigo cy'itumanaho cy'abantu, kandi yari yarayoboye umuhinzi neza gusubira inyuma akajya mu cyumba runaka kugira ngo akoremo rimwe.

imboga zo mu bwoko bwa chouflage.

Intuition **15-3** ni ubuyobozi bw'ubugingo, bugaragara mu muntu mu buryo busanzwe muri iyo nshuro ubwo ubwenge bwe butuje. Hafi ya buri wese yigeze agira "igitekerezo" gikwiye, cyangwa yagize yimuriye ibitekerezo bye ku wundi muntu neza.

Ubwonko bw'umuntu, budafite umutuzo uhoraho, bushobora gukora binyuze mu munwa wabwo wa ubushishozi imikorere yose y'imikorere igoye ya radiyo - kohereza no kwakira ibitekerezo, no gukemura ibidakwiye. Nk'uko imbaraga za radiyo zishingira ku muvuduko w'amashanyarazi ishobora gukoresha, bityo radiyo y'umuntu igahabwa imbaraga hakurikijwe imbaraga z'ubushake buri muntu afite.

Ibitekerezo byose bihinda umushyitsi iteka ryose mu isanzure. Mu kwibanda cyane, umuhanga ashobora kumenya ibitekerezo by'ubwenge ubwo aribwo bwose, bwaba bukiriho cyangwa bwapfuye. Ibitekerezo ni rusange kandi ntabwo ari ukwabyo; Ukuri ntigushobora kuremwa, ahubwo gusobanurwa gusa. Ibitekerezo by'ubuyobe by'umuntu bituruka ku busembwa mu bushishozi bwe. Intego ya siyansi ya yoga ni ugutuzza ubwenge, kugira ngo hatabayeho kugoreka bushobore kugaragaza iyerekwa ry'Imana mu isanzure.

Radiyo na televiziyo byazanye amajwi n'amashusho by'abantu ba kure ako kanya ku nkengero z'umuriro w'abantu babarirwa muri za miriyoni: inkuru ya mbere y'abahanga mu bya siyansi ivuga ko umuntu ari umwuka ukwirakwira hose. Si umubiri ufungiyeho ahantu runaka mu isanzure, ahubwo ni roho nini, iyo ubwikunde mu buryo bwinshi bw'ubunyamaswa bugamije kuyitera ubukana.

Charles Robert Richet, umuhanga mu by'imibanire y'abantu, yagize ati: "Hashobora kubaho ibintu bitangaje cyane, bitangaje cyane, bisa n'ibidashoboka, ariko, iyo bimaze kwemezwa, ntibizadutangaza cyane kurusha uko ubu dutangazwa n'ibyo siyansi yatwigishije mu kinyejana gishize." "Bifatwa ko ibintu twemera ubu tudatunguwe, bitadutangaza kuko byumvikana. Ariko si ko bimeze. Niba bitadutunguye Si ukubera ko basobanukiwe, ahubwo ni ukubera ko babizi; kuko niba ibyo tudasobanukiwe bigomba kudutangaza, twagombye gutungurwa na byose - kugwa kw'ibuye rijugunywe mu kirere, umurama uhinduka igiti cy'umwerezzi, mercure irakura iyo ishyushye, icyuma gikururwa na rukuruzi, fosifore itwika iyo ikubiswe.Siyansi y'iki gihe ni ibintu byoroheje; impinduramatwara n'impinduka bizabera mu myaka ibihumbi ijana bizarenga kure ibyo abantu benshi biteze. Ukuri—ukuri gutangaje, gutangaje, kutateganijwe—abazadukomokaho bazavumbura, na n'ubu kuri hirya no hino, kuturebera mu maso, bityo kuvuga, nyamara ntitubabona. Ariko ntibihagije kuvuga ko tutababona; turababona Sinifuza kubabona; kuko iyo habonetse ikintu kidasanzwe kandi kitamenyerewe, tugerageza kugishyira mu rufatiro rw'ubumenyi busanzwe buboneka, kandi turarakajwe n'uko hari umuntu watinyuka kugerageza byinshi."

Hari ikintu gisekeje cyabaye nyuma y'iminsi mike nibwe cauliflower mu buryo butunguranye. Nta tara rya peteroli ryabonetse. Namaze iminsi mbona umuhanga mu byo nkora. ubushishozi, Jye igitekerezo we yakwitwara kwerekana ibyo byo yari cy'umwana gukina kuri shakisha ahantu i itara.

Umwigisha umuntu yafatwa yanjye ibyo umuntu yiteze. Hamwe na gukabya imbaraga rukuruzi we abazwa byose ashram abaturage. A

umwigishwa ukiri muto yemeye ko yakoresheje itara kugira ngo ajye ku

iriba riri mu gikari cy'inyuma. Sri Yukteswar yatanze inama ikomeye agira

ati: "Shaka itara hafi y'iriba."

Nahise ngerayo; nta tara! Narababaye cyane, nasubiye ku mwari wanjye. Yasigaye aseka cyane, nta mpungenge kubera agahinda kanjye.

"Birababaje ko ntashoboraga kukwereka itara ryazimye; sindi umupfumu!" Afite amaso ahumye, yongeraho ati: "Ntabwo ndi Sherlock Holmes ushimishije!"

Jye byagezweho ibyo Umwigisha yakwitwara nta na rimwe kwerekana bye imbaraga igihe bahanganye, cyangwa kuri a ubuswa.

Ibyumweru bishimishije byahise byihuta. Sri Yukteswar yari arimo gutegura urugendo rw'idini. Yansabye kuyobora abigishwa mu mujyi no ku mucanga wa Puri. Umunsi mukuru watangiye nk'umwe mu mihingo ishyushye cyane mu mpeshyi.

"Guruji, gute gishobora Jye gufata i wambaye inkweto abanyeshuri birarangiye i umuriro umucanga?" Jye yavuze mu buryo bwihebye.

"Ndababwira ibanga," Umwigisha arasubiza. "Uwiteka azaboherereza umutaka w'ibicu; mwese muzagenda muhumure."

Nateguye urugendo nishimye; itsinda ryacu ryatangiye rikoresheje **ibendera** rya *Sat-Sanga*. Yakozwe na Sri Yukteswar, yari ifite ikimenyetso cy'irushanwa rya **15-5** ijisho, isura ya telesikopu y'ibitekerezo.

Tukimara kuva muri hermitage, igice cy'ikirere cyari hejuru cyuzuye ibicu nk'aho ari ubumaji. Ku bw'amajwi y'amasohoro yaturutse impande zose, Imvura yoroheje cyane yaraguye, ikonjesha imihanda y'umujyi n'inkombe z'inyanja zari zishyushye. Amatonyanga ahumuriza yaraguye mu masaha abiri y'urugendo. Ako kanya itsinda ryacu ryasubiye mu rusengero, ibicu n'invura byarahise bishira nta n'umwe ubizi.

"Urabona uko Imana itugirira impuhwe," Mwigisha yansubije nyuma yo kugaragaza ko nshimira. "Uwiteka asubiza bose kandi agakorera bose. Nk'uko yagushije imvura ubwo namusabaga, ni ko asohoza icyifuzo cyose cy'umuyoboze. Ni gake abantu batamenya inshuro Imana yumva amasengesho yabo. Ntirobanura abantu bake, ahubwo yumva buri wese uyiye gereza yizeye. Abana be bagomba kwizera ubuntu bw'Imana busesuye bwa Se uriho hose." **15-6**

Sri Yukteswar yateraga inkunga ibirori bine bya buri mwaka, mu gihe cy'izuba n'izuba, ubwo abanyeshuri be bateraniraga baturutse kure na hafi. Ibirori byo kwizihiza izuba

ry'imbeho byabereye i Serampore; icya mbere nitabiriye cyansigiye umugisha uhoraho.

Ibirori byatangiye mu gitondo n'urugendo rw'abatambaye inkweto mu mihanda. Amajwi y'abanyeshuri ijana yumvikanaga n'indirimo nziza z'idini; abacuranzi bake bacurangaga umwirongi na *khol kartal* (ingoma n'ibyuma). Abaturage bo mu mujyi bashishikaye basakaje indabyo mu nzira, bishimiye guhamagazwa mu mirimo ya prosaic kubera gusingiza izina ry'Uwiteka rihebuje. Urugendo rurerure

byarangiye mu gikari cy'inzu y'abashyitsi. Aho ngaho twakikiye umwarimu wacu, mu gihe abanyeshuri bari ku mabaraza yo hejuru baduhaga indabo za marigold.

Abashyitsi benshi bagiye hejuru kugira ngo bahabwe pudding y'amacunga *n'amacunga* . Nagiye mu itsinda ry'abigishwa b'abavandimwe bari bashinzwe guteka uyu muni. Ibiryo by'amateraniro manini byagombaga gutekwa hanze mu nkono nini. Amatanura y'amatafari yakozwe mu buryo butunguranye yari arimo umwotsi kandi atera amarira, ariko twasetse cyane akazi kacu. Iminsi mikuru y'idini mu Buhinde ntijya ifatwa nk'aho ari yo. biteye ikibazo; buri kimwe kimwe ikora bye igice, gutanga amafaranga, umuceri, imboga, cyangwa serivisi ze bwite.

Umwigisha yahise aza hagati yacu, akurikirana ibintu byose byari biteganyijwe mu birori. Ahugiye buri kanya, yagendaga akurikirana umunyeshuri ukiri muto ufite imbaraga nyinshi.

Ku igorofa rya kabiri, hari hateraniye indirimbo ya sankirtan (itsinda ry'abantu baririmbaga), iri kumwe n'ijwi ry'amajwi n'ingoma z'Abahinde zacurangwaga n'intoki. Sri Yukteswar yateze amatwi yishimye; ubuhanga bwe mu muziki bwari butunganye cyane .

"Barazimiye!" Master yavuye mu batetsi yifatanya n'abahanzi. Indirimbo yongeye kumvikana, kuri iyi nshuro iracurangwa neza.

Mu Buhinde, umuziki, gushushanya n'ikinamico bifatwa nk'ubuhanzi bw'Imana. Brahma, Vishnu, na Shiva - Ubutatu bw'Iteka - ni bo bacuranzi ba mbere. Umubyinnyi w'Imana Shiva agaragazwa mu byanditswe nk'uwakoze uburyo butagira iherezo bw'umuvuduko mu mbyino ye y'isi yose yo kurema isi yose, kuyirinda no kuyisenya, mu gihe Brahma yashimangiye igihe n'umuvuduko bavuzaga ibyuma bicuranga, maze Vishnu avuza ingoma yera . Krishna, Vishnu wigize umuntu, ahora yerekanwa mu buhanzi bw'Abahindu afite umwironge, aho acuranga indirimbo ishimishije yibutsa iwabo roho z'abantu zizerera mu *maya* - uburiganya. Saraswati, imanakazi y'ubwenge, agaragazwa nk'uririmba kuri *vina* , nyina w'ibicurangisho byose by'imirya. *Sama Veda* yo mu Buhinde irimo inyandiko za kera cyane ku isi ku bumenyi bw'umuziki.

Ibuye ry'ibanze ry'umuziki w'Abahindu ni *ragas cyangwa iminzani y'umuziki idahinduka*. *Ragas* esheshatu z'ibanze zigabanyijemo *raginis 126 zikomoka kuri* (abagore) na *putras* (abahungu). Buri *raga* ifite nibura inota eshanu: inota y'ibanze (*vadi* cyangwa umwami), inota ya kabiri (*samavadi* cyangwa Minisitiri w'Intebe), inota zo gufasha (*anuvadi* , abakozi), n'inota idahuje (*vivadi* , umwanzi).

ragas imwe muri esheshatu z'ibanze ifite aho ihuriye n'isaha runaka y'umunsi, igihe cy'umwaka, n'imana iyobora itanga imbaraga zidasanzwe. Bityo, (1) *Raga ya Hindole* yumvikana gusa mu gitondo cyo mu mpeshyi, kugira ngo igaragaze ibiyumvo by'urukundo rw'isi yose; (2) *Raga ya Deepaka* icurangwa nimugoroba mu

mpeshyi, kugira ngo ivugishe impuhwe; (3) *Megha Raga* ni indirimbo yo ku manywa mu gihe cy'imvura, kugira ngo itumize ubutwari; (4) *Bhairava Raga* icurangwa mu gitondo cya Kanama, Nzeri, Ukwakira, kugira ngo habeho ituze; (5) *Sri Raga* yagenewe igihe cy'impeshyi ubwirakabiri, kugira ngo tubone urukundo ruzira uburyarya; (6) *Malkounsa Raga* yumvikana mu gicuku mu gihe cy'itumba, kubera ubutwari.

Aba-Rishi ba kera bavumbuye aya mategeko y'ubufatanye bwiza hagati ya kamere n'umuntu. Kubera ko kamere ni umuntu gushingira ku ngingo bya *Aum* , i Igiciro cya mbere Ijwi cyangwa Irimo gutigita Ijambo, umugabo gishobora kubona kugenzura

hejuru y'ibintu byose bisanzwe binyuze mu gukoresha *amagambo amwe n'amwe* cyangwa indirimbo zimwe na zimwe. ¹⁵⁻⁷ Inyandiko z'amateka zivuga ku bubasha butangaje Miyan Tan Sen, umucuranzi w'ibwami wo mu kinyejana cya cumi na gatandatu wa Akbar the Great, yari afite. Yategetswe n'Umwami kuririmba *raga y'ijoro* izuba riri hejuru y'ijuru, Umwijima w'umutuku Sen yavuzwe a *mantra* iki ako kanya byatewe i byose ingoro uturere gutwikirwa n'umwijima.

Umuziki w'Abahinde ugabanya octave mo *srutis 22* cyangwa demi-semitones. Izi ntera za microtonal zemerera amabara meza y'umuziki adashobora kugerwaho n'igipimo cya chromatic cy'iburengerazuba cya semitones 12. Buri noti imwe mu zirindwi z'ibanze za octave ifitanye isano mu migani y'Abahindu na ibara, n'induru karemano y'inyoni cyangwa inyamaswa- *Kora* n'icyatsi kibisi, n'intako; *Re* n'umutuku, na Skylark; *Mi* ifite zahabu, n'ihene; *Fa* ifite umweru w'umuhondo, n'ingwe; *Sol* ifite umukara, n'injangwe; *La* ifite umuhondo, n'ifarashi; *Si* ifite uruvange rw'amabara yose, n'inzovu .

Umuziki w'Ubuhindu ufite ibipimo bitatu - major, harmonic minor, melodic minor - ni byo byonyine umuziki w'Ubuinde ukoresha, ariko umuziki w'Ubuinde ugaragaza ibipimo 72. *Umucuranzi* afite ubushobozi bwo guhanga udushya tudashira ku ndirimbo gakondo cyangwa *raga* ; yibanda ku byiyumvo cyangwa imiterere y'intego y'imiterere hanyuma akayishyira ku iherezo ry'umwimerere we. Umucuranzi w'Umuhindu ntasoma inyandiko; yambara bundi bushya buri wese acuranga umubiri wa *raga* , akenshi yibanda ku ruhererekane rumwe rw'umuziki, ashimangira mu gusubiramo itandukaniro ryawo ryose ry'utujwi duto n'imivugo. Bach, mu bahanzi bo mu Burengerazuba, yari afite ubumenyi ku bwiza n'imbaraga z'amajwi asubiramo bitandukanye gato mu buryo ijana bugoye.

talas 120 cyangwa ibipimo by'igihe. Uwashinze gakondo wa Bivugwa ko umuziki w'Abahindu, Bharata, washyize ahagaragara ubwoko 32 bwa *tala* mu ndirimbo y'ikinyoni. Inkomoko ya *tala* cyangwa injyana ishingiyeye ku ngendo z'abantu - igihe cyo kugenda kabiri, n'igihe cyo guhumeka gatatu mu bitotsi, mu gihe guhumeka ari igihe cyo guhumeka kabiri. Ubuinde bwamyeye bugira Yabonye ijwi ry'umuntu nk'igikoreshe cy'amajwi cyiza cyane. Bityo rero, umuziki w'Abahindu wibanda ku ruhererekane rw'amajwi rwa octave eshatu. Kubera iyo mpamvu, indirimbo (isano y'amanota akurikiranye) irashimangirwa, aho gushimangirwa n'ubwumvikane (isano y'amanota icyarimwe).

Intego yimbitse y'abacuranzi ba mbere ba rishi kwari uruvange rw'umuririmbyi n'indirimbo ya Cosmic ishobora kumvikana binyuze mu gukangura impande z'umugongo w'umuntu. Umuziki w'Ubuinde ni ubuhanzi bw'umuntu ku giti cye, bw'umwuka, kandi bugamije umuntu ku giti cye, butagamije ubuhanga bwa symphonic ahubwo bugamije guhuza umuntu ku giti cye na Oversoul. Ijambo ry'umucuranzi rya Sanskrit ni *bhagavathar* , "uririmba ibisingizo by'Imana." Amateraniro ya *sankirtans* cyangwa umuziki ni uburyo bwiza bwa yoga cyangwa

disipulini yo mu mwuka, bisaba kwibanda cyane, kwinjizwa cyane mu bitekerezo n'amajwi by'imbuto. Kubera ko umuntu ubwe ari ikimenyetso cy'Ijambo ry'Urema, amajwi agira ingaruka zikomeye kandi zihuse kuri we, atanga uburyo bwo kwibuka inkomoko ye y'Imana.

Ku muni w'ibirori, icyuma cyavaga mu cyumba cyo kwicaramo cya Sri Yukteswar cyari ku igorofa rya kabiri cyateye inkunga abatetsi bari mu nkono zishyushye. Jye n'abigishwa banjye twaririmbye indirimbo zisekeje, dukubita igihe n'amaboko yacu .

Izuba rirenze twari tumaze guha abashyitsi bacu amagana *khichuri* (umuceri n'amanderi), kari y'imboga, na pudding y'umuceri. Twashyize ibitambaro by'ipamba hejuru y'urugo; bidatinze abantu bose bari bicaye muni y'inyenyeri, bitegereza bucece ubwenge buva mu minwa ya Sri Yukteswar. Amajambo ye mu ruhamye yashimangiye agaciro ka *Kriya Yoga*, n'ubuzima bwo kwiyubaha, gutuza, kwiyemeza, indyo yoroshye, no gukora imyitozo ngororamubiri ihoraho.

Itsinda ry'abigishwa bakiri bato cyane ryatangiye kuririmba indirimbo nke zera; inama irangira na *sankirtan*. Kuva saa yine kugeza saa sita z'ijoro, abaturage ba ashram bageje amasafuriya n'amasafuriya, banasukura urugo. Umunyeshuri wanjye yarampamagaye iruhande rwe.

"Nishimiye imirimo yawe ishimishije uyu muni no mu cyumweru gishize cy'imyiteguro. Ndagushaka ko uri kumwe nanjye; ushobora kuryama mu buriri bwanjye iri joro."

Iyi yari amahirwe ntari narigeze ntekereza ko yazagera kuri njye. Twicaye akanya mu ituze ryinshi ry'Imana. Nyuma y'iminota icumi gusa tugiye kuryama, Master yarahagurutse atangira kwambara.

"Ikibazo ni iki bwana?" Numvise akantu k'ibitari ukuri mu byishimo ntari niteze byo kurara iruhande rw'umwarimu wanjye.

"Ndatekereza ko abanyeshuri bake batashoboye kugera aho bari baherereye muri gari ya moshi bazaza vuba. Reka dutegure ibiryo."

"Guruji, oya kimwe yakwitwara ngwino kuri kimwe saa sita muri i mugitondo!"

"Guma muri igitanda; wowe kugira yabaye gukora cyane bikomeye. Ariko Jye am Kugenda kuri guteka."

Nkurikije ijwi rya Sri Yukteswar ry'umurava, nahise ndahaguruka ndamukurikira mu gikoni gito gikoreshwa buri muni kiri iruhande rw'ibaraza ryo mu igorofa rya kabiri. Umuceri na *dhal* byahise bibira.

Umuhanga wanjye yaramwenyuye cyane ati: "Iri joro watsinze umunaniro n'ubwoba bwo gukora cyane; ntuzigera ubangamirwa na byo mu gihe kizaza."

Ubwo yavugaga aya magambo y'umugisha w'ubuzima bwe bwose, intambwe zarumvikanaga mu gikari. Narirutse manuka maze nemerera itsinda ry'abanyeshuri.

"Muvandimwe nkunda, mbega ukuntu tudashaka kubangamira Mwalimu muri iki gihe!" Umugabo umwe yambwiye anyinginga. "Twakoze ikosa ku bijyanye na gahunda za gari ya moshi, ariko twumvaga tudashobora gusubira mu rugo

tutabonye umwarimu wacu."

"Yewe ifite yabaye gutegereza wowe na ni kimwe ubu gutegura ibyaweho ibiryo.

Ijwi ry'ikaze rya Sri Yukteswar ryaranguruye; Nayoboye abashyitsi batangaye mu gikoni. Umwigisha yaranyihindukiriye amaso ye aranyeganyega.

"Ubu ibyo wowe kugira byarangiye kugereranya inyandiko, oya gushidikanya wowe ni kunyurwa ibyo cyacu abashyitsi mu by'ukuri

yabikoze kubura ibyabo gari ya moshi!

Namukurikiye mu cyumba cye cyo kuraramo nyuma y'iminota 30, menya neza ko ngiye kurara iruhande rw'umuhanga mu by'Imana.

.....
15-1 : Puri, kuberekeye 310 ibirometero amajyepfo bya Calcutta, ni a icyamamare urugendo rutagatifu umujyi kuri abihaye Imana bya Krishna; bye gusenga bizihizwayo hamwe n'iminsi mikuru ibiri minini ngarukamwaka, *Snanayatra* na *Rathayatra* .

15-2 : Itsinda 1939 kuvumbura bya a radiyo mikorosikopi byahishuwe a gishya isi bya kugeza ubu kitazwi imirasire. "Umugabo ubwe nka neza nkuko byose ubwoko bya bivugwa ko idafite ishingiro ikintu buri gihe isohora i imirasire ibyo ibi igikoreshe 'arabona,'" raporo i *Bijyanye Itangazamakuru* "Abemera telepathy, kureba bwa kabiri, no kureba neza, bafite muri iri tangazo igihamba cya mbere cya siyansi cy'uko hariho imirasire itagaragara iva ku muntu umwe ijya ku wundi. Mu by'ukuri, radiyo ni umurongo wa radiyo spectroscopy. Byabyo ikora i kimwe ikintu kuri byiza, bitagaragara ikintu ibyo i spectroscopy ikora igihe byo igaragaza ubwoko bwa atome zikora inyenyeri. Kubaho kw'imirasire nk'iyi iva ku muntu no ku binyabuzima byose byagiye

bikekwa na abahanga mu bya siyansi kuri byinshi imyaka. Uyu munsu ni i mbere igerageza gihamba bya ibyabo kubaho. Bityo, ndetse na Itsinda kuvumbura ibitarimo ko buri atome na buri molekile mu bidukikije ari radiyo ihoraho. ,nyuma y'urupfu

Ikintu cyari umuntu gikomeje kohereza imirasire yacyo yoroshye. Uburebure bw'imiraba y'iyi mirasire buri hagati ya bugufi n'ubundi bwoko bwose bukoreshwa mu gusakaza kugeza ku bwoko burebure bw'imiraba ya radiyo. Ihindagurika ry'iyi mirasire ntirishoboka. Hano ni miliyoni bya bo. A ingaragu cyane kinini molekile Gicurasi gutanga irazimye 1,000,000 bitandukanye umuraba uburebure icyarimwe. Imiraba miremye y'ubu bwoko igenda mu buryo bworoshye Hari imwe..... kandi bwihuse nk'imiraba ya radiyo.

bitangaje itandukaniro hagati i gishya radiyo imirasire na ibizwi imirasire nka urumuri. Ibi ni i igihe kirekire igihe, ".amafaranga kugeza ku myaka ibihumbi, iyo miraba ya radiyo izakomeza gusohora ibintu bitagize icyo bitwaye

15-3 : Umuntu aratinya gukoresha "ubwenge bw'imitekerereze"; Hitler yari hafi kwangiza iryo jambo hamwe n'amagambo menshi akomeye. Ikilatini umuzi ibisobanuro bya *ubushishozi* ni "imbere uburizi." Itsinda Sanskriti ijamba *agama* bivuze ubushishozi ubumenyi Kuvuka bya uburyo bwo kubona ubugingo mu buryo butaziguye; bityo inyandiko zimwe na zimwe za kera zanditswe n'aba-rishi zitwaga *agama* .

15-4 : *Kuwa gatandatu* ni mu buryo burambuye "kubaho," bityo rero "ikimenyetso;" ukuri." *Sanga* ni "ishyirahamwe." Siri Yukteswar yahamagawe bye umuryango w'abimukira *Sat-Sanga* , "ubusabane n'ukuri."

15-5 : "Niba bityo rero ibyawe ijisho kuba ingaragu, byawe byose umubiri agomba kuba yuzuye bya "- *Matayo* 6:22. Mu gihe birambuye gutekereza cyane, imwe cyangwa iby'umwuka ijisho ihinduka bigaragara imbere i hagati igice bya i agahanga. Ibi umuhanga mu byose ijisho ni mu buryo butandukanye boherejwe kujya muri ibyanditswe byera nka i icya gatatu ijisho, i Inyenyeri bya i Iburasirazuba, i imbere ijisho, i Inuma kumanuka kuva ijuru, i ijisho bya Shiva, ijisho ry'ubwenge, n'ibindi.

15-6 : "Yewe ibyo byatewe i ugutwi, agomba we ntabwo Umva? we ibyo yaremwe i ijisho, agomba we ntabwo urabona ? ibyo yigisha umugabo . ubumenyi, agomba we ntabwo "Urabizi?" - *Zaburi* 94:9-10

15-7 : Imico gakondo y'abantu bose irimo amagambo y'ubupfumu afite ububasha ku bidukikije. Abahinde b'Abanyamerika bazwi cyane kuri kugira yataye imbere ijwi imihango kuri imvura na umuyaga. Umwijima w'umutuku Sen, i byiza cyane Umuhindu umucuranzi, yari gushobora kuri kuzimya umuriro ku bw' imbaraga bya bye indirimbo. Charles Kellogg, i Kaliforniya umuhanga mu by'ibidukikije, yatanze a imyigaragambyo bya i ingaruka bya ijwi gutigita umuriro muri 1926 mbere a itsinda bya Gishya York abazimya umuriro. "Kurenga a umuheto, nka umuntu yagutse violon umuheto, vuba hakurya umuntu gutunganya aluminiyumu ikanya, we byakozwe a ijwi riranga nka bikomeye radiyo nta guhindagurika. Ako kanya i umuhondo gazi umuriro, bibiri ibirenge hejuru, gusimbuka imbere umuyoboro w'ikirahure udatye icyobo, wagabanutseho kugeza kuri santimetero eshatu maze uba nk'urumuri rw'ubururu rusakuza. Ikindi kigeragezo n'umuheto, n'urusaku rw'ingufu, byarawuzimije."

Gukoresha ubwenge Itsinda Inyenyeri

"Mukunda, kuki utahabwa agatambaro k'inyenyeri?"

"Ese nkwiye kubikora, Mwigisha? Sinemera

inyenyeri."

"Ntabwo ari ikibazo cy'imyizerere ; imyumvire yonyine ya siyansi umuntu ashobora gufata ku ngingo iyo ari yo yose ni ukumenya niba ari *ukuri* . Itegeko ry'imbaraga rukuruzi ryakoze neza mbere ya Newton nk'uko byagenze nyuma ye. Isi yaba irimo akajagari iyo amategeko yayo atashoboraga gukora adakurikije ukwemera kwa muntu."

"Abahemu bazanye siyansi y'inyenyeri ku rwego rwo hejuru aho ivugwa ubu. Ubushakashatsi ku nyenyeri ni bwinshi cyane, byombi mu mibare **16-1** kandi mu buryo bwa filozofiya, kugira ngo isobanuke neza keretse abantu bafite ubumenyi bwimbitse. Niba injiji zisomye nabi ijuru, zikabona hari inyandiko aho kuba inyandiko, ibyo ni ibintu byitezwe muri iyi si idatunganye. Umuntu ntagomba kwirengagiza ubwenge hamwe n' 'abanyabwenge.'

"Ibice byose by'ibyaremwe bihujwe kandi bigahinduranya ingaruka zabyo. Imiterere iringaniye y'isanzure ishingiyeye ku guhuza," umwarimu wanjye yakomeje agira ati: "Umuntu, mu ishusho ye ya kimuntu, agomba kurwanya imbaraga ebyiri - icya mbere, imidugararo iri mu mubiri we, iterwa no kuvanga isi, amazi, umuriro, umwuka, n'ibintu byo mu kirere; icya kabiri, imbaraga zo hanze zisenyuka z'ibidukikije. Igihe cyose umuntu akirwana n'urupfu rwe, agirwaho ingaruka n'impinduka nyinshi z'ijuru n'isi."

"Astrology ni inyigo y'uko umuntu yakira ibintu bimutera ku isi. Inyenyeri nta bugiraneza cyangwa urwango zigira; zohereza gusa imirasire myiza n'iy'ibibi. Ubwazo, izi ntizifasha cyangwa ngo zigire ingaruka mbi ku bantu, ahubwo zitanga umuyoboro wemewe n'amategeko wo gukora ibikorwa byo hanze bya ingaruka z'impamvu uburinganire iki buri kimwe umugabo ifite seti mu ingendo muri i byahise."

"Umwana avuka kuri uwo munsu no kuri iyo saha aho imirasire yo mu kirere ihurirana n'imibare na karma ye bwite. Inyenyeri ye ni ishusho igoye, igaragaza amateka ye adahinduka n'ibishobora kuzavamo mu gihe kizaza. Ariko imbonerahamwe y'amavuko ishobora gusobanurwa neza gusa n'abantu bafite ubwenge bwo mu buryo bw'ubwenge: aba ni bake."

"Ubutumwa bwavugiye mu ijuru mu gihe cyo kuvuka ntibugamije gushimangira

ibyagenwe - ingaruka z'ibyiza n'ibibi byahise - ahubwo bugamije gukangura ubushake bw'umuntu bwo guhunga ingoma ye rusange. icyo yakoze, arashobora kugikuraho. Nta wundi uretse we ubwe watangije impamvu z'ingaruka zose zigaragara mu buzima bwe ubu. Ashobora gutsinda imipaka iyo ari yo yose, kuko yabyiremye binyuze mu bikorwa bye bwite, kandi kubera ko afite imbaraga z'umwuka zitagengwa n'igitutu cy'isi."

"Gutinya inyenyeri mu buryo bw'imiziririzo bituma umuntu aba umuntu wishingikiriza ku buyobozi bwa mekanike mu buryo bw'uburemere. Umuntu w'umunyabwenge atsinda imibumbe ye - ni ukuvuga amateka ye - yimura ubudahemuka bwe kuva ku byaremwe bukajya ku Muremyi. Uko arushaho gusobanukirwa ubumwe bwe n'Umwuka, ni ko arushaho kugabanywa n'ibintu. Ubugingo buhora bufite umudendezo; ntibupfa kuko nta kuvuka. Ntabwo bushobora kuyoborwa n'inyenyeri."

"Umuntu *ni* roho, kandi *afite* umubiri. Iyo ashyize mu buryo bukwiye icyo yumva, asigara inyuma imiterere yose imugora. Igihe cyose azakomeza kwibagirwa ibintu bisanzwe byo mu mwuka, azamenya imigozi yoroheje y'amategeko agenga ibidukikije."

"Imana ni ubwumvikane; umuntu wiyeguriye Imana ntazigera akora ikintu icyo ari cyo cyose kidakwiye. Ibikorwa bye bizaba byagenwe neza kandi mu buryo busanzwe kugira ngo bihuze n'amategeko y'inyenyeri. Nyuma yo gusenga cyane no gutekereza cyane, aba afite ubwenge bwe bw'Imana; nta mbaraga ziruta ubwo burinzi bw'imbere."

"None se, Nyakubahwa, kuki ushaka ko nambara impeta y'inyenyeri?" Nabajije iki kibazo nyuma y'igihe kirekire ntazi, aho nagerageje gusobanukirwa neza icyo Sri Yukteswar yavugaga.

"Iyo umugenzi ageze ku ntogo ye, ni bwo aba afite impamvu yo kujugunya amakarita ye. Mu rugendo, akoresha uburyo bwose bworoshye bwo kunyuramo. Aba-Rishi ba kera bavumbuye uburyo bwinshi bwo kugabanya igihe cyo guhungira mu buhungiro bw'umuntu mu buyobe. Hari ibintu bimwe na bimwe mu mategeko ya karma bishobora guhindurwa neza n'intoki z'ubwenge."

"Ibibi byose by'abantu bituruka ku kwica amategeko rusange. Ibyanditswe Byera bigaragaza ko umuntu agomba kubahiriza amategeko ya kamere, ariko ntapfe gusuzugura ububasha bw'Imana. Yagombye kuvuga ati: 'Mwami, Jye icyizere muri Wowe, na kumenya Wowe imashini ubufasha njyewe, ariko Jye nabyo ubushake kora yanjye cyiza kurusha ibindi kuri Gukuraho icyo ari cyo cyose Nakoze ikibi.' Binyuze mu buryo butandukanye—ku bw'isengesho, ku bw'ubushake, ku bwo gutekereza kuri yoga, kugisha inama abatagatifu, no gukoresha imishumi y'inyenyeri—ingaruka mbi z'ibibi byakozwe mu bihe byashize zishobora kugabanuka cyangwa zigaseswa."

"Nk'uko inzu ishobora gushyirwaho inkoni y'umuringa kugira ngo yimure imirabyo, ni nako urusengero rw'umubiri rushobora kungukirwa n'ingamba zitandukanye zo kurinda. Mu bihe byashize, yoga yacu yavumbuye ko ibyuma bitanga urumuri rwo mu kirere rurwanya cyane imbaraga mbi z'imibumbe."

Imirasire y'amashanyarazi n'iy'ingufu zidasanzwe ihora izenguruka mu isanzure; iyo umubiri w'umuntu urimo gufashwa, ntabimenya; iyo uri guseniyuka, aba akiri mu bujiji.

Ishobora we kora ikintu icyo ari cyo cyose kubyerekeye ni byo?

"Iki kibazo cyavuzweho cyane n'aba-rishi bacu; basanze atari uruvange rw'ibyuma gusa, ahubwo n'ibimera n'amabuye y'agaciro atagira inenge ya karati ebyiri. Uburyo bwo kwirinda inyenyeri mu gihe cyo kuziba ntibwigeze bwigwa cyane hanze y'Ubuhinde. Ikizwi ni uko imitako ikwiye, ibyuma, cyangwa ibimera bitunganyijwe ntacyo bimaze keretse uburemere bukenewe buhamye, kandi keretse iyo ibi binini

bivura byambarwa iruhande rw'uruhu."

"Bwana, birumvikana ko nzakurikiza inama zawe maze ngire indorerwamo. Ndashishikajwe no gutekereza ku bwenge bwo gutsinda umubumbe!"

"Muri rusange ndagira inama yo gukoresha agakoresho gakozwe muri zahabu, ifeza n'umuringa. Ariko ku bw'igikorwa runaka ndashaka ko ugura kamwe k'ifeza n'icyuma cy'umuringa." Sri Yukteswar yongeyeho amabwiriza yitonze.

"Guruji, iki 'byihariye intego kora wowe "Uvuze iki?"

"Inyenyeri zigiye kugushakaho inyungu mbi, Mukunda. Witinya; uzahabwa uburinzi. Mu kwezi kumwe umwijima wawe uzaguteza ibibazo byinshi. Indwara iteganijwe kumara amezi atandatu, ariko gukoresha ukuboko kwawe kw'inyenyeri bizagabanya igihe kikagera ku minsi makumyabiri n'ine."

Nashatse umucuruzi w'imitako ku munsu ukurikiyeho, maze bidatinze nambara indorerwamo. Ubuzima bwanjye bwari bwiza cyane; ubuhanuzi bwa Master bwaranyibagiye. Yavuye muri Serampore ajya gusura Benares. Nyuma y'iminsi 30 twaganiriye, numvise ububabare butunguranye mu gace k'umwijima wanjye. Ibyumweru byakurikiyeho byari inzozo mbi z'ububabare bukabije. Kubera ko nanze guhungabanya umutoza wanjye, nibwiraga ko nzahangana n'ikigeragezo cyanjye ndi njyenyine.

Ariko iminsi makumyabiri n'itatu yo kubabazwa yatumye ngira intege nke; nitoza kujya i Benares. Aho ngaho Sri Yukteswar yanyakiriye neza cyane, ariko ntiyampaye umwanya wo kumubwira ibibazo byanjye mu ibanga. Abihaye Imana benshi basuye Umwigisha uwo munsu, kugira ngo bagire icyo *bambwira* . **16-2** Nari ndwaye kandi ntarengwa, nicaye mu mfuruka. Nyuma y'ifunguro rya nimugoroba, abashyitsi bose bari bamaze kugenda. Umujyanama wanjye yarahamagaye njye kuri balkoni y'inzu ifite uburebure bwa metero esheshatu.

"Ugomba kuba waraje indwara y'umwijima." Sri Yukteswar yari yihishe inyuma; yagendaga agaruka, rimwe na rimwe areba urumuri rw'ukwezi. "Reka ndebe; umaze iminsi makumyabiri n'ine urwaye, si byo se?"

"Yego, Bwana.

"Ndakwinginze kora i inda imyitozo ngororamubiri Jye kugira yigishijwe wowe."

"Iyo uba uzi ingano y'umubabaro wanjye, Mwigisha, ntiwansabye gukora imyitozo ngororamubiri." Nyamara nagerageje kumwumvira mu buryo butari bwo.

"Uvuga ko ufite ububabare; ndavuga ko nta bubabare ufite. Ni gute habaho kuvuguruzanya nk'uku?" Umuganga wanjye yarandebye anyibaza.

Naratangaye cyane hanyuma ndahumurizwa n'ibyishimo. Sinari nkibasha kumva ububabare buhoraho bwari bumaze ibyumweru byinshi ntasinziye; ku magambo ya Sri Yukteswar, ububabare bwarashize nk'aho butigeze bubaho.

Jye yatangiye kuri gupfukama kuri bye ibirenge muri gushima, ariko we vuba byabujijwe njyewe.

"Ntukagire nk'umwana. Haguruka wishimire ubwiza bw'ukwezi hejuru ya Ganges." Ariko amaso ya Mwalimu yaranyeganyegaga yishimye ubwo nari mpagaze iruhande

rwe mu ibanga. Nasobanukiwe n'imyitwarire ye ko yashakaga ko numva ko atari we, ahubwo ko ari Imana, ari yo yari Umuvuzi.

Ndetse n'ubu nambara ipantaro y'ifeza iremereye n'iy'icyuma, urwibutso rw'igihe cyashize, nkunda cyane igihe nabonaga ko mbana n'umuntu w'umuntu udasanzwe. Nyuma yaho, ubwo nazanaga inshuti zanjye i Sri Yukteswar kugira ngo bakire, yahoraga ansaba

imitako cyangwa i indorerwamo, gushimagiza ibyabo gukoresha nka umuntu igikorwa bya abahanga mu by'inyenyeri ubwenge.

Kuva mu bwana bwanjye nari naranzwe no kwinuba inyenyeri, kimwe mu byatewe nuko nabonye ko abantu benshi bayikunda cyane, kimwe mu byatewe n'ubuhanuzi bwatanze n'umupfumu w'umuryango wacu bugira buti: "Uzashakana gatatu, uzaba umupfakazi kabiri." Natekereje kuri iki kibazo, kumva nk'ihene itegereje igitambo imbere y'urusengero rw'ubukwe bw'abantu batatu.

"Birakwiye ko wemera ibyakubayeho," mukuru wanjye Ananta yaravuze. "Inyenyeri yawe yanditse yavuze neza ko waguruka uva mu rugo werekeza mu misozi ya Himalaya mu bwana bwawe, ariko ugasubizwa ku ngufu. Ibyerekeye ishyingiranwa ryawe na byo ni ukuri."

Ijoro rimwe nabonye igitekerezo cyumvikana neza ko ubwo buhanuzi bwari ikinyoma rwose. Natwitse umuzingo w'inyenyeri, nshyira ivu mu gikapu nanditseho ngo: "Imbuta za karma za kera ntizishobora kumera iyo zitetse mu muriro w'ubwenge bw'Imana." Nashyize igikapu ahantu hagaragara; Ananta yahise asoma igitekerezo cyanjye cyo kwigomeka.

"Ntushobora gusenya ukuri byoroshye nkuko watwitse uyu muzingo w'impapuro." Mukuru wanjye yarasetse cyane.

Ni ukuri ko incuro eshatu mbere yuko ngera ku busore, umuryango wanjye wagerageje gutegura gahunda yo gusezerana. Igihe cyose nanze kwemera gahunda, **16-3** nzi ko urukundo rwanjye nkunda Imana rwari rurenze kure ibyo abantu bamenyereye mu nyenyeri ba kera banyeretse.

"Uko umuntu yiyumva cyane, ni ko agira ingaruka ku isi yose akoresheje imbaraga ze zo mu mwuka, kandi ni ko na we ubwe atagira ingaruka ku ihindagurika ritangaje." Aya magambo ya Master yakunze kugaruka mu bitekerezo byanjye mu buryo bushishikaje.

Rimwe na rimwe nabwiraga abahanga mu by'inyenyeri guhitamo ibihe byanjye bibi cyane, bakurikije ibimenyetso by'imibumbe, kandi Nakomeza gusohoza inshingano iyo ari yo yose nihaye. Ni ukuri ko intsinzi yanjye muri ibyo bihe yangiriye akamaro byagiye biherekezwa n'ingorane zidasanzwe. Ariko ukwemera kwanjye kwagiye gushingira ku shingiro: kwizera uburinzi bw'Imana, no gukoresha neza ubushake bw'Imana bw'umuntu, ni imbaraga zikomeye cyane kurusha izindi "nzabya zihindukiye" zishobora gukusanya.

Inyuguti z'inyenyeri zanditseho igihe umuntu yavukaga, naje gusobanukirwa ko atari ko umuntu ari igipupe cy'amateka ye. Ubutumwa bwazo ni ikintu gitara ishema; ijuru ubwaryo rishaka gukangura umwiyeze w'umuntu wo kuba mu bwisanzure ku nzitizi zose. Imana yaremye buri muntu nk'ubugingo, afite umwihariko, bityo akaba ingenzi ku miterere y'isi yose, yaba mu mwanya w'agateganyo w'inkingi

cyangwa parasite. Ubwisanzure bwe ni ubw'igihe gito kandi ni ubw'ako kanya, niba abishaka; ntabwo bishingiye ku ntsinzi z'inyuma ahubwo bishingiye ku ntsinzi z'imbere.

Sri Yukteswar yavumbuye uburyo imibare ikoreshwa mu gihe cy'imyaka 24,000 mu gihe cy'ubu • Uruziga rugabanyijemo Ascending Arc n'Arc imanuka, buri imwe ikaba ifite imyaka 12.000. Muri buri Arc hagwa *Yugas* cyangwa Ages enye, zitwa *Kali* , *Dwapara* , *Treta* , na *Satya* , bihuye n'ibitekerezo by'Abagereki by'Icyuma, Umuringa, Feza, n'Igihe cya Zahabu.

Kali Yuga ya nyuma cyangwa igihe cy'icyuma, cyo mu gihe cy'ubushyuhe, yatangiye ahagana mu 500 nyuma ya Yesu. Igihe cy'icyuma, imyaka 1200 mu gihe cy'ubushyuhe, ni igihe cy'ibintu by'umubiri; cyarangiye ahagana mu 1700 nyuma ya Yesu. Uwo mwaka ni wo watangije *Dwapara Yuga*, igihe cy'imyaka 2400 cy'amashanyarazi. n'iterambere ry'ingufu za atome, igihe cya telegrafe, radiyo, indege, n'ibindi bintu birimbura isanzure.

Igihe cy'imyaka 3600 cya *Treta Yuga* kizatangira mu 4100 nyuma ya Yesu; igihe cyacyo kizarangwa n'ubumenyi rusange mu itumanaho rya telepathic n'ibindi bintu birimbura igihe. Mu myaka 4800 ya *Satya Yuga*, igihe cya nyuma mu gihe cy'izamuka ry'ikirere, ubwenge bw'umuntu buzatera imbere byuzuye; azakora akurikije umugambi w'Imana.

Igice cyo kumanuka cy'imyaka 12.000, gitangirana n'igihe cy'izahabu cyo kumanuka cy'imyaka 4800, hanyuma kigatangira **hagati y'imyaka 16 na 5.** ku isi; umuntu agenda agwa buhoro buhoro mu bujiji. Izi ngendo ni imizunguruko ihoraho ya *maya*, itandukaniro n'imibanire y'isanzure ritangaje. **16-6** Umuntu, umwe umwe, ahunga imbohe y'ibiremwa byombi ubwo yakangukaga akamenya ubumwe bwe butagereranywa n'Umuremyi.

Umwigisha ntiyangejejeho ubumenyi bwanjye ku bijyanye n'inyenyeri gusa, ahubwo no ku byanditswe mu isi. Yashyize inyandiko zera ku meza y'ubwenge bwe, maze abasha kuzica akoresheje icyuma cyo kuzicukura. gutekerezwa mu buryo bwumvikana, no gutandukanya amakosa n'impinduka z'abahanga n'ukuri nk'uko byagaragajwe n'abahanuzi mbere.

"Kosora amaso y'umuntu ku mpera y'izuru." Ubu buryo butari bwo bwo gusobanura interuro ya *Bhagavad Gita*, **16-7** byemewe cyane n'abahanga mu by'uburasirazuba n'abahinduzi bo mu burengerazuba, byakoreshejwe mu gutuma Master anenga cyane.

Yagize ati: "Inzira ya yoga ni imwe gusa nubwo iri. Kuki umugira inama yo kwigira nk'ufite amaso ahanamye? Igisobanuro nyacyo cya *nasikagram* ni 'inkomoko y'izuru, ntabwo ari 'iherezo ry'izuru.' Izuru ritangirira ku ntera iri hagati y'amaso abiri, aho kuba icyicaro cy'amaso yo mu buryo bw'umwuka." **16-8** Kubera *Sankhya imwe yatsinze* **16-9** imvugo ndende, " *Iswar-ashidha* ," - "Umwami w'ibiremwa ntashobora gufatwa nk'aho ari we" cyangwa "Imana ntiyemezwa," **16-10** - abahanga benshi bavuga ko filozofiya yose ari iy'abahakanyi.

Sri Yukteswar yasobanuye ati: "Uyu murongo ntabwo ari ukuri. Usobanura gusa ko ku muntu utarasobanukirwa, ushingiyeye ku bwenge bwe ku manza zose za nyuma, ibimenyetso by'Imana bigomba kuba bitazwi bityo bikaba bitabaho. Abayoboke nyakuri *ba Sankhya*, bafite ubushishozi budahungabana bukomoka ku gutekerezwa, basobanukiwe ko Umwami abaho kandi azwi."

Umwigisha yasobanuye Bibiliya ya Gikristo mu buryo busobanutse neza. Ni ukubera umwarimu wanjye w'Umuhindu, utazwi n'abayobohe b'Abakristo, niho namenye gusobanukirwa ishingiro rya Bibiliya ritagira urupfu, no gusobanukirwa ukuri mu byo Kristo yavuze—nta gushidikanya ko ari ryo jambo rishishikaje cyane ritigeze rivugwa: "Ijuru n'isi bizashira, ariko amagambo yanjye ntazashira."

11 -16

Abahanga bakomeye bo mu Buhinde bahindura imibereho yabo bakurikije amahame amwe n'ay'Imana yayoboraga Yesu; aba bantu ni bene wabo bamamaye: "Umuntu wese ukora ibyo Data wo mu ijuru ashaka,

ni we musaza wanjye, mushiki wanjye, na mama. Kristo yaravuze ati:
"Nimwikomeza mu ijamba ryanjye, muri abigishwa banjye by'ukuri, kandi muzamenya ukuri, kandi ukuri kuzababatura." **16-13** Abantu bigenga bose, ba shebuja ubwabo, Yogi-Christos bo mu Buhinde ni bamwe mu bagize umuryango udapfa: abamaze kumenya Data umwe rukumbi.

"Inkuru ya Adamu na Eva ntabwo nyisobanukiwe!" Nayirebye n'ubushyuye bwinshi umunsi umwe mu ntamba nagize n'iyi mvugo. "Kuki Imana yahannyeye atari abantu babiri bakoze ibyaha gusa, ahubwo n'abataravukana inzirakarengane?"

Umwigisha yashimishijwe cyane n'ubuhanga bwanjye kuruta ubujiji bwanjye. "*Itangiriro* ni ikigereranyo gikomeye, kandi ntirishobora kumvikana n'insobanuro isanzwe," yasobanuye. "Igiti cy'ubugingo" cyacyo ni umubiri w'umuntu. Umugongo umeze nk'igiti cyazamuwe, gifite umusatsi w'umuntu nk'imizi yacyo, n'imitsi ifitanye isano n'amashami. Igiti cy'imitsi cyera imbuto nyinshi zishimishije, cyangwa kumva ibintu bishimishije, kumva amajwi, impumuro, uburyohe, no gukoraho. Muri ibyo, umuntu ashobora kwishimisha mu buryo bukwiye; ariko yabujijwe gukora imibonano mpuzabitsina, 'ipome' iri hagati mu busitani bw'umubiri. **16-14**

"Inzoka" ihagarariye imbaraga z'umugongo zihambiriye zitera imitsi y'imibonano mpuzabitsina. 'Adamu' ni ubwenge, naho 'Eva' ni ibyiyumvo. Iyo amarangamutima cyangwa ubwenge bwa Eva mu muntu uwo ari we wese butsinze n'ubushake bw'imibonano mpuzabitsina, ubwenge bwe cyangwa Adamu na bwo buratsindwa. **16-15**

"Imana yaremye ubwoko bw'abantu yihindura imibiri y'umugabo n'umugore ikoresheje imbaraga z'ubushake bwayo; yahaye ubwo bwoko bushya ububasha bwo kurema abana mu buryo busa 'Inzira itunganye' cyangwa uburyo bw'Imana. **16-16** Kubera ko kugaragara kwe mu bugingo bwihariye byari byaragarukiye ku nyamaswa, ziyobowe n'imatekerereze kandi zidafite ubushobozi bwo gutekereza byuzuye, Imana yaremye imibiri ya mbere y'abantu, yitwaga Adamu na Eva mu buryo bw'ikigereranyo. Kuri abo, kugira ngo barusheho kwiyongera, yimuriye ubugingo cyangwa kamere y'Imana y'inyamaswa ebyiri. **16-17** Muri Adamu cyangwa umugabo, ubwenge bwari bwiganje; muri Eva cyangwa umugore, ibyiyumvo byari hejuru. Nguko uko byagaragajwe ububiri cyangwa uburinganire bushingiye ku isi itangaje. Ubwenge n'ibyiyumvo biguma mu ijuru ry'ibyishimo by'ubufatanye igihe cyose ubwenge bw'umuntu butashutswe n'imbaraga z'inzoka z'imyitwarire y'inyamaswa.

"Kubera iyo mpamvu, umubiri w'umuntu ntiwaturutse gusa ku ihindagurika ry'inyamaswa, ahubwo wakoze n'igikorwa cy'irema ryihariye ry'Imana. Imiterere y'inyamaswa yari idafite ishingiro cyane ku buryo itashoboraga kugaragaza ubumana bwuzuye; umuntu yahawe ubushobozi bwo gutekereza budasanzwe -

'lotus ifite amapete igihumbi' ya ubwonko - ndetse n'ibigo by'ubupfumu by'umugongo bikangutse cyane.

"Imana, cyangwa Ubwenge bw'Imana buri mu bantu babiri ba mbere baremwe, yabagiriye inama yo kwishimira ibyiyumvo byose bya muntu, ariko ntibashyire imbaraga zabo ku byo bakoraho." **16-18** Ibi byarabujijwe kugira ngo hirindwe iterambere ry'imyanya ndangagitsina, byashoboraga gukurura abantu mu buryo bw'inyamaswa bworoshye bwo kororoka. Umuburo wo kudasubiza ubuzima bw'inyamaswa mu buryo butari bwo ntiwigeze wumvirwa. Adamu na Eva basubiye mu nzira yo kubyara, bava mu byishimo byo mu ijuru bivuka ku muntu utunganye wa mbere.

"Ubumenyi" bya 'byiza na ikibi' isobanura kuri i isanzure ubwumvikane hagati y'ibintu bibiri agahato. Kugwa muni i guhindagurika bya

maya binyuze mu gukoresha nabi ibyiyumvo bye n'ubwenge bwe, cyangwa Eva na Adamu, umuntu yirengagiza uburenganzira bwe bwo kwinjira mu busitani bwo mu ijuru bw'Imana. **16-19** Inshingano ya buri muntu ku giti cye ni ukugarura 'ababyeyi' be cyangwa kamere ye y'abantu babiri mu bwumvikane busesuye cyangwa muri Edeni.

Ubwo Sri Yukteswar yasozaga ikiganiro cye, narebye ku mapaji ya *Itangiriro*

mwubaha cyane . "Mwigisha mwiza," naravuze, "ku nshuro ya mbere numva

mfite inshingano ikwiye ku muryango wa Adamu na Eva!"

16-1 : Kuva ikirere imbonerahamwe muri ibya kera Umuhindu Ibyanditswe Byera, intiti kugira yabaye gushobora kuri neza kumenya neza i amatariki y'abanditsi. Ubumenyi bwa siyansi ku ba-rishi bwari bwiza cyane; muri *Kaushitaki Brahmana* dusangamo inyenyeri nyayo ibice iki kwerekana ibyoye muri 3100 BC i Abahindu bari kure ikoranabuhanga muri isanzure, iki yari afite a akamaro gafatika mu kugena ibihe byiza by'imihango y'inyenyeri. Mu nkuru yo mu *Burasirazuba-Iburengerazuba* , Gashyantare, 1934, hatanzwe incamake ikurikira ku birebana na *Jyotish* cyangwa igice cy'inyandiko z'inyenyeri za Vedic: "Irimo amateka ya siyansi yatumye Ubuhinde bukomeza ku isonga mu mahanga yose ya kera, bugatuma habaho indiri y'abashaka kumenya byinshi. *Brahmagupta ya kera cyane* , kimwe bya i *Jyotish* imirimo, ni umuntu ikirere inyandiko gucuruza hamwe na nk'ibyo ibintu nka i ikirere gikikije ikirere ingendo ya i umubumbe imibiri muri cyacu imirasire y'izuba sisitemu, i kwibagirwa bya i ibura ry'ikirere, i iby'isi umuzenguruko ishusho, i byagaragajwe urumuri kw'ukwezi, impinduramatwara y'isi ya buri muni, kuba hari inyenyeri zidahinduka mu nzira y'amata, itegeko ry'imbaraga rukuruzi, n'ibindi bintu bya siyansi bitaratangira mu bihugu by'Iburengerazuba kugeza igihe cya Copernicus na Newton."

Byabyo ni ubu kizwi cyane ibyoye i byitwa "Icyarabu" imibare," nta wa nde ibimenyetso ikoranabuhanga imibare ni bigoye, byageze i Burayi mu kinyejana cya 9, biturutse ku Barabu, bivuye mu Buhinde, aho ubwo buryo bwo kwandika bwari bwarashyizweho kera. Byongeye kandi urumuri ku Ubuhinde nini cyane siyansi umurage ubushake kuba byabonetse muri Dr. P. C. Ray's *Amateka Cya Umuhindu Ububabire* , no mu gitabo cya Dr. BN Seal cyitwa *Positive Sciences Of The Ancient Hindus*

16-2 : Itsinda umugisha iki amaze atemba kuva i gusa kureba bya a umutagatifu.

16-3 : Rimwe bya i abakobwa nde yanjye umuryango byatoranyijwe nka a bishoboka umugeni kuri nyewe, nyuma yashatse yanjye mubara, Prabhas Chandra Ghose.

16-4 : A urukurikirane bya cumi na gatatu ingingo ku i amateka igenzura bya Siri Yukteswar's *Yuga* inyigisho yagaragaye muri i ikinyamakuru

Uburasirazuba-Iburengerazuba (Los Angeles) kuva Nzeri, 1932, kuri

.Nzeri, 1933. 16-5: Mu mwaka wa 12.500 nyuma ya Yesu

16-6 : Itsinda Umuhindu ibyanditswe byera ahantu i ubu iki gihe cy'isi nka kuba imbere i *Kali Yuga* bya a byinshi kirekire rusange uruherekane rw'imyaka 24.000 y'ubugari bw'isi Sri Yukteswar yari ahangayikishijwe narwo. Uruhererekane rw'ibitabo by'Ibyanditswe Byera ni imyaka 4.300.560.000, kandi rupima Umunsi w'Irema cyangwa igihe cy'ubuzima cyagenewe umubumbe wacu. sisitemu muri byayo ubu ishusho. Ibi nini cyane ishusho byatanzwe na i rishi ni gishingiye ku a umubano hagati i uburebure y'umwaka w'izuba n'umubare wa Pi (3.1416, igipimo cy'umuzenguruko n'umurambararo w'uruziga).

Itsinda ubuzima umwanya kuri a byose isanzure, hakurikijwe kuri i ibya kera abareba, ni 314,159,000,000,000 imirasire .y'izuba imyaka, cyangwa "Imwe Imyaka ya Brahma

Abahanga mu bya siyansi ikigereranyo i ubu imyaka bya i isi kuri kuba kuberekeye bibiri miliyari imyaka, gushingira ibyabo imyanzuro ku a kwiga bya imifuka y'insinga ibumoso nka a igisubizo bya ibikorwa bya radiyo muri amabuye.

Itsinda Umuhindu ibyanditswe byera tangaza ibyo umuntu isi nk'ibyo nka ibyacu ni byashongeshejwe kuri umwe bya bibiri Impamvu: i abaturage nka a byose guhinduka byombi burundu byiza cyangwa burundu ikibi. Itsinda ubwenge .bw'isi bityo bigatuma habaho imbaraga zirekura atome zafashwe zifatanye nk'isi

Dire amatangazo ni rimwe na rimwe byatangajwe bijyanye umuntu hafi "iherezo bya i isi." Itsinda ibiheruka guhanura bya Irimbuka ryatanzwe na Rev. Chas. G. Long wo muri Pasadena, washyizeho ku mugaragaro "Umunsi w'Urubanza" ku ya 21 Nzeri 1945. Abanyamakuru *ba United Press* babajije igitekerezo cyanyje; nasobanuye ko uruziga rw'isi rukurikira intambwe ikurikiranye hakurikijwe gahunda y'Imana. Nta guseniyuka kw'isi kuri hafi; imyaka miliyari ebyiri y'inzinduka z'izunguruka n'imanuka z'isi irateganijwe ku mubumbe wacu uko umeze ubu. Imibare yatangazwe n'aba-rishi bo mu bihe bitandukanye by'isi ikwiye kwigwa neza mu Burengerazuba bw'Isi; ikinyamakuru *Time* (17 Ukuboza 1945, p. 6) cyayise

"imibare ihumuriza

16-8 : "Icyo urumuri bya i umubiri ni i ijisho: bityo rero igihe ibyawwe ijisho ni ingaragu, byawwe byose umubiri na none ni yuzuye bya urumuri; ariko igihe ibyawwe ijisho ni ikibi, byawwe umubiri na none ni yuzuye bya umwijima. Fata kumva bityo rero ibyo i urumuri iki ni muri wowe kuba ntabwo "umwijima." - *Luka* 11:34-35.

16-9 : Rimwe bya i gatandatu sisitemu bya Umuhindu filozofiya. *Sankhya* yigisha umukino wa nyuma kwibohora binyuze ubumenyi bya amahame makumyabiri n'atanu, ahera kuri *prakriti* cyangwa kamere hanyuma akarangirira kuri *purusha* cyangwa roho.

16-10 : *Sankhya Amagambo*

ahinnye , l: 92. 16-11: *Matayo*

24:35.

16-12 : *Matayo* 12:50.

16-13 : *Yohana* 8:31-32. Mutagatifu Yohani yatanze ubuhamya agira ati: "Ariko abamwakiriye bese yabahaye ububasha bwo kuba abana b'Imana, kimwe kuri bo ibyo kwizera ku bye izina (bingana kuri bo nde ni yashinzwe muri i Kristo "Ubwenge). "- *Yohana* 1:12.

16-14 : "Twebwe Gicurasi Kurya bya i imbuto bya i ibiti bya i ubusitani: ariko bya i imbuto bya i igiti iki ni muri i hagati bya i ubusitani, Imana yaravuze iti: "Ntimuzabiryeho, kandi ntimuzabikoreho, kugira ngo mudapfa."- *Itangiriro* 3:2-3.

16-15 : "Icyo umugore nde wowe gutanga kuri kuba hamwe na nyewe, we yatanze nyewe bya i igiti, na Jye yabikoze kurya. Itsinda umugore yaravuze ati, Inzoka yaranyishutse ndarya."- *Itang* . 3:12-13.

16-16 : "Rero Imana byaremwe umugabo muri bye kwiha ishusho, muri i ishusho bya Imana byaremwe we we; gabo na umugore byaremwe we nabo. Kandi Imana umugisha bo, na Imana yavuze kugeza kuri bo, Ba imbuto na kukuba, na kuzusa i isi, na gukandamiza "- *Gen* . 1:27-28.

16-17 : "Kandi i Umwami Imana yaremwe umugabo bya i umukungugu bya i ubutaka, na guhumeka mu bye amazuru i guhumeka bya ubuzima; maze umuntu ahinduka ubugingo buzima."- *Itang* . 2:7.

16-18 : "Ubu i Inzoka (igitsina imbaraga) yari byinshi munsu y'ubwenge kuruta icyo ari cyo cyose inyamaswa bya i umurima" (icyo ari cyo cyose ibindi Ubwenge bya i umubiri).- *Gen* . 3:1.

16-19 : "Uwiteka Imana itera ubusitani muri Edeni iburasirazuba, imushyiramo umuntu yaremye."- *Itang* . 2:8. "Nuko Uwiteka Imana imwirukana mu busitani bwa Edeni, ngo ahinge ubutaka yakuwemo."- *Itang* . 3:23. Umuntu w'Imana waremwe bwa mbere n'Imana yari afite ubwenge bwe bushingiye ku jisho rimwe rishobora byose mu gahanga. (ugana iburasirazuba). Itsinda guhanga byose imbaraga bya bye ubushake, bibanda ku kintu kuri ibyo ahantu, bari gutakaza kuri umugabo igihe we yatangiye kuri "till ubutaka" bw'imiterere ye ifatika.

IGICE: 17

Sasi Kandi Itsinda Gatatu Safiro

"Kubera ko wowe na yanjye umuhungu Tekereza rero cyane bya Swami Siri Yukteswar,
Jye ubushake gufata a Kureba kuri we. Itsinda

Ijwi ryakoreshejwe na Dr. Narayan Chunder Roy ryagaragazaga ko yari arimo gusetsa abantu badafite ubwenge. Nahishe uburakari bwanjye, mu migenzo myiza y'umuntu wahindukiriye idini ry'Abayahudi.

Uwo twari kumwe, umuganga w'amatungo, yari umuntu utemera Imana cyane. Umwana we muto Santosh yari yaranyinginze ngo nshishikazwe na se. Kugeza ubu ubufasha bwanjye bw'agaciro bwari butari bugaragara.

Umunsi wakurikiyeho, Dr. Roy yanjyanye mu kigo cya Serampore. Nyuma y'uko Master amuhaye ikiganiro kigufi, cyarangwaga n'ituze ry'impande zombi, umushyitsi yahise agenda yihuta cyane.

"Kuki uzana umuntu wapfuye kuri ashram?" Sri Yukteswar yarandebye abajije ubwo urugi rwari rumaze gukinga uwo muntu ushidikanyaga i Calcutta.

"Bwana! Muganga arazima

cyane!" "Ariko muri a ngufi igihe

we ubushake kuba yapfuye.

Natunguwe cyane. "Bwana, iki kizaba ari ikintu kibi cyane ku mwana we. Santosh nyamara yizeye igihe cyo guhindura ibitekerezo bya se byo gukunda ubutunzi. Ndagusaba, Mwigisha, gufasha uwo mugabo."

"Ni byiza cyane; kubera wowe." Isura y'umwarimu wanjye yari imeze nk'aho idasobanutse. "Umuganga w'ifarashi w'umwirasi yazimiye cyane kubera diyabete, nubwo atabizi. Mu minsi cumi n'itanu azaryama. Abaganga bazamutanga kubera ko yazimiye; igihe cye gisanzwe cyo kuva kuri iyi si ni ibyumweru bitandatu uhereye uyu muni. Ariko kubera ko mwamusabye, kuri iyo tariki azakira. Ariko hari ikintu kimwe. Ugomba kumwambika indorerwamo y'inyenyeri; nta gushidikanya ko azarwanya cyane nk'imwe mu mafarashi ye mbere y'uko abagwa!" Umutoza yarasetse.

Nyuma y'agacerere, aho nibajije uburyo njye na Santosh twakoresha neza ubuhanga bwo gukarishya umuganga w'umugome, Sri Yukteswar yatanze andi makuru.

"Uyu mugabo namara gukira, mugire inama yo kutarya inyama. Ariko, ntabwo azakurikiza iyi nama, kandi mu mezi atandatu, nk'uko yumva ameze neza, azapfa." Ndetse n'ayo mezi atandatu Yongerewe igihe cyo kubaho ahabwa gusa kubera ubusabe bwawe."

Bukeye bwaho nagiriye Santosh inama yo gutumiza agatambaro k'ingofero ku mucuruzi w'imitako. Kari kamaze icyumweru kimwe, ariko Dr. Roy yanze kukambara.

"Ndi muzima. Ntuzigera untangaza n'iyi migani y'inyenyeri." Muganga yarandebye anyinuba.

Nibutse nishimye ko Mwalimu yari afite impamvu ikwiye yo kugereranya uwo mugabo n'ifarashi y'ifarashi. Indi minsi irindwi yarashize; muganga, arwaye mu buryo butunguranye, yemeye kwambara indorerwamo. Nyuma y'ibyumweru bibiri, muganga wari uhari yambwiye ko ikibazo cy'umurwayi we nta cyizere cyari gihari. Yatanze amakuru ateye ubwoba ku ndwara zatewe na diyabete.

Jye gutigita yanjye umutwe. "Ubwanjye umwarimu ifite yavuze ko, nyuma a indwara biramba kimwe ukwezi, Dr. Roy ubushake kuba "Nibyo."

Umuganga yaranyitegereje cyane. Ariko yanshatse nyuma y'ibyumweru bibiri, ansaba imbabazi.

"Dr. Roy yakize byuzuye!" yavuze yitonze. "Ni cyo kintu gitangaje cyane mu byo nanyuzemo. Sinigeze mbona umuntu uri hafi gupfa agaragaza kugaruka gukomeye gutya. Inzobere yawe igomba kuba ari umuhanuzi ukiza!"

Nyuma y'ikiganiro kimwe na Dr. Roy, aho nasubiyemo inama ya Sri Yukteswar ku bijyanye n'indyo idafite inyama, sinasubiye kubona uwo mugabo mu gihe cy'amezi atandatu. Yahagaze kugira ngo tuganire ku mugoroba umwe ubwo nari nicaye ku gitanda cy'inzu y'umuryango wanjye ku muhanda wa Gurpar.

"Bwira mwarimu wawe ko kurya inyama kenshi byatumye nongera kugira imbaraga. Ibitekerezo bye bitari ibya siyansi ku mirire ntabwo byangiriyeho ingaruka." Ni ukuri ko Dr. Roy yasaga n'umuntu ufite ubuzima bwiza.

Ariko umunsi ukurikiyeho Santosh yaje yiruka aturutse iwe ku igorofa rikurikiraho. "Mu gitondo Papa yapfuye!"

Uru rubanza rwari rumwe mu manza zidasanzwe nahuye na zo na Master. Yakijije umuganga w'amatungo w'umugome nubwo yanze kwemera, yongera igihe cy'ubuzima bw'uwo mugabo ku isi ho amezi atandatu, kubera gusa kwinginga kwanjye gukomeye. Sri Yukteswar yagize ubuntu butagira imipaka ubwo ahanganye n'isengesho ryihutirwa ry'umuyoboze.

Byari amahirwe yanjye yo kwishimira kuzana inshuti zanjye za kaminuza kugira ngo zihure n'umwarimu wanjye. Benshi muri bo bashyiraga ku ruhande—nibura bambaye ashram!—igitambaro cyabo cy'ubumenyi cyo gushidikanya ku idini.

Umwe mu nshuti zanjye, Sasi, yamaze ibyumweru byinshi byiza i Serampore. Master yakunze cyane uwo muhangu, kandi yinubira ko ubuzima bwe bwite bwari buteye ubwoba kandi butagira gahunda.

"Sasi, keretse wivuguruye, umwaka umwe uzarwara nabi cyane." Sri Yukteswar yarebye inshuti yanjye ababaye cyane. "Mukunda ni we muhamya: ntukavuge nyuma ko ntakuburiye ."

Sasi yarasetse. "Mwigisha, ndagusigiye kugira ngo ushishikarize umuryango mwiza w'abakirisitu mu kibazo cyanjye kibabaje! Umwuka wanjye urabishaka ariko ubushake bwanjye ni buke. Ni wowe mukiza wanjye wenyine ku isi; nta kindi nizera."

"Kuri byibuze wowe byagombye kwambara a karati ebyiri ubururu safiro. Byabyo

ubushake ubufasha wowe."

"Jyewe ntashobora kwishyura kimwe. Uko byagenda kose, mukundwa guruji, niba ikibazo iraza, Jye byuzuye kwizera wowe ubushake kurinda nnyewe.

Sri Yukteswar yasubije mu buryo buhishe ati: "Mu mwaka umwe uzazana amasafuriya atatu ya safiro. Icyo gihe ntacyo azaba amaze."

Impinduka muri iki kiganiro zabaga buri gihe. Sasi yaravugaga mu buryo busekeje ati: "Sinshobora kwivugurura!". "Kandi icyizere cyanjye muri wowe, Mwalimu, ni igiciro kuri njye kuruta ibuye iryo ari ryo ryose!"

Nyuma y'umwaka umwe nari nsuye umupfumu wanjye mu rugo rw'umwigishwa we, Naren Babu, i Calcutta. Ahagana saa yine za mu gitondo, ubwo njye na Sri Yukteswar twari twicaye mu cyumba cyo ku igorofa rya kabiri, numvise urugi rw'imbere rukingurwa. Master yaragororotse cyane.

"Ni Sasi uwo," yavuze yitonze. "Umwaka urashize; ibihaha bye byombi byarashize. Yirengagije inama yanjye; mubwire ko ntashaka kumubona."

Natangajwe n'ubukana bwa Sri Yukteswar, maze ndiruka manuka ku

madarajya. Sasi yari arimo kuzamuka. "Yewe Mukunda! Ndizera ko Mwalimu

ari hano; nari mfite igitekerezo cy'uko ashobora kuba ari hano."

"Yego, ariko we ntabwo icyifuzo kuri kuba yahungabanye.

Sasi yararize cyane maze aranyica. Yijugunye ku birenge bya Sri Yukteswar, ashyiramo amabuye atatu meza ya safiro.

"Muhanga mu by'ukuri, abaganga bavuga ko ndwaye igituntu gikabije! Ntibampa andi mezi atatu! Ndagusaba ubufasha nicishije bugufi; nzi ko ushobora kunkiza!"

"None se ubu ntabwo byatinze guhangayikishwa n'ubuzima bwawe? Igendere n'amabuye yawe y'agaciro; igihe cyabo cyo kugira akamaro kirarangiye." Umwigisha yahise yicara nk'umuserebanya mu ituze rihoraho, ahora arira cyane amusaba imbabazi.

Naje kwemera byumvikana ko Sri Yukteswar yari arimo kugerageza gusa ubwinshi bw'ukwizera kwa Sasi mu mbaraga z'Imana zo gukiza. Sinatunguwe n'isaha imwe nyuma y'aho Master arebye inshuti yanjye ipfukamyeye mu maso.

"Haguruka Sasi; mbega akajagari urimo gukora mu ngo z'abandi! Subiza amabuye yawe ya safiro ku y'abakora imitako; ubu ni ikiguzi kitari ngombwa. Ariko shaka indorerwamo y'inyenyeri uyambare. Witinye; mu byumweru bike uzaba ukize."

Inseko ya Sasi yamurikaga mu maso he hatwikiriye amarira nk'izuba ritunguranye hejuru y'ahantu hashyushye. "Mubyeyi mukunzi, ese nfate imiti yandikiwe n'abaganga?"

Isura ya Sri Yukteswar yari ndende cyane. "Nk'uko ubyifuzaga - ubinywe cyangwa ubijugunye; birabikora." ntacyo bitwaye. Birashoboka ko izuba n'ukwezi

bihinduranya imyanya yabyo kuruta ko wicwa n'igituntu. Yongeraho ati: "Genda noneho, mbere yuko mpindura igitekerezo!"

Inshuti yanjye yaramutaye cyane, ihita igenda. Namusuye inshuro nyinshi mu byumweru bike byakurikiyeho, kandi natangajwe no kubona ko ubuzima bwe burushaho kuba bubi.

"Sasi" ntibishobora icya nyuma binyuze i nijoro. Ibi amagambo kuva bye umuganga, na i igitangaza bya yanjye

Inshuti yanjye, noneho yari isigaye isa n'aho ari igikanka, yanyohereje i Serampore nyuma y'igihe gito. Umuhanga wanjye yateze amatwi inkuru yanjye yuzuye amarira ashize.

"Kuki kora wowe ngwino hano kuri kwibabaza njyewe? Wowe kugira yamaze wumvise njyewe yemeza Sasi bya bye gukira."

Namupfukamiye mfite ubwoba bwinshi, maze nsubira inyuma ngeze ku muryango. Sri Yukteswar nta jambo yavuze ryo gusezera, ahubwo yacecetse, amaso ye adahubuka, amaso yabo ahungira mu yindi si.

Nahise nsubira kwa Sasi i Calcutta. Natangajwe no gusanga inshuti yanjye yicaye, inywa amata.

"Yewe Mukunda! Mbega igitangaza! Mu masaha ane ashize numvise ko Master ari mu cyumba; ibimenyetso byanjye bibi byahise bishira. Numva ko ku bw'ubuntu bwe meze neza rwose."

Mu byumweru bike, Sasi yari afite umubyibuho ukabije kandi afite ubuzima bwiza kurusha mbere hose - Ariko ubwe bwe Uburyo yakiriye gukira kwe bwagize isura yo kudashima: yakundaga gusura Sri Yukteswar! Umunsi umwe, incuti yanjye yambwiye ko yicuza cyane ubuzima bwe bwa mbere ku buryo yagize isoni zo guhura na Master.

Nashoboraga gusa kwemeza ko indwara ya Sasi yagize ingaruka zitandukanye zo kunangira ubushake bwe no kwangiza imyitwarire ye.

Imyaka ibiri ya mbere y'amasomo yanjye muri Scottish Church College yari igiye kurangira. Kwiga mu ishuri kwanjye byari bitunguranye cyane; kwiga bike nakoraga kwari ukugira ngo ngire amahoro n'umuryango wanjye gusa. Abarimu banjye babiri bigenga bazaga iwanjye buri gihe; nakundaga kubura: Nshobora kubona nibura ubu buryo bumwe mu mwuga wanjye wo kwiga!

Mu Buhinde, imyaka ibiri yatsinze muri kaminuza izana impamyabumenyi y'icyiciro cya kabiri cya kaminuza (Intermediate Arts); umunyeshuri ashobora gutegereza indi myaka ibiri n'impamyabumenyi ye ya AB.

Ibizamini bya nyuma by'Ubuhanzi bwo Hagati byari bigiye gutera ubwoba. Nahungiyeye i Puri, aho umutoza wanjye yamaze ibyumweru bike. Nizeye ko azampa uburenganzira bwo kutagaragara muri mu mpera z'iki cyumweru, navuze ukuntu ntari niteguye neza.

Ariko Umwigisha yaramwenyuye amuhumuriza. "Wakomeje inshingano zawe z'umwuka n'umutima wawe wose, kandi ntiwashoboraga kwirinda kwirengagiza akazi kawe ka kaminuza. Wihatire kwandika ibitabo byawe mu cyumweru gitaha:

uzanyura mu bigeragezo byawe nta gutsindwa."

Nasubiye i Calcutta, nkuraho rwose gushidikanya kose gushoboka rimwe na rimwe kwavukaga no gushinyagurirwa bikabije. Nkitegereza umusozi w'ibitabo ku meza yanjye, numvise meze nk'umugenzi wabuze mu butayu. Igihe kirekire cyo gutekereza cyampaye igitekerezo cyorohereza akazi. Gufungura buri kimwe igitabo ku buryo butunguranye, nize gusa amapaji yari yashyizwe ahagaragara. Nyuma yo gukurikirana aya masomo mu masaha cumi n'umunani ku munsu mu cyumweru, nibwiraga ko mfite uburenganzira bwo kugira inama abantu bose bo mu bihe bizaza ku bijyanye n'ubuhanga bwo gusoma no kwandika.

Iminsi yakurikiyeho mu byumba by'ibizamini yari impamvu y'uko nakoze ibizamini bisa nkaho bitari byoroshye. Natsinze ibizamini byose, nubwo byari bitoroshye. Inkunga y'inshuti zanjye n'umuryango wanjye yari ivanze cyane no gusohora amasohoro bigaragaza ko batangaye.

Agarutse avuye i Puri, Sri Yukteswar yantunguye cyane. "Amasomo yawe ya Calcutta ararangiyeye ubu. Nzakora ibishoboka byose kugira ngo ukomeze imyaka ibiri ya nyuma y'akazi ka kaminuza hano i Serampore."

Naratangaye cyane. "Bwana, nta somo rya Bachelor of Arts rihari muri uyu muji." Koleji ya Serampore, ikigo cyonyine cy'amashuri makuru, yatanze amasomo y'imyaka ibiri gusa mu bijyanye n'Ubugeni bwo mu rwego rwo hejuru.

Master yamwenyuye cyane. "Ndashaje cyane ku buryo ntashobora kujya gukusanya inkunga yo gushinga kaminuza ya AB kuri wewe. Ndatekerezwa ko ngomba kubikemura binyuze ku wundi muntu."

Nyuma y'amezi abiri, Porofeseri Howells, perezida wa Koleji ya Serampore, yatangaje ku mugaragarako ko yatsinze mu gukusanya inkunga ihagije yo gutanga amasomo y'imyaka ine. Koleji ya Serampore yabaye ishamba rishamba rya Kaminuza ya Calcutta. Nari umwe mu banyeshuri ba mbere biyandikishije muri Serampore nk'umukandida wa AB.

"Guruj, mbega ukuntu ungiriye neza! Nari nifuje kuva i Calcutta nkaza kuba hafi yawe buri muni i Serampore. Porofeseri Howells ntarota ukuntu agomba kubikesha ubufasha bwawe bucecetse!"

Sri Yukteswar yaranyitegereje cyane ati: "Noneho ntuzamara amasaha menshi muri gari ya moshi; mbega igihe kinini cy'ubusa ku masomo yawe! Wenda uzagabanuka cyane ku munota wa nyuma ahubwo uzarushaho kuba intiti." Ariko mu buryo runaka ijwi rye ntiriyari rifite icyizere.

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17-1 : Muri 1936 jye wumvise kuva a inshuti ibyo Sasi yari na n'ubu muri byiza cyane ubuzima.

"Mu myaka ishize, muri iki cyumba urimo ubu, umukozi w'ibitangaza w'Umuyisilamu yakoze ibitangaza bine imbere yanjye!"

Siri Yukteswar byakozwe ibi bitangaje itangazo mu gihe bye mbere gusura kuri yanjye gishya ibice bya kane.

Nkimara kwinjira muri Koleji ya Serampore, nari nakiriye icyumba mu nzu y'amacumbi yari hafi aho, yitwa *Panthi* . Yari inzu y'amatafari ya kera, imbere y'umurwa wa Ganges.

"Mwigisha, mbega impanuka! Ese izi nkuta nshya zari zishariye koko za kera kandi zifite ibintu byibukwa?" Narebye mu cyumba cyanyje cyari gisanzwe gifite ibikoresho by'agaciro mfite amatsiko menshi.

"Ni inkuru ndende." Umuhanga wanjye yaramwenyuye yibuka. "Izina ry'umukinnyi wa *fakir* **18-1** yari Afzal Khan. Yari yarabonye imbaraga ze zidasanzwe binyuze mu guhura n'umuhindu wo muri yoga.

"Mwana wanjye, mfite inyota; nzanira amazi.' *Sannyasi wari wuzuye ivumbi* yasabye Afzal ibi umunsi umwe akiri umwana mu mudugudu muto wo mu burasirazuba bwa Bengal.

"Mwigisha, Jye am a Umuhamedi. Uburyo yashoboraga wowe, a Umuhindu, Emera a ikinyobwa kuva yanjye amaboko?"

"Ukuri kwawe kuranshimishije, mwana wanjye. Sinkurikiza amategeko yo kwirukana amacakubiri adashingiye ku Mana. Genda; unzanire amazi vuba."

"Afzal's wubaha kumvira yari igihembo na a gukunda kureba kuva i yogi.

"Ufite karma nziza yo mu buzima bwa kera," yavuze yitonze. "Ndagiye kukwigisha uburyo runaka bwa yoga buzaguha kuyobora imwe mu nyamaswa zitagaragara. Imbaraga zikomeye zizaba izawe zigomba gukoreshwa ku ntego nziza; ntuzigere uzikoresha mu bwikunde! Ndabona, yewe! ko wazanye imbuto zimwe na zimwe zo kwangiza mu bihe byashize. Ntuzireke ngo zimere uzivomerera ibikorwa bibi bishya. Uburyohe bwawe karma yabanje ni ku buryo ugomba gukoresha ubu buzima kugira ngo uhuze ibyo wagezeho muri yoga n'intego nziza cyane z'ubugiraneza.'

"Nyuma kwigisha i gutangara umuhungu muri a bigoye tekini, i umuhanga yarazimiye.

"Afzal yakurikiranye imyitozo ye ya yoga mu buryo budahemuka mu gihe cy'imyaka makumyabiri. Ibikorwa bye by'igitangaza byatangiye gukurura abantu benshi. Bisa nkaho yahoraga aherekejwe n'umwuka udafite umubiri yise 'Hazrat.' Uyu muntu utagaragara yashoboye gusohozwa icyifuzo cya FAKIR na kimwe.

"Afzal yirengagije umuburo wa shebuja, atangira gukoresha nabi ububasha bwe. Ikintu cyose yakoragaho hanyuma agasimbuza cyahitaga kizimira nta kimenyetso na kimwe. Ibi byakunze gutuma Umuhamedi aba umushyitsi uteye isoni!

"Yajyaga asura amaduka manini y'imitako i Calcutta rimwe na rimwe, yiyerekana

nk'umuntu ushobora kugura. Umutako uwo ari wo wose yakoreshega warashiraga nyuma gato yo kuva muri iryo duka."

"Afzal yakundaga gukikizwa n'abanyeshuri amagana menshi, bakururwa n'icyizere cyo kumenya amabanga ye. Rimwe na rimwe *umufarisi* yabatumiraga ngo bajyane. Kuri sitasiyo ya gari ya moshi yashoboraga gukora ku muzingo w'amatike. Ayo matike yayasubizaga ku mukozi w'ikigo, akamubwira ati: 'Nahinduye igitekerezo, kandi sinzongera kuyagura ubu.' Ariko iyo yinjiraga muri gari ya moshi n'abari bamuherekeje, Afzal yari afite amatike asabwa. **18-2**

"Ibi bikorwa by'ubugizi bwa nabi byateje impagarara; abacuruzi b'imitako n'abagurisha amatike bo muri Bengali bari bafite ubwoba bwinshi! Polisi yashakaga guta muri yombi Afzal yasanze ntacyo ishoboye; *Fakir* yashoboraga gukuraho ibimenyetso bishinja icyaha avuga gusa ati: 'Hazrat, kuraho ibi.'"

Sri Yukteswar yahagurutse ku ntebe ye ajya ku ibaraza ry'icyumba cyanjye ryari rireba Ganges. Naramukurikiye, nifuzaga kumva byinshi kuri Raffles za Mohammedan ziteye ubwoba.

"Iyi nzu ya *Panthi* yahoze ari iy'inshuti yanjye. Yamenyanye na Afzal maze amubaza hano. Inshuti yanjye yatumiye n'abaturanyi bagera kuri makumyabiri, harimo nanjye. Icyo gihe nari nkiri muto, kandi numvaga mfite amatsiko menshi kuri uwo *mufarisi uzwi cyane*." Master yarasetse. "Nafashe ingamba zo kutambara ikintu cy'agaciro! Afzal yaranyitegereje cyane, hanyuma aravuga ati:

"Ufite amaboko akomeye. Manuka ujye mu busitani; fata ibuye risesuye wandikeho izina ryawe ukoresheje ingwa; hanyuma ujugunye ibuye kure cyane mu kibaya cya Ganges."

"Narumviye. Ibuye rikimara gucika bitewe n'imiraba ya kure, Umuhamedi yongera kumbwira ati:

""Wuzuze a inkono hamwe na Ganges amazi hafi i imbere bya ibi inzu.'"

"Nyuma Jye yari afite yasubijwe hamwe na a ubwato bya amazi, i *fakir* arataka, 'Hazirati, shyira i ibuye muri i inkono!'

"Ibuye ryahise rigaragara. Narikuye mu bwato maze nsanga umukono wanjye usomeka neza nk'uko byari bimeze igihe Nari narabyanditse.

"Babu, **18-3**" Umwe mu nshuti zanjye zari mu cyumba, yari yambaye isaha nini ya zahabu n'umunyururu. *Umufarisi* yabarebye anezerewe cyane. Bidatinze barabura!

""Afzal, ndakwinginze kugaruka yanjye by'agaciro umurage!' Babu yari hafi muri amarira.

"Umuyisilamu yamaze umwanya acecetse, hanyuma aravuga ati 'Ufite amarupi magana atanu mu gikoresho cy'icyuma. Unzanire, ndakubwira aho washyira isaha yawe.'

"Babu wari ufite agahinda yahise agenda iwe. Yagarutse vuba aha Afzal amafaranga yari asabwa."

""Genda ku kiraro gito kiri hafi y'inzu yawe,' *fakir* abwira Babu. 'Hamagara Hazrat aguhe isaha n'umunyururu.'"

"Babu kwihuta kure. Kuratangiye bye kugaruka, we yari kwambara a inseko bya ihumure na oya imitako icyo ari cyo cyose.

"Ubwo nategekaga Hazrat nk'uko byategetswe," yatangaje, "isaha yanjye yamanutse iva mu kirere ijya mu kuboko kwanjye kw'iburyo! Ushobora kuba uzi neza ko nafungiye umurage mu bubiko bwanjye mbere yo kongera kwinjira mu itsinda hano!"

"Inshuti za Babu, abahamya b'inkuru isekeje y'incungu y'isaha, barebaga Afzal bamurakariye. Noneho yavuze atuje."

"Ndakwinginze izina icyo ari cyo cyose ikinyobwa wowe icyifuzo; Hazrat ubushake umusaruro ni byo."

"Abatari bake basabye amata, abandi imitobe y'imbuto. Sinatunguwe cyane ubwo Babu wari ufite ubwoba yasabye whisky! Umuhamedi yatanze itegeko; Hazrat wari ufite inshingano yohereza amacupa afunze mu kirere aragwa hasi. Buri muntu yabonye ikinyobwa cyo yifuzaga."

"Isezerano ry'igikorwa cya kane gitangaje cy'umunsi nta gushidikanya ko ryashimishije uwatwakiriye: Afzal yatanze ifunguro rya saa sita ako kanya!"

Babu yagize ati: "'Reka dutumize ibiryo bihenze cyane,' ni ko Babu yavuze ababaye. 'Ndashaka ibiryo biryoshye ku mafaranga yanjye magana atanu y'amarupi! Byose bigomba gutangwa ku masahani ya zahabu!'"

"Buri mugabo amaze kuvuga ibyo akunda, *fakir* yiyambaje Hazrat utari uzima. Hakurikiyeho urusaku rwinshi; amasahani ya zahabu yuzuyemo kari zateguwe neza, *imboga zishyushye*, n'imbuto nyinshi zitari iz'igihe, byatugezeho biturutse ahantu hatagaragara. Ibiryo byose byari biryoshye. Nyuma yo kurya isaha imwe, twatangiye kuva mu cyumba. Urusaku rwinshi, nk'aho amasahani yari arimo arundanywa, rwatumye duhindukira. Dore! nta kimenyetso cy'amasahani yari arimo arabagirana cyangwa ibisigazwa by'ifunguro."

"Guruji," naciye mu ijambo, "niba Afzal yashoboraga kubona byoroshye ibintu nk'amasahani ya zahabu, kuki yifuzaga imitungo y'abandi?"

"Uyu *munyamafiki* ntiyari afite iterambere rikomeye mu buryo bw'umwuka."
"Ubuhanga bwe mu buryo bumwe na bumwe bwa yoga bwamuhaye uburenganzira bwo kugera ku kirere cy'inyenyeri aho icyifuzo icyo ari cyo cyose cyahitaga kigaragara. Binyuze mu mbaraga z'ikiremwa cy'inyenyeri, Hazrat, Umuhamedi yashoboraga guhamagara atome z'ikintu icyo ari cyo cyose ziturutse ku ngufu za etheriki hakoreshejwe ubushake bukomaye. Ariko ibintu nk'ibyo bikorerwa mu kirere birahinduka mu buryo bw'imiterere; ntibishobora kugumaho igihe kirekire. Afzal yakomeje kwifuza ubutunzi bwo ku isi, nubwo butari bukenewe cyane, bufite kuramba kwizerwa kurushaho."

Jye yarasetse. "Byo nabyo rimwe na rimwe irashira hafi ya yose mu buryo butari bwo!"

"Afzal ntiyari umuntu ukunda Imana," umwarimu yakomeje agira ati: "Ibitangaza bihoraho kandi by'ingirakamaro bikorwa n'abatagatifu nyakuri kuko bishyize mu mwanya wabo ku Muremyi ushobora byose. Afzal yari umuntu usanzwe gusa ufite imbaraga zidasanzwe zo kwinjira mu bwami butoroshye abantu bapfa batakunze

kwinjiramo kugeza bapfuye."

"Jyewe sobanukirwa ubu, Guruji. Itsinda nyuma y'isi igaragara kuri kugira bimwe gishimishije ibintu bidasanzwe."

Master yarabyemeye. "Ntabwo nigeze mbona Afzal nyuma y'uwo muni, ariko nyuma y'imyaka mike Babu yaje iwanjye kunyereka inkuru y'ikinyamakuru ivuga ku kwemera kwa Muhammadi mu ruhame. Muri yo namenye amakuru maze kukubwira ku byerekeye gutozwa kwa Afzal n'umuhindu."

Ingingo nyamukuru y'igice cya nyuma cy'inyandiko yasohotse, nk'uko Sri Yukteswar yabigarutseho, yari iyi ikurikira: "Jyewe, Afzal Khan, nanditse aya magambo nk'igikorwa cyo kwihana no kuba umuburo ku bashaka gutunga imbaraga z'ibitangaza. Namaze imyaka myinshi nkoresha nabi ubushobozi butangaje nahawe binyuze mu buntu bw'Imana na shebujja. Nasinze kwishyira hejuru, numva ko nari nrenze amategeko asanzwe y'umuco. Umunsi wanjye wo kubazwa warageze.

"Vuba aha nahuye n'umusaza ku muhanda uri hanze ya Calcutta. Yagendaga acumbagira, yitwaje ikintu gishyuha cyane gisa n'izahabu. Namubwiye mfite umururumba mu mutima wanjye."

"Jyewe am Afzal Khan, i byiza cyane *fakir* . Iki kugira wowe hariya?"

"Uyu mupira w'izahabu ni ubutunzi bwanjye bwonyine bufatika; ntushobora kugira icyo ugeraho ku muntu *ukunda ibinyoma* . Ndakwinginze, bwana, ngo ukize ubumuga bwanjye."

"Nakoze ku mupira ndagenda nta gisubizo. Umusaza yaranyirukanye. Bidatinze yateye hejuru ati: 'Zahabu yanjye yashize!'"

"Ubwo ntabyitayeho, yahise avuga mu ijwi rituje riturutse ku mubiri we w'integere nke:

"Kora wowe ntabwo kumenya nyewe?"

"Nahagaze nta cyo mvuga, ntangajwe no kuvumbura ko ikirema kidatangaje atari undi uretse umutagatifu ukomeye, kera cyane, wantangiye yoga. Yaragororotse; umubiri we uhita ukomera kandi ukiri muto."

"Noneho!" Indoro y'umwarimu wanjye yari ishyushye. 'Ndabona n'amaso wanjye ko ukoresha imbaraga zawe, atari ukugira ngo ufashe abantu bababaye, ahubwo uzikoreshe nk'umujura usanzwe! Ndagukuyeho impano zawe z'ubupfumu; Hazrat ubu yarakubohoye. Ntuzongera kuba iterabwoba muri Bengal!"

"Nahamagaye Hazrat mu ijwi ribabaye; ku nshuro ya mbere, ntiyabonekeye imbere wanjye. Ariko igitambaro cyijimye cyarasohotse mu buryo butunguranye; nabonye neza gutuka Imana mu buzima bwanjye."

"Mubyeyi wanjye, ndagushimiye ko waje kwirukana ubujiji bwanjye bumaze igihe kirekire.' Nari ndira imbere ye ndira. 'Ndasezeranya kureka ibyifuzo byanjye by'isi. Nziherera mu misozi kugira ngo ntekereze ku Mana ndi wenyine, niringiye ko nzahanagura amateka wanjye mabi.'

"Databuja yarangiriye impuhwe bucece. 'Ndumva ukuri kwawe,' amaherezo aravugaga. 'Kubera imyaka yawe ya mbere yo kumvira cyane, no kubera kwihana

kwawe ubu, nzaguha umugisha umwe. Ubundi bubasha bwawe burashize, ariko igihe cyose ukeneye ibiryo n'imyambaro, ushobora gukomeza guhamagara Hazrat kugira ngo abiguhe. Witange n'umutima wawe wose ku Mana gusobanukirwa mu misozi yonyine.'

"Umuhanga wanjye yaje kubura; nasigaye ndira kandi ntekereza. Muraho, isi! Ndagiye gusaba imbabazi z'Umukunzi w'Isi Yose."

18-1 : A Islamu yogi; kuva i icyarabu *faqir*, umukene; mu ntangiriro byashyizweho kuri dervishe muni a indahiro bya ubukene.

18-2 : Ibyanjye papa nyuma yabwiwe nyewe ibyo bya sosiyete, i Bengaluru-Nagpur Gari ya moshi, yari afite yabaye kimwe bya i amasosiyete uwahohotewe na Afzal Khan.

18-3 : Jye kora ntabwo kwibuka i izina bya Siri Yukteswar's inshuti, na ugomba Ohereza kuri we gusa nka "Babu" (Bwana).

IGICE: 19

Ibyanjye Mwigisha, Muri Calcutta, Igaragara Muri Serampore

"Akenshi mpura n'ibibazo byo gushidikanya ku Mana. Nyamara hari igihe igitekerezo cyo kubabaza umuntu kintera ubwoba: ese birashoboka ko nta bushobozi bw'ubugingo buhari? Ese umuntu ntabwo abura iherezo rye nyakuri niba ananiwe kurisesengura?"

Aya magambo ya Dijen Babu, mugenzi wanjye tubana mu nzu y'amacumbi ya *Panthi*, yavuzwe n'ubutumire bwanjye bwo guhura n'umwarimu wanjye.

"Sri Yukteswarji azagushyira muri *Kriya Yoga*," naramusubije. "Ituza imvururu z'ibitekerezo bibiri binyuze mu kwizera Imana imbere."

Muri uwo mugoroba Dijen yanjyanye mu nzu y'ingoro. Mu maso ya Mwalimu inshuti wanjye yabonye amahoro yo mu buryo bw'umwuka ku buryo yahise aba umushyitsi uhoraho. Kwita ku buzima bwa buri muni ntabwo bihagije ku muntu; ubwenge nabwo ni inzara kavukire. Mu magambo ya Sri Yukteswar, Dijen yabonye impamvu yo gushaka uko umuntu agerageza—abanza kubabara, hanyuma akabona korohereza—kugira ngo amenye uko umuntu ameze koko. Igituza cye kuruta kwibona gusuzuguritse kw'ivuka ry'igihe gito, gake cyane bihagije kuri Roho.

Ubwo njye na Dijen twari dukurikirana amasomo ya AB muri Koleji ya Serampore, twagize akamenyero ko kugenda hamwe tujya kuri ashram amasomo akimara kurangira. Akenshi twabonaga Sri Yukteswar ahagaze ku ibaraza rye ryo ku igorofa rya kabiri, atwakira neza amwenyura.

Umuni umwe nyuma ya saa sita Kanai, ukiri muto utuye muri termitage, yahuye nanjye na Dijen ku muryango atubwira inkuru ibabaje.

"Umuyobozi ni ntabwo hano; we yari yahamagawe kuri Calcutta na umuntu byihutirwa inyandiko."

Umunsi ukurikiyeho nahawe ikarita y'iposita n'umwarimu wanjye. Yari yanditse ati: "Nzava i Calcutta kuwa gatatu mu gitondo." "Wowe na Dijen muhurira kuri gari ya moshi ya saa cyenda kuri sitasiyo ya Serampore."

Ku wa gatatu ahagana saa mbiri n'igice za mu gitondo, ubutumwa bwa Sri Yukteswar bwarangarutseho cyane bugira buti: "Ndatinze; ntugahure na gari ya moshi ya saa cyenda."

Jye bigejejweho i ibiheruka amabwiriza kuri Dijen, nde yari yamaze yambaye kuri kugenda.

"Wowe n'ibitekerezo byawe!" Ijwi ry'inshuti yanjye ryari rituje cyane. "Nkunda kwiringira ijambo ryanditse rya Mwalimu."

Nazamuye ibitugu byanjye nicara bucece. Dijen yarakaye cyane, maze ajya ku muryango awufunga inyuma ye.

Kubera ko icyumba cyari cyijimye cyane, negereye idirishya rireba umuhanda. Izuba rike ryahise riyongera riba urumuri rwinshi aho idirishya ryari rifungiye icyuma ryazimiye burundu. Muri urwo ruhande rw'inyuma hagaragaye ishusho ya Sri Yukteswar yari yambaye umubiri wose!

Natunguwe cyane kugeza ubwo ntangaye, nahagurutse ku ntebe yanjye ndapfukama imbere ye. Mu buryo nsanzwe nsuhuzwa ibirenge by'umwarimu wanjye, nakoze ku nkweze ze. Izi zari inkweze nzi neza, zakozwe mu ibara ry'umuhondo, zipfutse umugozi. Igitambaro cye cya swami cyaranyishe; numvise neza imiterere y'ikanzu ye, ndetse n'ubushyamba bw'inkweze ze, n'amano ye yari arimo. Natangajwe cyane no kuvuka ijambo, nahaguruka ndamureba mfite ikibazo.

"Nishimiye ko wabonye ubutumwa bwanjye bwo kureba." Ijwi rya Master ryari rituje, risanzwe rwose. "Ubu narangije akazi kanjye i Calcutta, kandi nzagera i Serampore saa yine za gari ya moshi."

Ubwo nari nkireba ntazi, Sri Yukteswar yakomeje agira ati: "Iyi si iyerekwa, ahubwo ni umubiri wanjye n'amaraso yanjye. Imana yantegetse kuguha ubu bunararibonye, budasanzwe ku isi. Muzansanganire kuri sitasiyo; wowe na Dijen muzambona ngeze aho muri, nambaye uko ndi ubu. Nzaba ndi imbere y'undi mugenzi wanjye - umuhungu muto utwaye ikibindi cy'ifeza."

Umuhanga wanjye yashyize amaboko yombi ku mutwe wanjye, ampa umugisha mu ijwi rituje. Ubwo yasozaga avugaga ati " *Taba Asi* ," **19-1** Numvise urusaku rudasanzwe. **19-2** Umubiri we watangiye gushonga buhoro buhoro mu rumuri rwinshi. Ubwa mbere ibirenge bye n'amaguru bye byarazimye, hanyuma igituma n'umutwe we, nk'umuzingiro w'igitabo bizingirwa hejuru. Kugeza ku iherezo, numvise intoki ze zihagaze ku musatsi wanjye. Itara ryarashize; nta kindi cyari gisigaye imbere yanjye uretse idirishya ry'ibyuma n'umugezi w'izuba werurutse.

Nakomeje kuba mu rujijo, nibaza niba ntari uwahuye n'ibintu bidasanzwe. Dijen wari

warababaye cyane yahise yinjira mu cyumba.

"Mana ntabwo yari muri gari ya moshi ya saa tatu, ndetse na saa tatu n'igice." Inshuti yanjye yatanze itangazo rye imusaba imbabazi gato.

"Ngwino rero; ndabizi ko azahagera saa yine." Nafashe ukuboko kwa Dijen ndamwirukankana ku ngufu, ntitaye ku myigaragambyo ye. Mu minota nk'icumi twinjiye muri sitasiyo, aho gari ya moshi yari imaze guhagarara.

"Gariyamoshi yose yuzuye urumuri rw'umwuka wa Mwalimu! Ariyo!" Navuze nishimye cyane. "Urarota?" Dijen yarasetse cyane.

"Reka dutegereze hano." Nabwiye inshuti yanjye amakuru arambuye y'uburyo umushumba wacu yatuganaga. Nkirangiza gusobanura, Sri Yukteswar yaragaragaye, yambaye imyenda nk'iyo nari nabonye mbere gato. Yagendaga buhoro buhoro akurikiye umwana muto wari ufite ikibindi cy'ifeza.

Mu kanya gato ubwoba bukabije bwaranyishe, kubera ibintu bidasanze nanyuzemo. Numvise isi y'ibintu byo mu kinyejana cya makumyabiri iranyica; ese nari ndi mu bihe bya kera ubwo Yesu yabonekeraga Petero ku nyanja?

Ubwo Sri Yukteswar, umu-Yogi-Christ wo muri iki gihe, yageraga aho njye na Dijen twari dufite imizi, Master yamwenyuye inshuti yanjye maze aravuga ati:

"Jyewe yoherejwe wowe a ubutumwa nabyo, ariko wowe bari ntibishoboka kuri gufata "Byo."

Dijen yari acecetse, ariko aranyitegereza cyane. Tumaze guherekeza umushumba wacu mu rugo rwe, njye n'inshuti yanjye twerekeje kuri Koleji ya Serampore. Dijen yahagaze mu muhanda, uburakari buva mu mwenge we wose.

"Noneho rero! Umwigisha yoherejwe njyewe a ubutumwa! Nyamara wowe bihishe byo! Jye ubusabe umuntu ibisobanuro!"

"Ese nagufasha niba indorerwamo yawe yo mu mutwe ihinduka umutuzo ku buryo udashobora kwandika amabwiriza y'umwarimu wacu?" Nasubije n'umujinya.

Uburakari bwarashize mu maso ya Dijen. "Ndabyumva icyo ushaka kuvuga," aravugaga ababaye. "Ariko ndakwinginze usobanure uburyo wamenye iby'umwana ufite ikibindi."

Ubwo narangizaga inkuru y'uho Master yari agaragara mu nzu y'amacumbi muri icyo gitondo, njye n'inshuti yanjye twari twageze muri Koleji ya Serampore.

Dijen yagize ati: "Inkuru numvise ivuga ku mbaraga z'umwarimu wacu, ituma numva ko kaminuza iyo ari yo yose ku isi ari ishuri ry'incuke gusa."

Igice 19 Ibisobanuro by'amajambo y'epfo

19-1 : Itsinda Ikibengali "Muraho neza"; mu buryo burambuye, byo ni a

icyizere impamo: "Hanyuma Jye " 19-2: Ijwi ryihariye ry'ihinduka ry'atomu

z'umubiri.

IGICE: 20

Twebwe Kora Oya Sura Kashmir

"Papa, ndashaka gutumira Master n'inshuti zanjye enye kugira ngo bamperekeza mu misozi ya Himalaya mu biruhuko byanjye by'impeshyi. Ese nabona amakarita atandatu ya gari ya moshi ajya i Kashmir n'amafaranga ahagije yo kwishyura amafaranga y'urugendo?"

Nkuko nari niteze, Papa yarasetse cyane. "Ni ubwa gatatu umpaye inkuru imwe y'inkoko n'ikimasa. Ese ntiwasabye nk'iyi mu mpeshyi ishize, ndetse no mu mwaka wabanjirije uwo? Ku munota wa nyuma, Sri Yukteswarji yanze kujyayo."

"Ni ukuri, Papa; sinzi impamvu umushumba wanjye atambwira ijambo rye ryerekeye Kashmir." ~~20-~~ **1** Ariko iyo mubwiye ko namaze kubona amapasi kuri wewe, ndatekereza ko kuri iyi nshuro azemera gukora urugendo."

Icyo gihe Papa ntiyari yabyemera, ariko umunsi wakurikiyeho, nyuma yo gushimira cyane, yampaye amapasi atandatu n'umuzingo w'inoti z'amarupi icumi.

"Jyewe bitoroshye Tekereza ibyawwe inyigisho urugendo ibyo ukeneye nk'ibyo ngiro ibikoreshe," we yagize ati, "ariko hano bo "Ni

Kuri uwo mugoroba namurikiye Sri Yukteswar iminyago yanjye. Nubwo yamwenyuye kubera ibyishimo byanjye, amagambo ye ntiyari ayo kwiyezeza ati: "Ndifuzaga kugenda; tuzareba." Nta cyo yavuze ubwo nasabaga umwigishwa we muto wo muri hermitage, Kanai, kuduherekeza. Natumiye kandi izindi nshuti eshatu - Rajendra Nath Mitra, Jotin Auddy, n'undi muhungu umwe. Itariki yo kugenda kwacu yari yateganijwe kuwa mbere ukurikiyeho.

Ku wa Gatandatu no ku Cyumweru nagumye i Calcutta, aho imihango yo gushyingirwa kwa mubyara wanjye yizihizwaga mu rugo iwacu. Nageze i Serampore ntwaze imizigo yanjye mu gitondo cya kare cyo kuwa Mbere. Rajendra yansanze ku muryango w'inzu y'imbohe.

"Umuyobozi ni hanze, kugenda n'amaguru. We ifite yaranze kuri genda.

Nanjye nari mfite agahinda n'agahinda. "Sinzaha Papa amahirwe ya gatatu

yo gusebya imigambi yanjye yo gucuranga Kashmir. Ngwino; abandi bose tuzagenda uko byagenda kose."

Rajendra byumvikanyweho; Jye ibumoso i ashram kuri shaka a umugaragu. Kanai, Jye nari nzi, yakwitwara ntabwo gufata i urugendo

nta Mwalimu, kandi hari hakenewe umuntu wo kwita ku mitwaro. Natekereje kuri Behari, wahoze ari umukozi mu rugo iwacu, ubu akaba yarakoreraga umuyobozi w'ishuri rya Serampore. Ubwo nagendaga vuba vuba, nahuye n'umwarimu wanjye imbere y'urusengero rwa gikirisitu hafi y'urukiko rwa Serampore.

"Aho ni wowe "Ugiye?" Siri Yukteswar's isura yari ntamwenyuye.

"Bwana, numvise ko wowe na Kanai mutazajya mu rugendo twari duteganya. Ndimu gushaka Behari. Uribuka ko umwaka ushize yari afite amatsiko menshi yo kubona Kashmir ku buryo yemeye gukorera Imana nta mushahara."

"Ndibuka. Nyamara, sintekereza ko Behari azifuza

kugenda." Narababaye cyane. "Ari gutegerezanya amatsiko

aya mahirwe!"

Umunyeshuri wanjye yakomeje urugendo rwe bucece; nahise ngera kwa mwarimu. Behari, mu gikari, yanyakiriye neza cyane, maze ahita ashira ubwo navugaga ibya Kashmir. Umukozi yansabye imbabazi, maze yinjira mu rugo rw'umukoresha we. Nategereje igice cy'isaha, nizeza ko gutinda kwa Behari kwaterwaga n'imyiteguro y'urugendo rwe. Amaherezo nakomanze ku muryango.

Umugabo umwe yarambwiye ati: "Behari yasigaye ku madarajya y'inyuma mu minota mirongo itatu ishize." Amwenyura gato ku minwa ye.

Nagiye mbabaye, nibaza niba ubutumire bwanjye bwari bukabije cyane cyangwa niba ingaruka zitagaragara za Mwalimu zari zirimo gukora. Nnyuze mu itoreri rya gikristo, nongeye kubona umushumba wanjye agenda buhoro buhoro anyegera. Atategereje kumva raporo yanjye, yavuze ati:

"Rero Behari yakwitwara ntabwo genda! Noneho, iki ni ibyaweho gahunda?"

Numvaga meze nk'umwana w'umugome wiyemeje kurwanya se w'umuhanga. "Nyakubahwa, ngiye gusaba marume kumpa umugaragu we, Lal Dhari."

Sri Yukteswar yasubije aseka ati: "Reba nyirarume niba ubishaka." "Ariko ndatekereza ko utazaryohereza n'uruzinduko."

Kubera ubwoba ariko icyigomeke, navuye mu ishuri ryanjye ninjira mu Rukiko rwa Serampore. Data wacu wo kwa data, Sarada Ghosh, umunyamategeko wa leta, yanyakiriye neza cyane.

Namubwiye nti: "Uyu munsu ndagiye hamwe n'inshuti zanjye tujya i Kashmir. Maze imyaka myinshi ntegereje uru rugendo rwo mu misozi ya Himalaya."

"Ndishimye kubera wowe, Mukunda. Hari icyo nakora kugira ngo urugendo rwawe rurusheho kuba rwiza?"

Ibi ubwoko amagambo yatanze nyewe a guterura bya inkunga. "Mukundwa marume," Jye yaravuze ati, "yashoboraga wowe birashoboka ikiruhuko

njyewe ibyawe umugaragu, Lal "Dhari?"

Ubusabe bwanjye bworoshye bwagize ingaruka z'umutingito. Marume yasimbutse cyane ku buryo intebe ye yahirimye, impapuro zari ku meza ziguruka mu mpande zose, maze umuyoboro we, umutobe muremure w'igiti cy'umukoko, ugwa hasi cyane.

"Wa musore w'umwibone we," arataka cyane, ahinda umushyitsi, "mbega igitekerezo kidafite ishingiro! Ni nde uzanyitaho, niba ujyanye umugaragu wanjye mu byo kwinezeza byawe?"

Nahishe gutungurwa kwanjye, ntekereza ko guhinduka gutunguranye kwa marume mwiza mu maso byari ikindi kimenyetso kimwe gusa mu munsu w'ibitarasobanuka. Kwimuka kwanjye kuva mu biro by'urukiko kwari ukwitanga cyane kuruta kwiubaha.

Nasubiye mu rugo rw'ingoro, aho inshuti zanjye zari ziteraniye zitezwe. Nakomeje kwemera ko hari impamvu ihagije nubwo yaba ishingiyeye ku bitekerezo bya Mwalimu. Nababajwe n'uko nari ngerageje kuburizamo ubushake bw'umwarimu wanjye.

Sri Yukteswar yaramubajije ati: "Mukunda, ntiwakwishimira kugumana nanjye igihe kirekire?" "Rajendra n'abandi bashobora kuja imbere ubu, bakagutegereza i Calcutta. Hazabaho umwanya uhagije wo gufata gari ya moshi ya nyuma yo ku mugoroba iva i Calcutta ijya i Kashmir."

"Bwana, Jye ntukore kwita ku kuri genda nta wowe," Jye yavuze mu kababaro.

Inshuti zanjye ntizitaye ku byo navuze. Bahamagaye imodoka ya Hackney maze baragenda bafite imizigo yose. Jye na Kanai twicaye bucece ku birenge by'umwarimu wacu. Nyuma y'igice cy'isaha y'ituze ryuzuye, Master yarahagurutse yerekeza ku ibaraza ryo kuriramo ryo ku igorofa rya kabiri.

"Kanai, ndakwinginze gutanga Kwa Mukunda ibiryo. Ye gari ya moshi amababi vuba."

Nahagurutse mu ntebe yanjye y'igitambaro, ntangira kunyerera cyane mfite isesemi n'ibiyumvo bikaze mu nda yanjye. Ububabare bwari bukomeye cyane ku buryo numvise ko najugunywe mu muriro ukabije. Nakoze ku ruhande rw'umuhanga mu by'iyobokamana, maze ndagwa imbere ye, mpura n'ibimenyetso byose bya kolera ikomeye yo muri Aziya. Sri Yukteswar na Kanai baranjyanye mu cyumba cyo kwicara.

Nari mfite ububabare bwinshi, ndataka nti "Mwami, ndakweguriye ubuzima bwanjye," kuko nizeraga ko bwari butangiye kugabanuka vuba cyane mu mubiri wanjye.

Siri Yukteswar shyira yanjye umutwe ku byo ikibuno, gukubita yanjye agahanga hamwe na Malayika ubugwaneza.

Yagize ati: “Noneho urabona uko byari kugenda iyo uza kuba uri kuri sitasiyo hamwe n'inshuti zawe. Nagombaga kukwitaho muri ubu buryo butangaje, kuko wahisemo gushidikanya ku gitekerezo cyanjye cyo gufata urugendo muri iki gihe.”

Amaherezo narabyumvise. Kubera ko abayobozi bakuru badakunze kubona ko bikwiye kugaragaza imbaraga zabo ku mugaragaro, umuntu usanzwe umugenzuzi bya i umunsi ibikorwa yakwitwara kugira gutekereza ibyo ibyabo urukurikirane yari rwose bisanzwe.

Uburyo umujyanama wanjye yabikoze byari bitoroshye ku buryo byashoboraga gukeka. Yakoze ibyo ashaka binyuze muri Behari na Marume Sarada na Rajendra n'abandi mu buryo butagaragara ku buryo wenda buri wese uretse njye yatekerezaga ko ibintu byari bisanzwe.

Kubera ko Sri Yukteswar atigeze ananirwa kubahiriza inshingano ze mu mibereho myiza, yategetse Kanai kujya kwa muganga w'inzobere, no kubimenyesha marume.

"Umuyobozi," Jye bigaragambije, "gusa wowe gishobora gukira njyewe. Jye am nabyo kure yagiye kuri icyo ari cyo cyose muganga."

"Mwana wanjye, urinzwe n'Imbabazi z'Imana. Ntugahangayikishwe n'umuganga; ntazagusanga muri ubu buzima. Wamaze gukira."

Amagambo y'umwarimu wanjye yatumye umubabaro ukabije umva. Naricaye mfite intege nke. Umuganga yahise ahagera aransuzuma neza.

Yagize ati: "Usa nkaho wanyuze mu bihe bibi cyane. Nzajyana ingero zimwe na zimwe zo gupimisha muri laboratwari."

Itsinda gukurikira mugitondo i umuganga yahageze vuba vuba. Jye yari kwicara hejuru, muri byiza imyuka mibi.

"Noneho, dore uri kumwenyura kandi uganira nk'aho nta rupfu wahuye narwo." Yankomangaga buhoro. "Sinigeze nizera ko nzagusanga uri muzima, nyuma yo kuvumbura muri za sampuli ko indwara yawe ari kolera yo muri Aziya. Ufite amahirwe, musore, kugira umuhanga ufite imbaraga zo gukiza! Ndabyizeye!"

Naremeye n'umutima wanjye wose. Ubwo umuganga yiteguraga kugenda, Rajendra na Auddy bagaragaye ku muryango. Inzika mu maso habo yahindutse impuhwe ubwo barebaga umuganga hanyuma bareba isura yanjye isa n'aho ishaje.

"Twebwe bari uburakari igihe wowe ntabwo guhindukira hejuru nka byemeranyijweho kuri i Calcutta gari ya moshi. Wowe kugira yabaye ndwaye?"

"Yego." Sinashoboye kwirinda guseka ubwo inshuti zanjye zashyiraga imizigo mu mfuruka imwe yari irimo ejo. Nasubije amagambo agira ati: "Hari ubwato bwagiye muri Esipanye; bumaze kuhagera, bwaragarutse !"

Mwalimu yinjiye mu cyumba. Nemereye umuntu ukiri muto kwibohora, maze mfata ukuboko kwe mu rukundo.

"Guruji," naravuze, "kuva mu mwaka wanjye wa cumi n'ibiri, nagerageje byinshi kugira ngo ngere mu misozi ya Himalaya ariko sinabigeraho. Amaherezo nemeza ko Imana y'Imana Parvati idafite imigisha 20-2. ntabwo bazanyakira!"

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20-1 : Nubwo Umwigisha byananiranye kuri gukora icyo ari cyo cyose ibisobanuro, bye kudashaka kuri gusura Kashmir mu gihe ibyo bibiri impeshyi bishobora kuba byari ukumenya mbere y'igihe ko igihe cyari kitaragera cyo kurwara kwe (reba igice cya 22).

20-2 : Mu buryo bw'umwimerere, "bya i imisozi. Parvati, mu buryo bw'imigani ahagarariwe nka a umukobwa bya Himavat cyangwa i cyera

IGICE: 21

Twabwwe Sura Kashmir

"Ubu ufite imbaraga zihagije zo kugenda. Nzaguherekeza ujya i Kashmir," Sri Yukteswar yambwiye nyuma y'iminsi ibiri gukira igitangaza kwa kolera yo muri Aziya.

Kuri uwo mugoroba, itsinda ryacu ry'abantu batandatu ryagiye mu majyaruguru. Twahagaze bwa mbere twitonze kuri Simla, umujyi w'umwamikazi uhagaze ku ntebe y'ubwami y'imisozi ya Himalaya. Twatemberaga mu mihanda miremire, twishimira ibyiza nyaburanga.

"Inkeri zo mu Bwongereza ziragurishwa," umukecuru umwe arataka, yicaye mu isoko ryiza cyane .

Umwigisha yari afite amatsiko yo kumenya imbuto nto zitukura zidasanzwe. Yaguze agaseke kuzuye maze aduha Kanai nanjye twari hafi aho. Nanyoye imbuto imwe ariko ndayicira hasi vuba.

"Bwana, iki a birakarishye imbuto! Jye yashoboraga nta na rimwe nka sitrobere!

Umuhanga wanjye yarasetse ati: "Uzabikunda muri Amerika. Mu ifunguro rya nimugoroba, nyir'inzu azabitanga hamwe n'isukari n'amavuta. Amaze gusya imbuto akoresheje ikanya, uzabiryoha maze uvuge uti: 'Mbega amasitrobe meza!' Hanyuma uzibuka uyu muni muri Simla."

Iteganyagihe rya Sri Yukteswar ryarashize mu mutwe wanjye, ariko ryongeye kugaruka nyuma y'imyaka myinshi, nyuma gato yo kugera muri Amerika. Nari umushyitsi wo gusangira ifunguro rya nimugoroba mu rugo rwa Madamu Alice T. Hasey (Mushiki wacu Yogmata) i West Somerville, muri Massachusetts. Ubwo hashyirwaga deseri y'inkeri ku meza, nyir'inzu yakiraga umugeri we maze anyongereraho imbuto, yongeraho amavuta n'isukari. Yagize ati: "Imbuto ziraryoshye cyane; ndatekereza ko uzakunda ko zikosorwa muri ubu buryo."

Nafashe akanwa gato. "Mbega amashurwe meza!" Naravuze nti. Ako kanya, ubuhanuzi bwa mwari wanjye muri Simla bwavuye mu buvumo butagira uko bungana bw'urwibutso. Byari bitangaje kubona ko kera ubwenge bwa Sri Yukteswar bw'Imana bwari bwaramenye neza gahunda y'ibintu bya karmic byari mu gihe kizaza.

Abakinnyi bacu bahise bava i Simla bajya kwitoza berekeza i Rawalpindi. Aho ngaho twakodesheje imodoka nini, ikururwa n'amafarasi abiri, aho twatangiriye urugendo rw'iminsi irindwi tujya i Srinagar, umurwa mukuru wa Kashmir. Umunsi wa kabiri w'urugendo rwacu rwerekezaga mu majyaruguru wagaragaje ubunini nyabwo bwa Himalaya. Ubwo amapine y'icyuma y'imodoka yacu yagendaga avuza induru mu mihanda ishyushye kandi irimo amabuye, twashimishijwe n'imiterere y'imisozi miremire ihinduka.

"Bwana," Auddy yavuze kuri Mwigisha, "Jyewe am cyane kwishimira ibi icyubahiro amashusho muri ibyaweho cyera sosiyete."

Numvise nishimye cyane kubera ko Auddy yanshimiye, kuko nari ndi umushyitsi muri uru rugendo. Sri Yukteswar yantekerejeho; arahindukira aranyongorerera ati:

"Ntukiyishime; Auddy ntabwo ashishikajwe n'ahantu nyaburanga nk'uko ashishikajwe n'uko yadusiga igihe gihagije ngo tunywe itabi."

Natunguwe cyane. "Bwana," navuze mu ijwi rituje, "ndakwinginze ntugasenye ubwumvikane bwacu n'aya magambo mabi. Sinshobora kwemera ko Auddy arimo gushaka itabi. - Narebye mfite ubwoba ku muhanga wanjye usanzwe udacika intege.

"Nibyo rwose; ntacyo mbwira Auddy." Master yarasetse. "Ariko uzabona vuba aha, igihe landau izaba ihagaze, ko Auddy yihutiye gukoresha amahirwe ye."

Igare ryageze ku karavansera gato. Ubwo amafarasi yacu yajyanwaga kuvomerwa, Auddy yaramubajije ati: "Bwana, bikubangamiye ko njyana n'umushoferi igihe gito? Ndashaka kubona umwuka wo hanze."

Siri Yukteswar yatanze uruhushya, ariko yavuze kuri nyewe, "Yewe ibyo ashaka bishya umwotsi na ntabwo bishya umwuka."

Inzu ya Landau yongeye gutera imbere mu mihanda yuzuye ivumbi. Amaso ya Master yaranyeganyegaga; arambwira ati "Injiza ijosi ryawe unyuze mu muryango w'igare urebe icyo Auddy arimo gukora n'ikirere."

Narabyemeye, maze ndatangazwa no kubona Auddy arimo asohora impeta z'umwotsi w'itabi. Narebye Sri Yukteswar nkumva mbabajwe.

"Uri mu kuri, nkuko bisanzwe, bwana. Auddy arimo kwishimira gushyuha hamwe n'urumuri." Natekereje ko Inshuti yanjye yari yahawe impano n'umushoferi wa tagisi; nari nzi ko Auddy atari yajyanye itabi i Calcutta.

Twakomeje inzira y'inzitane, yubakishijwe amaso y'imigezi, ibibaya, ibitare binini, n'imisozi miremire. Buri joro twahagararaga mu macumbi yo mu cyaro, tugategura

ibyo kurya byacu. Sri Yukteswar yitaga cyane ku mirire yanjye, asaba ko njya mfata umutobe w'indimu mu mafunguro yose. Nari nkiri muto, ariko buri munsu ndimo ndatera imbere, nubwo imodoka yari imeze nk'iy'inyuma yari yagenewe gusa kumererwa nabi.

Twishimiye cyane ubwo twegeraga Kashmir yo hagati, igihugu cy'ijuru cyuzuyemo ibiyaga bya lotus, ubusitani bureba mu mazi, amato meza y'inzu, uruzi rwa Jhelum rufite ibiraro byinshi, n'ubwatsi bw'indabyo, byose bikikije imisozi miremire ya Himalaya. Twegeraye Srinagar twanyuze mu nzira

inzira y'ibiti birebire kandi byiza. Twari dufite ibyumba byo gucumbikiramo abantu mu nzu y'amacumbi ifite amagorofa abiri ireba imisozi myiza. Nta mazi yo mu mazi yari ahari; twavomaga amazi yacu mu iriba ryari hafi aho. Ikirere cy'impeshyi cyari cyiza, hamwe n'iminsi ishyushye n'amajoro akonje gato.

Twakoze urugendo rurerure tujya mu rusengero rwa kera rwa Srinagar rwa Swami Shankara. Ubwo narebaga ahantu nyaburanga ho mu mpinga y'umusozi, nhagaze nshize amanga mu kirere, naguye mu kantu k'ibyishimo byinshi. Iyerekwaga ryagaragaye ry'inzu nini iri ku musozi mu gihugu cya kure. Ibuye rirerire rya Shankara imbere yanjye ryahinduwe inyubako aho, nyuma y'imyaka myinshi, nashinze icyicaro gikuru cya Self-Realization Fellowship muri Amerika. Ubwo nasuraga Los Angeles bwa mbere, nkabona inyubako nini iri ku gasongero k'umusozi wa Washington, nahise nyimenya mu byo nabonye kera muri Kashmir na ahandi hantu.

Iminsi mike i Srinagar; hanyuma nkomeza i Gulmarg ("inzira z'imisozi y'indabyo"), ndende cyane ho metero ibihumbi bitandatu. Aho ni ho nakoreye urugendo rwanjye rwa mbere ku ifarashi nini. Rajendra yagenderaga ku ifarashi nto, umutima we wari urimo gushaka kwihuta cyane. Twageze ku gasozi ka Khilanmarg gahanamye cyane; inzira yanyuraga mu ishyamba ryinshi, ryuzuyemo ibihumyo by'ibiti, aho inzira zari zitwikiriwe n'ibihumyo akenshi zari ziteje akaga. Ariko inyamaswa nto ya Rajendra ntiyigeze yemerera ifarashi yanjye nini cyane kuruhuka gato, ndetse no mu mpande zikomeye cyane. Ifarashi ya Rajendra yakomeje irakomeza, itazi icyo ibona uretse ibyishimo byo guhiganwa.

Isiganwa ryacu rikomeye ryahembwe no kureba ibintu bitangaje. Ku nshuro ya mbere muri ubu buzima, narebye impande zose imisozi miremire ya Himalaya itwikiriwe n'urubura, iri ku rwego rumwe ku rundi nk'ibishushanyo binini cyane. Amaso yanjye yarishimye cyane iyo ntegereje imisozi miremire irimo urubura, ntegereje ikirere cy'ubururu bw'izuba.

Nazungurutse nishimye hamwe n'inshuti zanjye zikiri nto, twese twambaye amakoti y'imbere, ku misozi yera irabagirana. Mu rugendo rwacu rwo kumanuka twabonye kure tapi nini y'indabyo z'umuhondo, zihindura imiterere y'imisozi mibi.

Ingendo zacu zakurikiyeho zari mu "busitani bw'ibyishimo" bw'umwami w'abami Jehangir, i Shalimar na Nishat Bagh. Ingoro ya kera i Nishat Bagh yubatswe neza hejuru y'amazi karemano. Umugezi umanuka uva mu misozi, wagenzuwe binyuze mu buryo bw'ubuhanga bwo gutemba hejuru y'amabara meza no kwisuka mu masoko hagati y'indabyo nziza cyane. Umugezi kandi winjira mu byumba byinshi by'ingoro, amaherezo umanuka nk'uw'umugeni mu kiyaga kiri hepfo. Ubusitani bunini burimo amabara menshi y'indabyo z'amabara menshi, snapdragons, lavender, pansies, amapapayi. An emerald gufunga imiterere ni byatanzwe na uburinganire imirongo y'Abashinwa, **21-2** ibiti bya sipuresi, ibiti bya seri; inyuma yabyo hari imisozi miremire y'imisozi ya Himalaya.

Inzabibu zo muri Kashmir zifatwa nk'ibiryo bidasanzwe muri Calcutta. Rajendra, wari wizezaga ibirori bikomeye ageze i Kashmir, yababajwe no gusanga nta mirima minini y'imizabibu ihari. Rimwe na rimwe naramusekaga kubera ibyo yari yiteze bidafite ishingiro.

Navugaga nti: "Oh, nararuhijwe cyane n'imizabibu ku buryo ntashobora kugenda!"

Navugaga nti: "Inzabibu zitagaragara zirimo gutera imbere muri njye!" Nyuma numvise ko inzabibu nziza zikura cyane i Kabul, mu burengerazuba bwa Kashmir.

Twiyibukije ice cream ikozwe mu *ifu* , amata meza cyane, kandi

uburyohe hamwe na byose pistachio imbuto.

Twakoze ingendo nyinshi mu *bwato bw'ishyamba* cyangwa mu bwato bw'amazu, burimo igicucu cy'ibisenge bitukura, binyura mu miyoboro y'amazi y'ikiyaga cya Dal, urusobe rw'imiyoboro imeze nk'urushundura rw'amazi. Aha ngaha ubusitani bwinshi burenga, bwakozwe neza cyane n'ibiti n'ubutaka, butungura umuntu cyane, ku buryo butangaje kubona imboga n'amahumbezi bikura mu mazi manini. Rimwe na rimwe umuntu abona umuhinzi, yanga "gushinga imizi mu butaka," akurura "ubutaka" bwe bwa kare agana ahantu hashya mu kiyaga cyuzuye intoki nyinshi.

Muri iki kibaya cyuzuyemo amagorofa, umuntu abona ishusho y'ubwiza bwose bw'isi. Umudamu wa Kashmir afite intebe y'imisozi, afite indabyo z'ibirabyo, kandi afite inkweto z'indabyo. Mu myaka yakurikiyeho, nyuma yo gusura ibihugu byinshi bya kure, nasobanukiwe impamvu Kashmir ikunze kwitwa ahantu nyaburanga cyane ku isi. Ifite bimwe mu byiza by'imisozi miremire yo mu Busuwisi, na Loch Lomond muri Ecosse, ndetse n'ibiyaga byiza cyane byo mu Bwongereza. Umugenzi w'Umunyamerika wa Kashmir yabonye byinshi bimubutsa ubwiza bukomeye bwa Alaska n'umusozi wa Pikes hafi ya Denver.

Nk'abitabiriye amarushanwa y'ubwiza nyaburanga, ndatanga ku mwanya wa mbere ishusho nziza ya Xochimilco muri Megizike, aho imisozi, ikirere n'ibiti by'imikindo bigaragara mu nzira nyinshi z'amazi hagati y'amafi akunda gukina, cyangwa ibiyaga bisa n'amabuye y'agaciro bya Kashmir, birinzwe nk'abakobwa beza bakurikiranwa cyane n'imisozi ya Himalaya. Aha hantu habiri ndahazirikana nk'ahantu heza cyane ku isi.

Nyamara natangajwe cyane no kubona ibitangaza bya Pariki y'Igihugu ya Yellowstone n'ibya Grand Canyon ya Colorado, na Alaska. Pariki ya Yellowstone ishobora kuba ari yo gace konyine umuntu ashobora kubonamo imiyoboro itagira ingano irasa mu kirere, umwaka ku wundi ikora nk'isaha. Ibidendezi byayo bya opal na safiro n'amasoko ashyushye y'amazi ya sulfure, amadubu yayo n'innyamaswa zo mu gasozi, byibutsa umuntu ko hano Kamere yasize icyitegererezo cy'iremwa ryayo rya mbere. Igenda mu nzira Imihanda ya Wyoming igana ku "Inkono y'Irangi ry'Umubibyi" irimo ibyondo bishyushye bishyuha, ifite amasoko y'amazi, amasoko y'amazi ahumeka, n'ibigega by'amazi bisohoka mu mpande zose, nashakaga kuvuga ko Yellowstone ikwiye igihembo cyihariye kubera umwihariko wayo.

Ibiti bitukura bya kera bya Yosemite, birambuye inkingi nini cyane mu kirere kidasobanutse, ni katedrali karemano z'icyatsi kibisi zakozwe mu buryo bw'ubuhanga buhebuje. Nubwo hari amasumo meza mu Burasirazuba, nta na rimwe rihwanye n'ubwiza bunini bwa Niagara hafi y'umupaka wa Kanada. Ubuvumo bwa Mammoth bwo muri Kentucky n'Ubuvumo bwa Carlsbad muri New Mexico, bufite imiterere y'amabara menshi asa n'urubura, ni ahantu heza cyane ho mu bigirwamana. Udushinge twazo turerire tw'inkuta za stalactite, zimanitse mu

buvumo. igisenge na indorerwamo muri munsu y'ubutaka amazi, ubu a kureba kure bya ibindi isi nka byakundwaga n'umuntu.

Abenshi mu Bahindu bo muri Kashmir, bazwi ku isi kubera ubwiza bwabo, ni abazungu nk'Abanyaburayi kandi bafite imiterere isa n'iy'amagufwa; benshi bafite amaso y'ubururu n'umusatsi w'umuhondo. Bambaye imyenda yo mu Burengerazuba, basa n'Abanyamerika. Imigezi ya Himalaya ikonje irinda Abakashmiri izuba ryinshi n'izuba ryinshi. kubika ibyabo urumuri uruhu rw'uruhu. Nkuko kimwe ingendo kuri i amajyepfo na ahantu hashyuha cyane imisozi miremire y'Ubuhinde, agenda arushaho kubona ko abantu barushaho kwijima.

Nyuma y'ibyumweru byiza namaze muri Kashmir, byabaye ngombwa ko nsubira muri Bengal mu gihembwe cy'impeshyi cya Koleji ya Serampore. Sri Yukteswar yagumye muri Srinagar, hamwe na Kanai na Auddy. Mbere y'uko ngenda, Master yavuze ko umurambo we uzababazwa muri Kashmir.

"Bwana, usa n'umuntu ufite ubuzima bwiza,"

ndabyitotomba. "Hari amahirwe ko nshobora

no kuva kuri iyi si."

"Guruji!" Naguye imbere ye nsaba cyane. "Ndakwinginze umusezeranye ko utazava mu mubiri wawe ubu. Siniteguye na gato gukomeza ntari kumwe nawe."

Sri Yukteswar yari acecetse, ariko aransekerera cyane ku buryo numvise nduhutse. Nahise mbyirengagiza ndamureka.

"Mwami urwaye cyane." Iyi telegaramu ya Auddy yangezeho nyuma gato yo gusubira i Serampore.

"Bwana," nasubije umukunzi wanjye mu ijwi rituje nti "Nagusabye isezerano ryo kutazansiga. Ndakwinginze komeza umubiri wawe; bitabaye ibyo, nanjye nzapfa."

"Ba byo nka wowe icyifuzo. Ibi yari Siri Yukteswar's igisubizo kuva Kashmir.

Ibaruwa ya Auddy yageze mu minsi mike, imbwira ko Master yari yakize. Ubwo yagarukaga i Serampore mu byumweru bibiri byakurikiyeho, nababajwe no gusanga umurambo w'umuganga wanjye wagabanutseho kimwe cya kabiri cy'uburemere nk'uko byari bisanzwe.

Ku bw'amahirwe kuri bye abigishwa, Siri Yukteswar yatwitswe byinshi bya ibyabo ibyaha muri i umuriro bya bye umuriro ukabije muri Kashmir. Uburyo bwa metafiziki bwo kwimura indwara buzwi ku bantu bakomeye cyane bakora yoga. Umuntu ukomeye ashobora gufasha umunyanteye nke mu kumufasha kwikorera umutwariro we uremereye; Umuntu ukomeye mu by'umwuka ashobora kugabanya imitwariro y'umubiri cyangwa iy'ubwenge y'abigishwa be asangira karma y'ibikorwa byabo bya kera. Nk'uko umukire atakaza amafaranga iyo yishyuye umwenda munini w'umwana we w'ikirara, bityo agakizwa ingaruka mbi z'ubupfapfa bwe, ni ko n'umutware yemera guhara igice cy'ubutunzi bwe kugira ngo agabanye imibabaro y'abigishwa be. **21-3**

Mu buryo bw'ibanga, umuyogi ahuza ubwenge bwe n'umubiri we n'umubiri w'umuntu uri mu mibabaro; indwara ikwirakwizwa, yose cyangwa igice cyayo, ku mubiri w'umutagatifu. Amaze gusarura Imana mu murima ufatika, umwarimu ntakiyitaho ku bibera kuri iyo miterere y'umubiri. Nubwo ashobora kuyireka

ikagaragaza indwara runaka kugira ngo yoroherenze abandi, ubwonko bwe ntibugira ingaruka; yibona afite amahirwe yo kuba yarashobora gutanga ubwo bufasha.

Uwiyeguriye Imana wageze ku gakiza ka nyuma muri Nyagasani asanga umubiri we wujuje neza intego yawo; ashobora kuwukoresha mu buryo bwose abona ko bumukwiriye. Umurimo we mu isi ni ukugabanya imibabaro y'abantu, haba binyuze mu buryo bw'umwuka cyangwa inama z'ubwenge cyangwa imbaraga z'ubushake cyangwa binyuze mu kwimura indwara mu buryo bw'umubiri. Umutware ashobora kwibagirwa ubukana bw'ibintu byose igihe cyose abishakiye, ariko rimwe na rimwe akaba

ahitamo kwihanganira ububabare bw'umubiri mu buryo buhamye, nk'urugero ku bigishwa. Mu gushyira indwara z'abandi, yoga ishobora guhaza, kuri bo, itegeko rya karmic ry'impamvu n'ingaruka. Iri tegeko rikora mu buryo bw'ikoranabuhanga cyangwa imibare; imikorere yaryo ishobora guhindurwa mu buryo bwa siyansi n'abantu b'Imana ubwenge.

Amategeko y'umwuka ntasaba ko umuganga arwara igihe cyose akijije undi muntu. Ubusanzwe gukira indwara bibaho binyuze mu bumenyi bw'umutagatifu ku buryo butandukanye bwo gukira ako kanya. muri iki oya gukomereka kuri i iby'umwuka umuvuzi ni bifatanye isano. Kuratangiye gake cyane ibihe, icyakora, a Umwigisha wifuzaga kwihutisha cyane iterambere ry'abigishwa be ashobora gukora ku bushake ku mubiri we igice kinini cya karma yabo idakenewe.

Yesu yigaragaje nk'incungu y'ibyaha bya benshi. Akoresheje imbaraga ze z'Imana, **21-4** umubiri we ntiwari gushobora kwicwa ku musaraba iyo ataza gukorana ku bushake n'itegeko ry'isi ry'impamvu n'ingaruka. Bityo yikorera ingaruka za karma y'abandi, cyane cyane iz'abigishwa be. Muri ubwo buryo, batunganyijwe cyane kandi bakwiriye kwakira ubwenge buriho hose bwaje kubagwaho nyuma.

Umuhanga wiyizi ni we wenyine ushobora kwimura imbaraga ze z'ubuzima, cyangwa akazana mu mubiri we indwara z'abandi. Umuntu usanzwe ntashobora gukoresha ubu buryo bwa yoga bwo kuvura, kandi ntabwo ari byiza ko abikora; kuko igikoresho kidakora neza ari imbogamizi ku gutekereza ku Mana. Ibyanditswe by'Abahindu byigisha ko inshingano ya mbere y'umuntu ari ukurinda umubiri we kuguma mu buryo bwiza; bitabaye ibyo ubwenge bwe ntibushobora gukomeza kwibanda ku gusenga.

Icyakora, ubwenge bukomeye bushobora kurenga ingorane zose z'umubiri no kugera ku kuntu Imana ibona ibintu. Abatagatifu benshi birengagije indwara maze batsinda mu gushaka kwabo Imana. Mutagatifu Fransisiko wa Asizi, yararwaye indwara zikomeye, yakijije abandi ndetse anazura abapfuye.

Nari nzi umutagatifu w'Umuhinde, kimwe cya kabiri cy'umubiri we cyari cyaratwikiriye ibisebe. Indwara ye ya diyabete yari ikomeye cyane ku buryo mu bihe bisanzwe atashoboraga kwicara agace gato mu gihe cy'iminota irenga cumi n'itanu. Ariko icyifuzo cye cyo mu mwuka cyari kidasubirwaho. Yasenze ati: "Mwami, ndakwinginze winjire muri Urusengeri rwanjye rwangiritse?" Akoresheje itegeko ry'ubushake rihoraho, umutagatifu yashoboye kwicara buri munsu. mu mwanya wa lotus amasaha cumi n'umunani akurikirana, nishimye cyane mu byishimo.

"Kandi," yarambwiye, "nyuma y'imyaka itatu, nabonye Umucyo Udashira uraka mu mubiri wanjye wavunitse. Nishimiye ubwiza bw'ibyishimo, nibagirwa umubiri. Nyuma nabonye ko wari wuzuye binyuze mu mpuhwe z'Imana."

Inkuru y'amateka yerekeye Umwami Baber (1483-1530), washinze ubwami bwa

Mogul mu Buhinde. Umuhungu we, Igikomangoma Humayun, yari arwaye cyane. Se yasenze yivuye inyuma ko yakira iyo ndwara, kandi ko umuhungu we yarokoka. Nyuma y'uko abaganga bose batakaje icyizere, Humayun yarakize. Baber yahise arwara ahita apfa azize indwara imwe yari yarateye umuhungu we. Humayun yasimbuye Baber ku ngoma y'abami ba Hindustan.

Abantu benshi batekereza ko buri mutware wese w'umwuka afite, cyangwa akwiye kugira, ubuzima n'imbaraga bya Sandow. Itsinda kwibwira ni nta shingiro bifite. A uburwayi umubiri ikora ntabwo garagaza ibyo a umwarimu ni ntabwo muri gukoraho

hamwe n'imbaraga z'Imana, kimwe n'uko ubuzima bw'ubuzima bwose bugaragaza urumuri rw'imbere. Imiterere y'umubiri, mu yandi magambo, ntishobora kugirwa ikizamini cy'umuyobozi. Ibiranga umuntu bimuranga bigomba gushakishwa mu rwego rwe bwite, mu buryo bw'umwuka.

Abantu benshi bashakisha ibintu mu Burengerazuba bw'Isi bibeshya ko umuntu uvuga cyangwa umwanditsi w'umuhanga mu by'ubumenyi bw'isi agomba kuba ari umuhanga. Ariko, aba-Rishi bavuze ko ikizamini cya aside cy'umuhanga ari ubushobozi bw'umuntu bwo kwinjira mu mimerere yo kubura umwuka uko abyishakiye, no kugumana *samadhi idacika ya nirbikalpa* . **21-5** Ni muri ibyo bintu gusa umuntu ashobora kwerekana ko "yashoboye" *maya* cyangwa "dualistic Cosmic Delusion". Ni we wenyine ushobora kuvuga mu buryo bwimbitse ati: " *Ekam sat* ," - "Hariho Umwe Rukumbi."

" *Abaveda* bavuga ko umuntu utazi ubwenge uhora yishimira gutandukanya roho n'Imana isumba byose aba ahuye n'akaga," Shankara, umuhakanyi ukomeye, yaranditse ati: "Aho hari ububiri bitewe n'ubujiji, umuntu abona ibintu byose nk'ibitandukanye n'Imana. Iyo byose bibonwa nk'Imana, nta n'atomu ibaho uretse Imana isanzwe."

"Nk'uko vuba nka i ubumenyi bya i Ukuri ifite yavutse hejuru, hariya gishobora kuba oya imbuto bya ibyashize ibikorwa kuba umuntu ubyibonera, bitewe n'uko umubiri utari uhari, kimwe n'uko nta nzozi zishobora kubaho nyuma yo gukanguka."

Abahanga mu by'ubumenyi bw'Imana ni bo bonyine bashobora kwemera karma y'abigishwa. Sri Yukteswar ntiyari kubabazwa muri Kashmir keretse ahawe uburenganzira n'Umwuka uri muri we bwo gufasha abigishwa be muri ubwo buryo butangaje. Abatagatifu bake ni bo bari bafite ubwenge bwo gushyira mu bikorwa amategeko y'Imana kurusha Databuja wangiriye inama.

Igihe Jye yagerageje a bike amagambo bya impuhwe birarangiye bye kunanuka ishusho, yanjye umwarimu yavuze neza:

"Ifite ibyiza byayo; ubu nshobora kwinjira mu myenda mito *ya ganji* (imbere) ntamaze imyaka myinshi nambara!"

Numvise aseka cyane ya Mwalimu, nibutse amagambo ya Mutagatifu Fransisiko wa Sales agira ati: "Umutagatifu ubabaye ni umutagatifu ubabaye!"

21-1 : Byabyo ni a Ikimenyetso bya kutubaha, muri Ubuhinde, kuri umwotsi muri i kuhaba bya

iby'umuntu abasaza na abayobozi. 21-2: Igiti cy'indege cyo mu Burasirazuba..

21-3 : Byinshi Umukristo abatagatifu, harimo Therese Neumann (reba igice 39), ni ibizwi hamwe na i metafizikiki kohereza indwara .

21-4 : Kristo yaravuze ati, gusa mbere we yari Kuyoborwa kure kuri kuba yabambwe: "Utekereza cyane wowe ibyo Jye ntibishobora ubu gusenga kuri yanjye Data, kandi we agomba ubu gutanga njyewe byinshi kuruta cumi na kabiri ingabo z'ingabo bya abamarayika? Ariko gute hanyuma agomba i ibyanditswe byera kuba byuzuye, ibyo bityo "Bigomba kuba byo?" - *Matayo* 26:53-54.

21-5 : Reba ibice 26, 43 *inyandiko* .

IGICE: 22

Itsinda Umutima Cya A Ibuye Ishusho

"Nk'umugore w'indahemuka w'Umuhindu, sinshaka kwinubira umugabo wanjye. Ariko ndifuza kumubona ahinduka akava mu bitekerezo bye byo gukunda ubutunzi. Ashimishwa no gushinyagurira amafoto y'abatagatifu mu cyumba cyanjye cyo gutekereza."

Mukundwa muvandinwe, Jye kugira birambuye ukwizera ibyo wowe gishobora ubufasha we. Iteka wowe?"

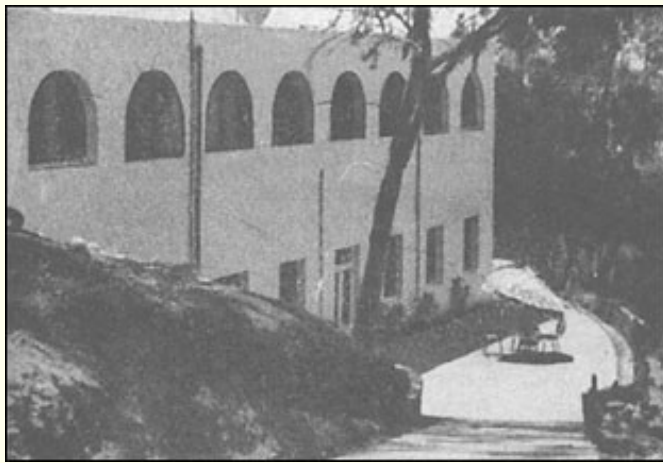
Mushiki wanjye mukuru Roma yaranyitegereje anyinginga. Nari nsuye gato iwabo i Calcutta kuri Girish Vidyaratna Lane. Ubusabe bwe bwankoze ku mutima, kuko yari yaragize uruhare rukomeye mu buzima bwanjye bwo mu buryo bw'umwuka, kandi yari yaragerageje mu buryo bwuje urukundo kuziba icyuho cyari gisigaye mu muryango wanjye binyuze mu rupfu rwa Mama.

"Mushiki wanjye ukundwa, birumvikana ko nzakora ibishoboka byose." Naramwenyuye, nifuzaga gukuraho umwijima wari ugaragara neza mu maso he, bitandukanye n'uko yari asanzwe atuje kandi yishimye.

Jye na Roma twicaye dusenga bucece kugira ngo tubone ubuyobozi. Umwaka umwe mbere yaho, mushiki wanjye yari yansabye ko namutangira muri *Kriya Yoga*, aho yari arimo gutera imbere cyane.

Hari umwuka wanfashe. "Ejo," naravuze nti, "Ngiye mu rusengero rwa Dakshineswar. Ndakwinginze uze tujyane, ushishikarize umugabo wawe kuduherekeza. Numva ko mu mihindagurikire y'aho hantu heranda, Mama w'Imana azamukora ku mutima. Ariko ntugahishure intego yacu yo kumwifuza."

Mushiki wacu yaremeye. Mu gitondo cya kare cyane nashimishijwe no gusanga Roma n'umugabo we bari muri kwitegura kuri i urugendo. Nkuko cyacu Hackney Igare yasakuye ku ruhande Hejuru Umuhanda uzenguruka yerekeza Dakshineswar, yanjye muramu, Igishyito Chandra Bose, wishimye ubwe mu gushinyagurira abahanga mu by'umwuka bo mu bihe byashize, iby'ubu, n'iby'ejo hazaza. Nabonye ko Roma yari arimo kurira bucece.



Kwimenya Kiliziya bya Byose Amadini, San Diego, Kaliforuniya



Jye guhagarara hamwe na yanjye bibiri bashiki bacu, I Roma (kuri ibumoso)
na Nalini



Ibyanjye mushiki wanjye Uma, nka a ukiri muto umukobwa

"Mushiki wacu, humura!" Naravuze nti "Ntugahe umugabo wawe ibyishimo byo kwizera ko dufata ibyo agutuka nk'ibikomeye."

"Mukunda, wakwishimira ute abantu batagira umumaro?" Satish yaravuze. "Isura ya SADHU iteye ishozi. Ni umunanu nk'igikanka, cyangwa abyibushye nk'inzovu!"

Naranguruye ijwi nseka. Uburyo nari nitwaye neza bwarababaje Satish; yiruhukiye mu ituze ryinshi. Ubwo tagisi yacu yinjiraga mu kibuga cya Dakshineswar, yasetse cyane.

"Ibi urugendo, Jye Dufate ko, ni a gahunda kuri ivugurura nyewe?"

Ubwo nahindukiraga ntamusubije, yafashe ukuboko kwanjye. Yagize ati: "Bwana Musenyeri ukiri muto, ntukibagirwe gukorana gahunda ikwiye n'abayobozi b'urusengero kugira ngo baduhe ifunguro rya saa sita."

"Noneho ngiye gutekereza. Ntugahangayikishwe n'ifunguro rya saa sita," nasubije nkomeje. "Mama w'Imana azabikurikirana."

"Sinizeye ko Mama w'Imana azankorera ikintu na kimwe. Ariko ndagushinja ibyo kurya byanjye." Amajwi ya Satish yari ateye ubwoba.

Nakomeje ngenda njyenyine njya mu cyumba cy'inkuta kiri imbere y'urusengero runini rwa Kali, cyangwa Mama Kamere. Nahisemo ahantu hari igicucu hafi y'inkingi imwe, maze ntunganya umubiri wanjye mu buryo bwa lotus. Nubwo hari nko saa moya z'umugoroba gusa, izuba rya mu gitondo ryari kuba rikaze cyane.

Isi yarasubiye inyuma ubwo natangiraga kwishimira Imana. Ubwenge bwanjye bwari

bwibanze ku Manakazi Kali, wari ufite ishusho i Dakshineswar yari ikintu cyihariye cyo kuramya cyatanzwe n'umwami ukomeye, Sri. Ramakrishna Paramhansa. Muri igisubizo kuri bye kubabara ibisabwa, i ibuye ishusho bya ibi cyane

urusengero yari afite akenshi byafashwe a ubuzima ifishi na kuganira hamwe na we.

"Mama ucecetse ufite umutima w'amabuye," nasenze nti, "Wuzuye ubuzima ku busabe bw'umuyoboze wawe ukunda Ramakrishna; kuki nawe utita ku kurira k'uyu mwana wawe ukunda cyane ?"

Umutima wanjye w'ishyaka wariyongereye cyane, uherekewe n'amahoro y'Imana. Nyamara, amasaha atanu amaze gushira, kandi Imana nari ndimo ndayireba nta gisubizo nagize, numvise ntitse intege gato. Hari igihe Imana iba igerageza gutinza isohozwa ry'amasengesho. Ariko amaherezo ibonekera umuntu ukomeje kuyisenga mu buryo ubwo aribwo bwose ikunda. Umukristo w'indahemuka abona Yesu; Umuhindu abona Krishna, cyangwa Imana Kali, cyangwa Umucyo wagutse iyo gusenga kwe kubaye nk'uko umuntu abyifuza.

Nafunguye amaso yanjye ntabishaka, mbona inzugi z'urusengero zifunzwe n'umupadiri, nk'uko byari bisanzwe mu masaha ya saa sita. Nahagurutse mu ntebe yanjye yihariye munsu y'icyumba gifunguye kandi gisenge, njya mu gikari. Ahantu ho hasi h'amabuye hari hashyushye cyane kubera izuba rya saa sita; ibirenge byanjye byambaye ubusa byari byahiye cyane.

"Mama Mana," naravuze bucece nti "Ntabwo waje aho ndi mu iyerekwa, none wihishe mu rusengero inyuma y'inzugi zifunze. Nifuzaga kukwitura isengesho ryihariye uyu munsu mu izina rya muramu wanjye."

Isengesho ryanjye ryo mu mutima ryahise ryemerwa. Ubwa mbere, umuraba mwiza w'ubukonje wamanukiraga ku mugongo wanjye no munsu y'ibirenge byanjye, ukuraho ububabare bwose. Hanyuma, mu buryo butangaje, urusengero rwarushijeho kuba runini cyane. Urugi rwarwo runini rwarakinguwe buhoro buhoro, rugaragaza ishusho y'ibuye ry'imanakazi Kali.

Buhoro buhoro byahindutse imiterere mizima, binyeganyeza binyeganyeza, bintera ibyishimo bitavugwa. Nk'aho ari mu cyuma cy'amayobera, umwuka warakuwe mu bihaha byanjye; umubiri wanjye waratuje cyane, nubwo utari umeze nk'aho udafite umwuka.

Hakurikiyeho kongera ubwenge mu buryo butangaje. Nashoboraga kubona neza mu birometero byinshi hejuru y'uruzi rwa Ganges ibumoso bwanjye, no hakurya y'urusengero mu nkengero zose za Dakshineswar. Inkuta z'inyubako zose zarabagiranaga mu buryo bugaragara; muri zo nabonye abantu bagenda bava mu ma hegitari ya kure.

Nubwo nahumekaga ntahumeka kandi umubiri wanjye umeze nk'utuje mu buryo butangaje, ariko nashoboye kwimura amaboko n'ibirenge byanjye nta nkomyi. Mu minota myinshi nagerageje gufunga no gufungura amaso yanjye; muri icyo mimerere yombi Nabonye neza ishusho yose ya Dakshineswar.

Iyerekwa ry'umwuka, nk'iry'imirasire, ryinjira mu bintu byose; ijisho ry'Imana riri hagati hose, ntaho rigana. Nabonye bundi bushya, mpagaze aho mu gikari cy'izuba, ko iyo umuntu aretse kuba umwana w'Imana w'ikirara, wiganje mu isi ifatika koko inzosi, idafite ishingiro nk'igipfundikizo, yongera kuragwa ubwami bwe bw'iteka. Niba "guhunga" ari ikintu umuntu akeneye, kidakomeye mu mico ye mito, ese hari uburyo bwo guhunga bugereranywa n'ubwiza bwo kuba hose?

Muri yanjye cyera ubunararibonye kuri Dakshineswar, i gusa bidasanzwe- yagutse ibintu bari i

urusengero n'ishusho y'Imana. Ibindi byose byagaragaraga mu bipimo byabyo bisanzwe, nubwo buri yari gifunze muri a uruziga rw'umukara bya ituje umweru woroheje, ubururu, na ibara ry'umutuku umukororombya amabara. Ibyanjye umubiri wasaga n'aho kuri kuba bya ethereal ibintu, witeguye kuri gusiga inzoga. Byuzuye ubwenge bya yanjye Ibintu bifatika byari bikikije, nari ndimo ndeba hirya no hino ngera ntera intambwe nke ntabangamiye uburyo iyerekwa ryiza rikomeza.

Inyuma y'inkuta z'urusengero nahise mbona muramu wanjye yicaye muni y'amashami y'amahwa y'igiti cy'umukara . Nashoboraga kubona neza inzira y'ibitekerezo bye. Yari afite akanyamuneza gato bitewe n'imbaraga ze za Dakshineswar, ariko yari afite ibitekerezo bibi kuri njye. Nahindukiriye neza ishusho y'Imana y'Imana.

"Mama w'Imana," nasenze nti, "ese ntuzahindura umugabo wa mushiki

wanjye mu buryo bw'umwuka?" Ishusho nziza, yari isanzwe icecekeye,

amaherezo yaravuze iti: "Icyo wifuza kiragezweho!"

Narebye Satish nishimye. Nk'aho yari azi neza ko hari imbaraga z'umwuka zirimo gukora, yahagurutse ku ntebe ye hasi afite uburakari. Namubonye yiruka inyuma y'urusengero; aranyegera, anyegereza igipfunsi.

Iyerekwa ryose ryarashize. Sinari nkibona Imana y'icyubahiro; urusengero rurerure rwari rwagabanutse ku bunini busanzwe, nta mucyo warwo. Umubiri wanjye wongeye gushyuka bitewe n'imirasire y'izuba ikaze. Nasimbutse njya mu bwihisho bw'icyumba cy'inkingi, aho Satish yankurikiranye arakaye. Narebye isaha yanjye. Hari saa saba; iyerekwa ry'Imana ryari rimaze isaha imwe.

"Wa muswa we," muramu wanjye aravugaga ati "wamaze amasaha atandatu wicaye aho utambagiye amaguru kandi utambagiye amaso. Nagiye ngaruka n'inyuma ndakwitegereza. Ibiryo byanjye biri he? Noneho urusengero rurafunze; wananiwe kubimenyesha abayobozi; dusigaye nta saa sita!"

Ikuzo nari numvise imbere y'Imana ryari rikiri mu mutima wanjye. Nagize ubutwari bwo kuvuga nti "Mama w'Imana azatugaburira!"

Satish yari yarakaye cyane. "Rimwe na rimwe," arataka cyane, "Ndifuza kubona Mama wawe w'Imana aduha ibiryo hano nta gahunda ihari mbere!"

Ye amagambo bari bitoroshye byavuzwe igihe a urusengero umutambyi yambutse i igikari na yinjiye twe.

"Mwana wanjye," arambwira ati "Nari ndimo ndeba isura yawe irabagirana ituje mu masaha yo gutekereza. Nabonye ibirori byawe bigeze muri iki gitondo, numva mfite

icyifuzo cyo gushyira ku ruhande ibiryo bihagije byo kurya ifunguro rya saa sita. Birabujijwe n'amategeko y'urusengero kugaburira abatabanje gusaba, ariko nagukoreye ikintu kidasanzwe."

Namushimiye, maze ndeba Satish mu maso. Yagize amarangamutima menshi, amanuka amaso ye yihana bucece. Ubwo twahabwaga ifunguro riryoshye, harimo n'imyembe itari iy'igihe, nabonye ko muramu wanjye yari afite ubushake buke. Yari yataye umutwe, yinjira mu nyanja y'ibitekerezo. Mu rugendo rwo gusubira i Calcutta, Satish, afite ishusho nziza,

rimwe na rimwe yaranrebye anyinginga. Ariko ntiyigeze avuga ijambo na rimwe nyuma y'aho padiri abonekeye adutumiye ku ifunguro rya saa sita, nk'aho ari igisubizo cy'ikirego cya Satish.

Itsinda gukurikira nyuma ya saa sita Jye yasuwe yanjye mushiki wanjye kuri we mu rugo. We mwaramutse njyewe mu buryo bw'urukundo. "Muvandimwe mwiza," arataka, "mbega igitangaza! Mu mugoroba w'ejo umugabo wanjye yaririye imbere yanjye ku mugaragaro."

''' *Devi ukundwa* , ' **22-1** yaravuze ati: 'Nishimiye cyane ko iyi gahunda yo kuvugurura ya murumuna wawe yazanye impinduka. Ngiye gukosora ibibi byose nagukoreye. Kuva iri joro tuzakoresha icyumba cyacu kinini cyo kuraramo nk'ahantu ho gusengera gusa; icyumba cyawe gito cyo gutekereza izahindurwamo aho turara. Mbabajwe cyane n'uko nagusetse muvandimwe. Kubera uburyo nkora buteye isoni, nzakomeza kwihanira kutavugana na Mukunda kugeza igihe nzatera imbere mu nzira y'umwuka. Nzashaka cyane Umubyeyi w'Imana kuva ubu; umunsi umwe nzagomba kumubona rwose!'''

Nyuma y'imyaka myinshi, nasuye muramu wanjye i Delhi. Nashimishijwe cyane no kubona ko yari Yakuriye mu kwiyumvamo cyane, kandi yari yarahawe umugisha n'iyerekwa rya Mama w'Imana. Mu gihe namaze na we, nabonye ko Satish yamaraga igihe kinini cya buri joro mu ibanga atekereza ku Mana, nubwo yari arwaye indwara ikomeye, kandi yajyaga akora ku manywa kuri ibiro bye.

Igiterekerezo cyaje muri njye cy'uko muramu wanjye atazaramba. Roma agomba kuba yarasomye ibitekerezo byanjye.

"Muvandimwe mwiza," aravuga, "Ndi muzima, kandi umugabo wanjye ararwaye. Nyamara, ndashaka ko umenya ko, nk'umugore w'umuhindu w'indahemuka, ngiye kuba uwa mbere mu gupfa." **22-2** Ntibizatinda ubu mbere yuko njyayo.

Natangajwe n'amagambo ye mabi, ariko nabonye ukuri kwayo. Nari muri Amerika igihe mushiki wanjye yapfaga, nyuma y'umwaka umwe ahanuye. Nyuma murumuna wanjye Bishnu yambwiye ibisobanuro birambuye.

Bishnu yarambwiye ati: "Roma na Satish bari i Calcutta igihe yapfaga." Muri icyo gitondo yambaye imyenda ye y'ubukwe.

'''Kuki ibi byihariye imyambarire?' Igishyito yarabajije.

'''Uyu ni wo munsi wanjye wa nyuma wo kugukorera ku isi,' Roma yaramusubije. Nyuma y'igihe gito yagize indwara y'umutima. Ubwo umuhungu we yari arimo

kwihuta gushaka ubufasha, yaravuze ati:

"Mwana wanjye, ntunsige. Nta cyo bimaze; nzagenda mbere yuko umuganga ahagera.' Nyuma y'iminota icumi, afashe ibirenge by'umugabo we mu buryo bwo kumwubaha, Roma yavuye mu mubiri we abyishimiye kandi nta mibabaro.

"Satish" yabaye cyane kwigunga nyuma bye umugore urupfu," Bishnu yakomeje. "Imwe umunsi we na Jye bari

Kureba kuri a kinini kumwenyura ifoto bya Abaroma.

"'Kuki useka?' Satish yahise avuga, nk'aho umugore we yari ahari. 'Utekereza ko wari umuhanga mu gutegura kujya imbere yanjye. Nzakwereka ko udashobora kumara igihe kirekire kure yanjye; vuba aha nzaza kugufasha.'"

"Nubwo icyo gihe Satish yari amaze gukira indwara ye, kandi akaba yari afite ubuzima bwiza, yapfuye nta mpamvu igaragara nyuma gato y'ijambo rye ridasanzwe mbere y'ifoto."

Nguko uko byahanuwe mushiki wanjye mukuru nkunda cyane Roma, n'umugabo we Satish - wahindutse i Dakshineswar akava ku muntu usanzwe w'isi akaba umutagatifu ucecetse.

.....
22-1 : Imanakazi.

22-2 : Itsinda Umuhindu umugore yizeye byo ni a ikimenyetso bya iby'umwuka iterambere niba we apfa mbere we umugabo, nka a gihamya bya we kumukorera mu budahemuka, cyangwa "gupfira mu mugozi."

IGICE: 23

Jye Wakira Ibyanjye Kaminuza Impamyabumenyi

"Wirengagiza imirimo yawe yo mu ishuri muri filozofiya. Nta gushidikanya ko wishingikiriza ku 'bwenge' budakomeye kugira ngo bugufashe kurangiza ibizamini. Ariko keretse wihatiye cyane, nzagenzura ko utazatsinda iri somo."

Porofeseri DC Ghoshal wo muri Koleji ya Serampore yarambwiye nabi cyane. Iyo ntatsinda ikizamini cye cya nyuma cy'inyandiko, ntabwo naba nujuje ibisabwa kugira ngo nkore ibizamini bisoza amasomo. Ibi byakozwe n'abarimu ba Kaminuza ya Calcutta, bashyira Serampore College mu mashami yayo. Umunyeshuri wo muri kaminuza zo mu Buhinde utatsinze isomo rimwe mu marushanwa ya AB agomba kongera gusuzumwa mu masomo ye yose umwaka ukurikira.

Abarimu banjye bo muri Koleji ya Serampore bakundaga kungaragariza ubuntu, ntibanihanganishwe no kwihanganira abandi. "Mukunda yasinze cyane idini." Muri make, banyirinze isoni zo gusubiza ibibazo byo mu ishuri; bizeraga ko ibizamini bya nyuma byanditse bizankuraho ku rutonde rw'abakandida ba AB. Icyemezo

cyafashwe n'abanyeshuri bagenzi banjye cyavuzwe mu izina ryabo ry'irihimbano -
"Umupfumu w'Umusazi."

Nateye intambwe y'ubuhanga kugira ngo nsesengure iterabwoba rya Porofeseri Ghoshal ryo kunshora mu buhanga bwa filozofiya. Ubwo ibyavuye mu bizamini bya nyuma byari bigiye gutangazwa ku mugaragararo, nasabye umunyeshuri twiganaga ko Mumperekeza mu ishuri rya mwarimu.

"Ngwino; ndashaka umutangabuhamya," nabwiye mugenzi wanjye. "Nzababara cyane niba ntabashije gutsinda umwarimu."

Porofeseri Ghoshal gutigita bye umutwe nyuma Jye yari afite yabajije iki amanota we yari afite byatanzwe yanjye impapuro.

"Ntabwo uri mu batsinze," aravuga atsinze. Yahize mu kirundo kinini cyari ku meza ye. "Inyandiko yawe ntabwo iri hano na gato; watsinzwe, uko byagenda kose, kubera kutitaba ikizamini."

Jye yarasetse cyane. "Bwana, Jye yari aho ngaho. Gicurasi Jye Kureba binyuze i agace njye ubwanjye?"

Porofeseri, atabanje kunyurwa, yampaye uburenganzira; nahise mbona urupapuro rwanjye, aho nari nasize nitonze ikimenyetso icyo ari cyo cyose uretse inomeroyanjye yo guhamagara. Atari yabwiwe n'"ibendera ritukura" ry'izina ryanjye, umwarimu yari yampaye amanota menshi nubwo bitari byaragaragajwe n'amagambo yo mu bitabo. **23-1**

Abonye amayeri yanjye, noneho yavuze cyane ati "Amahirwe masa!" Yongeraho yizeye ati "Nta gushidikanya ko uzatsindwa mu mukino wa nyuma wa AB."

Ku bizamini byo mu yandi masomo nagiyemo, nahawe ubujyanama, cyane cyane n'inshuti yanjye magara akaba na mubyara wanjye, Prabhas Chandra Ghose, **imikino 23-2**, umuhungu wa Marume Sarada. Narahungabanye cyane ariko ntsinda neza - ntsinda amanota make ashoboka - mu bizamini byanjye byose bya nyuma.

Noneho, nyuma y'imyaka ine muri kaminuza, nari nemerewe gukora ibizamini bya AB. Nyamara, ntabwo niteze ko nzakoresha ubwo burenganzira. Imikino ya nyuma ya Serampore College yari iy'abana ugereranije n'imikino ikomeye yateguwe na Kaminuza ya Calcutta kugira ngo mpabwe impamyabumenyi ya AB. Gusura Sri Yukteswar hafi ya buri munsu byansigiyemo umwanya muto wo kwinjira mu byumba bya kaminuza. Aho ni ho nabaga ndi aho kuba ntahari byatumye abanyeshuri twigana batangara cyane!

Umuko wanjye wari uwo guhaguruka ku igare ryanjye ahagana saa tatu n'igice za mu gitondo. Mu kuboko kumwe Najyanaga impano ku mwari wanjye—indabyo nke zo mu busitani bw'inzu yanjye yo mu rugo ya *Panthi*. Mu gihe namusuhuzaga neza, Mwalimu yantumiriraga gusangira ifunguro rya saa sita. Buri gihe nakiraga

nshishikaye, nishimiye kwirukana igitekerezo cyo kujya muri kaminuza umunsi wose. Nyuma y'amasaha menshi na Sri Yuktaswar, nkumva ubwenge bwe budasanzwe, cyangwa gufasha mu mirimo ya ashram, nahitaga ngenda nkajya muri Panthi ntabishaka . Rimwe na rimwe nararaga ijoro ryose ndi kumwe n'umwari wanjye, nishimye cyane mu kiganiro cye ku buryo ntabonaga igihe umwijima wahindukaga umuseke.

Ijoro rimwe ahagana saa kumi n'imwe, ubwo nambaraga inkweto zanjye 23-3 Mu kwitegura urugendo rugana aho bacumbikira, Mwalimu yarampase ibibazo bikomeye.

"Ibizamini byawe bya AB bizatangira

ryari?" "Hasigaye iminsi itanu, bwana."

"Jyewe ibyiringiro wowe ni muri kwitegura kuri "Babo."

Narumiwe cyane, mfata inkweto imwe mu kirere. "Bwana," ndabyitotomba, "uzi ukuntu iminsi yanjye yashize ndi kumwe nawe aho kuba ndi kumwe n'abarimu. Nakora iki gisekeje nte mu kwitabira iyo mikino ya nyuma igoye?"

Amaso ya Sri Yukteswar yarayarebye cyane. "Ugomba kugaragara." Ijwi rye ryari rituje cyane. "Ntitugomba guha so n'abandi bene wacu impamvu yo kunenga ubuzima bwawe bwo kwishimira ubuzima bwa ashram. Munyemerere gusa ko uzaba uhari mu bizamini; ubisubize uko ushoboye kose."

Amarira atagira ingano yari arimo anyerera mu maso. Numvaga itegeko rya Mwalimu ridafite ishingiro, kandi ko icyo yashakaga cyane cyari cyaratinze.

"Nzaza niba ubyifuza," naravuze ndira. "Ariko nta mwanya usigaye wo kwitegura neza." Mu guhumeka kwanjye naravuze nti "Nzuzuzwa impapuro z'inyigisho zawe mu gusubiza ibibazo !"

Ubwo ninjiraga muri hermitage ku munsu ukurikiyeho ku isaha yanjye isanzwe, nahaye indabo zanjye ibirori by'agahinda. Sri Yukteswar yasetse ubwo nabonaga umwuka wanjye utari umeze neza.

"Mukunda, ese Nyagasani yigeze aguhemukira, haba mu isuzuma

cyangwa ahandi?" "Oya, bwana," nasubije n'ibyishimo. Ibyibutso

by'ibyishimo byaje mu myuzure igarura ubuzima.

"Ntabwo ari ubunebwe ahubwo ishyaka rikomeye ry'Imana ryakubujije gushaka icyubahiro cya kaminuza," umwarimu wanjye yavuze mu bugwaneza. Nyuma yo guceceka, yasubiyemo ati: "Mubanze mushake ubwami bw'Imana no gukiranuka kwayo, ni bwo ibyo byose muzabyongererwa." **23-4**

Ku nshuro ya igihumbi, numvise imitwaro yanjye igabanutse imbere ya Mwalimu. Tumaze kurangiza ifunguro rya saa sita rya kare, yangiriye inama yo gusubira muri *Panthi*.

"Ese inshuti yawe, Romesh Chandra Dutt, iracyatuye mu nzu yawe

y'amacumbi?" "Yego, bwana."

"Fata muri gukoraho hamwe na we; i Umwami ubushake guhumekera we kuri ubufasha wowe hamwe na i ibizamini."

"Ni byiza cyane, bwana; ariko Romesh afite akazi kenshi cyane. Ni umuntu w'icyubahiro mu ishuri ryacu, kandi agendera ku nzira iremereye kurusha abandi."

Umwigisha bazunguza ku ruhande yanjye ibitekerezo by'abatavuga rumwe n'amategeko. "Romesh" ubushake shaka igihe kuri wowe. Ubu genda.

Nasubiye kuri *Panthi ku igare* . Umuntu wa mbere nahuye mu kigo cy’amacumbi yari intiti Romesh. Nk’aho iminsi ye yari y’umudendeze, yemeye icyifuzo cyanyje n’ubwoba.

"Birumvikana; ndi ku kazi kawe." Yamaze amasaha menshi kuri uwo mugoroba n'iminsi myinshi anyigisha amasomo yanjye atandukanye.

"Ndizera ko ibibazo byinshi mu buvanganzo bw'Icyongereza bizaba mu nzira ya Childe Harold," yarambwiye. "Tugomba kubona atlasi ako kanya."

Nahise njya kwa marume Sarada nsaba igitabo cya “atlas”. Romesh yashyize ikimenyetso ku ikarita y'i Burayi aho umugenzi wa Byron w'urukundo yasuye.

A bike abanyeshuri bigana yari afite bateranye hirya no hino kuri umva kuri i kwigisha. "Romesh" ni kugira inama "Uribeshye," umwe muri bo yambwiye mu mpera y'isomo. "Mubisanzwe mirongo itanu ku ijana gusa by'ibibazo biba bishingiye ku bitabo; ikindi gice kizaba kireba ubuzima bw'abanditsi."

Umunsi wakurikiyeho ubwo nigaga mu kizamini cy’ubuvanganzo bw’Icyongereza, narebye ibibazo bwa mbere byatumye amarira y’ishimwe asuka, anyogosha impapuro zanjye. Umucungamutungo w’ishuri yaje ku meza yanjye maze anyibaza mu buryo bw’impuhwe.

"Umuhanga wanjye yahanuye ko Romesh azamfasha," ndamusobanurira. "Reba; ibibazo byantegetswe na Romesh biri hano ku rupapuro rw'ikizamini! Ku bw'amahirwe kuri njye, ni bike cyane." ibibazo uyu mwaka ku banditsi b'Abongereza, ubuzima bwabo buri mu mayobera akomeye kuri njye !

Inzu yanjye y'amacumbi yari mu rujijo ubwo nagarukaga. Abahungu bari baseka Uburyo Romesh yakoreshega mu gutoza bwarantangaje cyane, hafi kunyicisha amatwi mu nkunga. Mu cyumweru cy'ibizamini, namaze amasaha menshi ndi kumwe na Romesh, wabazaga ibibazo yatekerezaga ko byashoboraga kubazwa n'abarimu. Umunsi ku wundi, ibibazo bya Romesh byagaragaraga mu buryo bumwe ku mpapuro z'ibizamini.

Inkuru yakwirakwijwe cyane muri kaminuza ivuga ko hari ikintu gisa n'igitangaza kirimo kubaho, kandi ko icyo kintu cyasaga n'aho gishoboka kuri "Umupfumu w'Umusazi" utarimo gutekereza. Sinigeze ngerageza guhisha ukuri kw'urubanza. Abarimu bo muri ako gace nta bushobozi bari bafite bwo guhindura ibibazo, byari byarateguwe na Kaminuza ya Calcutta.

Ubwo natekerezaga ku kizamini mu buvanganzo bw'Icyongereza, mu gitondo kimwe nabonye ko nakoze ikosa rikomeye. Igice kimwe cy'ibibazo cyari cyagabanijwemo ibice bibiri bya A cyangwa B, na C cyangwa D. Aho gusubiza

ikibazo kimwe kuri buri gice, nasubije ibibazo byombi mu itsinda rya I ntabyitayeho, kandi sinatekereje ku kintu icyo ari cyo cyose mu itsinda rya II. Amanota meza nashoboye kubona muri icyo impapuro zari kuba 33, eshatu zikaba nke ugereranyije n'amanota ya 36. Nihutiye kujya kuri Master maze mubwira ibibazo byanjye.

"Bwana, nakoze ikosa ritababarira. Sinkwiriye imigisha y'Imana binyuze kuri Romesh; Ntabwo nkwiye na gato.

"Humura, Mukunda." Amajwi ya Sri Yukteswar yari yoroheje kandi ntacyo yitayeho. Yerekeje ku gisenge cy'ubururu cy'ijuru. "Birashoboka ko izuba n'ukwezi bihinduranya imyanya yabyo mu isanzure kuruta ko wananirwa kubona impamyabumenyi yawe!"

Navuye muri hermitage mfite ituze, nubwo byasaga nkaho bidashoboka mu mibare ko Nashoboraga kurenga. Narebye mu kirere rimwe cyangwa kabiri mfite ubwoba; Umwami w'Umunsi yasaga n'aho ahagaze neza mu nzira ye isanzwe!

Ubwo nageraga kuri *Panthi*, numvise amagambo y'umunyeshuri mugenzi wanjye agira ati: "Namenye ko uyu mwaka, ku nshuro ya mbere, amanota asabwa mu buvanganzo bw'Icyongereza yagabanutse."

Jye yinjiye i cy'umuhungu icyumba hamwe na nk'ibyo umuvuduko ibyo we yarebye hejuru muri Itangazo ribuza. Jye abazwa we nshishikaye.

"Umumonaki w'umusatsi muremure," aravuga asekera, "kuki ushishikajwe n'ibibazo by'amasomo mu buryo butunguranye? Kuki urira mu isaha ya cumi n'imwe? Ariko ni ukuri ko amanota yo gutsinda yagabanutseho amanota 33."

Nagiye mu cyumba cyanjye nishimye cyane, aho napfukamye hasi nshima ubuhanga bwa Data w'Imana mu mibare.

Buri munsi nashimishwaga no kumva ko hari umwuka w'Imana numvaga urimo kunyobora muri Romesh. Hari ikintu gikomeye cyabaye mu isuzuma mu rurimi rwa Bengali. Romesh, utari waragize icyo avugaga kuri icyo ngingo, yanhamagaye mu gitondo kimwe ubwo navaga mu cyumba cy'ishuri ngyerekeza mu cyumba cy'ibizamini.

"Hari Romesh uri kukubwira ati: 'Ntugaruke; tuzatinda mu cyumba cy'inama.'"

Kwirengagiza i inama, Jye yiruka inyuma kuri i inzu.

Romesh yarambwiye ati: "Ikizamini cya Bengali akenshi gitsindwa byoroshye n'abahungu bacu ba Bengali. Ariko natekereje ko uyu mwaka abarimu bateganya kwica abanyeshuri babaza ibibazo bivuye mu nyandiko zacu za kera." Hanyuma inshuti yanjye yavuye muri make inkuru ebyiri zo mu buzima bwa Vidyasagar, umugiraneza uzwi cyane.

Nashimiye Romesh maze nihutira kujya ku igare muri kaminuza. Urupapuro rw'ikizamini mu rurimi rwa Bengali rwagaragaye ko rurimo ibice bibiri. Amabwiriza ya mbere yari aya: "Andika ingero ebyiri z'imiryango y'abagiraneza ya Vidyasagar." Ubwo nashyiraga mu kinyamakuru inyigisho nari maze igihe gito menye, navuze

amagambo make yo gushimira ko nitabiriye ubutumwa bwa Romesh ku munota wa nyuma. Iyo nza kuba ntazi ibyiza Vidyasagar yahaye abantu (harimo nanjye ubwanjye), sinari gutsinda ikizamini cya Bengali. Kubera ko natsinzwe mu isomo rimwe, nari guhatirwa kongera gukora ikizamini mu masomo yose umwaka wakurikiyeho. Ibyo byari biteye ishozi.

Amabwiriza ya kabiri ku rupapuro yagiraga ati: "Andika inyandiko mu rurimi rw'Ikibengali ku buzima bw'umuntu waguteye inkunga cyane." Musomyi mwiza, singomba kukubwira uwo nahisemo ku nsanganyamatsiko yanjye. Nasomye ku rupapuro rukurikiraho nshima umutoza wanjye, ndamwenyura ubwo nabonaga ko ibyo nahanuye byari bigiye kuba impamo: "Nzuzuzwa impapuro n'inyigisho zawe!"

Sinari nshaka kubaza Romesh ku bijyanye n'amasomo yanjye ya filozofiya. Kubera ko nizeye amasomo maremare nahawe na Sri Yukteswar, nirengagije ibisobanuro by'ibitabo by'amasomo. Amanota menshi yahabwaga impapuro zanjye zose ni aya filozofiya. Amanota yanjye mu yandi masomo yose yari hafi y'amanota yo gutsinda.

Byabyo ni a ibyishimo kuri inyandiko ibyo yanjye ubwikunde inshuti Romesh yakiriwe bye kwiha impamyabumenyi *cum ishimwe*.

Papa yari yambaye ikamba ry'inseko ubwo nasozaga amasomo. Yagize ati: "Sinigeze ntekereza ko uzatsinda, Mukunda." "Umarana igihe kinini n'umwarimu wawe." Mu by'ukuri, Mwalimu yari yamenye neza ko data yanenzwe mu buryo butavuzwe.

Namaze imyaka myinshi ntazi neza ko nzigera mbona umunsi AB izakurikira izina ryanjye. Ni gake nkoresha iryo zina ntagaragaza ko ari impano y'Imana, nahawe kubera impamvu zitazwi neza. Rimwe na rimwe numva abagabo bo muri kaminuza bavugaga ko ubumenyi bwinshi bari bafite bwabasigayemo nyuma yo kurangiza amasomo. Ubwo buryo bwo kwinjira buntera ihumure ku ntege nke zanjye mu masomo.

Ku munsi nabonye impamyabumenyi yanjye muri Kaminuza ya Calcutta, napfukamye imbere y'umwarimu wanjye ndamushimira imigisha yose yakuye mu buzima bwe yinjira mu bwanjye.

"Haguruka, Mukunda," aravugaga yishimye. "Uwiteka yasanze byoroshye kukugira umuntu warangije amashuri yisumbuye kuruta guhindura izuba n'ukwezi!"

.....
23-1 : Jye ugomba kora Porofeseri Ghoshal i ubutabera bya kwemera ibyo i guhangayika umubano hagati twebywe yari ntabwo kwishyura kuri ikosa iryo ari ryo ryose bya bye, ariko gusa kuri yanjye kubura kuva amasomo na kutita ku bintu muri bo. Porofeseri Ghoshal yari, na ni, a umuvugizi w'umuhanga cyane ufite ubumenyi bwinshi mu bya filozofiya. Mu myaka yakurikiyeho twaje gusobanukirwa neza.

23-2 : Nubwo yanjye mubyara na Jye kugira i kimwe umuryango izina bya Ghosh, Prabhas ifite kumenyera ubwe kuri izina rye ryahinduwe mu Cyongereza nka Ghose; bityo nkurikiza imyandikire ye hano.

23-3 : A umwigishwa buri gihe bikuraho bye inkweto muri umuntu

Umuhinde 23-4 : *Matayo 6:33*.

Jye Ba A Umumonaki Cya Itsinda Swami Gutumiza

"Mwigisha, data yari afite amatsiko yo kwemera umwanya w'ubuyobozi muri Gari ya Moshi ya Bengal-Nagpur. Ariko narabyanze rwose." Nongeyeho nizeye nti: "Nyakubahwa, ntuzangira umumonaki w'Umuryango wa Swami?" Narebye umushumba wanjye nsaba cyane. Mu myaka yabanjirije iyo, kugira ngo arebe uburebure bw'umurava wanjye, yari yanze icyo cyifuzo. Ariko uyu muni, yaramwenyuye cyane.

"Nibyo rwose; ejo nzagutangira mu idini." Yakomeje bucece ati "Nishimiye ko wakomeje icyifuzo cyawe cyo kuba umumonaki. Lahiri Mahasaya yakundaga kuvuga ati: 'Niba udatumiye Imana ngo ibe umushyitsi wawe wo mu mpeshyi, ntabwo izaza mu gihe cy'itumba ry'ubuzima bwawe.' "

"Databuja, sinashobora gucika intege mu ntego yanjye yo kuba uwo mu muryango w'abaswami nk'uko wiyubaha." Namwenyuye n'urukundo rutagira urugero.

"Utarashaka yita ku by'Umwami wacu, uko yashimisha Umwami wacu: ariko uwashatse yita ku by'isi, uko yashimisha umugore we." **24-1** Nari narasesenguye ubuzima bw'inshuti zanjye nyinshi, nyuma yo guhabwa imyitozo yo mu buryo bw'umwuka, hanyuma zishyingiranwa. Bamaze gutangizwa mu nyanja y'inshingano zo ku isi, bari baribagiwe icyemezo cyabo cyo gutekereza cyane.

Kugenera Imana umwanya wa kabiri mu buzima, kuri njye, ntibyari byoroshye kwiyumvisha. Nubwo ari yo Nyir'isi yonyine, ikaduha impano kuva ku buzima kugeza ku buzima, hari ikintu kimwe kidasigaye kitari icyayo, kandi buri mutima w'umuntu ufite ububasha bwo kwima cyangwa gutanga urukundo rw'umuntu. Umuremyi, mu kwihata cyane kugira ngo ahishe ibanga ryo kuba ariho muri buri atome y'ibiremwa, yashoboraga kugira intego imwe gusa - icyifuzo gikomeye cy'uko abantu bamushaka gusa binyuze mu bushake bwabo. Yatwikiriye agatambaro k'icyuma k'ubushoborabyose!

Umunsi wakurikiyeho wari umwe mu minsi ntazibagirwa mu buzima bwanjye. Nibuka ko hari ku wa Kane w'izuba ryinshi muri Nyakanga 1914, nyuma y'ibyumweru bike ndangije kaminuza. Ku ibaraza ry'imbere rya Ubwo yari mu icumbi rye rya Serampore, Umwigisha yashyize agace gashya k'ubudodo bw'umweru mu irangi rya ocher, ibara gakondo ry'umuryango wa Swami. Nyuma y'uko umwenda wumye, umwarimu wanjye yawunyikirije nk'ikanzu y'umusezererwa.

Yagize ati: "Umunsi umwe uzajya mu Burengerazuba, aho ubudodo bukundwa cyane." "Nk'ikimenyetso, naguhitiyemo ubu bwoko bw'ubudodo aho kuba ipamba

isanzwe.”

Mu Buhinde, aho abamonaki bemera ko ubukene ari ikintu cyiza, swami yambaye ubudodo ni ikintu kidasanzwe. Ariko, aba yoga benshi bambara imyenda ya budodo, ituma imigezi imwe n'imwe y'umubiri igumana neza kurusha ipamba.

"Jyewe am kwanga kuri imihango," Siri Yukteswar yagize ati. "Jyewe ubushake gukora wowe a swami muri i *bidwat*

(ntabwo ari umuhango) mu buryo."

ya *bibidisa* cyangwa iy'ubuhanga mu guhanura ikubiyemo umuhango wo gutwika, aho imihango yo gushyingura ikorwa mu buryo bw'ikigereranyo. Umurambo w'umwigishwa ugaragazwa nk'uwapfuye, watwitswe mu muriro w'ubwenge.

Hanyuma iswami nshya ihabwa indirimbo, nk'iyi: "Iyi *atma* ni Brahma" **24-2** cyangwa "Uri Uwo" cyangwa "Ndi We." Ariko, Sri Yukteswar, kubera urukundo rwe rworoshye, yaretse imihango yose isanzwe maze ansaba guhitamo izina rishya.

"Jyewe ubushake gutanga wowe i amahirwe bya guhitamo byo wowe ubwawe," we yaravuze ati, kumwenyura.

"Yogananda," nasubije nyuma y'akanya gato ntekereza. Izina risobanura "Ibyishimo (*ananda*) binyuze mu bumwe bw'Imana (*yoga*)."

"Bibe bityo. Uretse izina ry'umuryango wawe rya Mukunda Lal Ghosh, kuva icyo gihe uzitwa Yogananda wo mu ishami rya Giri ryo mu muryango wa Swami."

Ubwo napfukamaga imbere ya Sri Yukteswar, kandi ku nshuro ya mbere numvise avuga izina ryanjye rishya, umutima wanjye wuzuyemo gushima. Mbega ukuntu yakoze cyane mu rukundo no mu buryo budatezuka, kugira ngo umuhungu Mukunda ahindurwe umumonaki Yogananda! Naririmbye imirongo mike mu ndirimbo ndende ya Sanskrit ya Lord Shankara:

"Ubwenge, cyangwa ubwenge, cyangwa
ubwikunde, ibyiyumvo; Ijuru cyangwa isi
cyangwa ibyuma si njye."
Ndi We, Ndi We, Roho Mutagatifu, Ndi We!
Nta ivuka, nta rupfu, nta bwoko mfite;
Data, mama, nta na kimwe mfite.
Ndi We, Ndi We, Roho Mutagatifu, Ndi We!
Hejuru y'ibitangaza, ndi mu ishusho idafite
ishusho, Ngeze mu ngingo z'ubuzima bwoze;
Ubucakara sinkibutinye; ndi umudendezo, ndi
umudendezo iteka ryose, ndi We, ndi We, Roho
Mutagatifu, ndi We!

Buri swami ibarizwa mu muryango w'abihaye Imana wa kera wateguwe muri iki gihe na Shankara - Kubera ko ari umuryango wemewe, ufite umurongo uhoraho w'abahagarariye abatagatifu bakora nk'abayobozi bakomeye, nta muntu ushobora kwiha izina rya swami. Aryakira mu buryo bukwiye gusa ku wundi mushumba; bityo

abamonaki bese bakurikirana igisekuru cyabo cy'umwuka bakomoka kuri guru umwe usanzwe, Lord Shankara. Kubera indahiro z'ubukene, ubusugi, no kumvira umwarimu w'umwuka, imiryango myinshi y'abamonaki b'abakirisitu gatolika isa n'umuryango w'abaswami.

Uretse izina rye rishya, ubusanzwe rirangirana na *ananda* , swami yitwa izina ry'icyubahiro rigaragaza isano ye n'imwe mu matsinda icumi y'umuryango wa Swami. Aya *ma dasanamis* cyangwa

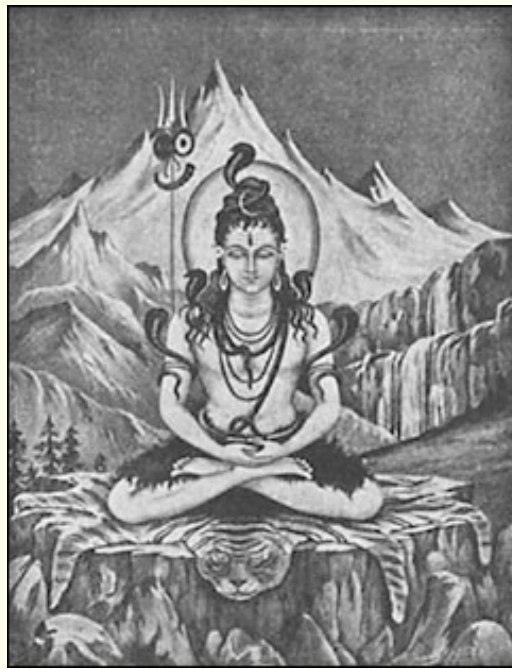
Agnomens icumi zirimo *Giri* (umusozi), aho Sri Yukteswar, bityo nanjye ubwanjye, tubarizwa. Mu yandi mashami harimo *Sagar* (inyanja), *Bharati* (ubutaka), *Aranya* (ishyamba), *Puri* (inzira), *Tirtha* (ahantu ho gukorera urugendo rutagatifu), na *Saraswati* (ubwenge bw'ibidukikije).

Izina rishya ryakiriwe n'umuswa rifite ibisobanuro bibiri, kandi rigaragaza kugera ku byishimo by'ikirenga (*ananda*) binyuze mu mico y'Imana cyangwa imiterere y'igihugu - urukundo, ubwenge, ubwitange, gukorera Imana, yoga - no mu bwumvikane n'ibidukikije, nk'uko bigaragazwa n'ubwinshi butagira ingano bw'inyanja, imisozi, ikirere.

Igitekerezo cyo gukorera abantu bose mu buryo bwizihye, no kureka amasano n'ibyifuzo byabo bwite, bituma abenshi mu baswami bakora cyane mu mirimo y'ubugiraneza n'uburezi mu Buhinde, cyangwa rimwe na rimwe mu mahanga. Yirengagije ivangura ryose rishingiye ku bwoko, imyizerere, icyiciro, ibara ry'uruhu, igitsina, cyangwa ubwoko, umuswami akurikiza amahame y'ubuvandimwe bw'abantu. Intego ye ni ubumwe bwuzuye na Roho. Yinjiza ubwenge bwe bwo gukanguka no gusinzira mu gitekerezo kigira kiti "Ndi We," agenda anyuzwe, mu isi ariko atari yo. Bityo ni bwo ashobora kwemeza izina rye rya swami - umuntu ushaka kugera ku bumwe. hamwe na *Swa* cyangwa *Self*. Ntibikenewe kongeraho ko si abaswami bose bemewe batsinda kimwe mu kugera ku ntego yabo ikomeye.

Sri Yukteswar yari swami akaba na yogi. Swami, wahoze ari umumonaki bitewe n'isano yari afite n'umuryango wa kera, ntabwo ahora ari yogi. Umuntu wese ukora ubuhanga bwa siyansi bwo kuvugana n'Imana ni yogi; ashobora kuba yarashatse cyangwa atarashaka, yaba ari umuntu w'isi cyangwa ufite isano n'idini. Swami ashobora gukurikira inzira y'ibitekerezo byumye gusa, y'ubukonje. Kwiya; ariko umuyogi yishyira mu bikorwa gahunda ihamye, intambwe ku yindi ituma umubiri n'ubwenge bigenzurwa, kandi roho igabohoka. Nta kintu na kimwe gishingiye ku marangamutima, cyangwa ku bw'ukwizera, umuyogi akora imyitozo yageragejwe neza yabanje gutegurwa n'aba-rishi ba mbere. Yoga yabyaye, muri buri gihe cy'Ubihinde, abagabo babaye abigenga by'ukuri, aba-yogi-Kristo by'ukuri.

Kimwe n'ubundi bumenyi ubwo aribwo bwose, yoga ikoresheye ku bantu bo mu bihe byose. Inyigisho yatanze n'abanditsi bamwe b'injiji ivuga ko yoga "itabereye Abanyaburayi" ni ibinyoma rwose, kandi yabujije abanyeshuri benshi b'inyangamugayo gushaka imigisha yayo myinshi. Yoga ni uburyo bwo kubuza ibitekerezo guhindagurika, bitabaye ibyo bikabuza abantu ku ruhande rumwe. abantu bose, bo mu bihugu byose, kubera kubona kamere yabo nyayo y'Umwuka. Yoga ntishobora kumenya imbogamizi ya Mu burasirazuba no mu burengerazuba kimwe n'urumuri rw'izuba rukiza kandi rutunganye. Igihe cyose umuntu azaba afite ubwenge bufite ibitekerezo bitagira aho bihuriye, ni nako hazabaho gukeneye yoga cyangwa kugenzura abantu bose.



"na B. K. Mitra muri "Kalyana- Kalpatur-

IKI Uwiteka MU YE ASPECT AS SHIVA

Si umuntu wo mu mateka nka Krishna, Shiva ni izina ryahawe Imana mu gice cya nyuma cya kamere ye y'ibice bitatu (Umuremyi-Umurinzi-Umurimbuzi). Shiva, Umurimbuzi wa *maya* cyangwa ubuyobe, mu buryo bw'ikigereranyo agaragazwa mu byanditswe byera nk'Umwami w'Abahemutse, Umwami wa Yogi. Mu buhanzi bw'Abahindu ahora yerekanwa afite ukwezi gushya mu musatsi we, yambaye indabyo z'inzoka zifite igipfunsi, ikimenyetso cya kera cy'ikibi cyatsinzwe n'ubwenge butunganye. Ijisho "rimwe" ry'ubumenyi bwose rifunguye ku gahanga ke.

Rishi Patanjali ya kera isobanura "yoga" nk "igenzura ihindagurika ry'ibintu byo mu mutwe." **24-4** Ibisobanuro bye bigufi cyane kandi by'ubuhanga, *Yoga Sutras* , bigize imwe muri gahunda esheshatu za filozofiya y'Abahindu . Mu buryo bunyuranye na filozofiya z'Abanyaburayi, imiterere yose itandatu y'Abahindu ntabwo ikubiyemo inyigisho z'inyigisho gusa ahubwo ikubiyemo n'inyigisho zifatika. Uretse ubushakashatsi bwose bushoboka bwo mu bumenyi bw'ibinyabuzima, imiterere itandatu ishira imiterere itandatu isobanutse igamije gukuraho burundu imibabaro no kugera ku byishimo bidashira.

Ingingo ihuriweho ihuza sisitemu zose uko ari esheshatu ni itangazo rivuga ko nta bwisanzure nyakuri ku muntu bushoboka atazi ukuri kw'ukuri guhebuje. *Upanishads* za nyuma zishyigikira *Yoga Sutras* , muri sisitemu esheshatu, nk'izirimo uburyo bwiza cyane bwo kugera ku gusobanukirwa ukuri. Binyuze mu buhanga bufatika bwa yoga, umuntu asigara inyuma burundu ahantu hadafite ibitekerezo kandi akamenya mu bunararibonye Ishingiro nyakuri.

Gahunda ya *Yoga* nk'uko Patanjali yabivuze izwi nka Inzira y'Umunani. Intambwe za mbere, (1) *yama* na (2) *niyama* , zisaba kubahiriza amahame icumi mabi n'ameza - kwirinda kugirira abandi nabi, kubeshya, kwiba, kutifata, kwakira impano (bizana inshingano); n'ubuziranenge bw'umubiri n'ubwenge, kunyurwa, kwitonda, kwiga no kwiye gurira Imana.

Intambwe zikurikiraho ni (3) *asana* (guhagarara neza); inkingi y'umugongo igomba gufatwa igororotse, kandi umubiri ugakomera mu mwanya mwiza wo gutekereza; (4) *pranayama* (kugenzura *prana* , imiyoboro y'ubuzima idasobanutse); na (5) *pratyahara* (gukuramo ibyumviro ku bintu byo hanze).

Intambwe za nyuma ni ubwoko bwa yoga bukwiye: (6) *dharana* (kwibanda ku kintu kimwe); gufata ubwenge ku gitekerezo kimwe; (7) *dhyana* (gutekereza), na (8) *samadhi* (kumenya ibintu bidasanzwe). Iyi ni inzira umunani ya Yoga **24-6** ibi bikaba biyobora umuntu ku ntego ya nyuma ya *Kaivalya* (Absoluteness), ijamba rishobora kumvikana neza nka "gushyira mu bikorwa ukuri kurenza ubwenge bwose ."

Umuntu ashobora kwibaza ati: "Ni ikihe gikomeye kurusha ibindi?" Iyo ubumwe bwa nyuma n'Imana bugezweho, itandukaniro ry'inzira zitandukanye rirashira. Ariko, *Bhagavad Gita* igaragaza ko uburyo bwa yoga bukubiyemo ibintu byose. Ubuhanga bwayo ntibugenewe gusa ubwoko bumwe n'imico runaka, nk'abantu bake bakunda ubuzima bw'abihaye Imana; yoga ntisaba ubudahemuka busanzwe. Kubera ko siyansi ya yoga ihaza ibyifuzo rusange, ifite uburyo bwo kuyikoresha mu buryo busanzwe.

Umu-yogi nyawe ashobora kuguma mu isi nk'umuntu utoroshye; aho ngaho ameze nk'amavuta ku mazi, kandi ntawe nk'amata yoroshye kuvanga y'abantu badafite imyitwarire kandi badafite ikinyabupfura. Kuzuza inshingano ze zo ku isi ni yo nzira nziza, iyo umu-yogi, akomeje kudashyira mu gaciro mu byifuzo by'ubwikunde, kandi akagira uruhare rwe nk'igikoreshe cy'Imana gitanga ubushake.

Hari abantu benshi bakomeye, batuye mu miryango y'Abanyamerika cyangwa iy'Abanyaburayi cyangwa indi itari iy'Abahindu muri iki gihe, nubwo bashobora kuba batigeze bumva amagambo *yogi* na *swami* , ariko ni ingero nyazo z'ayo magambo. Binyuze mu gukorera abantu badashishikajwe, cyangwa binyuze mu kuganza irari n'ibitekerezo byabo, cyangwa binyuze mu rukundo rwabo rukumbi rw'Imana, cyangwa binyuze mu mbaraga zabo zikomeye zo kwibanda ku bintu, mu buryo runaka, ni yogi; bishyiriyeho intego yo kwigira yoga. kugenzura. Aba bagabo bashobora kuzamuka cyane kurushaho baramutse bigishijwe siyansi ihamye ya yoga, ituma umuntu abona icyerekezo cyiza cy'ubwenge bwe n'ubuzima bwe.

Yoga yasobanuwe nabi mu buryo bugaragara n'abanditsi bamwe bo mu bihugu by'iburengerazuba, ariko abayinenga ntibigeze bavugwaho rumwe. byayo abakora mu myitozo ngororamubiri. Muri byinshi gutekereza icyubahiro kuri yoga Gicurasi kuba byavuzwe kimwe na Dr. C.

G. Jung, i icyamamare Umusuwisi umuhanga mu by'imitekerereze y'abantu.

"Iyo uburyo bw'idini bwiyitirira nk'"ubwa siyansi", bushobora kwemeza ko buzwi ku bantu bose bo mu Burengerazuba bw'Isi. Yoga isohozza iki cyifuzo," Dr. Jung arandika. **24-7** "Uretse ubwiza bw'ibishya, n'uburyo abantu batabyumva neza, hari impamvu nziza ituma Yoga igira abayobohe benshi." Itanga amahirwe yo kugira

ubunararibonye bugenzurwa, bityo igahaza icyifuzo cya siyansi cy' 'ibintu', kandi uretse ibi, bitewe n'ubugari bwayo n'ubujyakuzimu bwayo, igihe cyayo cy'icyubahiro, inyigisho zayo n'uburyo bwayo, birimo buri cyiciro cy'ubuzima, isezeranya amahirwe atarondorwa.

"Buri gikorwa cy'idini cyangwa filozofiya bivuze isomo ry'imatekerereze, ni ukuvuga uburyo bwo kugira isuku yo mu mutwe. Uburyo butandukanye, bw'umubiri gusa bwa Yoga **24-8** Bisobanura kandi isuku y'umubiri iruta imyitozo ngororamubiri isanzwe n'imyitozo yo guhumeka, kuko atari iy'ubuhanga n'ubumenyi gusa, ahubwo ni n'iy'ubwenge; mu gutoza ibice by'umubiri, ni

ubumwe bo hamwe na i byose bya i umwuka, nka ni rwose bisobanutse, kuri Urugero, muri i *Pranayama*

imyitozo aho *Prana* ni byombi i guhumeka na i rusange imiterere bya i isanzure.

"Iyo ikintu umuntu akora ari ikintu cy'isi, ingaruka zigaragara mu mubiri (ubwishingizi), zihurirana n'amarangamutima y'umwuka (igitekerezo rusange), kandi muri ibi havuka ubumwe bukomeye budashobora gukorwa na tekini, nubwo bwaba ari siyansi. Imyitozo ya Yoga ntishobora kugerwaho, kandi ntiyaba ifite akamaro, hatabayeho ibitekerezo Yoga ishingiyeho. Ihuza umubiri n'umwuka mu buryo bwuzuye cyane."

"Mu Burasirazuba, aho ibi bitekerezo n'imikorere byateye imbere, kandi aho ibihumbi byinshi Mu myaka myinshi, umugenzo utaracika washyizeho ishingiro ry'umwuka rikenewe, Yoga, nk'uko nshobora kubyemera byoroshye, ni bwo buryo bwiza kandi bukwiye bwo guhuza umubiri n'ubwenge kugira ngo bigire ubumwe budashobora gukemangwa. Ubu bumwe burema imyifatire yo mu mutwe ituma habaho ubushishozi burenze ubwenge.

Umunsi w'Iburengerazuba uregereje cyane ubwo siyansi y'imbere mu kwifata izaboneka nk'uko bizakenerwa mu kwigarurira kamere. Iki gihe gishya cya atomiki kizabona ubwenge bw'abantu butonze kandi bwaguwe n'ukuri kudashidikanywaho mu bya siyansi ko ibintu ari imbaraga mu by'ukuri. Imbaraga nziza z'ubwenge bw'umuntu zishobora kandi zigomba kubohora imbaraga ziruta iz'amabuye n'ibyuma, kugira ngo icyo kinyabutabire cy'atomiki gishya, giherutse kurekurwa, kigarurire isi mu kurimbuka kutagira ubwenge. **24-9**

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24-1 : Jye *Abakorinto* 7:32- 33.

24-2 : Mu buryo bw'umwimerere, "Ibi ubugingo ni Umwuka." Itsinda icyubahirira cy'Ikirenga Umwuka, i Ntabwo byaremwe, ni byose nta gipimo (*neti, neti* ntabwo ibi, atari ibyo) ariko akenshi muri *Vedanta* yitwa *Sat-Chit-Ananda* , ni ukuvuga, Kuba-Ubwenge-Ibyishimo.

24-3 : Rimwe na rimwe bamwita Shankaracharya. *Acharya* bisobanura "umwarimu w'iyobokamana." Umukunzi wa Shankara ni ikigo cy'amashuri asanzwe amakimbirane. A bike inyandiko garagaza ibyo i nta gereranywa inyamaswa y'umuzimu yabayeho kuva 510 kuri 478 BC; Iburengerazuba abahanga mu by'amateka amuha akazi ko mu mpera z'ikinyejana cya munani nyuma ya Yesu. Abasomyi bashishikajwe n'igisobanuro cya Shankara kizwi cyane cya *Brahma Sutras* bazabona ubuhinduzi bw'Icyongereza bwitondewe muri *System Of The Vedanta ya Dr. Paul Deussen* (Chicago: Open Court Publishing Company, 1912). Ngufi ibikomoka ku binyabutabire kuva bye inyandiko ubushake kuba byabonetse muri *Byatoranyijwe Imirimo Cya Siri Shankaracharya* (Natesan & Co., Madras).

24-4 : "*Chitta vritti nirodha*"-*Yoga Sutra* I: 2. Patanjali's itariki ni bitazwi, nubwo a umubare bya intiti ahantu we muri icya kabiri ikinyejana BC Itsinda rishi yatanze gusohoka inyandiko z'amasezerano ku byose abantu hamwe na nk'ibyo ubushishozi ibyo imyaka kugira yabaye imbaraga kurenga uburyo bo; nyamara, kuri i nyuma ubwoba bya abahanga mu by'amateka, i abanyabwenge byakozwe oya imbaraga kuri shyiraho ibyabo kwiha amatariki na abantu b'ingeri zose kuri ibyabo ubuvanganzo irakora. Bo yari azi ibyabo ubuzima bari gusa by'agateganyo ingenzi nka ibibatsi bya i Ubuzima bukomeye butagira iherezo; kandi uko kuri kudashira, kudashoboka kuranga ikirango, kandi nta kintu na kimwe gitunze ku giti cyacyo.

24-5 : Itsinda gatandatu iyobokamana ry'abakirisitu sisitemu (*saddarsana*) ni *Sankhya, Yoga, Vedanta, Mimamsa, Nyaya*, na *Vaisesika* . Abasomyi ya intiti yagonze ubushake Ibyishimo muri i ibintu bitoroshye na yagutse urwego bya ibi

ibya kera imiti nka muri make, muri icyongereza, mu *gitabo "History of Indian Philosophy"* , Vol. I, cyanditswe na Porofeseri Surendranath DasGupta (Cambridge University Press, 1922).

24-6 : Oya kuri kuba urujijo hamwe na i "Nyakubahwa" Inshuro umunani "Inzira" bya Ububuda, a Umuyobozi kuri iby'umugabo imyitwarire bya ubuzima, nka akurikira (1) Iburyo Ingengabitekerezo nziza, (2) Iburyo Impamvu, (3) Iburyo Imvugo, (4) Iburyo Igikorwa, (5) Iburyo Uburyo bya Imibereho, (6) Iburyo Imbaraga, (7) Kwibuka neza (kwiibutsa), (8) Kwishyira mu bikorwa neza (*samadhi*).

24-7 : Dr. Jung yitabye i Umuhinde Siyansi Kongere muri 1937 na yakiriwe umuntu icyubahiro impamyabumenyi kuva i Kaminuza ya Calcutta.

24-8 : Dr. Jung ni hano yerekeza kuri *Hatha Yoga* , a byihariye ishami bya umubiri imyifatire na ubuhanga kuri ubuzima na

kuramba. *Hatha* ni ingirakamaro, na ikora gitangaje cyane umubiri ibisubizo, ariko ibi ishami bya yoga ni gato .byakoreshejwe na umuyogi biyemeje kubohoka mu buryo bw'umwuka

24-9 : Mu nkuru ya Plato yitwa *Timaeus* ivuga kuri Atlantis, avuga ku iterambere ry'ubumenyi bw'abaturage mu bya siyansi. Bikekwa ko umugabane watakaye wazimiye ahagana mu 9500 mbere ya Yesu binyuze mu kaga k'ibidukikije; ariko abanditsi bamwe na bamwe ba metafiziki, leta ibyo i Abanya Atlantine bari byashenywe nka a igisubizo bya ibyabo gukoresha nabi bya atome imbaraga. Ebyiri Igifaransa abanditsi baherutse gukusanya igitabo *cyitwa Bibliography Of Atlantis* , kigaragaza amateka n'ibindi birego birenga 1700.

IGICE: 25

Muvandimwe Ananta Kandi Mushiki wacu Nalini

"Ananta" ntibishobora kubaho; i umusenyi bya bye karma kuri ibi ubuzima kugira Kwiruka hanze.

Ayo magambo adasubirwaho yankoze ku mutima ubwo nari nicaye mu gitondo ntekereza cyane. Nyuma gato yinjiye mu muryango wa Swami, nasuye aho navukiye, Gorakhpur, nk'umushyitsi wa mukuru wanjye Ananta. Indwara itunguranye yamubujije kuryama; naramurwarije urukundo.

Ijambo rikomeye ryo mu mutima ryanyuzuye agahinda. Numvise ntashoboye kwihanganira kuguma i Gorakhpur igihe kirekire, maze mbona musaza wanjye acitse intege imbere yanjye. Mu gihe cy'inengwa ry'abavandimwe banjye, navuye mu Buhinde ndi mu bwato bwa mbere bwari buhari. Bwanyuze muri Birimaniya n'inyanja y'Ubushinwa ngera mu Buyapani. Navuye i Kobe, aho namaze iminsi mike gusa. Umutima wanjye wari uremereye cyane ku buryo ntashoboraga gusura ahantu nyaburanga.

Ubwo nasubiraga mu Buhinde, ubwato bwageze i Shanghai. Aho ngaho, Dogiteri Misra, umuganga w'ubwato, yanyoboye mu maduka menshi acuruza ibintu bidasanzwe, aho natoranyije impano zitandukanye zo guha Sri Yukteswar n'umuryango wanjye n'inshuti zanjye. Kuri Ananta naguze igice kinini cy'umugano. Umucuruzi w'Umushinwa akimara kumpa urwibutso rw'umugano, narujugunye hasi, ndataka nti "Naguriye uyu musaza wanjye wapfuye!"

Namenye neza ko roho ye yari irimo kubohorwa mu ijuru. Urwibutso rwari rwacitsemo ibice bikomeye kandi by'ikigereranyo kubera kugwa kwarwo; mu gihe

cyo kurira, nanditse ku buso bw'umugano nti: "Ku bw'umukunzi wanjye Ananta, ubu wagiye."

Mugenzi wanjye, umuganga, yari arimo areba ibyo bikorwa amwenyura

cyane. Yagize ati: "Murokore amarira yanyu." "Kuki muyasuka kugeza

igihe mwemeye ko yapfuye?"

Ubwo ubwato bwacu bwageraga i Calcutta, Dr. Misra yongeye kumperekeza. Murumuna wanjye Bishnu yari ategereje kunsuhuza ku cyambu.

"Ndabizi ko Ananta yavuye muri ubu buzima," nabwiye Bishnu mbere yuko abona umwanya wo kuvuga. "Ndakwinginze umbwire, na muganga uri hano, igihe Ananta yapfiriye."

Bishnu izina i itariki, iki yari i cyane umunsi ibyo Jye yari afite yaguzwe i urwibutso muri Shangai.

"Reba hano!" Dr. Misra yasohoye intanga. "Ntimureke ngo hagire ijamba na rimwe rivugwa! Abarimu bazongeraho inyigo y'umwaka w'ubushakashatsi ku bijyanye n'indwara zo mu mutwe mu masomo y'ubuvuzi, yamaze igihe kirekire bihagije!"

Papa yarampobeye cyane ubwo ninjiraga mu rugo rwacu rwa Gurpar Road. Yagize ati: "Waje." Amarira abiri manini yavuye mu maso ye. Ubusanzwe, ntiyari yarigeze anyereka ibi bimenyetso by'urukundo. Inyuma, se w'imva, imbere yari afite umutima ushonga. bya a nyina. Muri byose bye ubucuruzi hamwe na i umuryango, bye kabiri umubyeyi uruhare yari bigaragara neza .

Nyuma gato y'urupfu rwa Ananta, mushiki wanjye muto Nalini yakuwe mu muryango w'urupfu binyuze mu gukira kw'Imana. Mbere yo kuvuga inkuru, ndagaruka ku byiciro bike by'ubuzima bwe bwa mbere.

Umubano wanjye na Nalini twari dufite mu bwana ntiwari wishimye cyane. Nari muto cyane; yari muto cyane. Binyuze mu mpamvu zitazwi cyangwa "ibintu bigoye" abaganga bo mu mutwe batagorwa no kumenya, nakundaga gusetsa mushiki wanjye ku bijyanye n'uko asa n'uwishwe n'urupfu. Amagambo ye yari yuzuyemo n'ubudahangarwa bw'ubusore bukabije.

Hari igihe Mama yajyaga anyivangamo, agahagarika amakimbirane y'abana, by'agateganyo, akoresheje agasanduku koroheje ku gutwi kwanjye, nk'ugutwi kwa mukuru.

Igihe cyarashize; Nalini yasabwe n'umuganga ukiri muto wo muri Calcutta, Panchanon Bose. Yahawe inkwano nyinshi na Papa, bishoboka ko (nk'uko nabivuze kuri Mushiki wacu) kugira ngo yishyure umukwe ugiye kuba uwo musore kubera iherezo rye ryo kwiyinga n'igiti cy'umuntu.

Gusobanura neza ishyingiranwa imihango bari byizihijwe muri kwishyura igihe. Kuratangiye i ubukwe nijoro, Jye yinjiye i itsinda rinini kandi ryishimye ry'abavandimwe mu cyumba cyo kubamo cy'urugo rwacu rwa Calcutta. Umukwe yari yishingikirije ku musego munini w'izahabu, Nalini ari iruhande rwe. *Sari nziza cyane y'umuhengeri ifite* **amanota 25-1** Ntabwo nashoboraga guhisha burundu uko yari ameze. Nihishe inyuma y'umusego wanjye mushya muramu we maze aramuseka mu buryo bw'urugwiro. Ntiyari yarigeze abona Nalini kugeza ku munsi w'imihango

y'ubukwe, ubwo yamenyaga icyo yabonaga muri tombola y'ishyingiranwa.

Ubwo yumvaga impuhwe zanjye, Dr. Bose yereka Nalini mu buryo butagaragara, maze anyongorera mu gutwi ati: "Umva, iki ni iki?"

"Kuki, "Muganga," Jye yasubije ati, "ni ni a igikanka kuri ibyawwe kwitegereza!"

N'ibyishimo byinshi, jye na muramu wanjye twagowe cyane no gukomeza kugira imyitwarire myiza imbere y'abavandimwe bacu bari bateraniye aho.

Uko imyaka yagendaga ihita, Dr. Bose yakundaga umuryango wacu, wajyaga umusura igihe cyose habayeho indwara. Jye na we twabaga inshuti magara, akenshi dukinana, akenshi Nalini akaba ari we twibasira .

Umunsi umwe muramu wanjye yarambwiye ati: “Ni amatsiko y’ubuvuzi. Nagerageje byose ku mavuta yawe y’umwijima w’ifi ya cod idakomeye, amavuta, uburo, ubuki, amafi, inyama, amagi, tonic. Nyamara ntabasha kubyimba na santimetero ijana.” Twembi twarasetse.

Nyuma y'iminsi mike nasuye urugo rwa Bose. Umurimo wanjye wo kuhagera wamaze iminota mike gusa; Nalini nagiye kugenda, ntari nzi. Ngeze ku muryango w'imbere, numvise ijwi rye, ryiza ariko ritegeka.

"Muvandimwe, ngwino hano. Ntabwo ugiye kumpa ikosa kuri iyi nshuro.

Ndashaka kuvugana nawe." Nazamutse ku madarajya ngera mu cyumba cye.

Natunguwe no kubona yari arimo kurira.

"Muvandimwe nkunda," aravuga, "reka duhishe icyashaje. Ndabona ko ibirenge byawe ubu byahagaze neza mu nzira y’umwuka. Ndashaka kumera nkawe muri byose." Yongeraho yizeye ati: "Ubu umeze neza mu maso; ushobora kumfasha? Umugabo wanjye ntanyegera, kandi ndamukunda cyane!" Ariko ndashaka kurushaho gutera imbere mu kumenya Imana, nubwo ngomba gukomeza kunanuka 25-2 kandi ntibishimishije.

Umutima wanjye wakozwe ku mutima cyane n'ubusabe bwe. Ubucuti bwacu bushya bwakomeje gutera imbere; umunsi umwe yasabye kuba umwigishwa wanjye.

"Nyigisha uko ushaka kose. Niringira Imana aho kwiringira imiti yo mu bwoko bwa tonic." Yakusanyije imiti myinshi ayisuka mu muyoboro w'amazi wo hejuru.

Nkuko a ikizamini bya we ukwizera, Jye yabajije we kuri kuraho kuva we indyo byose amafi, inyama, na amagi.

Nyuma y'amezi menshi, Nalini akaba yari yarakurikije amategeko atandukanye nari narashyizeho, kandi akaba yari yarakurikije indyo ye y'ibikomoka ku bimera nubwo yari afite ingorane nyinshi, naramusuye.

"Mushiki wacu, wakomeje gukurikiza amabwiriza yo mu mwuka witonze; ingororano yawe iri hafi." Namwenyuye mfite ipfunwe. "Urashaka kuba ubyibushye gute - ubyibushye nka nyirasenge utarabona ibirenge bye mu myaka myinshi?"

"Oya! Ariko Jye kirekire kuri kuba nka ikomeye nka wowe "Ni

Nasubije ntashidikanya. "Ku bw'ubuntu bw'Imana, nk'uko nahoze mvuga ukuri, ubu mvuga ukuri." **25-3** Binyuze mu migisha y'Imana, umubiri wawe uzakinduka koko uherye uyu muni; mu kwezi kumwe uzaba ufite uburemere nk'ubwanjye."

Aya magambo avuye ku mutima wanjye yarasohoye. Mu minsi mirongo itatu, uburemere bwa Nalini bwanganaga n'ubwanjye. Ubunini bushya bwamuhaye ubwiza; umugabo we yarakunze cyane. Ishyingiranwa ryabo ryatangiye ku buryo

mu buryo butari bwiza, yahindukiye hanze kuri kuba byaba byiza nishimye.

Ubwo nagarukaga mvuye mu Buyapani, namenye ko mu gihe nari ntahari Nalini yari arwaye indwara ya tifoyide. Nahise njya iwe, maze ndumirwa no gusanga yacitse intege. Yari ari muri koma.

"Mbere y'uko ubwenge bwe butangira kujijishwa n'uburwayi," muramu wanjye yarambwiye, "yakundaga kuvuga ati: 'Iyo umuvandimwe Mukunda aba ari hano, sinari kuba meze gutya.'" Yongeraho yihebye ati: "Abandi baganga na jyewe ubwanjye reba oya ibyiringiro. Amaraso indwara ya macinya ifite seti muri, nyuma we kirekire ikibazo hamwe na tifoyide."

Natangiye kwimura ijuru n'isi nkoresheje amasengesho yanjye. Nakoresheje umuforomo w'Abongereza n'Abahinde, wampaye inkunga yuzuye, nakoresheje uburyo butandukanye bwo kuvura indwara ya yoga. Indwara y'amaraso yarashize.

Ariko Dr. Bose yazunguje umutwe ababaye. "Nta maraso asigaye yo

kumena." "Azakira," namusubije nkomeje. "Mu minsi irindwi umuriro we

uzaba ushize."

Nyuma y'icyumweru kimwe, nashimishijwe no kubona Nalini afungura amaso ye anyitegereza anyishimira cyane. Kuva uwo munsu yakize vuba. Nubwo yongeye kugaruka ibiro nk'uko yari asanzwe abikora, yari afite inkovu imwe ibabaje y'uburwayi bwe bwari hafi kumuhitana: amaguru ye yari yaramugaye. Inzobere mu Buhinde n'Abongereza zavuze ko yari ubumuga butagira icyo bugeraho.

Intambara y'urudaca yo kumurwanira ubuzima nayirwanye n'isengesho yari yarannanije cyane. Nagiye kuri Serampore gusaba ubufasha bwa Sri Yukteswar. Amaso ye yagaragaje impuhwe nyinshi ubwo namubwiraga akababaro ka Nalini.

"Amaguru ya mushiki wawe azaba ameze neza mu mpera z'ukwezi kumwe." Yongeyeho ati: "Reka yambare, iruhande rw'uruhu rwe, umukandara ufite isaro ridafite imbobo, ufashwe n'agapfunyika."

Jye yunamye jyewe ubwanjye kuri bye ibirenge hamwe na wishimye ihumure.

"Nyakubahwa, uri umuhanga; ijamba ryawe ryo gukira rirahagije. Ariko niba ukomeje kumbwira ko nzahita nyimuzanira isaro."

Umuhanza wanjye yaramufashe umutwe. Ati: "Yego, kora ibyo." Yakomeje asobanura neza imiterere y'umubiri n'iy'ubwenge ya Nalini, uwo atari yarigeze abona.

"Bwana," Jye yarabajije, "ni ibi umuntu abahanga mu by'inzenyeri isesengura? Wowe kora ntabwo kumenya we kuvuka umunsi cyangwa isaha."

Sri Yukteswar yaramwenyuye ati: "Hariho inyenyeri yimbitse, idashingiye ku buhamya bw'amatariki n'amasaha. Buri muntu ni igice cy'Umuremyi, cyangwa Umuntu wo mu kirere; afite umubiri wo mu ijuru ndetse n'uw'isi. Ijisho ry'umuntu ribona imiterere ifatika, ariko ijisho ry'imbere rirushaho kwinjira mu buryo bwimbitse, ndetse no ku ishusho rusange aho buri muntu ari igice cy'ingenzi kandi cyihariye."

Jye yasubijwe kuri Calcutta na cyaguzwe a isaro kuri Nalini. A ukwezi nyuma, we ubumuga amaguru bari

burundu yakize.

Mushiki wanjye yansabye gushimira cyane umushumba wanjye. Yateze amatwi ubutumwa bwe bucece. Ariko ubwo nari ngiye gusezera, yavuze igitekerezo cy'uko atwite.

"Mushiki wawe yabwiwe n'abaganga benshi ko adashobora kubyara. Mumenyeshe ko mu myaka mike azabyara abakobwa babiri."

Bimwe imyaka nyuma, kuri Kwa Nalini ibyishimo, we gupfuka a umukobwa, bakurikiwe muri a bike imyaka na ikindi umukobwa.

Mushiki wanjye yaravuze ati: "Databuja yahaye umugisha urugo rwacu, umuryango wacu wose." "Kuba umuntu nk'uwo ari we ni ukwera mu Buhinde bwose. Muvandimwe, ndakwinginze ubwire Sri Yukteswarji ko, binyuze kuri wowe, nicishije bugufi ko ndi umwe mu bigishwa be ba *Kriya Yoga*."

.....
25-1 : Itsinda neza gipfundikiye ikanzu bya Umuhinde abagore.

25-2 : Kubera ko hafi ya yose abantu muri Ubuhinde ni muto, bishyize mu gaciro ubunini ni bifatwa nk'aho cyane byifuzwa.

25-3 : Itsinda Umuhindu ibyanditswe byera tangaza ibyo ibyo nde mu buryo busanzwe vuga i ukuri ubushake guteza imbere i imbaraga bya kugaragara amagambo yabo. Amategeko bavuga aturutse ku mutima azasohora mu buzima.

IGICE: 26

Itsinda Siyansi Cya Kriya Yoga

Ubumenyi bwa *Kriya Yoga*, buvugwa kenshi muri izi mpapuro, bwamenyekanye cyane mu Buhinde bwa none binyuze mu buryo bwa Lahiri Mahasaya, umushumba w'umushumba wanjye. Umuzi wa Sanskrit wa *Kriya* ni *kri*, gukora, gukora no gukora; umuzi umwe uboneka mu ijamba *karma*, ihame karemano ry'impamvu n'ingaruka. *Kriya Yoga* rero ni "ubumwe (yoga) n'Itarangira binyuze mu gikorwa cyangwa umuhango runaka." Umuyogi ukurikiza ubuhanga bwe mu buryo budahemuka agenda abohoka kuri karma cyangwa uruhererekane rw'impamvu rusange.

Kubera amabwiriza amwe n'amwe ya kera yo gukoresha yoga, sinshobora gutanga

ibisobanuro byuzuye kuri *Kriya Yoga* mu gitabo cyagenewe rubanda muri rusange. Ubuganga nyabwo bugomba kwigwa na *Kriyaban* cyangwa *Kriya Yogi* ; aha ngaha ibisobanuro birambye birahagije.

Kriya Yoga ni a byoroshye, imitekerereze y'umuntu uburyo na iki i umuntu amaraso ni yakuweho karubone

kandi igashyirwamo umwuka wa ogisijeni. Atome z'iyi ogisijeni y'inyongera zihinduka umuyoboro w'ubuzima kugira ngo zongere ubwonko n'impande zombi z'umugongo. **26-1** Mu guhagarika kwirundanya kw'amaraso yo mu mitsi, yoga ishobora kugabanya cyangwa gukumira kubora kw'ingingo; yoga iteye imbere ihindura uturemangingo twayo mo ingufu zisanzwe. Eliya, Yesu, Kabir n'abandi bahanuzi bari basanzwe ari abahanga mu gukoresha *Kriya* cyangwa ubundi buryo busa nayo, aho batumaga imibiri yabo ihinduka umubiri uko bishakiye.

Kriya ni siyansi ya kera. Lahiri Mahasaya yayihawe n'umwarimu we, Babaji, wavumbuye ubuhanga kandi abusobanura neza nyuma y'uko bwari bwarazimiye mu Gihe cy'Icuraburindi.

" *Kriya Yoga* ndimo guha isi binyuze kuri wowe muri iki kinyejana cya cumi n'icyenda, ni ububyutse bwa siyansi imwe Krishna yahaye Arjuna, mu myaka ibihumbi ishize, kandi nyuma yaje kumenyekana kuri Patanjali, na Kristo, Mutagatifu Yohani, Mutagatifu Pawulo, n'abandi bigishwa."

Kriya Yoga ivugwa na Krishna, umuhanuzi ukomeye mu Buhinde, mu gika cya *Bhagavad Gita* : "Guhumeka umwuka mu mwuka usohoka, no guhumeka umwuka usohoka, umuyogi agabanya iyi mihumeko yombi; bityo arekura imbaraga z'ubuzima mu mutima akawushyira munsu y'ubuyobozi bwe." **26-2** Ubusobanuro ni ubu: "Yogi ihagarika kubora mu mubiri binyuze mu kongeramo imbaraga z'ubuzima, kandi igahagarika impinduka mu mikurire mu mubiri binyuze mu *gukuraho* umuriro. Bityo igakuraho kubora no gukura, binyuze mu gutuza umutima, yogi yiga kugenzura ubuzima."

Krishna kandi avuga ku **mirongo 26-3** ko ari we, mu gihe cya kera, wagejeje yoga idashobora gusenywa ku mutara wa kera, Vivasvat, wayihaye Manu, umushingamategeko ukomeye. **26-4** Na we yategetse Ikshwaku, se w'ingoma y'abarwanyi b'izuba mu Buhinde. Yagiye iva kuri umwe ijya ku wundi, yoga y'ibwami yari irinzwe n'aba-rishi kugeza igihe ibihe by'ubutunzi bizagera. **26-5** Hanyuma, bitewe n'ibanga ry'abapadiri n'ubwitonzi bw'umuntu, ubumenyi bwera bwagiye butangira kuboneka buhoro buhoro.

Kriya Yoga ivugwa kabiri n'umuhanga wa kera Patanjali, umuhanga wa yoga ukomeye, wanditse ati: " *Kriya Yoga* igizwe n'imyitwarire myiza y'umubiri, kugenzura ubwenge, no gutekereza kuri *Aum* ." **26-6** Patanjali ivuga ku Mana nk'ijwi nyaryo rya Cosmic of *Aum* ryumvaga mu gutekereza. **26-7** *Aum* ni Ijambo ry'Ubwiza, **26-8** ijwi rya Vibratory Motor. Ndetse n'umuntu utangira yoga ahita yumva ijwi ritangaje rya *Aum* . Iyo abonye iyi nkunga y'umwuka, umuyoboze yemezwa ko koko afitanye isano n'ijuru.

Patanjali yerekeza ku nshuro ya kabiri ku buryo bwo kugenzura ubuzima cyangwa *Kriya* : "Kwibohora bishobora kugerwaho na *pranayama* igerwaho binyuze mu guca inzira yo

guhumeakwa no gucika intege." **26-9**

Mutagatifu Pawulo yari azi *Kriya Yoga* , cyangwa uburyo busa nayo cyane, aho yashoboraga guhindura imiyoboro y'ubuzima akajya no kuva mu byumvo. Bityo yashoboye kuvuga ati: "Mu by'ukuri, ndahamya ko nishimiye Kristo, *mpfa buri muni* ." **26-10** Mu gukuramo imbaraga z'umubiri we buri muni, yayihuje binyuze mu guhuza yoga n'ibyishimo (ibyishimo bidashira) by'ubwenge bwa Kristo. Muri iyo mimerere y'ibyishimo, yari

mu buryo buziguye Ubizi bya kuba yapfuye kuri i uburiganya ibyumviro isi bya *maya* .

Mu ntangiriro zo kuvugana n'Imana (*sabikalpa samadhi*), ubwenge bw'uwiye guriye Imana buhuzwa n'Umwuka w'Ijuru; imbaraga ze z'ubuzima zikurwa mu mubiri, usa n'aho "wapfuye," cyangwa udakora kandi udakomeye. Umukozi wo muri yoga aba azi neza imiterere y'umubiri we yo guhagarara. Uko abikora Akomeza kugera ku rwego rwo hejuru rw'umwuka (*nirbikalpa samadhi*), ariko, aganira n'Imana nta kwishyira mu mwanya w'umubiri, no mu bwenge bwe busanzwe bwo gukanguka, ndetse no mu gihe akora imirimo yo ku isi. **26-11**

" *Kriya Yoga* ni igikoresho gishobora kwihutishwa n'ubwihindurize bw'umuntu," Sri Yukteswar yasobanuriye abanyeshuri be. "Aba yoga ba kera bavumbuye ko ibanga ry'ubwenge bw'ikirere rifitanye isano rya bugufi no kumenya guhumeka. Uyu ni umusanzu udasanzwe w'Ubuhinde kandi utagira urupfu mu bubiko bw'ubumenyi bw'isi. Imbaraga z'ubuzima, ubusanzwe zikoreshwa mu kubungabunga umutima, zigomba kurekurwa kugira ngo zikore ibikorwa byo hejuru binyuze mu buryo bwo gutuza no gutuza ibyo umwuka usaba bidashira."

Kriya Yogi mu mutwe we ayobora imbaraga ze z'ubuzima kugira ngo zizenguruke, zizamuka kandi zimanuka, zizengurutse impande esheshatu z'umugongo (medullary, cervical, dorsal, lumbar, sacral, na coccygeal plexuses) zihuye n'ibimenyetso cumi na bibiri bya zodiac, umuntu wo mu kirere w'ikigereranyo. Umunota umwe w'impinduka y'ingufu zizengurutse umugongo w'umuntu ugira ingaruka ku iterambere rito mu iterambere rye; icyo gice cy'umunota wa *Kriya* kingana n'umwaka umwe w'impinduka karemano mu mwaka.

Sisitemu y'ikirere cy'umuntu, ifite ibice bitandatu (cumi na bibiri by'impande) by'imbere bizenguruka izuba ry'ijisho ry'umwuka rizi byose, ifitanye isano n'izuba rifatika n'ibimenyetso cumi na bibiri bya zodiac. Bityo abantu bose bagerwaho n'isanzure ry'imbere n'iry'inyuma. Aba-Rishi ba kera bavumbuye ko ibidukikije by'umuntu byo ku isi n'ibyo mu ijuru, mu mizingo y'imyaka cumi na bibiri, bimushyira imbere mu nzira ye karemano. Ibyanditswe byera bivuga ko umuntu akeneye imyaka miliyoni y'ubwihindurize busanzwe, butagira indwara kugira ngo ubwonko bwe butunganye bihagije kugira ngo bugaragaze ubwenge bw'ikirere.

Igihumbi cya *Kriya* cyigishijwe mu masaha umunani giha yoga, mu munsu umwe, ingano y'imyaka igihumbi y'ubwihindurize karemano: imyaka 365.000 y'ubwihindurize mu mwaka umwe. Mu myaka itatu, *yoga yoga* ishobora kugera ku musaruro nk'uwo kamere izana mu myaka miliyoni. Birumvikana ko inzira ngufi ya *Kriya* ishobora gufatwa gusa na yoga imaze gukura cyane. Bayobowe n'umuhanga mu by'iyobokamana, yoga nk'iyi yateguye neza imibiri yabo n'ubwonko bwabo kugira ngo bakire imbaraga zaremwe no gukora imyitozo ikomeye.

Umukiriya *utangiye* imyitozo ya yoga akoresha inshuro cumi na nyine kugeza kuri

makumyabiri n'umunani gusa, inshuro ebyiri ku munsu. Umubare munini wa yoga ugera ku kwibohora mu myaka itandatu cyangwa cumi n'ibiri, makumyabiri n'ine cyangwa mirongo ine n'umunani. Umukiriya ukina yoga apfa mbere kugera ku ntego yuzuye gushyira mu bikorwa gutwara hamwe na we i byiza karma bya bye ibyashize *Kriya* yihatira; mu buzima bwe bushya asunikwa mu buryo buboneye kugera ku ntego ye itagira iherezo.

Umubiri w'umuntu usanzwe umeze nk'itara rya wati mirongo itanu, ridashobora kwakira miliyari Imbaraga za watts ziterwa no gukoresha cyane *Kriya* . Binyuze mu kongera buhoro buhoro uburyo bworoshye kandi "butagira amakemwa" bwa *Kriya* , umubiri w'umuntu uhinduka mu buryo bw'ikirere umunsi ku wundi, amaherezo ushyirwa mu buryo bwo kugaragaza ubushobozi butagira akagero bw'ingufu zo mu kirere - ubwa mbere mu buryo bufatika.

ikora imiterere bya Umwuka.

Kriya Yoga ntaho ihuriye n'imyitozo yo guhumeka idashingiye ku siyansi yigishwa n'abayoboke benshi b'abanyamayeri bayobye. Kugerageza kwabo guhagarika umwuka mu bihaha ku ngufu si ibintu bisanzwe gusa ahubwo ni ibintu bidashimishije. *Kriya*, ku rundi ruhande, kuva mu ntangiriro iherekezwa n'amahoro, no kumva ituze ry'ingaruka nziza mu mugongo.

Uburyo bwa kera bwo gukora yoga buhindura umwuka mu bwenge. Mu iterambere ry'umwuka, umuntu ashobora kumenya umwuka nk'igikorwa cy'ubwenge - nk'inzosi - umwuka.

Byinshi ibishushanyo yashoboraga kuba byatanze bya i imibare umubano hagati iby'umugabo umuvuduko w'ubuhumekero n'impinduka mu miterere y'ubwenge bwe. Umuntu ufite ibitekerezo bye byose, nko mu gukurikirana ingingo zimwe na zimwe zishingiye ku bwenge, cyangwa mu kugerageza gukora ikintu cy'umubiri giteye ubwoba cyangwa kigoye, ahumeka buhoro cyane. Gushyira umutima ku kintu biterwa no guhumeka buhoro; guhumeka vuba cyangwa kutaringaniye ni bimwe mu bihe byangiza amarangamutima: ubwoba, irari, uburakari. Inguge idatuje ihumeka ku kigero cya 32 ku munota, bitandukanye na impuzandengo y'umuntu ni inshuro 18. Inzovu, ikiyoka, inzoka n'izindi nyamaswa zamenyekanye kubera Kuramba bifite umuvuduko wo guhumeka uri muni y'uwo umuntu. Urugero, ikiyoka gishobora kugera ku myaka 300, hagati y'imyaka **26 na 12** ahumeka inshuro 4 gusa ku munota.

Ingaruka zo kugarura ubushya bw'ibitotsi ziterwa n'uko umuntu atamenya umubiri n'ubuhumekero by'igihe gito. Umuntu usinziriye aba umuyogi; buri joro akora umuhango wa yoga atabizi. yikuramo mu buryo bw'umubiri, no guhuza imbaraga z'ubuzima n'imiyoboro y'ubuvuzi mu gice cy'ubwonko gikuru n'uduce dutandatu tw'impinza ze. Bityo, umuntu usinziriye yibira mu kigega cy'ingufu z'ikirere gikomeza ubuzima bwose.

Umukozi wo muri yoga akora ibintu byoroshye kandi bisanzwe abizi, atari nk'umuntu usinziriye buhoro buhoro. Umukozi *wo muri Kriya Yogi* akoresha ubuhanga bwe kugira ngo yuzuze kandi agaburire uturemangingo tw'umubiri we twose urumuri rudashira kandi rukomeze kugira imbaraga za rukuruzi. Mu by'ukuri, umwuka we utuma umwuka uhumeka udakenewe, adakora ibintu byo gusinzira cyangwa kutamenya.

Nk'uko byatangajwe na *Kriya*, imbaraga z'ubuzima zisohoka ntizipfa ubusa cyangwa ngo zikoreshe nabi mu buryo bw'umubiri, ahubwo zigomba Yongera guhuzwa n'imbaraga zoroheje z'umugongo. Binyuze muri ubwo buryo bwo gukomeza ubuzima, umubiri n'ubwonko by'umuntu wo muri yoga bihabwa imbaraga n'umuti wo mu mwuka. Bityo yikura mu kwitondera amategeko karemano, ashobora kumugeza gusa ku ntego y'imyaka miliyoni y'imyaka ibarirwa muri za miriyoni - binyuze mu buryo burambuye nk'uko bitangwa n'ibibwira bikwiye, urumuri

rw'izuba, n'ibitekerezo bihuje. Ikeneye imyaka cumi n'ibiri y'ubuzima busanzwe kugira ngo igire ingaruka nke mu miterere y'ubwonko, kandi miliyoni imwe y'izuba irasabwa kugira ngo inonosore neza ubwonko kugira ngo bugaragaze ubwenge bw'ikirere.

Kriya iboshye umugozi w'umwuka uhambira roho ku mubiri, ifasha kongera ubuzima no kwagura ubwenge kugeza ku iherezo. Uburyo bwa yoga butsinda intambara hagati y'ubwenge n'ibyumviro bifatanye isano n'ibintu, kandi bugatuma uwiye guriye Imana yongera kuzungura ubwami bwe bw'iteka. Azi ko kamere ye nyayo idahambiriwe n'ibintu bifatika cyangwa umwuka, ikimenyetso cy'ubucakara bw'umwuka bupfa, n'ingufu z'ibanze za kamere.

Kwisuzuma, cyangwa "kwicara mu ituze," ni uburyo butari ubwa siyansi bwo kugerageza gutandukanya ubwenge n'ibyumviro, bihujwe n'imbaraga z'ubuzima. Ubwenge butekereza, bugerageza kugaruka ku bumana, buhora bukururwa inyuma bugana ku byumviro n'imigezi y'ubuzima. *Kriya*, igenzura ubwenge *binyuze* mu mbaraga z'ubuzima, ni bwo buryo bworoshye, bufite akamaro, kandi bwa siyansi bwo kwegera Innocent. Bitandukanye n'inzira y'iyobokamana y' "igare ry'inka" idasobanutse neza, *Kriya* ishobora kwitwa inzira y' "indege".

Ubumenyi bwa Yoga bushingiye ku gusuzuma ubwoko bwose bw'imyitozo yo kwibanda ku byo umuntu akora no gutekereza ku byo akora. Yoga ifasha umuntu usenga kuzimya cyangwa gufungura, uko abyishakiye, ubuzima bwe buva mu telefoni eshanu z'ibyumviro byo kubona, kumva, guhumurirwa, uburyohe, no gukoraho. Amaze kugera kuri ubwo bubasha bwo guhuza ibyumviro, umuyogi abona ko byoroshye guhuza ubwenge bwe uko abyifuza n'ijuru cyangwa n'isi y'ibintu. Ntakibishaka, imbaraga z'ubuzima zimugarura mu isanzure ry'imyumvire isanzwe n'ibitekerezo bitagira umutuzo. Umunyabubasha w'umubiri we n'ubwenge bwe, *Kriya Yogi* amaherezo atsinda "umwanzi wa nyuma", ari we rupfu.

Uko ni ko uzarya Urupfu, rurya abantu: Kandi Urupfu rwapfuye, nta rupfu rukiriho icyo gihe. **26-13**

Ubuzima bw'umuntu wa *Kriya Yogi uteye imbere* ntibuterwa n'ingaruka z'ibikorwa bya kera, ahubwo buterwa gusa n'ubuyobozi buva mu bugingo. Bityo, umuntu wiyeguriye Imana yirinda abakurikirana buhoro buhoro ibikorwa by'ubwikunde, ibyiza n'ibibi, by'ubuzima busanzwe, bugoye kandi bumeze nk'ubw'imitima y'inkoko.

Uburyo bwiza bwo kubaho mu bugingo bubohora umuyogi, wakuwe mu buroko bwe bw'ubwikunde, akaryohereza n'umwuka wo kuba ahantu hose. Uburemere bw'ubuzima karemano, mu buryo bunyuranye, bushyirwa mu muvuduko uteye isoni. Mu guhuza ubuzima bwe n'uburyo bw'ihindagurika, umuntu ntashobora gutegeka kwihuta guturutse ku bidukikije, ariko, kubaho nta kosa rinyuranyije n'amategeko y'ubushobozi bwe bwo mu mubiri no mu bwenge, bisaba imyaka igera kuri miliyoni yo kwiyoberanya kugira ngo amenye kubohoka burundu.

Uburyo bwa teleskopu bwa yoga, butuma umuntu yitandukanya n'ibintu bigaragara mu mubiri no mu mutwe, bityo bugashyigikira ko roho n'umuntu biha agaciro abantu bareba mu buryo butunguranye imyaka igihumbi. Iyi mibare yagutse ku muntu usanzwe, ubana mu buryo buboneye, ndetse no mu buryo bunyuranyije n'imiterere, ndetse no mu mwuka we, ahubwo agakurikirana ibintu bidasanzwe, bityo gutukana muri bye umubiri na ibitekerezo i biryoshye ubwenge bya kamere. Kuri we, bibiri inshuro a Imyaka miliyoni ishobora kuba mike cyane kugira ngo umuntu yibohore.

Umuntu w'umusaza ntabwo amenya cyangwa ngo amenye na rimwe ko umubiri we ari ubwami, buyobowe n'Umwami w'ubugingo ku ntebe y'ubuhumekero, hamwe

n'abasimbura mu nzego esheshatu z'umugongo cyangwa urwego rw'isi. ubwenge. Iyi tewokarasi ikwirakwira mu itsinda ry'abantu bumvira: uturemangingo miliyari 27.000 - twahawe ubwenge bwizewe kandi bwikora butuma dukora imirimo yose yo gukura kw'umubiri, guhinduka no guseniyuka - hamwe n'ibitekerezo, amarangamutima, n'impinduka z'ibihe bitandukanye mu bwenge bw'umuntu mu gihe cy'imyaka 60. Kwigomeka ku buryo bugaragara kw'uturemangingo tw'umubiri cyangwa ubwonko ku Mwami w'ubugingo, bigaragarira nk'indwara cyangwa kwiheba, ntibiterwa n'ubuhemu mu baturage baciye bugufi, ahubwo biterwa no gukoreshwa nabi mu bihe byashize cyangwa by'ubu na umuntu ku giti cye cyangwa ubushake bwe, yahawe icyarimwe n'ubugingo, kandi ntazigera abisubiraho.

Umuntu yishyira mu mwanya w'umuntu udafite ubwikunde, afata ko ari we utekereza, ushaka, yumva, agasya ibiryo, kandi akabikomeza, ntiyigere yemera binyuze mu gutekereza (hake gusa byaba bihagije!) ko mu buzima bwe busanzwe ari nk'igipupe cy'ibikorwa bya kera (karma) n'ibya kamere. cyangwa ibidukikije. Uburyo umuntu yiyumvamo, amarangamutima ye, ibiyumvo bye, n'imyitwarire ye biterwa n'ingaruka z'impamvu zabayeho mu bihe byashize, zaba iz'ubuzima bwe bwa kera cyangwa ubwo yabayeho mbere. Ariko, hejuru y'izo ngaruka ni roho ye y'umwami. Yanze ukuri n'ubwisanzure by'igihe gito, *Kriya Yogi* arenga ibyo kwiheba byose ajya mu Kinyabuzima cye kidafungirwamo imipaka. Ibyanditswe byose bivuga ko umuntu atari umubiri ubora, ahubwo ari roho nzima; na *Kriya* yahawe uburyo bwo kugaragaza ukuri kw'Ibyanditswe.

"Imihango yo hanze ntishobora gusenya ubujiji, kuko ntabwo ivuguruzanya," Shankara yanditse mu gitabo cye kizwi cyane cyitwa *Century Of Verses* . "Ubumenyi bufatika bwonyine busenya ubujiji ... Ubumenyi ntibushobora kuvuka mu bundi buryo uretse gushakisha. 'Ndi nde? Iki isanzure cyavutse gute? Ni nde wagikoze? Impamvu yacyo ifatika ni iyihe?' Ubu ni bwo bwoko bw'ubushakashatsi buvugwa." Ubwenge nta gisubizo bufite kuri ibi bibazo; bityo rishis yahindutse yoga nk'uburyo bwo gushakisha mu buryo bw'umwuka.

Kriya Yoga ni "umuhango w'umuriro" nyakuri ukunze gushimagizwa muri *Bhagavad Gita* . Imiriro yo gusukura yoga izana urumuri rw'iteka, bityo ikaba itandukanye cyane n'imihango y'umuriro y'idini igaragara inyuma kandi idakora neza, aho kumva ukuri akenshi gutwikwa, kugeza ku ndirimbo ziherekeza, hamwe n'imibavu!

Umu-yogi uteye imbere, yima ubwenge bwe bwose, ubushake bwe, n'ibiyumvo bye byose kwishyira hamwe n'irari ry'umubiri, agahuza ubwenge bwe n'imbaraga zidasanzwe mu nsengero z'umugongo, bityo aba muri iyi si nk'uko Imana yabiteganyije, adasunitswe n'ibyifuzo byo mu bihe byashize cyangwa n'ubuhanga bushya bw'intego nshya z'abantu. Umu-yogi nk'uwo ahabwa isohozwa ry'icyifuzo cye cy'ikirenga, agatekanye mu bwihisho bwa nyuma bw'Umwuka w'ibyishimo bitagira iherezo.

Umuyogi atanga ibyifuzo bye bya muntu bidasanzwe ku muriro w'Imana imwe wihariye Imana idasanzwe. Uyu ni wo muhango nyakuri w'umuriro wa Yogi, aho ibyifuzo byose bya kera n'iby'ubu ari ibikomoka ku rukundo rw'Imana. Urumuri rw'ikirenga rwakira igitambo cy'ubusazi bwose bw'abantu, kandi umuntu aba adafite umwanda. Amagufwa ye yakuweho inyama zose yifuza, igituza cye cya karmic cyaranduye mu zuba ry'ubwenge rirwanya udukoko, amaherezo aba asukuye, ntatera umujinya imbere y'umuntu n'Umuremyi.

Avuga ku buryo yoga ikora neza kandi mu buryo buhamye, Lord Krishna ashima yoga mu ikoranabuhanga muri aya magambo: "Yogi iruta abiheba batanga amabwiriza ku mubiri, ndetse iruta n'abakurikira inzira y'ubwenge (*Jnana Yoga*),

cyangwa inzira y'ibikorwa (*Karma Yoga*); ba wo mwigishwa Arjuna, yoga!" **26-14**

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26-1 : Itsinda byavuzwe umuhanga mu bya siyansi, Dr. George W. Crile bya Cleveland, byasobanuwe mbere a 1940 inama bya i Umunyamerika Ishyirahamwe rya i Iterambere bya Siyansi i igerageza na iki we yari afite byagaragaye ibyo byose umubiri ingingo ni mu buryo bw'amashanyarazi mbi, uretse ubwonko n'imitsi bigumana amashanyarazi meza kuko bifata ogisijeni yongera imbaraga ku muvuduko wihuse.

26-2 : *Bhagavad Gita* , IV:

29. 26-3: *Bhagavad Gita* IV:

1-2.

26-4 : Umwanditsi wa *Manava Dharma Shastras* . Aya mashyirahamwe y'amategeko rusange yemejwe nk'abatagatifu aracyakora mu Buhinde kugeza na n'uyu muni. Intiti y'Umufaransa, Louis Jacolliot, yanditse ko itariki ya Manu "yabuze mu ijoro rya mbere y'amateka y'Ubuhande; na oya intiti ifite yaratinutse kuri kwanga we i umutwe bya i hafi ya yose ibya kera umutangamategeko muri i isi." Muri *La Bibiliya Dans L'inde* , ku ipaji ya 33-37, Jacolliot yongeraho inyandiko zijyanye n'ibyo yanditse kugira ngo yemeze ko *Amategeko y'Abaroma ya Justinian* akurikiza neza *Amategeko ya Manu* .

26-5 : Itsinda gutangira bya i ibintu by'umubiri imyaka, hakurikijwe kuri Umuhindu Ibyanditswe Byera imibare, yari 3102 BC Ibi yari i Itangiriro rya i Kumanuka Dwapara Imyaka (reba [urupapuro 174](#)). Igezweho intiti, mu buryo butunguranye kwizera ibyo 10,000 imyaka ishize byose abagabo bari

yarohamye muri a urwenya Ibuye Imyaka, muri make kwirukana nka "imigani" byose inyandiko na imigenzo bya cyane .ibya kera imitirire mu Buhinde, mu Bushinwa, mu Misiri, no mu bindi bihugu

26-6 *Amagambo* ya Patanjali , II: 1. Mu gukoresha amagambo *Kriya Yoga* , Patanjali yashakaga kuvuga uburyo nyabwo bwigishijwe na Babaji, cyangwa kimwe cyane bisa kuri byo. Ibyo byo yari a byumvikana neza tekiniki bya ubuzima kwizera ni byagaragaye na Patanjali's *Ubuvanganzo* II:49.

26-7 : Patanjali's *Amagambo ahinnye* , I: 27.

26-8 : "Muri i itangiriro yari i Ijambo, na i Ijambo yari hamwe na Mana, na i Ijambo yari Imana.Byose ibintu bari byakozwe na

Yewe; kandi nta kintu na kimwe cyaremwe kitari we." - *Yohana* 1:1-3. *Aum* (*Om*) wo muri *Vedas* yabaye ijambo ryera " *Amini* bya i Abayisilamu, *Hum* bya i Abanyatibeti, na *Amen* bya i Abakristo (byayo ibisobanuro muri Igiheburayo kuba *yego* , " *Uwizewe*). "Ibyo ni byo Amen, umuhamya wo kwizerwa kandi w'ukuri, itangiriro ry'ibyo Imana yaremeye."- *Ibyahishuwe* .3:14

26-9 : *Amagambo ahinnye* II: 49..

26-10 : Jye *Abakorinto* 15:31. "Ibyacu "Nishimye cyane" ni i neza guhindura; ntabwo, nka ubusanzwe byatanzwe, "ibyawe "Nishimye cyane." Mutagatifu Pawulo yavugaga ko ubwenge bwa Kristo *buba hose* ..

26-11 : *Kalpa* bivuze igihe cyangwa imyaka myinshi. *Sabikalpa* bivuze icyigwa kuri igihe cyangwa impinduka; bimwe isano hamwe na *prakriti* cyangwa ikintu ibisigazwa.

. *Nirbikalpa* bivuze ihoraho, kidahinduka; ibi ni i cyo hejuru cyane leta bya *samadhi*

26-12 : Dukurikije kuri i *Lincoln Isomero Cya Iby'ingenzi Amakuru* , p. 1030, i igihangange ikinyamaswa ubuzima hagati 200 na imyaka 300 .

26-13 : Shakespeare: *Sonnet* #

146. 26-14: *Bhagavad Gita* , VI: 46.

IGICE: 27

Ishingwa A Yoga Ishuri Kuri Ranchi

"Kuki ni wowe kwanga kuri ishyirahamwe akazi?"

Ishuri rya Master ikibazo gutungurwa nnyewe a agace gato. Byabyo ni ukuri ibyo yanyye ubwite kwemeza kuri i igihe yari ibyo

amashyirahamwe bari "ivu" ibyari.

"Ni akazi kadashima, bwana," naramusubije. "Ibyo umuyobozi akora cyangwa atakora byose, aranengwa."

"Ese wifuza ko *ifu yose y'Imana* (amata y'umuti) ari iyawe wenyine?" Igisubizo cy'umwarimu wanjye cyaherekejwe no kumureba nabi. "Ese wowe cyangwa undi muntu wese yashoboraga kugera ku Mana binyuze muri yoga niba umurongo w'abahanga b'umutima mwiza utari witeguye kugeza ubumenyi bwabo ku bandi?" Yongeyeho ati "Imana ni Ubuki, imiryango ni imizinga; byombi ni ngombwa. *Ubwoko ubwo aribwo bwose* ntacyo bumaze, birumvikana, nta mwuka, ariko kuki utagomba gutangira imizinga yuzuyemo ifu y'umwuka?"

Inama ze zankoze ku mutima cyane. Nubwo nta gisubizo natanze, umwanzuro ukomeye waraje mu mutima wanjye: Nasangiraga na bagenzi banjye, uko nshoboye kose, ukuri gukomeye nize ku birenge by'umwarimu wanjye. Nasenze nti "Mwami, Urukundo rwawe rumurikire iteka ryose ahantu hera ho kwiye gurira Imana kwanjye, kandi nshobore gukangura urwo Rukundo mu mitima y'abandi."

Hari igihe cyabanje, mbere yuko ninjira mu muryango w'abihaye Imana, Sri Yukteswar yari yavuze ikintu kitari gitunguranye cyane.

Yari yaravuze ati: "Ese uzabura ubucuti n'umugore wawe mu gihe cy'izabukuru!" "Ese ntiwemera ko umugabo w'umuryango, ukora akazi k'ingirakamaro kugira ngo atunge umugore we n'abana be, bityo agira uruhare rushimishije mu maso y'Imana?"

"Bwana," nari narabyamaganye mfite ubwoba, "uzi ko icyifuzo cyanjye muri ubu buzima ari ugushyigikira Inkundwakazi yo mu ijuru gusa."

Umwigisha yari yasetse cyane ku buryo numvise ko ibyo yabonye ari ukugerageza ukwizera kwanjye gusa.

"Wibuke," yari yavuze buhoro buhoro, "ko uteshutse ku nshingano ze zo ku isi ashobora kwisobanura gusa iyo yihaye inshingano runaka ku muryango mugari cyane."

Igitekerezo cy'uburezi bw'uruhererekane ku rubyiruko cyari gisanzwe ari ikintu cy'ingenzi cyane kuri njye. Nabonye neza ingaruka mbi z'inyigisho zisanzwe, zigamije gusa iterambere ry'umubiri n'ubwenge. Indangagaciro z'umuco n'iz'umwuka, nta muntu n'umwe ushobora kwegera ibyishimo adahawe, zari zikiri nta nteganyanyigisho isanzwe. Niyemeje gushinga ishuri aho abahungu bato bashobora gukura kugeza ku bugabo bwuzuye. Intambwe ya mbere nateye muri icyo cyerekezo nayigize mfite abana barindwi i Dihika, agace gato ko mu cyaro muri Bengal.

Nyuma y'umwaka umwe, mu 1918, kubera ubuntu bwa Sir Manindra Chandra Nundy, Maharaja wa Kasimbazar, nashoboye kwimurira itsinda ryanjye ryari rikura vuba i Ranchi. Uyu muji wo muri Bihar, nko mu birometero magana abiri uvuye i Calcutta, ufite ikirere cyiza cyane mu Buhinde. Ingoro ya Kasimbazar iri i Ranchi yahinduwe icyicaro gikuru cy'ishuri rishya, nise *Brahmacharya Vidyalaya* **27-1**. hakurikijwe amahame ngenderwaho y'uburezi bw'aba-rishi.

Byabo ishyamba ashram yari afite yabaye i ibya kera intebe bya kwiga, isi na Imana, kuri i urubyiruko bya

Ubuhinde.

Muri Ranchi nateguye gahunda y'uburezi haba mu byiciro by'ikibonezamvugo n'amashuri yisumbuye. Yarimo amasomo y'ubuhinzi, inganda, ubucuruzi, n'amasomo. Abanyeshuri kandi bigishijwe uburyo bwo kwibanda kuri yoga no gutekereza cyane, ndetse n'uburyo bwihariye bwo gukura kw'umubiri, "Yogoda," amahame yayo nari naravumbuye mu 1916.

Ubwo namenyaga ko umubiri w'umuntu umeze nk'amashanyarazi, natekereje ko ushobora kongeramo ingufu binyuze mu bushake bw'umuntu. Kubera ko nta gikorwa, cyaba gito cyangwa kinini, gishoboka nta *bushake*, umuntu ashobora kwifashisha imbaraga ze, ubushake, kugira ngo avugurure ingingo z'umubiri we nta bikoresho biremereye cyangwa imyitozo ngororamubiri. Bityo nigishije abanyeshuri ba Ranchi ubuhanga bwanjye bworoshye bwa "Yogoda" aho imbaraga z'ubuzima, zishingiye kuri medulla oblongata y'umuntu, zishobora kongeramo ingufu mu buryo buziguye kandi ako kanya bivuye ku ngufu zitagira umupaka z'ikirere.

Abahungu bitabiriye neza iyi myitozo, bagira ubushobozi budasanzwe bwo guhindura imbaraga z'ubuzima ziva mu gice kimwe cy'umubiri zijya mu kindi, no kwicara neza mu buryo bugoye bw'umubiri - Bakoze ibikorwa by'imbaraga n'ubwihangane abantu bakuru benshi bakomeye batashoboraga kubigereranya. Murumuna wanjye muto, Bishnu Charan Ghosh, yinjiye mu ishuri rya Ranchi; nyuma yaje kuba umuhanga mu by'umuco ukomeye muri Bengal. We n'umwe mu banyeshuri be bagiye mu Burayi no muri Amerika, bagaragaza imbaraga n'ubuhanga, ibyo bikaba byaratangaje abahanga bo muri kaminuza, harimo n'abo muri Kaminuza ya Columbia i New York.

Mu mpera z'umwaka wa mbere muri Ranchi, abasabaga kwinjira bageze ku bihumbi bibiri. Ariko ishuri, icyo gihe ryari iry'abanyeshuri gusa, ryashoboraga kwakira abanyeshuri bagera ku ijana gusa. Amasomo y'abanyeshuri ba manywa yahise yongerwaho.

Muri *Vidyalaya* nagombaga gukina nk'umubyeyi w'abana bato, no guhangana n'ingorane nyinshi zo mu mikorere. Akenshi nibukaga amagambo ya Kristo agira ati: "Ndababwira ukuri: Nta muntu wasize inzu, cyangwa abavandimwe cyangwa bashiki be, cyangwa se, cyangwa nyina, cyangwa umugore, cyangwa abana, cyangwa amasambu, ku bwanjye no ku bw'ubutumwa bwiza, ariko azahabwa inshuro ijana muri iki gihe, amazu n'abavandimwe, na bashiki bacu, na ba nyina, n'abana, n'amasambu, hamwe n'ibitotezo, kandi mu gihe kizaza ubugingo buhoraho." **27-3** Sri Yukteswar yari yarasobanuye aya magambo: "Uwiyeguriye Imana wirengagiza ibyamubayeho mu buzima bw'ishyingiranwa n'umuryango, maze agahana ibibazo by'urugo ruto n'ibikorwa bike kugira ngo ahabwe inshingano nini zo gukorera sosiyete muri rusange, aba akora umurimo ukunze guherekezwa n'ibitotezo biturutse ku isi itumvikana neza, ariko kandi no kunyurwa n'Imana

imbere."



Yogoda Math , ikigo cyiza cya Self-Realization Fellowship i Dakshineswar kuri Ganges. Yashinzwe mu 1938 nk'ahantu ho kwiherera yoga ku banyeshuri bo mu Burasirazuba n'Uburengerazuba.



Inyubako yo hagati ya *Yogoda Sat-Sanga Brahmacharya Vidyalyaya* i Ranchi, muri Bihar, yashinzwe mu 1918 nk'ishuri rya yoga ry'abahungu, rifite ubumenyi bw'ikibonezamvugo n'amashuri yisumbuye. Ifitanye isano na ryo ni Misiyoni ya Lahiri Mahasaya y'abagiraneza.

Umunsi umwe data yageze i Ranchi kugira ngo ampe umugisha wa kibyeyi, wari umaze igihe kinini utari uhari kuko nari naramubabaje ubwo nanze umwanya yari yahawe muri Gari ya Moshi ya Bengal-Nagpur.

“Mwana wanjye,” aravuga, “ubu nongeye kwiyinga n’ibyo wahisemo mu buzima. Biranshimisha kukubona uri hagati y’aba bana bishimye kandi bafite amatsiko; uri hano aho kuba uri kumwe n’abantu badafite ubuzima bo mu ngengabihe ya gari ya moshi.” Yasunikiye itsinda ry’abana icumi na babiri bari bankurikiye. “Nari mfite abana umunani gusa,” yarebye amaso ye ahumye, “ariko ndakumva!”

Kubera ko twari dufite umurima munini w'imbuto n'ubusitani bw'imbuto burumbuka bwa hegitari 25, abanyeshuri, abarimu, nanjye twishimiye amasaha menshi y'akazi ko hanze muri ibi bidukikije byiza. Twari dufite amatungo menshi, harimo n'impongo ntoya abana bayikundaga cyane. Nanjye nakunze cyane injangwe ku buryo

nayirekaga ikaryama mu cyumba cyanjye. Mu gitondo cya kare, ako gakoko gato karazaga ku buriri bwanjye kugira ngo kayikoreho mu gitondo.

Umunsi umwe nagaburiye itungo hakiri kare kurusha uko bisanzwe, kuko nagombaga gukora akazi runaka mu muji wa Ranchi. Nubwo naburiye abahungu kutagaburira inyana kugeza igihe nzagarukira, umwe muri bo yaranze kumvira,

maze mpa umwana w'impala amata menshi. Ubwo nagarukaga nimugoroba, inkuru ibabaje yanyakiriye: "Agahungu gato kari hafi gupfa, kubera ko kamaze konka cyane."

Ndira amarira, nashyize itungo ryasaga n'aho ridafite ubuzima ku bibero byanjye. Nasenze Imana mu bwuzu ngo irinde ubuzima bwayo. Nyuma y'amasaha make, ako gakoko gato karafunguye amaso, karahaguruka, kagenda gacitse intege. Ishuri ryose ryaranguruye ijwi ry'ibyishimo.

Ariko isomo rikomeye ryaje kuri nje muri iryo joro, rimwe ntashobora kwibagirwa. Nagumye ndi kumwe n'inyana kugeza saa mbiri z'ijoro, ubwo nasinziriye. Impala yagaragaye mu nzozi, irambwira iti:

"Uranyimye. Ndakwinginze undeke ngende;

undeke ngende!" "Sawa," nasubije mu nzozi.

Jye akangutse ako kanya, na yararize hanze, "Bahungu, i impongo ni gupfa! Itsinda abana kwihuta kuri yanjye uruhande.

Narirutse njya mu mfuruka y'icyumba nari nashyizemo itungo. Ryagerageje kubyuka bwa nyuma, rigwa rije aho ndi, hanyuma rigwa ku birenge byanjye, ripfa.

Dukurikije karma y'abantu benshi iyobora kandi ikagena iherezo ry'inyamaswa, ubuzima bw'impala bwari burangiye, kandi yari yiteguye gutera imbere ikagera ku rwego rwo hejuru. Ariko kubera kwishyira hamwe kwanjye cyane, nyuma naje kubona ko ari ukwikunda, no gusenga kwanjye gukomeye, nashoboye kubugumana mu ntege nke z'ishusho y'inyamaswa roho yari irimo iharanira kubohoka. Roho y'impala yatakambiye mu nzozi kuko, nta ruhushya rwanjye rw'urukundo, yashoboraga kugenda cyangwa ntiyashoboraga kugenda. Nkimara kwemera, yaragiye.

Agahinda kose karanyishe; nabonye bundi bushya ko Imana ishaka ko abana bayo bakunda byose nk'igice cya We, kandi ntiyumve ko urupfu rurangira byose. Umuntu utazi ubwenge abona gusa urukuta rudatsindwa rw'urupfu, rwihishe, bisa n'aho ruhoraho, inshuti ze akunda. Ariko umuntu utagira uwo yifatanyaho, ukunda abandi nk'ibitangaza by'Uwiteka, asobanukiwe ko mu rupfu abakunda bagarutse gusa kugira ngo bahumekerwe muri We.

Ishuri rya Ranchi ryakuze kuva ku ntangiriro ntoya no mu buryo bworoshye rigera ku kigo kizwi cyane ubu mu Buhinde. Amashami menshi y'ishuri aterwa inkunga n'imisanzu y'ubushake ituruka ku bishimira gukomeza amahame y'uburezi y'abarishi. Ku izina rusange rya *Yogoda Sat- Sanga* , **27-4** Amashuri y'amashami atera imbere yashinzwe i Midnapore, Lakshmanpur, na Puri.

Icyicaro gikuru cya Ranchi gifite ishami ry'ubuvuzi aho imiti na serivisi z'abaganga bitangwa ku buntu ku bakene bo muri ako gace. Umubare w'abavuye ugeze ku barenga 18.000. abantu a umwaka. Itsinda *Vidyalaya* ifite byakozwe byayo ikimenyetso, nabyo, muri Umuhinde irushanwa siporo, no mu rwego rw'amashuri, aho abanyeshuri benshi ba Ranchi bigaragaje mu bihe bya nyuma ubuzima bwa kaminuza.

Itsinda ishuri, ubu muri byayo makumyabiri n'umunani umwaka na i hagati bya byinshi ibikorwa, 27-5 ifite yabaye icyubahiro

basuwe n'abagabo bakomeye bo mu Burasirazuba n'Iburengerazuba. Umwe mu bantu bakomeye ba mbere basuye *Vidyalaya* mu mwaka wayo wa mbere yari Swami Pranabananda, "umutagatifu w'Ababenare ufite imibiri ibiri." Ubwo umwarimu mukuru yarebaga amasomo meza yo hanze, yaberaga munsu y'ibiti, maze nimugoroba abona ko abahungu bato bicaye amasaha menshi badakora mu gihe cyo gutekereza kuri yoga, yakozwe ku mutima cyane.

Yagize ati: "Ibyishimo biraza mu mutima wanjye, kubona ko intego za Lahiri Mahasaya zo gutoza urubiruko neza zikomeje gukorwa muri iki kigo. Umugisha wanjye ube kuri cyo."

Umusore wari wicaye iruhande rwanjye yatinyutse kubaza

ikibazo umuyoga mukuru. Yaravuze ati: "Nyakubahwa, ese

nkwiye kuba umumonaki? Ese ubuzima bwanjye ni ubw'Imana

gusa?"

Nubwo Swami Pranabananda yaramwenyuye witonze, bye amaso bari gutobora i ejo hazaza.

"Mwana wanjye," arasubiza ati "nukura, hari umugenzi mwiza ugutegereje." Amaherezo umuhungu yarashatse, nyuma y'imyaka myinshi yateganyaga kwinjira mu muryango wa Swami.

Nyuma y'igihe runaka Swami Pranabananda amaze gusura Ranchi, najyanye na data mu nzu ya Calcutta aho umuyogi yari acumbitse by'agateganyo. Ubuhungu bwa Pranabananda, bwambwiye imyaka myinshi mbere yaho, bwaje mu mutwe wanjye buti: "Nzakubona, hamwe na so, nyuma."

Ubwo Papa yinjiraga mu cyumba cya swami, umunyamayoga ukomeye yahagurutse ku ntebe ye maze ahobera umubyeyi wanjye mu buryo bujye urukundo.

"Bhagabati," aravugaga, "uri gukora iki kuri wowe ubwawe? Ntubona umuhungu wawe yiruka ajya ku Ijuru?" Nagize isoni zo kumva ishimwe rye imbere ya data. Swami yakomeje agira ati "Uribuka kenshi umwarimu wacu w'umugisha yakundaga kuvugaga ati: ' *Banat, banat, ban jai* .' **26-6** Komeza rero *Kriya Yoga* ubudahwema, kandi ugere ku miryango y'Imana vuba.

Umurambo wa Pranabananda, wari waragaragaye neza kandi ukomeye mu gihe namusuraga bwa mbere i Benares, noneho wagaragaje gusaza, nubwo yari ahagaze neza cyane.

"Swamiji," naramubajije, ndeba mu maso ye, "ndakwinginze umbwire ukuri: Ese

ntabwo wumva ko ugeze mu zabukuru? Uko umubiri ugenda ucika intege, ese uko ubona Imana biri kugenda bigabanuka ?"

Yaramwenyuye nk'umumarayika. "Uwo dukunda ari kumwe nanjye kurusha mbere hose." Ukwemera kwe kose kwaranyishe mu mutwe no mu mutima. Yakomeje agira ati "Ndacyafite amafaranga abiri ya pansiyi - rimwe ryavuye i Bhagabati hano, n'irindi ryaturutse hejuru." Agaragaza urutoki rwe mu ijuru, uwo mutagatifu aratangara cyane, isura ye yaka umucyo w'Imana - igisubizo gihagije ku kibazo cyanjye.

Nabonye ko icyumba cya Pranabananda kirimo ibimera byinshi n'udupaki tw'imbuta, nabajije icyo bigamije.

Yagize ati: "Navuye i Benares burundu, none ndi mu nzira yerekeza mu misozi ya Himalaya. Aho ni ho nzafungurira abigishwa banjye ashram. Izi mbuto zizabyara epinari n'izindi mboga nke. Abanjye bazabaho mu buryo bworoshye, bamara igihe cyabo mu bumwe bw'Imana bushimishije. Nta kindi gikenewe."

Papa yabajije bye umuvandimwe umwigishwa igihe we yakwitwara kugaruka kuri Calcutta.

"Ntibizongere ukundi," umutagatifu aramusubiza. "Uyu mwaka ni wo Lahiri Mahasaya yambwiye ko nzasiga Benares nkunda iteka ryose nkajya mu misozi ya Himalaya, ngaho kwiyambura umubiri wanjye w'urupfu."

Amaso yanjye yuzuye amarira kubera amagambo ye, ariko swami yaramwenyuye atuje. Yanyibukije umwana muto wo mu ijuru, wicaye neza ku bibero bya Mama w'Imana. Umutwaro w'imyaka nta ngaruka mbi ugira ku muntu ukomeye wo muri yoga ufite imbaraga z'umwuka zihebuje. Ashobora kuvugurura umubiri we uko abyifuzaga; nyamara rimwe na rimwe ntiyita ku kudindiza gusaza, ahubwo yemera ko karma ye ikora. yishyira mu mwanya w'umubiri, akoresha umubiri we wa kera nk'igikoresho cyo kuzigama igihe kugira ngo akureho ko ari ngombwa gukora karma mu guhinduka umuntu mushya.

Amezi nyuma Jye twahuye umuntu ishaje inshuti, Sanandan, nde yari kimwe bya Pranabananda's funga abigishwa.

"Umunyeshuri wanjye mwiza yarapfuye," yarambwiye, arira. "Yashinze ahantu ho gutura hafi ya Rishikesh, kandi yaduhaye imyitozo y'urukundo. Ubwo twari dutuye neza, kandi twihuta mu by'umwuka. iterambere mu kigo cye, yatanze igitekerezo cy'umunsi umwe cyo kugaburira imbaga y'abantu benshi bo muri Rishikesh. Namubajije impamvu yashakaga umubare munini gutyo.

Yagize ati: "Uyu ni wo muhango wanjye wa nyuma w'ibirori." Sinasobanukiwe neza icyo amagambo ye avuga.

"Pranabanandaji yafashije mu guteka ibiryo byinshi. Twagaburiye abashyitsi bagera ku 2000. Nyuma y'ibirori, yicaye ku rukuta rurerure atanga inyigisho yahumetswe kuri Infinite. Amaherezo, imbere y'abantu ibihumbi, yaranyihindukiriye, ubwo nicaraga iruhande rwe ku rubaraza, mvugana imbaraga zidasanzwe."

"Sanandan, kuba yateguwe; Jye am Kugenda kuri umugeru i ifuremu. 27-7 "

"Nyuma yo guceceka ntangaye, naranguruye ijwi nti 'Mwigisha, ntubikore! Ndakwinginze, ndakwinginze, ntubikore!' Abari aho bari bahumye, baratureba bashishikajwe no kumenya. Umunyeshuri wanjye yaransekeye, ariko amaso ye yari yamaze guhanga amaso ku Buziraherezo."

"Ati: 'Ntimukigire ubwikunde, kandi ntimumbabarire. Maze igihe kirekire

mbakorera mwese nishimye; none 'Nimwishime kandi munyifurize Imana ikomeze. Ngiye guhura n'umukunzi wanjye wo mu ijuru.' Mu ijwi rituje, Pranabanandaji yongeyeho ati: 'Nzavuka bundi bushya vuba. Nyuma yo kwishimira igihe gito cy'ibyishimo bitagira iherezo, nzagaruka ku isi no kwifatanya na Babaji. **27-8** Uzamenya vuba igihe n'aho roho yanjye yashyizwe mu mubiri mushya.

"Yewe yararize nanone, 'Sanandan, hano Jye umugeru i umukingo na i isegonda *Kriya Yoga* .' **27-9**

"Yarebye inyanja y'amasura imbere yacu, maze atanga umugisha. Yerekeje amaso ye imbere mu jisho ry'umwuka, yahise ahagarara. Mu gihe imbaga y'abantu bari batangaye batekerezaga ko arimo atekereza mu buryo bw'ibyishimo, yari amaze kuva mu ihema ry'umubiri maze yinjiza ubugingo bwe mu bunini bw'isi. Abigishwa bakoze ku mubiri we, bicaye mu mwanya w'ubururu, ariko ntabwo byari bikiri umubiri ushyushye. Hasigaye gusa igitereko gikomeye; umukode yari yahungiye ku nkombe idapfa."

Jye yabajije aho Pranabananda yari kuri kuba kuvuka bundi bushya.

Sanandan aramusubiza ati: "Uwo ni umurimo wera ntashobora kubwira uwo ari we wese. Wenda ushobora kubimenya ukundi."

Nyuma y'imyaka myinshi navumbuye kuri Swami Keshabananda **27-10** ko Pranabananda, nyuma y'imyaka mike avutse mu mubiri mushya, yagiye i Badrinarayan mu misozi ya Himalaya, maze yifatanya n'itsinda ry'abatagatifu bakikije Babaji ikomeye.

27-1 : *Vidyalya* , ishuri. *Brahmacharya* hano yerekeza kuri kimwe mu byiciro bine by'umugambi wa Vedic ku buzima bw'umuntu, nk'uko bigizwe ibyo bya (1) i ingaragu umunyeshuri (*brahmachari*); (2) i nyir'inzu hamwe na isi inshingano (*grihastha*);

i umwimukira (*vanaprastha*); (4) i ishyamba umuturage cyangwa inzererezi, ubuntu kuva byose iby'isi (3) impungenge (*sannyasi*). Ibi gahunda nziza bya ubuzima, mu gihe ntabwo cyane byagaragaye muri igezweho Ubuhinde, na n'ubu ifite byinshi wubaha Imana abayoboke. Itsinda bine ibyiciro ni bikorwa mu buryo bw'idini muni .y'ubuyobozi bw'ubuzima bwose bw'umuhanga mu by'iyobokamana

27-2 : A umubare bya Umunyamerika abanyeshuri na none kugira ubuhanga bitandukanye *asanas* cyangwa imyifatire, harimo Bernard Cole, umwarimu i Los Angeles w'inyigisho za Self-Realization Fellowship.

27-3 : *Mariko* 10:29- 30..

27-4 : Yogoda: *yoga* , ishyirahamwe ry'abakozi, ubwumvikane, kuringaniza; *da* , ibyo iki itanga. Sat-Sanga: *yicaye* , ukuri; *sanga* , ubusabane. Muri Iburengerazuba, kuri irinde i gukoresha bya a Sanskriti izina, i *Yogoda Sat-Sanga* ingendo ifite yabaye yahamagawe i *Ubufatanye bwo Kwigiraho* .

27-5 : Itsinda ibikorwa kuri Ranchi ni byasobanuwe byinshi byuzuye muri igice 40 . Itsinda Lakshmanpur ishuri ni muri i ushoboye kwishyura ya Bwana GC Dey, BA Ishami ry'ubuvuzi riyoborwa neza na Dr. SN Pal na Sasi Bhusan Mullick.

27-6 : Rimwe bya Lahiri Ikinyamakuru cya Mahasaya ukundwa amagambo, byatanzwe nka gushishikariza kuri bya by'abanyeshuri kwihangana. A ubuhinduzi bw'ubuntu ni: "Guharanira, guhatana, umunsi umwe reba! Intego y'Imana!"

27-7 : ni ukuvuga, gutanga hejuru i umubiri.

27-8 : Lahiri Ikinyamakuru cya Mahasaya umwarimu, nde ni na n'ubu kubaho. (Reba igice 33.)

27-9 *Kriya* ya kabiri , nk'uko yigishijwe na Lahiri Mahasaya, ifasha umuyoboke wayo kuyimenya kuva no kugaruka muri umubiri mu buryo buziguze kuri icyo ari cyo cyose igihe. Imbere umuyogi gukoresha i isegonda Kriya tekini mu gihe icya nyuma sohoka bya urupfu, a umwanya bahora bamenya mbere y'igihe.

27-10 : Ibyanyje inama hamwe na Keshabananda ni byasobanuwe muri igice 42 .

IGICE: 28

Kashi, Kuvuka bundi bushya Kandi Yongeye kuvumburwa

"Ndakwinginze kora ntabwo genda mu i amazi. Reka twebwe koga na kwibira mu mazi cyacu "Indobo."

Nari ndimo mbwira abanyeshuri bato bo muri Ranchi bari bamperekeza mu rugendo rw'ibirometero umunani baja umusozi uri hafi aho. Ikidendezi cyari imbere yacu cyari gishimishije, ariko nari naratangiye kucyinubira. Itsinda ryari rikikije ryakurikije urugero rwanjye rwo kwibira mu ndobo, ariko abasore bake bemeye gushukwa n'amazi akonje. Bakimara kwibira, inzoka nini zo mu mazi zarabakikije. Abahungu basohotse mu kidendezi baseka cyane.

Twariye ifunguro rya saa sita nyuma yo kugera aho twagombaga kujya. Nicaye muni y'igiti, nkikijwe n'itsinda ry'abanyeshuri. Bansanze mu mwuka ushimishije, bampa ibibazo byinshi.

Umusore umwe yarabajije ati: "Ndakwinginze umbwire, bwana, niba nzahora ndi kumwe nawe mu nzira yo kwiya." "

"Ah, oya," Jye yasubije ati, "wowe ubushake kuba ku ngufu byafashwe kure kuri ibyawu mu rugo, na nyuma wowe ubushake gushaka."

Kubera kutizera, yakoze imyigaragambyo ikomeye ati: "Niba mpfuye gusa nshobora kuzajyanwa mu rugo." Ariko mu mezi make, ababyeyi be baraje kumutwara, nubwo yari yanze kurira; nyuma y'inyaka runaka, yarashatse koko.

Nyuma yo gusubiza ibibazo byinshi, umusore witwaga Kashi yansabye ubufasha. Yari afite inyaka igera kuri cumi n'ibiri, umunyeshuri w'umuhanga, kandi akundwa na bose.

"Bwana," we yaravuze ati, "iki ubushake kuba yanjye "Ibizaza?"

"Wowe agomba vuba kuba yapfuye. Itsinda igisubizo yaraje kuva yanjye iminwa hamwe na umuntu bidasubirwaho imbaraga."

Uku gutangaza inkuru ntari niteze kwantunguye kandi kwarantunguye ndetse n'abari aho bose. Nihana bucece nk'umwana *mubi cyane* , nanze gusubiza ibindi bibazo.

Kuratangiye cyacu kugaruka kuri i ishuri, Kashi yaraje kuri yanjye icyumba.

"Nimpfa, uzansanga nimvukira ubwa kabiri, ukansubiza mu nzira y'umwuka?"
Ararira .

Numvise mfite ikibazo cyo kwanga iyi nshingano itoroshye y'ubumaji. Ariko nyuma y'ibyumweru byinshi, Kashi yarankomeje cyane. Mbonye ko yacitse intege kugeza aho ananiwe, amaherezo naramuhumuriye.

"Yego," Jye byasezeranijwe. "Niba i Ijuru Papa inguzanyo Ye ubufasha, Jye ubushake gerageza kuri shaka wowe."

Mu biruhuko byo mu mpeshyi, natangiye urugendo rugufi. Nicuza ko ntashoboye kujyana na Kashi, namuhamagaye mu cyumba cyanjye mbere yo kugenda, kandi namubwiye neza ko agomba kuguma mu by'umwuka byo mu ishuri nubwo byamubuzaga kwemera. Natekereje ko nataha, ashobora kwirinda ibyago byari bigiye kumugeraho.

Nkimara kugenda, se wa Kashi yageze i Ranchi. Yamaze iminsi cumi n'itanu agerageza kwica icyifuzo cy'umuhungu we, asobanura ko niba Kashi yajya i Calcutta iminsi ine gusa gusura nyina, yashoboraga kugaruka. Kashi yakomeje kwanga. Amaherezo se yavuze ko azajyana umuhungu abifashijwemo na polisi. Iryo terabwoba ryateye Kashi impungenge, kuko atari yiteguye kuba nyirabayazana w'ibyamamare bibi ku ishuri. Nta yandi mahitamo yabonye uretse kujyayo.

Nasubiye i Ranchi nyuma y'iminsi mike. Numvise uburyo Kashi yimuwe, nahise nitoza yerekeza i Calcutta. Aho ngaho nafashe tagisi y'ifarashi. Igitangaje cyane, ubwo imodoka yanyuraga hakurya y'ikiraro cya Howrah hejuru ya Ganges, nabonye se wa Kashi n'abandi bene wabo bambaye imyenda yo kuririra. Navuze ijwi rirenga mbwira umushoferi wanjye ngo ahagarike, nahise nsohoka niruka njya kureba se wari wagowe.

"Bwana. Umwicanyi," Jye yararize gato mu buryo budafite ishingiro, "wowe kugira bishwe yanjye "Muhungu!"

Se yari amaze kubona ikosa yakoze ryo kuzana Kashi i Calcutta ku ngufu. Mu minsi mike umuhungu yari amazeyo, yari yariye ibiryo byanduye, arwara kolera, maze arapfa.

Urukundo nakundaga Kashi, n'umuhango wo kumubona nyuma y'urupfu, ijoro n'amanywa byarankurikiranaga. Aho najyaga hose, isura ye yaratangaje. Natangiye kumushakisha ntazibagirana, nubwo nashakaga mama wanjye wari warabuze.



Kashi, gutakaza na yongeye kuvumburwa



Murumuna wanjye Bishnu; Motilal Mukherji wa Serampore, umwigishwa wateye imbere cyane wa Sri Yukteswar; data; Bwana Wright; njye ubwanjye; Tulsi Narayan Bose; Swami Satyananda wo muri Ranchi



Itsinda ry'intumwa zaje mu nama mpuzamahanga y'abaharanira uburenganzira bw'amadini yo mu 1920 i Boston, aho navugiye ijambo ryanjye rya mbere muri Amerika. *(Kuva ibumoso ugana iburyo)* Rev. Clay MacCauley, Rev. T. Rhondda Williams, Porofeseri S. Ushigasaki, Rev. Jabez T. Sunderland, nanjye ubwanjye, Rev. Chas. W. Wendte, Rev. Samuel A. Eliot, Rev. Basil Martin, Rev. Christopher J. Umuhanda, Rev. Samweli M. Crothers.

Numvise ko kubera ko Imana yampaye ubushobozi bwo gutekereza, ngomba kubukoresha no gukoresha imbaraga zanjye zose kugira ngo menye amategako yoroheje nakoreshaga kugira ngo menye aho uwo muhungu aherereye mu kirere. Yari roho irimo irari ryinjira mu byifuzo bitaragerwaho, nabimenye - urumuri rwinshi rwari rurerebwa ahantu hagati y'abantu babarirwa muri za miriyoni mu turere tw'ikirere. Nari meze nte ngomba kumva we, mu matara menshi

anyeganyega y'abandi bantu?

Gukoresha a ibanga yoga tekiniki, Jye byatangajwe yanjye urukundo kuri Kashi's
ubugingo binyuze i mikoro bya

ijisho ry'umwuka, ingingo y'imbere iri hagati y'amaso. Ifite antene y'amaboko n'intoki byazamuwe, Jye akenshi yahindukiye jyewe ubwanjye uruziga na uruziga, kugerageza kuri shakisha ahantu icyerekezo muri iki we yari yavutse bundi bushya akiri uruhinja. Nifuzaga kubona igisubizo kivuye kuri we mu maradiyo y'umutima wanjye. **28-1**

Numvaga mu buryo bw'ubwenge ko Kashi azagaruka ku isi vuba, kandi ko ninkomeza kumuhamagara ubudahwema, roho ye izansubiza. Nari nzi ko ikintu gito cyane Kashi yohereje cyanyumvaga mu ntoki zanjye, mu biganza byanjye, mu maboko yanjye, mu mugongo no mu mitsi.

N'ishyaka ritagabanutse, nakoresheje uburyo bwa yoga buhoro buhoro mu mezi atandatu nyuma y'urupfu rwa Kashi. Mu gitondo kimwe n'inshuti zanjye mu gace ka Bowbazar ka Calcutta kari kuzuye abantu, nazamuye amaboko yanjye nk'uko bisanzwe. Ku nshuro ya mbere, habayeho igisubizo. Nashimishijwe no kubona imbaraga z'amashanyarazi zimanuka mu ntoki zanjye no mu biganza byanjye. Izi nkubi z'amazi zahindutse igitekerezo kimwe gikomeye cyane cyavuye mu bwenge bwanjye: "Ndi Kashi; Ndi Kashi; ngwino aho ndi!"

Igitekerezo cyatangiye kumvikana ubwo nibandaga kuri radiyo y'umutima wanjye. Mu buryo budasanzwe, Kashi yavuze amagambo asa n'ayavugitseho gato, **28-2.** Numvise ubutumwa bwe kenshi. Nafashe ukuboko k'umwe muri bagenzi banjye, Prokash Das, **28-3** maze aramuseka yishimye.

"Byo isa nka nubwo Jye kugira iherereye Kashi!"

Natangiye guhindukira hirya no hino, njya mu byishimo bidasanzwe by'inshuti zanjye n'imbaga y'abantu bari banyuze aho ngaho. Ingufu z'amashanyarazi zankubitaga mu ntoki gusa iyo narebaga inzira yari hafi aho, yitwaga "Serpentine Lane." Imigezi yo mu kirere yashiraga iyo nahindukiraga mu bindi byerekezo.

"Ah," naravuze nti, "Roho ya Kashi igomba kuba iri mu nda ya nyina ufite icumbi muri uyu muhanda."

Jye na bagenzi banjye twegereye Serpentine Lane; urusaku rw'amaboko yanjye yari ahagaze hejuru rwarushijeho gukomera, rurushaho kugaragara. Nk'aho nakuruwe n'ingufu, nakuruwe iburyo bw'umuhanda. Ngeze ku muryango w'inzu runaka, natangajwe no gusanga ndimo ndatangaye. Nakomangaga ku rugi mfite ibyishimo byinshi, ndahumeka. Numvise ko iherezo ryiza ryari rigeze ku gikorwa cyanjye kirekire, kigoye, kandi kidasanzwe!

Umukozi yakinguye umuryango, ambwira ko shebuja ari mu rugo. Yamanutse ku madarajya ava ku igorofa rya kabiri aransekera anshakashaka. Sinari nzi uburyo bwo gushushanya ikibazo cyanjye, ako kanya cyari gikwiye kandi kitari cyiza.

"Ndakwinginze bwira njyewe, Nyakubahwa, niba wowe na ibyawwe umugore kugira yabaye gutegereza a umwana kuri kubyerekeye gatandatu amezi?"

"Yego, ni ko bimeze." Abonye ko ndi umuswami, umuntu utamenyekanye wambaye umwenda gakondo w'umuhondo, yongeyeho mu kinyabupfura ati: "Nsaba umbwire uko umenya ibyanjye."

Igihe we wumvise kubyerekeye Kashi na i isezerano Jye yari afite byatanzwe, i gutangara umugabo yizewe yanjye inkuru.

Namubwiye nti: "Uzabyara umwana w'umuhungu ufite isura nziza. Azaba afite isura nini, afite ibara ry'inka ku gahanga ke. Imiterere ye izaba iy'umwuka cyane." Numvaga ntashidikanya ko umwana uzaza azamera nk'uko Kashi abibona.

Nyuma nasuye umwana, ababyeyi be bari baramwise izina rye rya kera rya Kashi. Ndetse no mu bwana bwe yari asa cyane n'umunyeshuri wanjye nkunda wa Ranchi. Umwana yanyeretse urukundo ako kanya; gukururwa n'ibyahise byabyutse byikubye kabiri.

Nyuma y'imyaka myinshi, umuhungu w'ingimbi yaranyandikiye, mu gihe nari muri Amerika. Yansobanuriye icyifuzo cye gikomeye cyo gukurikira inzira y'umuntu wanze kwakira abandi. Namweretse umwarimu wo muri Himalaya, kugeza n'ubu, uyobora Kashi wavutse bundi bushya.

.....
28-1 : Ubushake, bugaragazwa hagati y'amaso, buzwi na yoga nk'igikoreshe cyo gusakaza ibitekerezo. Igihe i kumva ni mutuje cyane ku i umutima, byo ibikorwa nka a mu mutwe radiyo, na gishobora kwakira i ubutumwa kw'abandi baturutse kure cyangwa hafi. Muri telepathie, imitingito myiza y'ibitekerezo mu mutwe w'umuntu umwe ihererekanywa binyuze mu mitingito mito ya eteri y'ikirere hanyuma ikanyura muri eteri y'isi ikomeye, ikarema imitingito y'amashanyarazi, nayo ihinduka imitingito y'ibitekerezo mu mutwe w'undi muntu.

28-2 : Buri ubugingo muri byayo bitunganye leta ni umuhanga mu byose. Kashi's ubugingo yibutswe byose i ibiranga bya Kashi, i umuhungu, bityo yiganye ijwi rye rituje kugira ngo ankureho.

28-3 : Prokash Das ni i ubu umuyobozi bya cyacu Yogoda Imibare (ubutaka) kuri Dakshineswar muri Bengale.

IGICE: 29

Rabindranath Tagore Kandi Jye Gereranya Amashuri

"Rabindranath Tagore yigishijwe twebwe kuri kuririmba, nka a karemano ifishi bya kwiyi- imikorere, nka i inyoni.

Bhola Nath, umusore w'imyaka cumi n'ine w'umuhanga mu ishuri ryacu rya Ranchi, yampaye ibisobanuro nyuma y'uko mu gitondo kimwe n'umushimiye ku ijwi rye riryoshye. Nubwo yaba yarashotowe cyangwa atashotowe, uwo muhungu yasutse umugezi mwiza. Yari yarize mu ishuri rizwi cyane rya Tagore rya "Santiniketan" (Ikibaya cy'Amahoro) i Bolpur.

Nabwiye mugenzi wanjye nti: "Indirimbo za Rabindranath zagiye zinshimisha kuva nkiri muto." "Bengal yose, ndetse n'abahinzi batazi gusoma no kwandika, bishimira indirimbo ye nziza."

Jye na Bhola twaririmbye hamwe indirimbo nke za Tagore, watangije indirimbo z'ibisigo ibihumbi by'Abahinde, bimwe mu by'umwimerere ibindi byo mu gihe cya kera.

"Nahuye na Rabindranath nyuma gato y'uko ahawe igihembo cya Nobel cy'ubuvanganzo," naravuze nyuma dutangarira. "Nakunze kumusura kuko nashimishijwe n'ubutwari bwe budasanzwe bwo kwanga abamunenga mu buvanganzo." Nasetse cyane.

Bhola mu buryo butangaje yabajije i inkuru.

Natangiye nti: "Intiti zabeshye cyane Tagore kubera kwinjiza injyana nshya mu busizi bwa Bengali." Yavanze imvugo zisanzwe n'iza kera, yirengagiza inzitizi zose zagenwe n'abahanga mu by'amateka. Indirimbo ze zigaragaza ukuri kwimbitse kwa filozofiya mu magambo ashishikaje amarangamutima, atitaye ku buryo bwemewe bwo kwandika.

"Umusesenguzi umwe ukomeye yavuze ko Rabindranath ari 'umusizi w'injinja wagurishije indirimbo ze mu icapiro ku rupiyero.' Ariko kwihorera kwa Tagore kwari hafi; isi yose y'Iburengerazuba yamushimiye nyuma gato y'uko ahinduye mu Cyongereza *Gitanjali* ("Ituro ry'Indirimbo"). Abari muri gari ya moshi benshi, barimo n'abahoze ari abasesenguzi be, bagiye kwa Santiniketan kumushimira.

"Rabindranath yakiriye abashyitsi be nyuma yo gutinda igihe kirekire ku bushake, hanyuma yumva ishimwe ryabo mu ituze rituje. Amaherezo yabahindukiriye intwaro zabo zo kunenga."

Yagize ati: "Bagabo, impumuro nziza mutanga hano ivanze n'impumuro mbi y'agasuzuguro kanyu ka kera. Ese hari isano iri hagati y'igihembo cyanjye cya Nobel, n'imbaraga zanyu zo gushimira zitunguranye? Ndi umusizi umwe wabababaje ubwo natangaga indabo zanjye zoroshye mu rusengero rwa Bengal bwa mbere."

"Ibinyamakuru byasohoye inkuru y'igihano gikomeye cyatanze na Tagore. Nashimishijwe n'amagambo y'umugabo utarimo gushinyagurirwa," nakomeje. "Namenyeshejwe Rabindranath i Calcutta n'umunyamabanga we, Bwana CF Andrews, **29-1.**" Yari yambaye *dhobi* yo muri *Bengali gusa*. Yamwitaga Tagore mu rukundo nk'umwarimu *we*.

"Rabindranath yanyakiriye neza. Yagaragaje ubwiza, umuco, n'ubupfura. Mu gusubiza ikibazo cyanjye ku mateka ye y'ubuvanganzo, Tagore yambwiye ko isoko imwe ya kera yahumekewemo, usibye inkuru z'idini ryacu, yari umusizi wa kera, Bidyapati."

Natewe inkunga n'ibyo byibutso, natangiye kuririmba indirimbo ya Tagore ya kera yo mu rurimi rwa Bengali, "Murika Itara ry'Urukundo Rwawe." Jye na Bhola

twaririmbaga twishimye ubwo twatemberaga ku kibuga cya *Vidyalaya* .

Nyuma y'imyaka ibiri nshinze ishuri rya Ranchi, natumiwe na Rabindranath ngo njye kumusura i Santiniketan kugira ngo tunganire ku ntego zacu z'uburezi.

Nagiyeyo nishimye. Umusizi yari yicaye mu cyumba cye cyo kunyweramo ubwo ninjiraga; icyo gihe, nk'uko byagenze mu nama yacu ya mbere, nibwiraga ko yari umuntu utangaje cyane. icyitegererezo cy'ubugabo buhebuje nk'uko umuntu wese ushushanya yabyifuza. Isura ye nziza cyane, umupatristi w'umunyacyubahiro, yari ifite umusatsi muremure n'ubwanwa butemba. Amaso manini, ashongesha; inseko y'abamarayika; n'ishusho

ijwi ryiza nk'iry'umwirongi ryari rishishikaje mu by'ukuri. Yari akomeye, muremure, kandi akomeye, yahuje ubwuzu nk'ubw'abagore n'ubwitange bw'umwana. Nta gitekerezo gifatika cya umusizi yashoboraga kubona uburyo bwiza bwo kuririmba kurusha uyu muririmbyi woroheje.

Jye na Tagore twahise twinjira mu bushakashatsi bugereranya amashuri yacu, yombi ashingiye ku mirongo idasobanutse neza. Twavumbuye ibintu byinshi bisa - inyigisho zo hanze, ubworoherane, ubushobozi buhagije bwo guhanga umwana. Ariko, Rabindranath yashyize imbaraga mu kwiga ubuvanganzo n'ubusizi, no kwigaragaza binyuze mu muziki n'indirimbo nari maze kubona mu rubanza rwa Bhola. Abana ba Santiniketan babonye ibihe byo guceceka, ariko ntibahawe imyitozo yihariye ya yoga.

Umusizi yateze amatwi yitonze cyane uko nasobanuraga imyitozo ngororamubiri ya "Yogoda" ishimishije ndetse n'uburyo bwo kwibanda kuri yoga bwigishwa abanyeshuri bose bo muri Ranchi.

Tagore yambwiye ibibazo bye mu mashuri akiri muto. Yagize ati: "Nahunze ishuri nyuma y'umwaka wa gatanu," aseka. Nashoboraga kumva neza uburyo ubuhanga bwe bwo gusiga imisatsi bwari bwaranzwe no umwuka uteye ubwoba kandi w'ikinyabupfura mu ishuri.

"Niyo mpamvu nafunguye Santiniketan muni y'ibiti bicucumye n'ubwiza bw'ijuru." yashyize ikimenyetso ku itsinda rito ryigaga mu busitani bwiza. "Umwana aba ari mu mwanya we usanzwe hagati y'indabo n'inyoni ziririmba. Ni muri ubwo buryo gusa ashobora kugaragaza neza ubutunzi bwe bwite. Uburezi nyakuri ntibushobora kwinjizwa mu bintu bidafite akamaro; ahubwo bigomba gufasha mu kuzana mu buryo butunguranye ubwenge butagira iherezo burimo."

Narabyemeye. "Imitekerereze y'urubyiruko yo gukunda ibintu bifatika no kuramya intwari iterwa n'indyo yihariye y'imibare n'ibihe."

Umusizi yavuze ku rukundo kuri se, Devendranath, wahumekeye intangiriro ya Santiniketan.

Rabindranath yarambwiye ati: "Data yampaye ubu butaka bwiza, aho yari amaze kubaka inzu y'abashyitsi n'urusengero. Natangiye igerageza ryanjye ry'uburezi hano mu 1901, mfite abahungu icumi gusa. Amapawundi ibihumbi umunani yazanwe n'igihembo cya Nobel yose yakoreshejwe mu kubungabunga ishuri."

Itsinda mukuru Tagore, Devendranath, bizwi kure na yagutse nka "Maharishi," yari a cyane Umugabo w'igitangaza, nk'uko umuntu yabibona mu gitabo cye *cyitwa Autobiography*. Imyaka ibiri y'ubusaza bwe yayimaze atekereza mu misozi ya Himalaya. Se, Dwarkanath Tagore, yari yarahawe icyubahiro muri Bengal yose kubera ibikorwa bye byiza bya rubanda. Muri iki giti cy'icyubahiro havutse

umuryango w'abahanga. Si Rabindranath wenyine; bene wabo bese babaye abanyamwuga mu kugaragaza ubuhanga. Abavandimwe be, Gogonendra na Abanindra, ni bamwe mu bahanzi bakomeye ~~29-~~ **3** bya Ubuhinde; ikindi muvandimwe, Dwijendra, ni a kureba mu buryo bwimbitse umuhanga mu bya filozofiya, kuri wa nde witonda hamagara Inyoni n'inyamaswa zo mu ishyamba birasubiza.

Rabindranath yansabye kurara mu nzu y'abashyitsi. Mu by'ukuri byari ibirori bishimishije, nimugoroba, kubona umusizi yicaye n'itsinda ry'abantu mu ibaraza. Igihe cyarasubiye inyuma:

Imbere yanjye hari nk'ahantu ha kera ho mu rugo - umuririmbyi w'ibyishimo akikijwe n'abayoboke be, bose bambaye urwenya rw'urukundo rw'Imana. Tagore yaboshye buri karavati n'imigozi y'ubwumvikane. Ntiyigeze yiyemeza, yakururaga kandi yigarurira umutima akoresheje imbaraga zidasanzwe. Indabyo z'ubusizi zidasanzwe zarabye mu busitani bw'Uwiteka, zikurura abandi n'impumuro karemano!

Mu ijwi rye riryoshye, Rabindranath yadusomeye bimwe mu bisigo bye byiza cyane, byahimbwe vuba aha. Indirimbo ze nyinshi n'ikinamico bye, byandikiwe abanyeshuri be, byahimbwe muri Santiniketan. Ubwiza bw'imigani ye, kuri njye, buri mu buhanzi bwe bwo kuvuga Imana hafi ya buri stanza, ariko havugwa gake cyane Izina ryera. "Nasinze ibyishimo byo kuririmba," yaranditse ati, "Ndiyibagirwa kandi nkwita inshuti uri shobuja."

Umunsi wakurikiyeho, nyuma ya saa sita, nasezeye umusizi ntabishaka. Nishimiye ko ishuri rye rito ryakuze rigera kuri kaminuza mpuzamahanga, "Viswa-Bharati," aho intiti zo mu bihugu byose zabonye ahantu heza.

"Aho ubwenge buba butagira ubwoba n'umutwe uhagaze hejuru;
Aho ubumenyi buba ku buntu;
Aho isi itaraciwemo ibice n'inkuta nto z'imbere mu gihugu;
Aho amagambo ngwino hanze kuva i ubujyakuzimu bya ukuri;
Aho nta kunanirwa guhatana kunanura byayo intwari yerekeza gutungana;
Aho urujya n'uruza rw'ubwenge rudatakaye mu musenyi wo mu butayu
w'akajagari w'ingeso mbi;
Aho ubwenge bwawe buyobora imbere mu bitekerezaho no mu bikorwa
bikomeza kwaguka;
Mu ijuru ry'ubwisanzure, Data, reka igihugu cyanjye
gikanguke! **29-4**

RABINDRANATH TAGORE

.....
29-1 : Itsinda icyongereza umwanditsi na umuvugizi, funga inshuti bya Mahatma Gandhi. Bwana Andrews ni icyubahiro muri Ubuhinde kuri bye serivisi nyinshi ku butaka bwe yatorewe.

29-2 : "Roho yakunze kuvuka, cyangwa, nk'uko Abahindu babivugaga, 'inyura mu nzira y'ubuzima mu bisekuru ibihumbi' . . . hariya ni ntacyo bya iki we ifite ntabwo yungutse i ubumenyi; oya gutangara ibyo we ni gushobora kuri kwibuka . . . ibyo yari azi mbere.Kugira ngo ubaze kandi wige ni ukwibuka byose."- *Emerson* .

29-3 : Rabindranath, nabyo, muri bye mirongo itandatu, gushakishwa muri a gikomeye kwiga bya gushushanya. Imurikagurisha bya bye "iby'ejo hazaza" akazi byatanze mu myaka mike ishize mu mirwa mikuru y'i Burayi na New York.

29-4 : *Gitanjali* (New York: Macmillan Co.). Inyigo irambuye ku musizi izaboneka mu gitabo cyitwa *The Filozofiya ya Rabindranath Tagore* , na i byizihijwe intiti, Bwana S. Radhakrishnan (Macmillan, 1918). Ikindi isobanura umubare ni

B. K. Roy's *Rabindranath Tagore: Itsinda Umugabo Kandi Ye Ubusizi* (Gishya York: Dodd, Mead, 1915). *Buda Kandi Itsinda Ivanjiri Ububuda* (Gishya York: Putnam's, 1916), na i icyubahiro Iburasirazuba ubuhanzi Ubutegets, Ananda K. .Coomaraswamy, irimo amashusho menshi y'amabara yakozwe na murumuna w'umusizi, Abanindra Nath Tagore

IGICE: 30

Itsinda Amategeko Cya Ibitangaza

Umwanditsi ukomeye Leo Tolstoy yanditse inkuru ishimishije, *The Three Hermits* . Inshuti ye Nicholas Roerich **yatsinze 30-1** yasobanuye inkuru muri make, ikurikira:

"Ku kirwa hari abashyitsi batatu ba kera. Bari boroheje cyane ku buryo isengesho ryonyine bakoresheye ryari iri: 'Turi batatu; Uri batatu - tugirire impuhwe!' Ibitangaza bikomeye byagaragaye muri iri sengesho ry'ubupfapfa.

"Musenyeri wo muri ako gace **30-2** Yaje kumva iby'aba bahemu batatu n'isengesho ryabo ritemerwa, maze afata icyemezo cyo kubasura kugira ngo abigishe amasengesho yemewe. Yageze ku kirwa, abwira abahemu ko ubusabe bwabo bwo mu ijuru budafite agaciro, kandi abigisha amasengesho menshi asanzwe. Musenyeri yahise agenda mu bwato. Yabonye, akurikiye ubwato, urumuri rurabagirana. Ubwo bwegerezaga, yabonye abahemu batatu, bari bafatanye amaboko kandi biruka ku miraba kugira ngo bagere ku bwato.

"Twibagiwe amasengesho watwigishije," barataka ubwo bageraga kuri musenyeri, "kandi twihutiye kukubwira ngo uyasubiremo." Musenyeri yari afite ubwoba yazunguje umutwe.

"Bakundwa," yasubije yicishije bugufi, "mukomeze kubaho mu isengesho ryanyu rya kera!" Ni gute abatagatifu batatu banyuze hejuru y'amazi?

Uburyo yabikoze Kristo kuzura bye yabambwe umubiri?

Uburyo yabikoze Lahiri Ikihasaya na Siri Yuktswar gukora ibyabo ibitangaza?

Kugeza ubu, siyansi ya none nta gisubizo iratanga; nubwo habayeho igisasu cya atomike n'ibitangaza bya radar, uburebure bw'ubwenge bw'isi bwaragutse mu buryo butunguranye. Ijambo "ibidashoboka" riri kugenda rigabanuka mu mvugo ya

siyansi.

Ibyanditswe bya kera bya Vedic bivuga ko isi ifatika ikora hakurikijwe itegeko rimwe ry'ibanze rya *maya* , ihame ry'uburinganire n'ubwubatsi. Imana, Ubuzima bwonyine, ni Ubumwe bwuzuye; Yo ntibishobora kugaragara nk'ibimenyetso bitandukanye kandi bitandukanye by'ikiremwa keretse munsi y'ikinyoma cyangwa

Igipfukisho kidafatika. icyo kinyoma cyo mu kirere ni *maya* . Buri buvumbuzi bukomeye bwa siyansi bwo mu bihe bya none bwabaye nk'icyitegererezo cy'iri tangazo ryoroshye ry'aba-rishi.

Itegeko rya Newton ryo kugenda ni itegeko rya *maya* : "Kuri buri gikorwa hahora habaho uburyo bungana kandi butandukanye; ibikorwa by'imibiri iyo ari yo yose bihora bungana kandi bihabanye." Bityo rero, igikorwa n'uburyo bihura neza. "Kugira imbaraga imwe ntibishoboka. Hagomba kubaho, kandi buri gihe hariho, imbaraga ebyiri zingana kandi zihabanye."

Ibikorwa by'ibanze karemano byose bigaragaza inkomoko yabyo. Urugero, amashanyarazi ni ikintu gikurura no gukurura; electron na proton zayo ni ibinyuranyo by'amashanyarazi. Urundi rugero: atome cyangwa agace ka nyuma k'ibintu, kimwe n'isi ubwayo, ni rukuruzi ifite inkingi nziza n'imbi. Isi yose itangaje iri munsu y'imbaraga zidasubirwaho za polarity; nta tegeko rya fiziki, chimie, cyangwa indi siyansi iyo ari yo yose iboneka idafite amahame anyuranye cyangwa anyuranye.

Ubumenyi bw'ibintu rero ntibushobora gushyiraho amategeko atari muri *maya* , imiterere n'imiterere y'irema. Kamere ubwayo ni *maya* ; siyansi karemano igomba gukora ibishoboka byose kugira ngo ihangane n'ubushobozi bwayo budashobora kwirengagizwa. Mu rwego rwayo, ni iy'iteka ryose kandi ntizigera ishira; abahanga mu bya siyansi b'ejo hazaza ntibashobora gukora ikindi uretse gusesengura ibintu bitandukanye ku buryo butagira iherezo bwayo. Bityo, siyansi iguma mu buryo buhoraho, idashobora kugera ku ndunduro; ikwirirye koko gushyiraho amategeko y'isi isanzweho kandi ikora, ariko idafite imbaraga zo kumenya Umushinga w'amategeko n'Umukoresha wenyine. Ibimenyetso bikomeye by'imbaraga rukuruzi n'amashanyarazi byaramenyekanye, ariko icyo imbaraga rukuruzi n'amashanyarazi ari cyo nta muntu uzi. **30-3**



"na B. K. Mitra muri "Kalyana- Kalpatur-

A GURU NA UMWIGISHWA

Ishyamba ahantu ho kwimukira bari i ibya kera intebe bya kwiga, isi na Imana, kuri i urubyiruko

y'Ubuhinde. Aha ngaha, umwarimu w'umuhanga, wishingikirije ku gikoresho cy'imbaho cyo gutekereza cyane, arimo atangira umwigishwa we mu mayobera y'icyubahiro y'Umwuka.

Kurenga *Maya* ni cyo gikorwa cyahawe umuryango w'abantu n'abahanuzi bo mu gihe cy'imyaka igihumbi. Kuzamuka hejuru y'ubumwe bw'ibiremwa no kumva ubumwe bw'Umuremyi byatekerejweho nk'intego ikomeye y'umuntu. Abakomeza kwibeshya ku isi bagomba kwemera itegeko ryayo ry'ingenzi ry'impinduka: urujya n'uruza n'uruza, kuzamuka no kugwa, amanywa n'ijoro, ibyishimo n'ububabare, icyiza n'ikibi, kuvuka no gupfa. Iyi miterere y'ikirere igaragaza ikintu kibabaje cyane, nyuma y'uko umuntu avutse abantu ibihumbi bike; atangira gushyira ijisho rye ryizewe kurenza ibyo *Maya yahatiwe*.

Gukuraho gitambaro cya *maya* ni ukwihisha ibanga ry'irema. Umuyogi ukuraho isi yose ni we wenyine usenga Imana imwe rukumbi. Abandi bose basenga amashusho y'abapagani. Igihe cyose umuntu agikomeje kwibagirwa kamere y'ibintu bibiri, *Maya ufite isura ya Janus* ni imana ye; ntashobora kumenya Imana imwe y'ukuri.

Ishusho y'isi, *maya*, yitwa *avidya ukwayo*, mu buryo bw'umwimerere, "si ubumenyi," ubujiji, ubuyobe. *Maya* cyangwa *avidya* ntibishobora gusenya binyuze mu kwemeza cyangwa gusesengura ubwenge, ahubwo binyuze gusa mu kugera ku mimerere y'imbere ya *nirbikalpa samadhi*. Abahanuzi bo mu Isezerano rya Kera, n'abareba bo mu bihugu byose n'ibihe byose, bavuze babikuye muri iyo mimerere yo kumva. Ezekiyeli aravugaga (43:1-2): "Nyuma we byazanywe njyewe kuri i irembo, kimwe i irembo ibyo asa yerekeza i iburasirazuba: kandi, Dore ubwiza bw'Imana ya Isirayeli bwaturutse mu nzira y'iburasirazuba, ijwi ryayo ryari rimeze nk'umuvuduko w'amazi menshi, isi imurika kubera ubwiza bwayo." Binyuze mu jisho ry'Imana mu gahanga (iburasirazuba), Yogi ayobora ubwenge bwe mu kubaho hose, yumva Ijambo cyangwa Aum, ijwi ry'Imana ry'amazi menshi cyangwa imitingito ari byo byonyine byaremwe.

Mu mayobera ya tiriari y'isanzure, ikintu gitangaje cyane ni urumuri. Bitandukanye n'imiraba y'amajwi, aho ihererekanywa ryayo risaba umwuka cyangwa ibindi bikoresho, imiraba y'urumuri inyura mu cyuho cy'ikirere kiri hagati y'inyenyeri. Ndetse na eteri ishingiyeye ku bitekerezo, ifatwa nk'uburyo bw'urumuri hagati y'imibumbe mu nyigisho idafite aho ihuriye n'ibintu, ishobora gutabwa ku mpamvu za Einstein z'uko imiterere y'ikirere ituma inyigisho ya eteri idakenewe. Muri iyo mitekerereze yombi, urumuri rukomeza kuba ruto cyane, rudafite ubushobozi bwo kwishingikiriza ku bintu, kurusha uko rwaba rugaragara mu buryo busanzwe.

Mu bitekerezo bikomeye bya Einstein, umuvuduko w'urumuri - kilometero 186.000 kuri segonda - ni wo wiganjemo inyigisho yose y'ubusumbane. Yerekanye mu mibare ko umuvuduko w'urumuri, ku bijyanye n'ubwenge bw'umuntu bufite aho bugarukira,

ari wo wonyine *uhoraho* mu isi ifite ubusumbane budashobora kugumaho. Ku muvuduko w'urumuri gusa bishingiye ku bipimo byose by'abantu by'igihe n'umwanya. Ntabwo ari ibintu by'iteka nk'uko byatekerejweho kugeza ubu, igihe n'umwanya ni ibintu bifitanye isano kandi bifite aho bigarukira, bitanga agaciro k'ibipimo byabyo gusa ku gipimo cy'umuvuduko w'urumuri. Mu guhuza ikirere nk'ubusumbane mu buryo bungana, igihe cyarekuye ibyavuzwe kera ku gaciro kadahinduka. Igihe ubu cyakuweho imiterere yacyo - ikintu cyoroshye cyo kudasobanutse! Akoresheje utudomo duke tw'ikaramu ye, Einstein yirukanye mu isi yose ukuri kose guhamye uretse uk'urumuri.

Mu iterambere ryakurikiyeho, umuhanga mu bya fiziki ukomeye ashyira mu buryo bumwe bw'imibare amategako y'imbaraga rukuruzi n'ay'amashanyarazi.

imiterere y'impinduka ku itegeko rimwe, Einstein **30-4** igera mu bihe bitandukanye kugeza ku ba rishi batangaje imiterere yonyine y'irema—iy'umubumbe wa *maya* .

Ku bijyanye n'inyigisho y'igihe kirekire y'uko ibintu bihinduka, havutse amahirwe yo mu mibare yo gushakisha atome y'ingenzi. Abahanga mu bya siyansi bakomeye ubu bavuga batinyutse ko atome ari ingufu aho kuba ikintu cy'ingenzi gusa, ahubwo ko ingufu za atome ari ibintu by'ubwenge.

"Kumenya neza ko siyansi y'ibinyabuzima irebana n'isi y'igicucu ni imwe mu ntambwe zikomeye cyane," Sir Arthur Stanley Eddington yanditse mu gitabo cye cyitwa " *The Nature Of The Physical World* ". "Mu isi ya fiziki tureba imikino y'igicucu cy'ikinamico y'ubuzima busanzwe. Igicucu cy'inkokora yanjye gihagaze ku meza y'igicucu uko wino y'igicucu itemba hejuru y'urupapuro rw'igicucu. Byose ni ikimenyetso, kandi nk'ikimenyetso fiziki irabireka. Hanyuma haza umuhanga mu bya shimi uhindura ibimenyetso. Mu gusobanura umwanzuro mu buryo burambuye, ibintu by'isi ni ubwenge-

ibintu. . Ibyo ifatika ikintu na imirima bya imbaraga bya icyahoze umubiri inyigisho ni byose hamwe bidafite aho bihuriye

keretse muri rero kure nka i ibintu byo mu mutwe ifite ubwabyo yazungurutse ibi ibitekerezo.Ibyo hanze isi ifite bityo isi y'igicucu. Mu gukuraho ibyo twibeshyaho, twakuyeho ibintu, kuko mu by'ukuri twabonye ko ibintu ari kimwe mu bintu bikomeye cyane twibeshyaho.

Nyuma yo kuvumbura mikorosikopi ya elegitoroniki vuba aha, haje gihamya ihamye y'urumuri rwa atome ndetse n'imiterere y'ibidukikije idashobora kwirindwa.

Ikinyamakuru New York Times cyatanze raporo ikurikira y'iyerekanwa rya mikorosikopi ya elegitoroniki ryo mu 1937 mbere y'inama y'ishyirahamwe ry'Abanyamerika. Ku bw'iterambere rya Siyansi:

"Imiterere ya kristu ya tungsten, kugeza ubu izwi gusa mu buryo butaziguye hakoreshejwe imirasire ya X, yari ihagaze neza ku ifoto y'urumuri, yerekana atome icyenda mu myanya yazo ikwiye mu ifoto y'ikirere, agace gato, karimo atome imwe muri buri mfuruka n'indi hagati. Atome ziri mu ifoto y'urumuri ya tungsten zagaragaye kuri ecran y'urumuri nk'ingingo z'urumuri, zitondetse mu buryo bwa geometrike. Ku ruhande rw'aka gace gato k'urumuri, molekile z'umwuka zashoboraga kugaragara nk'ingingo z'urumuri zibyina, nk'ingingo z'izuba zimurika ku mazi agenda. ...

"Thame rya mikorosikopi ya elegitoroniki ryavumbuwe bwa mbere mu 1927 na ba Dr. Clinton J. Davisson na Lester H. Germer bo muri Bell Telephone Laboratories, New York City, basanze elegitoroniki ifite imiterere ibiri ijyanye n'imiterere y'agace gato n'umuraba. Ubwiza bw'umuraba bwahaye elegitoroniki imiterere y'urumuri, maze hatangira gushakisha uburyo bwo 'kwibanda' kuri elegitoroniki mu buryo busa n'ubwo kwibanda ku rumuri hakoreshejwe lensi."

"Kubera kuvumbura ubwiza bwa Jekyll-Hyde bwa electron, byashimangiye ibyahanuwe mu 1924 na De Broglie, umuhanga mu bya fiziki w'Umufaransa watsindiye igihembo cya Nobel, kandi bigaragaza ko imiterere yose y'umubiri ifite imiterere ibiri, Dr. Davisson yanahawe igihembo cya Nobel muri fiziki."

"Uruzi rw'ubumenyi," Sir James Jeans yandika mu *gitabo cyitwa The Mysterious Universe* , "rurimo rugana ku kuri kutari ukw'imashini; isi itangira kumera nk'igitekerezo gikomeye kuruta uko isa n'imashini ikomeye." Bityo, siyansi yo mu kinyejana cya makumyabiri isa n'urupapuro rw'amayobera ya *Vedas* .

Bivuye muri siyansi rero, niba ari ko bigomba kuba, umuntu aje yiga ukuri kwa filozofiya ko nta isanzure rifatika ribaho; imiterere yayo irahindagurika, ni *nk'iy'ikinyoma* . Ibyerekezo byaryo by'ukuri byose birasesengurwa. Uko kimwe ku kindi ibikoresho bihumuriza by'isi ifatika bimugwa munsu, umuntu abona mu buryo budasobanutse kwishingikiriza ku gusenga ibigirwamana, kurenga ku itegeko ry'Imana rya kera: "Ntukagire izindi mana uretse njye."

Mu kigereranyo cye kizwi cyane kigaragaza ubunini n'ingufu, Einstein yagaragaje ko ingufu ziri mu gice icyo ari cyo cyose cy'ibintu zingana n'uburemere bwabyo cyangwa uburemere bwabyo bikubye kare y'umuvuduko w'urumuri. Irekurwa ry'ingufu za atome riterwa no kurimbuka kw'uduce tw'ibintu. "Urupfu" rw'ibintu rwabaye "ivuka" ry'igihe cya atome.

Umuvuduko w'urumuri ni igipimo ngenderwaho cya mibare cyangwa ihame rihoraho, atari ukubera ko hari agaciro gahoraho mu birometero 186.000 mu isegonda, ahubwo ni ukubera ko nta mubiri ufatika, ufite uburemere bwiyongera uko umuvuduko wawo wiyongera, ushobora kugera ku muvuduko w'urumuri. Byavuzwe mu bundi buryo: umubiri ufatika ufite uburemere butagira umupaka ni wo wonyine ushobora kungana n'umuvuduko w'urumuri.

. Ibi Igitekerezo Izana Twebwe Kugeza Itsinda Amategako Cya Ibitangaza

Abahanga bashobora kwihindura no kwambura imibiri yabo cyangwa ikindi kintu icyo ari cyo cyose, no kugendana n'umuvuduko w'urumuri, no gukoresha imirasire y'urumuri ihanga mu gutuma umuntu abona ako kanya. icyo ari cyo cyose umubiri kwigaragaza, kugira byuzuye i ni ngombwa Einsteinian imiterere: uburemere bwabyo ntibugira iherezo.

Ubwenge bwa yoga itunganye bugaragazwa mu buryo bworoshye, atari n'umubiri muto, ahubwo n'imiterere rusange. Uburemere, bwaba "imbaraga" za Newton cyangwa "igaragazwa ry'ubudahangarwa" rya Einstein, ntabwo bushobora guhatira *shebuja* kugaragaza imiterere y' "uburemere" ari na yo imiterere y'imbaraga rukuruzi z'ibintu byose bifatika. Uwiyezi nk'Umwuka ubaho hose ntakigengwa n'ubudahangarwa bw'umubiri mu gihe no mu mwanya. "Impeta-ntizirenga" zabo zifungiyeye zemeye kubikora: "Ndi We."

"Fiat lux! Habaho umucyo." Itegeko rya mbere ry'Imana ku byo yaremye byateguwe

(*Itangiriro* 1:3) ryazanye ukuri kwa atome gusa: umucyo. Ku mirasire y'iki kintu kidafatika hagaragara ibimenyetso byose by'Imana. Abiyeguriye Imana bo mu bihe byose bahamya ko Imana igaragara nk'umuriro n'umucyo. "Umwami w'abami, n'Umwami w'abatware; ni we wenyine ufite kudapfa, utuye mu mucyo udashobora kwegera." **30-5**

Umukozi wo muri yoga, binyuze mu gutekereza cyane, yahuje ubwenge bwe

n'Umuremyi, abona ko isanzure ari urumuri; kuri we nta tandukaniro riri hagati y'imirasire y'urumuri ikora amazi n'imirasire y'urumuri igize ubutaka. Adafite ubushobozi bwo kumenya ibintu, adafite ingano eshatu z'ikirere n'ingano ya kane y'igihe, umuhanga yohereza umubiri we w'urumuri ku buryo bungana hejuru y'imirasire y'urumuri y'isi, amazi, umuriro, cyangwa ikirere. Kwibanda igihe kirekire ku jisho ry'umwuka ribohora byatumye umunyamayeri wo muri yoga akuraho ibishuko byose ku bintu n'uburemere bwabyo bw'imbaraga rukuruzi; kuva icyo gihe abona isanzure nk'urumuri rutagira itandukaniro.

"Tkoranabuhanga amashusho," Dr. L. T. Troland bya Harvard aragira ati twe, "ni yubatswe hejuru ku i kimwe ihame nka i

amashusho asanzwe yakozwe mu buryo bw'amabara atandukanye; ni ukuvuga ko agizwe n'uduce duto cyane cyangwa uduce duto cyane ku buryo ijisho ritabasha kubibona.Ubuganga bwa retina ni bwinshi cyane ku buryo umuntu abona

"Ibyiyumviro bishobora gukorwa na Quanta nke y'ubwoko bwiza bw'urumuri."

Binyuze mu bumenyi bw'Imana bw'ibintu by'urumuri, ashobora guhita agaragaza mu buryo bugaragara atome z'urumuri ziboneka hose. Imiterere nyayo y'ishusho - yaba igitu, umuti, umubiri w'umuntu - ijyanye n'imbaraga z'ubushake n'iz'ishusho z'umuntu wo muri yoga.

Mu bwenge bw'umuntu bwo mu nzuzi, aho yarekuye mu bitotsi imbaraga ze zo kwikunda zimukikije buri muni, ubushobozi bwe bwo gutekereza bufite isura ya nijoro. Dore! mu nzuzi hari inshuti zapfuye kera, imigabane ya kure cyane, abazutse. amashusho y'ubwana bwe. Kubera ubwo bwenge bw'ubwisanzure kandi budafite ishingiro, buzwi n'abantu bese mu bintu by'inzuzi, umwarimu w'Imana yashyizeho isano ritigeze ricika. Kubera ko atari afite impamvu zose z'umuntu ku giti cye, kandi agakoresha ubushake bwo guhanga yahawe n'Umuremyi, yoga itunganya atome z'urumuri zo mu isanzure kugira ngo yuzuze isengesho iryo ari ryo ryose ry'umwiyeguriye. Ni yo mpamvu umuntu n'ibiremwa byaremwe: kugira ngo ahaguruke nk'umwami wa *maya*, ari ubutware bwe ku isanzure.

"Imana iravugaga iti: 'Tureme umuntu mu ishusho yacu, ari natwe: kandi bategeke hejuru y'amafi yo mu nyanja, n'inyoni zo mu kirere, n'amatungo, n'isi yose, n'ibikururuka byose bikurura ku isi." **30-6**

Muri 1915, vuba aha nyuma Jye yari afite yinjijye i Swami Gutumiza, Jye abatangabuhamba a icyerekezo bya ubugizi bwa nabi itandukaniro. Muri byo i isano bya umuntu ubwenge yari mu buryo bugaragara byashyizweho; Jye birumvikana umuntu yafatwa i ubumwe y'Umucyo Uhoraho inyuma y'imibanire mibi ya *maya*. Iyerekwaga ryarambayeho ubwo nari nicaye mu gitondo kimwe mu cyumba cyanjye gito cyo hejuru mu rugo rwa Papa Gurpar Road. Intambara ya Mbere y'Isi Yose yari imaze amezi menshi ibera mu Burayi; natekereje mbabaye ku rupfu runini.

Ubwo nafungaga amaso yanjye ntekereza, ubwenge bwanjye bwahise bwimurirwa ku murambo w'umukapiteni wari uyoboye ubwato bw'intambara. Inkuba y'imbunda yasatuye mu kirere ubwo amasasu yatangiraga gushyamirana hagati y'amasasu yo ku nkombe n'amasasu y'ubwato. Igisasu kinini cyakubise ikinyamakuru cy'ifu gica ubwato bwanjye mu kabiri. Nasimbutse mu mazi, hamwe n'abasare bake bari barokotse icyo gisasu.

Umutima urakubita cyane, nageze ku nkombe amahoro. Ariko ikibabaje ni uko isasu ryabuze rihagarika indege yaryo mu gituza cyanjye. Naguye hasi ndarira. Umubiri wanjye wose wari wararemeye, ariko nari nzi ko mfite icyo ndwara kuko umuntu aba ari ukuguru gusinziriye.

Natekereje nti: "Amaherezo, intambwe y'urupfu idasanzwe irangezeho." Nkimara guhumeka bwa nyuma, nari ngiye kugwa mu bwoba ubwo nasangaga nicaye mu cyumba cyanyje cya Gurpar Road.

Amarira y'urukozasoni yarasutse ubwo nakorakoraga n'umubiri wanyje nagaruwe mu byishimo nta mwobo w'amasasu mu ibere. Naranyeganyegaga hirya no hino, nhumeka kandi nsohora umwuka kugira ngo nizere ko ndi muzima. Muri ibyo byo kwishimira, nongeye gusanga ubwenge bwanjye bwimuwe ku murambo w'umukapiteni ku nkombe y'inyanja. Urujijo rwose rwo mu mutwe rwaje kunzamo.

"Mwami," Jye yasenze, "am Jye yapfuye cyangwa muzima?"

Urumuri rwinshi rwuzuye impande zose. Ijwi ryoroheje ryigize amagambo:

"Ubuzima cyangwa urupfu bihuriye he n'Umucyo? Mu ishusho y'Umucyo Wanjye narakuremye." isano riri hagati y'ubuzima n'urupfu ni iry'inzozi zo mu isanzure. Reba ubuzima bwawe butagira inzozi! Kanguka, mwana wanjye, kanguka!

Nk'intambwe mu gukanguka k'umuntu, Uwiteka ahumekera abahanga mu bya siyansi kuvumbura, mu gihe gikwiye n'ahantu hakwiye, amabanga y'ibyo yaremye. Ibintu byinshi byavumbuwe muri iki gihe bifasha abantu gusobanukirwa isanzure nk'uburyo butandukanye bwo kugaragaza imbaraga-urumuri rumwe, ruyobowe n'ubwenge bw'Imana. Ibitangaza by'ishusho, radiyo, televiziyo, radar, ingirabuzimafatizo y'amashanyarazi-"ijisho ry'amashanyarazi" ribona byose, ry'ingufu za atome, byose bishingiye ku buryo urumuri rukora ku bushobozi bwa electromagnetic.

Ishusho y'amashusho ishobora kwerekana igitangaza icyo ari cyo cyose. Ukurikije ishusho itangaje, nta gitangaza kibujijwe gufotora amayeri. Umubiri w'umuntu ugaragara nk'uw'ikirere ugaragara uzamuka uva mu mubiri we ukabije, ashobora kugenda hejuru y'amazi, kuzura abapfuye, guhindura urukurikirane rw'ibikorwa karemano, no gukina nabi igihe n'ikirere. Ateranyije amashusho y'urumuri uko abyifuzwa, umufotozi agera ku bitangaza by'amaso umuhanga nyawe akora akoresheje imirasire y'urumuri nyayo.

Amashusho asa n'ubuzima y'iyi filime agaragaza ukuri kwinshi ku byerekeye irema. Umuyobozi w'Ijuru yanditse ikinamico ze bwite, kandi yakusanyije abakinnyi bakomeye bo mu irushanwa ry'ibinyejana byinshi. Avuye mu cyumba cy'umwijima cy'iteka ryose, asuka urumuri rwe rw'ubuhanzi mu mafilime y'ibihe bikurikirana, kandi amashusho ashirwa ku ibara ry'ikirere. Nk'uko amashusho y'ishusho asa n'aho ari ukuri, ariko akaba ari uruvange rw'umucyo n'igicucu gusa, ni ko n'ubwoko bwose bw'isi busa n'ubushukanyi. Impande z'imibumbe, hamwe n'imiterere yazo itabarika y'ubuzima, nta kindi zivuze uretse ibishushanyo mbonera by'isi, by'agateganyo bihuye n'ibitekerezo bitanu by'ubwenge nk'uko amashusho ashirwa ku ibara ry'ubwenge bw'umuntu n'urumuri rudashira rw'ubuhanga.

Abareba sinema bashobora kureba hejuru bakabona ko amashusho yose yo kuri ecran agaragara binyuze mu buryo bw'urumuri rumwe rudafite ishusho. Ikinamico y'amabara menshi igaragara ku isi yose nayo ituruka ku mucyo umwe wera w'Isoko ry'Isi. Imana ifite ubuhanga budasanze irimo gutegura imyidagaduro ku bana bayo b'abantu, ikabagira abakinnyi ndetse n'abayireba mu isinema yayo.

Umunsi umwe ninjiye mu nzu y'amashusho kugira ngo ndebe inkuru z'imirwano y'i Burayi. Intambara ya Mbere y'Isi Yose yari ikibera mu Burengerazuba; inkuru

y'amakuru yafashe amajwi y'ubwicanyi mu buryo bufatika ku buryo Navuye muri sinema mfite umutima ubabaye.

"Mwami," Jye yasenze, "kuki gukora Wowe uruhushya nk'ibyo kubabara?"

Natunguwe cyane no kubona igisubizo cyihuse cyaje mu buryo bw'iyerekwari'imirwano y'i Burayi. Ubwoba bw'urugamba, bwuzuyemo abapfuye n'abapfa, bwarenze kure ubugome

icyo ari cyo cyose uhagarariye bya i amakuru.

"Reba neza!" Ijwi ryoroheje ryavuze mu mutima wanjye. "Uzabona ko ibi bice birimo gukinwa mu Bufaransa ari ikinamico ya chiaroscuro gusa. Ni filime y'isi yose, ifatika kandi idafatika nk'inkuru y'ikinamico wabonye - ikinamico iri mu ikinamico."

Umutima wanjye ntiwari uhumurijwe. Ijwi ry'Imana ryakomeje rigira riti: "Irema ni urumuri n'igicucu byombi, bitabaye ibyo nta shusho ishoboka. Ibyiza n'ibibi bya *maya* bigomba gusimburana mu butware. Iyo ibyishimo bitaba bigihari hano ku isi, umuntu yashaka undi? Nta bubabare ntabwo yita ku kwibuka ko yataye urugo rwe rw'iteka. Ububabare ni ikintu gishimishije cyo kwibuka. Inzira yo guhunga ni ubwenge! Agahinda k'urupfu ni ikintu kidashoboka; abarutinya bameze nk'umukinnyi w'icyamamare upfa kubera ubwoba ku rubyiniro iyo nta kindi kiraswaho uretse imbunda y'umukara. Abahungu banjye ni abana b'urumuri; ntibazasinzira iteka ryose mu buyobe."

Nubwo nari nasomye inkuru zo mu Byanditswe Byera zivuga ku *maya*, ntabwo zampaye ubumenyi bwimbitse bwazanwaga n'ibyo umuntu yabonye n'amagambo ye ahumuriza. Indangagaciro z'umuntu zirahinduka cyane iyo amaze kwemeza ko ibyaremwe ari filime nini gusa, kandi ko atari muri yo, ahubwo ko ari hirya yayo, ari ukuri kwe bwite.

Ubwo narangizaga kwandika iki gice, nicaye ku buriri bwanjye mu mwanya wa lotus. Icyumba cyanjye cyari gicanywe n'amatara abiri y'igicucu. Nzamuye amaso yanjye, nabonye ko igisenge cyari gifite amatara mato y'ibara rya sinapi, arabagirana kandi anyeganyega nk'aya radium. Imirasire myinshi y'amakaramu, nk'amabati y'imvura, yateranye mu mwobo ubonerana maze iranyisukaho bucece.

Ako kanya umubiri wanjye watakaje ubukana bwawo maze uhinduka imiterere y'ikirere. Numvise meze nk'urureremba ubwo, ubwo nakoraga ku buriri gato, umubiri udafite uburemere wahindukaga gato ugana ibumoso n'iburyo. Narebye hirya no hino mu cyumba; ibikoresho n'inkuta byari bisanzwe, ariko urumuri ruto rwari rwinshi ku buryo igisenge kitagaragaraga. Natangajwe cyane.

"Ubu ni bwo buryo bwo kwerekana filime mu kirere." Ijwi ryavuze nk'aho riturutse mu rumuri. "Ritanga urumuri rwaryo ku mwenda wera w'amashuka yawe, ritanga ishusho y'umubiri wawe. Dore, ishusho yawe ni urumuri gusa!"

Narebye amaboko yanjye ndayazunguza, ariko sinashoboraga kumva uburemere bwayo. Ibyishimo byinshi byaranshimishije cyane nnyewe. Ibi isanzure igiti bya urumuri, kurabya indabyo nka yanjye umubiri, byasaga nkaho a Imana kopi y'urumuri rusohoka mu cyumba cy'amashusho mu nzu ya sinema kandi rugaragara nk'amashusho kuri ecran.

Namaze igihe kinini mbona iyi filime y'umubiri wanjye mu cyumba cyanjye cyo kuraramo gifite urumuri ruto. Nubwo hari byinshi nabonye, nta na kimwe cyari gisigaye. Uko nibwiraga ko umubiri ukomeye wari ugiye gucika burundu, kandi nkarushaho gusobanukirwa ko imiterere y'ibintu byose ari urumuri, narebye hejuru y'umugezi w'ibinyabuzima bizima maze mvuga nsaba cyane.

"Umucyo w'Imana, ndakwinginze ukuremo iyi shusho yanjye yoroheje y'umubiri, nk'uko Eliya yazamuwe mu ijuru n'umuriro."

Iri sengesho ryaratangaje cyane; imirabyo yarazimye. Umubiri wanjye wongeye kugira uburemere nk'ubwo wari usanzwe maze wikubita ku buriri; amatara menshi yo mu gisenge yarazimye arashira. Igihe cyanjye cyo kuva kuri iyi si cyari kitaragera.

"Byongeye kandi," nibwiraga mu buryo bwa filozofiya, "umuhanuzi Eliya ashobora kuba ababajwe n'ibyo mvuga!"

.....
30-1 : Ibi icyamamare Ikirusiya umuhanzi na umuhanga mu bya filozofiya ifite yabaye ubuzima kuri byinshi imyaka muri Ubuhande hafi i Himalaya. "Kuva impinga araza "Guhishurwa," we ifite byanditswe. "Muri ubuvumo na nyuma i imisozi miremire yabayeho i rishis. Birarangiye i urubura impinga bya Himalaya zirabagirana cyane, zirabagirana kurusha inyenyeri n'imirabyo itangaje.

30-2 : Itsinda inkuru Gicurasi kugira a amateka ishingiro; umuntu inyandiko y'umwanditsi inyandiko itanga amakuru twebwe ibyo i Musenyeri twahuye i gatatu abamonaki mu gihe Yari mu bwato avuye kuri Archangel yerekeza mu kigo cy'abihaye Imana cya Slovesky, ku nkengero z'uruzi rwa Dvina.

30-3 : Marconi, umuvumbuzi ukomeye, yemeye ibi bikurikira ko siyansi idahagije mbere y'uko irangira: "Kudashobora bya siyansi kuri gukemura ubuzima ni rwose. Ibi ukuri yakwitwara kuba mu by'ukuri biteye ubwoba bari byo ntabwo kuri ukwizera. Itsinda amayobera bya ubuzima ni cyo kibazo gikomeye kurusha ibindi byose byigeze bishyirwa imbere y'ibitekerezo bya muntu.

30-4 : A igisubizo kuri icyerekezo byafashwe na Einstein's ubuhanga ni byatanze na i ukuri ibyo we ni a ubuzima bwose umwigishwa bya i Umufilozofe ukomeye Spinoza, ufite igitabo kizwi cyane cyitwa " *Ethics Exponential In Geometrical Order*" .

30-5 : Jye *Timoteyo* 6:15-16 .

30-6 : *Itangiriro* 1:26.

IGICE: 31

An Ikiganiro Hamwe na Itsinda Bitagatifu Mama

"Mubyeyi Mama, nabatijwe nkiri umwana muto n'umuhanuzi-umugabo wawe. Yari umushumba w'ababyeyi banjye n'umushumba wanjye Sri Yukteswarji. None se uzampa amahirwe yo kumva ibintu bike byabaye mu buzima bwawe butagatifu?"

Nari ndimo mvugana na Srimati Kashi Moni, umugenzi wa Lahiri Mahasaya. Ubwo nari ndi i Benares igihe gito, nagiye nsohoza icyifuzo nari maze igihe kinini cyo gusura uwo mugore w'icyubahiro. Yanyakiriye neza mu rugo rwa kera rwa Lahiri

mu gace ka Garudeswar Mohulla muri Benares. Nubwo yari ashaje, yari afite indabyo nk'iz'umutuku, atanga impumuro nziza y'umwuka bucece. Yari afite umubiri uciriritse, afite ijosi rito n'uruhu rwiza. Amaso manini kandi meza yoroshya isura ye nk'iya kibyeyi.

"Mwana wanjye, wowe ni Murakaza neza hano. Ngwino hejuru.

Kashi Moni yanyoboye agana mu cyumba gito cyane aho yari amaze igihe aba n'umugabo we. Numvise ngize icyubahiro cyo kubona ahantu hera shebuja utagira urugero yicishije bugufi agakina ikinamico y'abantu y'ishyingiranwa. Uwo mugore w'umunyamutima yanyeretse intebe y'umusego iruhande rwe.

"Hashize imyaka myinshi mbere yuko nsobanukirwa ubwiza bw'umugabo wanjye," aratangira. "Ijoro rimwe, muri iki cyumba, narose inzosi zikomeye. Abamarayika b'icyubahiro banyereye mu bwiza budasanzwe hejuru yanjye. Icyo kintu cyari gifatika cyane ku buryo nahise nkanguka ako kanya; icyumba cyari gitwikiriwe n'urumuri rutangaje.

"Umugabo wanjye, wari wicaye mu mwanya wa lotus, yari yashyizwe hagati mu cyumba, akikijwe n'abamarayika bamusengaga bamusaba icyubahiro cy'amaboko yabo apfutse. Natangaye cyane, nemeza ko nkiri mu nzozi."

"'Mugore,' Lahiri Mahasaya yaravuze, 'nturota. Reka gusinzira iteka ryose.' Ubwo yamanukiraga hasi buhoro buhoro, nahise mpfukama imbere ye.

"'Databuja,' nararize nti 'nkomeza kukwikubita imbere kenshi! Urambabarira kuba narakubonye nk'umugabo wanjye? Ndapfa mfite isoni zo kumenya ko nagumye nsinziriye mu bujiji iruhande rw'umuntu wabyutse Imana. Kuva muri iri joro, ntukiri umugabo wanjye, ahubwo uri umwarimu wanjye. Ese uzakwemera ko ndi umuntu utagira icyo nzi nk'umwigishwa wawe?' **31-1**

"Umwami yankozeho buhoro. 'Mutima wera, haguruka. Urakirwa.' Yashyize ikimenyetso ku bamarayika. 'Ndakwinginze wunamire buri wese muri aba batagatifu.'

"Nkimara kurangiza indirimbo zanjye zo kwicisha bugufi, amajwi y'abamarayika yumvikanaga hamwe, nk'indirimbo yo mu gitabo cya kera."

"'Umugore w'Imana, urahirwa. Turakuramutsa.' Baranyunاميye imbere y'ibirenge byanjye maze imiterere yabo y'ubwihisho irashira. Icyumba cyarajimye.

"Ubwanjye umwarimu yabajije njyewe kuri kwakira gutangira mu *Kriya Yoga* .

"'Bya birumvikana,' Jye yasubije. 'Jyewe am mbabarira ntabwo kuri kugira yari afite byayo umugisha mbere muri yanjye ubuzima.'

"'Igihe cyari kitaragera.' Lahiri Mahasaya yaramwenyuye amuhumuriza. 'Karma yawe nyinshi nagufashije bucece kuyitoza. Ubu uriteguye kandi ubyiteguye.'

"Yankoze ku gahanga. Umucyo mwinshi waragaragaye; urumuri rwatangiye kwirema buhoro buhoro mu jisho ry'umwuka ry'ubururu bw'umweru, rifite uruziga rwa zahabu kandi hagati yaryo hari inyenyeri y'umweru ifite ishusho ya pentagonal.

"Injira mu bwenge bwawe unyuze mu nyenyeri winjire mu bwami bw'Itarangira.' Ijwi ry'umwarimu wanjye ryari rifite inoti nshya, yoroheje nk'umuziki uri kure.

"Icyerekezo" nyuma icyerekezo inzara nka inyanja gusura amafi ku i inkombe bya yanjye ubugingo. Itsinda ahantu nyaburanga imibumbe amaherezo

Nashongeshejwe n'inyanja y'ibyishimo. Nabuze umugisha uhoraho. Ubwo nagarukaga nyuma y'amasaha menshi ku kumenya iyi si, umwarimu yampaye ubuhanga bwa *Kriya Yoga* .

"Kuva muri iryo joro, Lahiri Mahasaya ntiyigeze yongera gusinzira mu cyumba cyanjye. Ndetse na nyuma yaho, ntiyigeze aryama. Yagumye mu cyumba cyo hasi, ari kumwe n'abigishwa be haba ku manywa cyangwa nijoro."

Uwo mugore w'icyubahiro yaratuje. Nabonye ko umubano we n'uwo mukobwa w'umuhanga cyane witwa yoga wari udasanze, amaherezo nahise nsaba ko nakomeza kumwibutsa ibyamubayeho.

"Mwana wanjye, uri umururumba. Nyamara uzagira indi nkuru." Yaramwenyuye agira isoni. "Ndemera icyaha nakoreye umugabo wanjye w'umuhanga. Amezi make nyuma yo gushyingirwa, natangiye kumva nihebye kandi ntarengwa. Umunsi umwe mu gitondo Lahiri Mahasaya yinjiye muri aka cyumba gito gushaka ikintu; nahise nkurikira. Natewe n'uburiganya bukomeye, ndamubwira nabi.

"Umara igihe cyawe cyose uri kumwe n'abigishwa. Bite ho ku nshingano zawe ku mugore wawe n'abana bawe? Mbabajwe n'uko udashishikajwe no guha umuryango amafaranga menshi."

"Shebuja yaranyitegereje akanya gato, hanyuma mbona! yagiye. Numvise ijwi riturutse impande zose z'icyumba rigira riti:

"Ni ni byose ntacyo, ntukore wowe urabona? Uburyo yashoboraga a ntacyo nka njyewe umusaruro ubutunzi kuri wowe?"

"Guruji,' nararize nti 'Ndagusabye imbabazi incuro miliyoni! Amaso yanjye y'ibyaha ntazongera kukubona ukundi; ndakwinginze ugaragare mu ishusho yawe yera.'

"Ndi hano.' Iyi nyishu yaturutse hejuru yanjye. Narebye hejuru mbona shebuja yiyerekana mu umwuka, umutwe we ugera ku gisenge. Amaso ye yari ameze nk'umuriro uhumisha amaso. Numvise ubwoba bwinshi, naraye imbere y'ibirenge bye ndira nyuma yo kumanukira hasi bucece.

"Mugore," aravugaga, "shaka ubutunzi bw'Imana, ntushake ubutunzi bw'ubutaka buto. Nyuma yo kubona ubutunzi bw'imbere, uzabona ko ibyo hanze bihora bihari." Yongeyeho ati: "Umwe mu bana banjye bo mu buryo bw'umwuka azaguteganyiriza."

"Ubwanjye abayobozi amagambo mu buryo busanzwe yaraje ukuri; a umwigishwa yabikoze genda a byinshi igiteranyo kuri cyacu umuryango."

Nashimiye Kashi Moni ku bw'ibyo yangejejeho bitangaje. Ku munsi wakurikiyeho nasubiye iwe maze nishimira amasaha menshi yo kuganira kuri filozofiya na Tincouri na Ducouri Lahiri. Aba bahungu babiri b'abatagatifu b'umugabekazi w'Ubuhinde

bakurikiye intambwe ze neza. Abo bagabo bombi bari beza, barebare, b'intwari, kandi bafite ubwanwa bwinshi, bafite amajwi yoroshye n'imico ishaje.

Umugore we si we wenyine wari umwigishwa wa Lahiri Mahasaya; hari n'abandi amagana, harimo na mama. Umugore witwa Chela yigeze gusaba ifoto ye kuri uyu mwarimu. Yamuhaye

gucapa, kuvuga, "Niba wowe Fata byo a uburinzi, hanyuma byo ni bityo rero; bitabaye ibyo byo ni gusa a ifoto."

Nyuma y'iminsi mike uyu mugore n'umukazana wa Lahiri Mahasaya bari barimo kwiga *Bhagavad Gita* ku meza yari amanitse ifoto y'uyu muhanga. Inkubi y'umuyaga yaguye. hanze n'uburakari bwinshi.

"Lahiri Mahasaya, turinde!" Abagore bunamiranye imbere y'ishusho. Inkuba yakubise igitabo bari basoma, ariko abihaye Imana bombi ntacyo bakomeretse.

"Numvise nk'aho hari urubura rwashyizwe hafi yanjye kugira ngo hirindwe ubushyuhe bwinshi," Chela yasobanuye.

Lahiri Mahasaya yakoze ibitangaza bibiri ku mugore wigishwa witwaga Abhoya. We n'umugabo we, umunyamategeko wa Calcutta, batangiye umunsi umwe bajya i Benares gusura uyu mwarimu. Imodoka yabo yatinze kubera imodoka nyinshi; bageze kuri sitasiyo ya Howrah bumva gari ya moshi ya Benares ivuza ifirimbi isaba ko ihaguruka.

Abhoya, hafi i itike ibiro, yahagaze bucece.

"Lahiri Mahasaya, ndakwinginze ngo uhagarike gari ya moshi!" yarasenze bucece. "Sinshobora kwihanganira ububabare bwo gutinda gutegereza undi muni ngo nkubone."

Amapine ya gari ya moshi yagendaga ivuza ubuhuha yakomeje kugenda azenguruka, ariko nta ntambwe yakurikiyeho. Injeniyeri n'abagenzi bamanutse bajya kuri platifomu kureba icyo kintu. Umurinzi wa gari ya moshi w'Umwongereza yegereye Abhoya n'umugabo we. Bitandukanye n'ibyo byose byabayeho, yitanze ku bushake.

"Babu," we yaravuze ati, "tanga njyewe i amafaranga. Jye ubushake kugura ibyawe amatike mu gihe wowe kubona mu bwato.

Bakimara kwicara no guhabwa amatike, gari ya moshi yagendaga buhoro buhoro. Batewe ubwoba, injeniyeri n'abagenzi bongeye kuzamuka bajya aho bari, batazi uko gari ya moshi yatangiye, cyangwa impamvu yari yarahagaze mbere na mbere.

Ageze mu rugo rwa Lahiri Mahasaya i Benares, Abhoya yapfukamye bucece imbere ya shebuja, agerageza kumukora ku birenge.

"Witumbire Abhoya," aravuga. "Mbega ukuntu ukunda kumbuza amahwemo! Nk'aho udashobora kuza hano unyuze muri gari ya moshi itaha!"

Abhoya yasuye Lahiri Mahasaya mu kindi gihe kitazibagirana. Kuri iyi nshuro yashakaga ko amusabira, atari kuri gari ya moshi, ahubwo ko yashakaga ko amusabira n'inyoni.

"Ndagusaba ngo umpe umugisha kugira ngo umwana wanjye wa cyenda abeho," aravuga. "Nabyaye abana umunani; bese bapfuye nyuma gato y'ivuka."

Itsinda umuhanga yaramwenyuye mu buryo bw'impuhwe. "Ibyawe kuza umwana ubushake imbonankubone. Ndakwinginze gukurikira yanjye amabwiriza

witonze. Umwana w'umukobwa azavuka nijoro. Reba neza ko itara ry'amavuta rikomeza kwaka kugeza mu gitondo. Ntugasinzira bityo ureke urumuri ruzime.

Umwana wa Abhoya yari umukobwa, wavutse nijoro, nk'uko byari byavuzwe n'umuhanga mu by'ubumenyi bwose. Nyina yategetse umuforomo we kugumana itara ryuzuye amavuta. Abagore bombi bakomeje kwihutira kugeza mu masaha ya mu gitondo, ariko amaherezo barasinzira. Amavuta y'itara yari hafi kuzima; urumuri rwatangiyeye kuzima cyane.

Urugi rw'icyumba cyo kuraramo rwafunguwe maze rukingurwa n'urusaku rwinshi. Abagore batangaye barakangutse. Amaso yabo yatangaye yabonye ishusho ya Lahiri Mahasaya.

"Abhoya, dore urumuri rugiyeye kuzima!" Yerekeje ku itara, umuforomo yihutiye kurishyiramo. Rikimara kongera kwaka cyane, shebuja yarazimiye. Urugi rurakingwa; agakingirizo kari gafite aho kagaragara.

Kwa Abhoya cyenda umwana yarokotse; muri 1935, igihe Jye byakozwe iperereza, we yari na n'ubu kubaho.

Umwe mu bigishwa ba Lahiri Mahasaya, Kali Kumar Roy w'icyubahiro, yambwiye ibintu byinshi bishishikaje by'ubuzima bwe n'umwarimu.

Roy yarambwiye ati: "Nakundaga kuba umushyitsi mu rugo rwe rwa Benares mu gihe cy'ibyumweru byinshi." "Nabonye ko abantu benshi b'abatagatifu, *danda* **31-3** Swami, yageze mu ituze rya nijoro yicara ku birenge bya mwari.

Hari igihe baganiraga ku ngingo zo gutekerezwa no gutekerezwa ku bintu bya filozofiya. Mu gitondo cya kare abashyitsi b'icyubahiro baragendaga. Mu gihe nasuraga, nasanze Lahiri Mahasaya atigeze aryama ngo asinzire.

Roy yakomeje agira ati: "Mu ntangiriro z'akazi kanjye nagiranye na shebuja, nagombaga guhangana n'abamkoresha banjye bandwanyaga. Yari yiganjemo ibintu by'agaciro."

"Sinshaka abantu bakomeye mu by'idini mu bakozi banjye," yaransekaga. "Ninhura n'umuhanga mu by'uburiganya bwawe, nzamuha amagambo yo kwibuka."

"Iki gitero giteye ubwoba nticyashoboye guhagarika gahunda yanjye isanzwe; namaze hafi buri mugoroba ndi kumwe n'umwarimu wanjye. Rimwe mu ijoro umukoresha wanjye yankurikiye yihuta mu cyumba cy'ishuri. Nta gushidikanya ko yari yiyemeje kuvuga amagambo y'agahinda yari yasezeranye. Uwo mugabo akimara kwicara, Lahiri Mahasaya yavugiye mu itsinda rito ry'abigishwa bagera kuri cumi na babiri.

"Ese wowe byose nka kuri reba a ifoto?"

"Igihe twafashe umutwe, yadusabye kwihisha icyumba. Ati 'mwicare inyuma y'undi muzengurutse,' maze mushyire amaboko yanyu ku maso y'umugabo uri imbere yanyu.'

"Sinatunguwe no kubona umukoresha wanjye na we akurikiza amabwiriza ya shebujya, nubwo atabishakaga. Mu minota mike, Lahiri Mahasaya yatubajije icyo twabonaga."

"Ndasubiza nti: 'Nyakubahwa, hagaragaye umugore mwiza. Yambaye *ikoti ritukura*, kandi ahagaze hafi y'igiti cy'inzovu.' Abandi bigishwa bose batanze ibisobanuro bimwe. Umwami yahindukiriye umukoresha wanjye ati: 'Uriya mugore uramuzi?'

""Yego.' Umugabo bigaragara ko yari ahanganye n'amarangamutima mashya kuri kamere ye. 'Namukoresheje amafaranga yanjye mu bupfapfa, nubwo mfite umugore mwiza. Mfite isoni z'impamvu zanjyanye hano. Uzambabarira, unyakire nk'umwigishwa?'"

"Niba ufite imibereho myiza mu gihe cy'amezi atandatu, ndakwemera." Shebuja yongeraho mu buryo buteye ubwoba ati "Bitabaye ibyo sinzagutangira."

"Mu mezi atatu umukoresha wanjye yirinze gushukwa; hanyuma yongera kugirana umubano wa mbere n'uwo mugore. Nyuma y'amezi abiri yapfuye. Nguko uko nasobanukiwe ubuhanuzi bw'umwarimu wanjye ku bijyanye n'uko umugabo atagitangira kuba umugabo."

Lahiri Mahasaya yari afite inshuti ye izwi cyane, Swami Trailanga, wavugwaga ko yari afite imyaka irenga magana atatu. Abo bombi ba yoga bakundaga kwicara hamwe batekereza. Icubahiro cya Trailanga cyarakwirakwiriye cyane ku buryo Abahindu bake ari bo bahakana ko inkuru iyo ari yo yose ivuga ku bitangaza bye itangaje ishobora kuba ukuri. Iyo Kristo aza kugaruka ku isi akagenda mu mihanda ya New York, agaragaza imbaraga ze z'Imana, byari gutera ibyishimo nk'ibyo Trailanga yateje mu myaka myinshi ishize ubwo yanyuraga mu nzira zuzuye abantu za Benares.

Incuro nyinshi, swami yabonwaga inywa uburozi bwica cyane, nta ngaruka mbi yagize. Abantu ibihumbi, barimo bake bakiriho, babonye Trailanga ireremba ku mugezi wa Ganges. Yamaraga iminsi yicara hejuru y'amazi, cyangwa akishisha igihe kirekire muni y'imiraba. Ikintu cyakunze kugaragara ku *kirwa cya Benares cyoga* ibihuha ni umubiri wa swami utagira aho uhagarara ku mabuye y'urubura, wibasiwe n'izuba ryinshi ry'Abahinde. Muri ubwo butwari, Trailanga yashakaga kwigisha abantu ko ubuzima bwa yoga budashingiye kuri ogisijeni cyangwa ku bintu bisanzwe n'uburyo bwo kwirinda. Yaba ari hejuru y'amazi cyangwa muni yayo, kandi yaba umubiri we wari wibasiwe n'imirasire y'izuba ikaze cyangwa itagaragara, umuyobozi yagaragaje ko yabayeho akurikije ubwenge bw'Imana: urupfu ntirwashoboraga kumukoraho.

Umukinnyi wa yoga yari mwiza cyane, atari mu buryo bw'umwuka gusa, ahubwo no mu buryo bw'umubiri. Ibiro bye byari birenga magana atatu ibiro: ikilo kimwe kuri buri mwaka w'ubuzima bwe! Kubera ko yaryaga gake cyane, amayobera yariyongereye. ariko, shebuja yirengagiza byoroshye amategeko yose asanzwe agenga ubuzima, iyo abyifuje ku mpamvu runaka idasanzwe, akenshi ikaba ari iyo mu buryo butari bwo izwi na we wenyine. Abera bakomeye babyutse bava mu Inzozo z'isi yose kandi zigashyira mu bikorwa iyi si nk'igitekerezo mu bwenge bw'Imana,

zishobora gukora uko zishaka ku mubiri, zizi ko ari imbaraga zifunze cyangwa zikonje. Nubwo abahanga mu bya siyansi ubu basobanukiwe ko ibintu byose ari imbaraga zifunze gusa, abahanga bafite urumuri rwuzuye bamaze igihe kinini bava muri teyori bajya mu bikorwa mu bijyanye no kugenzura ibintu.

Trailanga yahoraga yambaye ubusa rwose. Abapolisi ba Benares bahohotewe bahise bamubona nk'umwana w'ikibazo uteye ubwoba. Uwo mugore w'umuswa, kimwe na Adamu wa mbere mu busitani bwa Edeni, ntiyari azi na gato ubwambure bwe. Ariko, polisi yari ibizi neza, maze imushyira muri gereza mu buryo butari bwo. Hakurikiyeho isoni rusange; umurambo munini wa

Trailanga yahise agaragara, uko bisanzwe, hejuru y'igisenge cya gereza. Inzu ye yari ifunze neza, ntabwo yigeze imenya uburyo yatorokaga.

Abapolisi bacitse integere bongeye gukora akazi kabo. Kuri iyi nshuro umurinzi yashyizwe imbere y'akazu ka swami. May yongeye gusezera mbere y'iburyo. Trailanga yahise agaragara agenda hejuru y'igisenge adashaka. Ubutabera ni impumyi; polisi yari yatsinzwe yahisemo kumukurikira urugero.

Umukinnyi ukomeye wa yoga yakomeje guceceka mu buryo busanzwe - Nubwo yari afite isura ndende kandi inda ye nini isa n'iy'ibinure, Trailanga yaryaga rimwe na rimwe. Nyuma y'ibyumweru byinshi atarya, yafunguraga igisibo cye akoresheje amata yuzuyemo ibinure yahabwaga n'abayoboze be. Hari umuntu ushidikanya wigeze kwiyemeza kugaragaza ko Trailanga ari umuhemu. Indobo nini y'uruvange rwa calcium-lime, rwakoreshejwe mu gusiga irangi ku nkuta, yashyizwe imbere y'inyamaswa.

"Databuja," uwo muntu w'umunyabintu yaravuze mu cyubahiro cy'urwenya, "Nakuzaniye amata y'ibishishwa. Nyamuneka uyanywe."

Trailanga yavuyemo amazi adashidikanya, kugeza ku gitonyanga cya nyuma, igikoresho cyuzuyemo ishwagara ryakaga. Mu minota mike, umugizi wa nabi yaguye hasi ababaye cyane.

"Nfasha, swami, mfasha!" we ararize. "Jyewe am ku umuriro! Babarira yanjye umugome ikizamini!"

Umukobwa ukomeye wa yoga yashenye agaceceka ke. Yagize ati: "Wa mututsi, ntabwo wari uzi igihe wampaga uburozi ko ubuzima bwanjye ari bumwe n'ubwawe. Uretse kuba nari nzi ko Imana iri mu nda yanjye, nk'uko biri muri buri atome y'irema, indimu yari kunyica. None ko uzi icyo ijamba "boomerang" risobanura, ntuzongere gukinira umuntu uwo ari we wese amayeri."

Itsinda byasukuwe neza umunyabyaha, yakize na Trailanga's amagambo, umuntu usinziriye ku buryo budakomeye kure.

Gusubira inyuma kw'ububabare ntibyatewe n'ubushake bw'umutware, ahubwo byaturutse ku gushyira mu bikorwa itegeko ry'ubutabera rishyigikira inzira iremereye y'ibiremwa. Abantu b'Imana nka Trailanga bemerera itegeko ry'Imana gukora ako kanya; birukanye burundu inzira zose z'ubwikunde zibangamira.

Gukosora ubutungane mu buryo bwikora, akenshi byishyurwa mu gicere kitari giteganijwe nk'uko byagenze kuri Trailanga n'uwe byaba ari umwicanyi, bigabanya uburakari bwacu bwo guhubuka ku karengane k'abantu. "Kwihorera ni ukwanjye; ni jye uzitura, ni ko Uwiteka avuga." **31-5** Ni iki gikenewe ku bushobozi buke bw'umuntu? Isi yose irateganya kwihanira. Ubwenge budafite ubwenge butuma

habaho ubutabera bw'Imana, urukundo, ubumenyi bwose, no kudapfa. "Ibitekerezo byo mu Byanditswe Byera bitagira icyo bivuze!" Iyi myumvire idasobanutse, iteye ubwoba mbere y'uko ikirere gitangira, habyutswa urukurikirane rw'ibintu bizana ihumure ryabyo.

Kristo yavuze ko amategako y'umwuka ashobora byose ubwo yinjiraga i Yerusalemu mu ntsinzi. Ubwo abigishwa n'imbaga y'abantu bavuzaga induru z'ibyishimo, baravuga bati "Amahoro mu ijuru, n'icyubahiro mu ijuru," Abafarisayo bamwe bitotombeye ku bw'iyerekwa ritagira ishema. "Mwigisha," barabyamaganye, "hana abigishwa bawe."

"Ndababwira," Yesu arabasubiza, "ko aba nibaceceka, amabuye azahita arangurura." **31-6**

Muri iki gihano yahaye Abafarisayo, Kristo yavugaga ko ubutabera bw'Imana atari ikintu cyo mu buryo bw'ikigereranyo, kandi ko umuntu w'amahoro, nubwo ururimi rwe rwaba rwakuwe mu mizi yarwo, azabona imvugo ye n'uburinzi bwe mu rufatiro rw'irema, ari na rwo rwego rwa bose.

Yesu yaravuze ati: "Utekereza ko ucecekesha abantu b'amahoro? Nawe se, ushobora kwiringira ko uzatsinda ijwi ry'Imana, amabuye yayo aririmba icyubahiro cyayo n'uko ibaho hose. Ese uzasaba abantu kudahimbaza mu rwego rwo guha icyubahiro amahoro yo mu ijuru, ahubwo bagateranira hamwe mu matsinda menshi kugira ngo basakuzwe intambara ku isi? Noneho nimutegure, mwa Bafarisayo mwe, gusenya imfatiro z'isi; kuko atari abantu b'abanyamutima bonyine, ahubwo ni amabuye cyangwa ubutaka, n'amazi n'umuriro n'ikirere bizabahagurukira, kugira ngo batange ubuhamya bw'ubwumvikane bwayo buhamye.

Ubuntu bwa yoga isa na Kristo, Trailanga, bwigeze guhabwa *mama wanjye wa sajo* (nyina data). Mu gitondo kimwe, Marume yabonye shebuja akikijwe n'imbaga y'abakunzi be kuri Benares ghat. Yashoboye kugera hafi ya Trailanga, aho ibirenge bye byamukozeho yicishije bugufi. Marume yatangajwe no kwisanga akimara kuva mu ndwara ibabaza idakira. **31-7**

Umwigishwa umwe rukumbi uzwi wa yoga ukomeye ni umugore, Shankari Mai Jiew. Umukobwa w'umwe mu bigishwa ba Trailanga, yahawe imyitozo ya swami kuva akiri muto. Yamaze imyaka mirongo ine mu buvumo bwa Himalaya bwigunze hafi ya Badrinath, Kedarnath, Amarnath, na Pasupatinath. *Brahmacharini* (umugore wihebye), wavutse mu 1826, ubu amaze imyaka irenga ikinyejana. Ariko, ntabwo asaza mu isura ye, yagumanye umusatsi we w'umukara, amenyo ye arabagirana, n'imbaraga ze zitangaje. Ava mu bwigunge buri myaka mike ajya kwitabira amaserukiramuco *cyangwa* imurikagurisha ry'amadini.

Uyu mugore w'umutagatifu yakundaga gusura Lahiri Mahasaya. Yavuze ko umunsi umwe, mu gice cya Barackpur hafi ya Calcutta, ubwo yari yicaye iruhande rwa Lahiri Mahasaya, umushumba we mukuru Babaji yinjiye bucece mu cyumba maze aganira na bo bombi.

Igihe kimwe shebuja we Trailanga, yaretse guceceka kwe gusanzwe, yubashye Lahiri Mahasaya cyane mu ruhame. Umwigishwa wa Benares yarabyanze.

"Bwana," we yaravuze ati, "kuki kora wowe, a swami na a kwihakana, kwerekana nk'ibyo icyubahiro kuri a nyir'inzu?"

"Mwana wanjye," Trailanga arasubiza, "Lahiri Mahasaya ameze nk'injangwe

y'imana, iguma aho umubyeyi w'ijuru yamushyize hose. Nubwo akina nk'umuntu w'isi mu buryo bw'ibanga, yabonye ukwiyumvamo gutunganye ku buryo niyimye ndetse n'umukandara wanjye!"

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31-1 : Rimwe ni yibukijwe hano bya Milton's umurongo: "Yewe kuri Imana gusa,

we kuri Imana muri " 31-2: Umubyeyi w'icyubahiro yitabye Imana i Benares mu

1930.

31-3 : Abakozi, bishushanya i umugongo umugozi, gutwara mu buryo bw'umuhango na runaka amabwiriza bya abihaye Imana.

31-4 : We yari a *muni* , a umumonaki nde areba *mauna* , iby'umwuka guceceka. Itsinda Sanskriti umuzi *muni* ni bisa kuri ikigereki *monos* , "*alone, single*," aho amagambo y'Icyongereza *monk, monism*, n'ibindi akomoka .

31-5 : *Abaroma* 12:19.

31-6 : *Luka* 19:37- 40.

31-7 : Itsinda ubuzima bya Trailanga na ibindi byiza cyane ba master Kwibutsa twebwe bya Kwa Yesu amagambo: "Kandi ibi ibimenyetso agomba gukurikira bo abizera; Muri yanjye izina (iki Kristo ubwenge) bo agomba abakinnyi hanze amadayimoni; bo agomba vuga hamwe na gishya indimi; bo bazafata inzoka; kandi nibanywa ikintu cyica, nta cyo kizabatwara; bazarambika ibiganza ku barwayi, kandi bazakira." - *Mariko* 16:17-18.

IGICE: 32

Rama Ese Yazamuwe Kuva Itsinda Wapfuye

"Ubu a runaka umugabo yari arwaye, izina Lazaro. Igihe Yesu wumvise ko, we yaravuze ati, Ibi indwara ni

ntabwo kugeza kuri urupfu, ariko kuri icyubahiro bya Mana, ibyo i Umwana w'umuhungu bya Imana birashoboka kuba icyubahiro bityo.'" **32- 1**

Sri Yukteswar yari arimo gusobanura ibyanditswe bya gikristo mu gitondo cy'izuba ku ibaraza ry'urugo rwe rwa Serampore. Uretse abandi bigishwa bake ba Master, nari ndi kumwe n'itsinda rito ry'abanyeshuri banjye bo muri Ranchi.

"Muri iki gice Yesu yiyita Umwana w'Imana. Nubwo yari yunze ubumwe n'Imana by'ukuri, aho avugira hari ibisobanuro bikomeye bitari umuntu," umujyanama wanjye yasobanuye. "Umwana w'Imana ni Kristo cyangwa Ubwenge bw'Imana mu muntu. Nta *muntu n'umwe* ushobora kuramya Imana. Icyubahiro cyonyine umuntu ashobora guha Umuremyi we ni ukumushaka; umuntu ntashobora kuramya Igishushanyo mbonera atazi. 'Icyubahiro' cyangwa nimbus ikikije umutwe w'abera ni ikimenyetso cy'ubushobozi bwabo *bwo* kuramya Imana."

Sri Yukteswar yakomeje gusoma inkuru itangaje y'izuka rya Lazaro. Mu gusoza kwayo, Mwalimu yacecetse igihe kirekire, igitabo gitagatifu gifunguye ku mavi ye.

"Nanjye nagize amahirwe yo kubona igitangaza nk'iki." Umuhanga wanjye yaje kuvugana ubwitonzi. "Lahiri Mahasaya yazuye umwe mu nshuti zanjye mu bapfuye."

Abasore bari iruhande rwanjye baramwenyuye cyane. Hari umuhungu wari uhagije muri njye, kugira ngo nishimire filozofiya gusa, ahubwo cyane cyane inkuru iyo ari yo yose nashoboraga gutuma Sri Yukteswar ayivuga.

kubyerekeye bye bitangaje ubunararibonye hamwe na bye umwarimu.

"Njye n'inshuti yanjye Rama ntitwari dutandukaniye," Master aratangira. "Kubera ko yari afite isoni kandi ahora yigunga, yahisemo gusura umushumba wacu Lahiri Mahasaya gusa mu masaha ya saa sita z'ijoro no mu gitondo, igihe imbaga y'abigishwa ba ku manywa yabaga idahari. Nk'inshuti magara ya Rama, namubereye nk'umwobo w'umwuka aho yasohoraga ubumenyi bwe bw'umwuka. Nabonye imbaraga mu kubana kwe kwari gukwiye." Isura ya mushumba wanjye yarorohewe n'ibyo yibuka.

Sri Yukteswar yakomeje agira ati: "Rama yahuye n'ikigeragezo gikomeye mu buryo butunguranye. Yafashwe n'indwara ya kolera yo muri Aziya. Kubera ko umuyobozi wacu atigeze yanga serivisi z'abaganga mu gihe cy'uburwayi bukomeye, hatumijwe abaganga babiri b'inzobere. Hagati aho, ubwo nakoreraga uwo mugabo wari warwaye, nasengaga cyane Lahiri Mahasaya ngo amfashe. Nihutiye kujya iwe ndarira .

"Icyo abaganga ni kubona Rama. We ubushake kuba "Noneho." Ibyanjye umwarimu yaramwenyuye mu byishimo.

"Jyewe yasubijwe hamwe na a urumuri umutima kuri yanjye icy'inshuti iruhande rw'igitanda, gusa kuri shaka we muri a gupfa leta.

"Ntashobora kumara isaha irenga imwe cyangwa ebyiri,' umwe mu baganga yarambwiye agaragaza kwiheba. Nongeye kwihutira kujya i Lahiri Mahasaya.

"Abaganga ni abantu b'inyangamugayo. Ndizera ko Rama azakira.' Umutoza yaransezereye ababaye.

"Kwa Rama nasanze abaganga bombi bagiye. Umwe yari yansigiye inyandiko igira iti: 'Twakoze uko dushoboye kose, ariko ikibazo cy'e nta cyizere kirimo.'

"Inshuti yanjye yari ishusho y'umuntu uri hafi gupfa. Sinari nzi ukuntu amagambo ya Lahiri Mahasaya yashoboraga kunanirwa gusohora, ariko kubona ubuzima bwa Rama bwari burimo bugabanuka vuba byakomeje kunsubiza mu mutwe: 'Byose birarangiye ubu.' Nkomeje kunyura mu nyanja z'ukwizera no gushidikanya gukomeye, nakoreye inshuti yanjye uko nshoboye kose. Yarabyutse arataka ati:

"Yukteswar, Kwiruka kuri Umwigisha na bwira we Jye am yagiye. Baza we kuri umugisha yanjye umubiri mbere byayo icya nyuma imihango.'

Hamwe na ibi amagambo Rama guhumeka cyane na yatanze hejuru i umuzimu. **32- 2**

"Namaze isaha yose ndira kubera ishusho ye yakundaga. Yahoraga akunda gutuza, none yari ageze mu ituze ry'urupfu rwose. Undi mwigishwa yinjiye; namusabye kuguma mu nzu kugeza ngarutse. Ndumiwe igice, nsubira ku mwari wanjye."

"Uko ni Rama ubu se?' Lahiri Ikinyamakuru cya Mahasaya isura yari yambaye indabo muri aramwenyura.

"Bwana, uzabona vuba uko ameze,' navuze n'umutima uhagaze. 'Mu masaha make uzabona umurambo we, mbere yuko ujyanwa aho batwikira.' Naraturika ndarira ku mugaragaro.

"Yukteswar, kugenzura wowe ubwawe. Icara mutuje na gutekereza cyane.' Ibyanjye umwarimu mu kiruhuko cy'izabukuru mu *samadhi* . Itsinda

Amanywa n'ijoro byarangiye mu ituze ridatamba; nananiwe no kongera gutuza mu mutima ariko birananirana.

"Mu gitondo cya kare Lahiri Mahasaya yarandebye ampumuriza. 'Ndabona uracyahangayikishijwe. Kuki utasobanuye ejo ko witeze ko nzafasha Rama mu buryo bufatika mu buryo bw'umuti?' Shebuja yerekeje ku itara rimeze nk'igikombe ririmo amavuta ya castor. 'Wuzuze agacupa gato ko muri iryo tara; shyira ibitonyanga birindwi mu kanwa ka Rama.'

""Bwana,' Jye byasubiwemo, 'Ye ifite yabaye yapfuye kuva ejo hashize saa sita. Cya iki gukoresha ni i amavuta ubu se?'

""Nta kibazo; kora uko nsabye gusa.' Ibyishimo bya Lahiri Mahasaya ntibyari byumvikana; nari nkiri mu bubabare budasanze bwo gupfusha. Nasutse amavuta make, njya kwa Rama.

"Nasanze umurambo w'inshuti yanjye umeze nk'uwapashwe mu gipfunsi cy'urupfu. Ntitwitaye ku buzima bwe bubi, nafunguye iminwa ye n'urutoki rwanjye rw'iburyo maze nkoresha ukuboko kwanjye kw'ibumoso n'igifu, nshyira ibitonyanga ku kindi cy'amavuta ku menyo ye yari yafunze."

"Ubwo ibitonyanga cya karindwi cyamukoraga ku minwa ye ikonje, Rama yaratinze cyane. Imitsi ye yaratigitaga kuva ku mutwe kugeza ku birenge ubwo yicaraga yishimye."

""Nabonye Lahiri Mahasaya mu rumuri rw'umucyo,' arataka. 'Yarabagiranaga nk'izuba. "Haguruka; reka gusinzira," arambwira. "Ngwino ujyane na Yukteswar undebe.""

"Sinashoboraga kwemera amaso yanjye igihe Rama yambaraga kandi akaba yari afite imbaraga zihagije nyuma y'iyi ndwara yahitanye ku buryo yagendaga yerekeza kwa mwari wacu. Aho ngaho yunamye imbere ya Lahiri Mahasaya arira amarira y'ishimwe."

"Icyo umuhanga yari iruhande ubwe hamwe na ibyishimo. Ye amaso yahinye kuri nyewe mu buryo bw'uburiganya.

""Yukteswar,' aravugaga, 'nta gushidikanya ko kuva ubu utazabura gutwara icupa ry'amavuta ya castor! Igihe cyose ubonye umurambo, tanga amavuta gusa! Erega, ibitonyanga birindwi by'amavuta y'itara bigomba kuba bibuza imbaraga za Yama!'

32-3

""Guruji, wowe ni gushinyagura nyewe. Jye ntukore sobanukirwa; ndakwinginze ingingo hanze i kamere bya yanjye ikosa.'

"Nakubwiye kabiri ko Rama azakira; nyamara ntiwanyemeraga neza,' Lahiri Mahasaya yasobanuye. 'Sinashakaga kuvuga ko abaganga bazashobora kumukiza; navuze gusa ko bari bahari. Nta sano nagize hagati y'ibyo navuze bibiri. Sinifuzaga kwivanga n'abaganga; nabo bagomba kubaho.' Mu ijwi ryuzuye ibyishimo, umwarimu wanjye yongeyeho ati: 'Mumenye buri gihe ko Paramatman idashira 32-4 ashobora gukiza umuntu uwo ari we wese, yaba umuganga cyangwa nta muganga.'

"Ndabona ikosa ryanjye,' niyemereye nicuza. 'Noneho nzi ko ijambo ryawe ryoroshye rigomba kubahiriza isanzure ryose.'"

Ubwo Sri Yukteswar yarangizaga inkuru itangaje, umwe mu bateze amatwi yabajije ikibazo umwana yari afite, cyumvikanaga cyane.

"Bwana," we yaravuze ati, "kuki yabikoze ibyawe umwarimu gukoresha umukara amavuta?"

"Mwana wanjye, gutanga amavuta nta cyo byari bisobanuye uretse ko nari niteze ikintu gifatika kandi Lahiri Mahasaya yahisemo amavuta yari hafi aho nk'ikimenyetso cy'ingenzi cyo gukangura ukwizera kwanjye gukomeye. Shebuja yemeye ko Rama apfa, kuko nari narashidikanyaga gato. Ariko umwarimu w'imana yari azi ko kubera ko yari yavuze ko umwigishwa azaba ameze neza, gukira bigomba kubaho, nubwo yagombaga gukiza Rama urupfu, indwara ikunze kuba iherezo!"

Siri Yukteswar yirukanywe i gato itsinda, na yashyizweho ikimenyetso nnyewe kuri a igitambaro intebe kuri bye ibirenge.

"Yogananda," aravugaga mu buryo budasanzwe, "kuva wavuka warakikijwe n'abigishwa ba Lahiri Mahasaya. Umwigisha ukomeye yabayeho ubuzima bwe bwiza cyane mu bwigunge, kandi yanze rwose kwemerera abayoboke be kubaka umuryango uwo ari wo wose ku nyigisho ze. Nyamara, yatanze ubuhanuzi bukomeme."

Yagize ati: "Nyuma y'imyaka igera kuri mirongo itanu npfuye, ubuzima bwanjye buzandikwa kubera gushishikazwa cyane na yoga, ibyo ibihugu by'iburengerazuba bizagaragaza. Ubutumwa bwa yoga buzazenguruka isi, kandi bufashe mu gushinga ubuvandimwe bw'abantu buturuka ku kubona Data umwe mu buryo butaziguye."

Sri Yukteswar yakomeje agira ati: "Mwana wanjye Yogananda, ugomba kugira uruhare rwawe mu gukwirakwiza ubwo butumwa, no mu kwandika ubwo buzima butagatifu."

Nyuma y'imyaka 50 Lahiri Mahasaya yitabye Imana mu 1895, yageze ku ndunduro mu 1945, umwaka iki gitabo cyarangiyeye. Sinshobora kureka gutangazwa n'uko umwaka wa 1945 ari nawo watangijye igihe gishya - igihe cy'ingufu za atome zihinduka. Abantu bose batekereza bahindukirira ibibazo byihutirwa by'amahoro n'ubuvandimwe, kugira ngo gukomeze gukoresha imbaraga zifatika birukane abantu bose hamwe n'ibibazo.

Nubwo umuryango w'abantu n'ibikorwa byawo bishira burundu bitewe n'igihe cyangwa igisasu, izuba ntiricika intege mu nzira yaryo; inyenyeri zikomeza kuba maso mu buryo buhoraho. Amategeko agenga isanzure ntashobora guhagarikwa cyangwa ngo ahindurwe, kandi umuntu yaba abyishimiye yishyize mu murongo. Niba isanzure rirwanya imbaraga, niba izuba ritarwana n'imibumbe ariko rikaruhuka mu gihe cyaryo kugira ngo rihe inyenyeri ububasha bwaryo, ni iki

cyatumarira? Ese koko hari amahoro ava muri ryo? Si ubugome ahubwo ni ubushake bwiza buyobora imitsi y'isi yose; abantu bafite amahoro bazamenya imbuto z'intsinzi zitagira iherezo, nziza kurusha izindi zose zirerwa ku butaka bw'amaraso.

Umuryango w'ibihugu uzaba ufatika, udafite izina, uzaba ari umuryango w'imitima y'abantu. Impuhwe zagutse n'ubushishozi bukenewe kugira ngo gukira ibibazo byo ku isi ntibishobora guterwa no gutekereza gusa ku bumenyi bw'abantu butandukanye, ahubwo biva mu kumenya ubumwe bw'umuntu bwonyine - isano ye n'Imana. Kugeza ku ntego nziza cyane ku isi - amahoro binyuze mu buvandimwe - yoga, siyansi yo guhura n'Imana ku giti cyayo, yakwirakwiriye abantu bose mu bihugu byose mu gihe cyayo.

Nubwo umuco w'Ubuhande ari uwa kera kurusha indi yose, abahanga mu by'amateka bake ni bo bavuze ko igikorwa cyawo cyo kurokoka kw'igihugu atari impanuka, ahubwo ni ikintu cyumvikana mu kwiyegegurira Imana iteka ryose Ubuhande bwatanze binyuze mu bagabo babwo beza mu bisekuruza byose. Mu gukomeza kubaho, mu kudahinduka mbere y'ibihe byose - ese abahanga mu by'ivumbi bashobora kutubwira ko ari bangahe? - Ubuhande bwatanze igisubizo gikwiye kurusha abandi bantu bose ku kibazo cy'igihe.

Inkuru yo muri Bibiliya **32-5** cy'ubusabe bwa Aburahamu ku Uwiteka asaba ko umujyi wa Sodoma warokoka niba haboneka abantu icumi b'intungane, n'igisubizo cy'Imana kigira kiti: "Sinzawurimbura kubera icumi," bigira ibisobanuro bishya bitewe n'uko Ubuhande bwahunze Babiloni, Misiri n'andi mahanga akomeye yahoze ari abo mu gihe cye. Igisubizo cy'Uwiteka kigaragaza neza ko igihugu kitabamo ibyo cyagezeho mu buryo bw'umubiri, ahubwo kibaho mu bihangano byacyo by'abantu.

Amagambo y'Imana yongere yumvikane, muri iki kinyejana cya makumyabiri, yasizwe amaraso kabiri mbere yuko igice cya kabiri kirangira: Nta gihugu gishobora kubyara abantu icumi, gikomeye mu maso y'Umucamanza Udahembwa, kizamenya ko kizarimbuka. Bikurikije ibyo bitekerezo, Ubuhande bwagaragaje ko butazi ubwenge burwanya amayeri igihumbi y'igihe. Abahanga biyiziho muri buri kinyejana bagiye beza ubutaka bwabwo; abanyabwenge ba none bameze nka Kristo, nka Lahiri Mahasaya n'umwigishwa we Sri Yukteswar, barahaguruka batangaza ko siyansi ya yoga ari ingenzi cyane kuruta iterambere ry'ibintu bifatika riganisha ku byishimo by'umuntu no ku kuramba k'igihugu.

Amakuru make cyane yerekeye ubuzima bwa Lahiri Mahasaya n'inyigisho ze rusange yigeze kugaragara mu icapiro. Mu myaka mirongo itatu ishize mu Buhinde, muri Amerika no mu Burayi, nabonye ko ubutumwa bwe bwo kubohora yoga bushishikajwe cyane kandi buvuye ku mutima; inkuru yanditse ku buzima bw'umwarimu, nubwo yabihanuye, ubu irakenewe mu Burengerazuba, aho ubuzima bw'aba-yogi bakomeye bo muri iki gihe butazwi cyane.

Nta kindi gitabo cyanditswe uretse agatabo kamwe cyangwa tubiri mu Cyongereza ku buzima bw'uyu muhanga. Ubuzima bwe mu kibengali, *Sri Sri 32-6 Shyama Charan Lahiri Mahasaya*, yasohotse mu 1941. Yanditswe n'umwigishwa wanjye, Swami Satyananda, umaze imyaka myinshi ari *umutoza* w'umwuka muri *Vidyalaya yacu* i Ranchi. Nahinduye imirongo mike yo mu gitabo cye kandi ndayishyira muri iki gice cyihariye Lahiri Mahasaya.

Ni mu muryango w'aba-Brahmin b'aba kera bakomokaga aho Lahiri Mahasaya yavukiye ku ya 30 Nzeri 1828. Yavukiye mu mudugudu wa Ghurni mu karere ka Nadia hafi ya Krishnagar, muri Bengal. Yari umuhungu w'umuhererezi wa Muktakashi, umugore wa kabiri w'umunyacyubahiro Gaur Mohan Lahiri. (Umugore we wa mbere, nyuma yo kubyara abahungu batatu, yapfuye mu rugendo rutagatifu.)

Nyina w'uyu mwana yapfuye akiri umwana; nta byinshi bizwi kuri we uretse kuba yari umuyobohe ukomeye wa Lord Shiva, kuva mu **myaka ya 32 kugeza kuri 7.** mu buryo bw'Ibyanditswe byera yitwa "Umwami wa Yogis."

Umuhungu Lahiri, witwaga Shyama Charan, yamaze imyaka ye ya mbere mu rugo rw'abakurambere i Nadia. Afite imyaka itatu cyangwa ine yakundaga kubonwa yicaye munsu y'umucanga mu buryo bwa yoga, umubiri we uhishe burundu uretse umutwe gusa.

Umutungo wa Lahiri warasenyutse mu gihe cy'itumba ryo mu 1833, ubwo uruzi rwa Jalangi rwari hafi aho rwahinduraga inzira yarwo rukabura mu busitani bwa Ganges. Imwe mu nsengero za Shiva zashinzwe n'aba Lahiri yinjiye mu ruzi hamwe n'inzu y'umuryango. Umwe mu bihaye Imana yarokoye ishusho y'ibuye ya Lord Shiva mu mazi azunguruka ayishyira mu rusengero rushya, ubu ruzwi cyane nka Ghurni.

Shiva Urubuga.

Gaur Mohan Lahiri n'umuryango we bavuye i Nadia baja gutura i Benares, aho se yahise yubaka urusengero rwa Shiva. Yayoboye urugo rwe mu buryo bwa Vedic, akurikiza gahunda yo gusenga, ibikorwa by'urukundo, no kwiga Ibyanditswe Byera buri gihe. Ariko, yari inyangamugayo kandi afunguye ibitekerezo, ntiyigeze yirengagiza ibitekerezo by'ingirakamaro bya none.

Uwo muhungu Lahiri yize mu rurimi rw'Igihindi n'Urdu mu matsinda yo kwiga ya Benares. Yize mu ishuri ryayobowe na Joy Narayan Ghosal, yigishwa mu rurimi rw'igisanskriti, ikibengali, igifaransa n'icyongereza. Yitonze ku birebana na *Vedas*, uyu musore wo muri yoga yateze amatwi cyane ibiganiro byo mu Byanditswe byatanze n'abahanga mu bya Brahmin, barimo n'umuhanga mu bya Marhatta witwa Nag-Bhatta.

Shyama Charan yari umusore w'umunyabuntu, witonda kandi w'intwari, wakundwaga n'abagenzi be bese. Kubera ko yari afite umubiri mwiza, ukeye kandi ukomeye, yari umuhanga mu koga no mu bikorwa byinshi by'ubuhanga.

Mu 1846, Shyama Charan Lahiri yashakanye na Srimati Kashi Moni, umukobwa wa Sri Debnarayan Sanyal. Umugore wo mu rugo w'icyitegererezo w'Umuhinde, Kashi Moni, yakoraga imirimo ye yo mu rugo yishimye, ndetse n'inshingano gakondo z'umuturage zo gukorera abashyitsi n'abakene. Abahungu babiri b'abera, Tincouri na Ducouri, bahaye umugisha umuryango.

Afite imyaka 23, mu 1851, Lahiri Mahasaya yafashe umwanya w'umucungamari mu Ishami ry'Ubwubatsi rya Gisirikare rya guverinoma y'Ubwongereza. Yazamuwe mu ntera kenshi mu gihe cy'akazi ke. Bityo ntiyabaye umuhanga mu maso y'Imana gusa, ahubwo yanagize intsinzi mu ikinamico rito ry'abantu aho yakinnye inshingano ze nk'umukozi wo mu biro ku isi.

Ubwo ibiro by'ishami rya gisirikare byimurirwaga, Lahiri Mahasaya yimuriwe i Gazipur, Mirjapur, Danapur, Naini Tal, Benares, n'ahandi. Nyuma y'urupfu rwa se, Lahiri yagombaga gufata inshingano zose z'umuryango we, maze awugurira inzu ituje mu gace ka Garudeswar Mohulla muri Benares.

Mu mwaka we wa mirongo itatu n'itatu, Lahiri Mahasaya yabonye isohozwa ry'umugambi yari yarahawe wo kongera kwiyeza ku isi. Umwotsi w'umuriro wihishe mu ivu, wari umaze igihe kirekire ucumba, wabonye amahirwe yo guturika. Itegeko ry'Imana, rituje kure y'amaso y'abantu, rikora mu buryo bw'amayobera kugira ngo rizane ibintu byose mu buryo bw'inyuma mu gihe gikwiye. Yahuye n'icyubahiro cy'e gikomeye guru, Babaji, hafi ya Ranikhet, kandi yatangijwe na we muri *Kriya Yoga*.

Iki gikorwa cy'amahirwe nticyamubayeho wenyine; cyari igihe cy'amahirwe ku

muryango w’abantu bose, benshi muri bo nyuma baje guhabwa impano yo kubyutsa umutima ya *Kriya* . Ubuhanzi bwa yoga bwari bwarazimiye, cyangwa bwari bwarazimiye igihe kirekire, bwongeye gushyirwa ahagaragara. Abagabo n’abagore benshi bari bafite inyota y’umwuka amaherezo babonye inzira igana mu mazi akonje ya *Kriya Yoga* . Nk’uko bivugwa mu migani y’Abahindu, aho Mama Ganges yahaga umugati we w’Imana Bhagirath, ni ko n’umwuzure wo mu ijuru wa *Kriya* wavaga mu bwihisho bw’imisozi ya Himalaya ujya mu bihome by’abantu .

.....

A kolera uwahohotewe ni akenshi bishyize mu gaciro na byuzuye ubwenge iburyo :32-2

.hejuru kuri i umwanya bya urupfu. 32-3: Imana y'urupfu

Mu buryo :32-4

bw'umwimerere, "Uw'ikirenga

ubugingo." 32-5: *Itangiriro*

.18:23-32

Siri , a igikambere ibisobanuro "uwera," ni byafatiriwe (muri rusange kabiri cyangwa gatatu) kuri amazina bya byiza :32-6
.cyane Umuhinde abarimu

Imwe mu ngero z'ubutatu bw'Imana - Brahma, Vishnu, Shiva - umurimo we rusange, uko bikurikirana, ni uwo :32-7
kurema, kubungabunga no gusenya no kuvugurura. Shiva (rimwe na rimwe yandikwa Siva), igaragazwa mu migani
nk'Umwami w'Abasubijwe mu Butatu, igaragara muri yerekwa kuri Ye abihaye Imana muni bitandukanye ibice,
.nk'ibyo nka Mahadeva, i umusatsi w'umuswa Ascetic, na Nataraja, Umubyinnyi w'Ijuru

IGICE: 33

Babaji, Itsinda Yogi-Kristo Cya Igezweho Ubuhinde

Ibitare byo mu majyaruguru ya Himalaya hafi ya Badrinarayan biracyafite umugisha kubera ko Babaji, umwarimu wa Lahiri Mahasaya, ariho. Umwigisha wiherereye yagumanye umubiri we mu binyejana byinshi, wenda mu myaka ibihumbi n'ibihumbi. Babaji utarapfa ni avatara . Iri jambo rya Sanskrit risobanura "inkomoko"; imizi yaryo ni *ava* , "hasi," na *tri* , "gushira." Mu byanditswe by'Abahindu, *avatara* yerekana kumanuka k'Imana mu mubiri.

Sri Yukteswar yansobanuriye ati: "Imiterere y'umwuka ya Babaji irenze ubushobozi bw'umuntu. Iyerekwa ry'abantu rito ntirishobora kugera ku nyenyeri ye idasanzwe.

Umuntu yagerageza no kwiyumvisha uko uwo mushushanyo yerekanwa ageraho ariko ntabigeraho. Ntibishoboka."

Aba *Upanishad* bashyize mu byiciro buri cyiciro cy'iterambere ry'umwuka mu buryo burambuye. *Siddha* ("ikiremwa gitunganye") yateye imbere ava mu mimerere ya *jivanmukta* ("yabohowe akiriho") ajya mu *paramukta* ("ufite ubwisanzure busesuye" - ububasha bwuzuye *ku* rupfu); uwa nyuma yahunze burundu ingoma ikomeye n'izunguruka ryayo ryo kwisubiramo. Bityo rero, *paramukta* ntabwo igaruka ku mubiri usanzwe; iyo ibikoze, iba ari ishusho, igikoresho cyashyizweho n'Imana cyo guha isi imigisha idasanzwe.

An ishusho ni udafite icyo ashingiraho kuri i rusange ubukungu; bye bitunganye umubiri, bigaragara nka a urumuri ishusho, ni ubuntu

kuva ku mwenda uwo ari wo wose kugera ku kamere. Indoro isanzwe ishobora kubona ikintu kidasanzwe mu ishusho y'umuntu ariko nta gicucu cyangwa ngo ikore ikirenge hasi. Ibi ni ibimenyetso by'inyuma byerekana ko imbere hatagira umwijima n'ububata bw'ibintu. Imana nk'iyi ni yo yonyine izi ukuri inyuma isano riri hagati y'ubuzima n'urupfu. Omar Khayyam, utasobanuwe neza cyane, yaririmbye iby'uyu mugabo wabohowe mu gitabo cye kidapfa, *Rubaiyat* :

"Ah, Ukwezi kw'ibyishimo byanjye, utazi ko kuza, Ukwezi kw'Ijuru kurimo kuzamuka; Ni kangahe azazamuka areba muri ubu busitani nyuma yanjye - ubusa!"

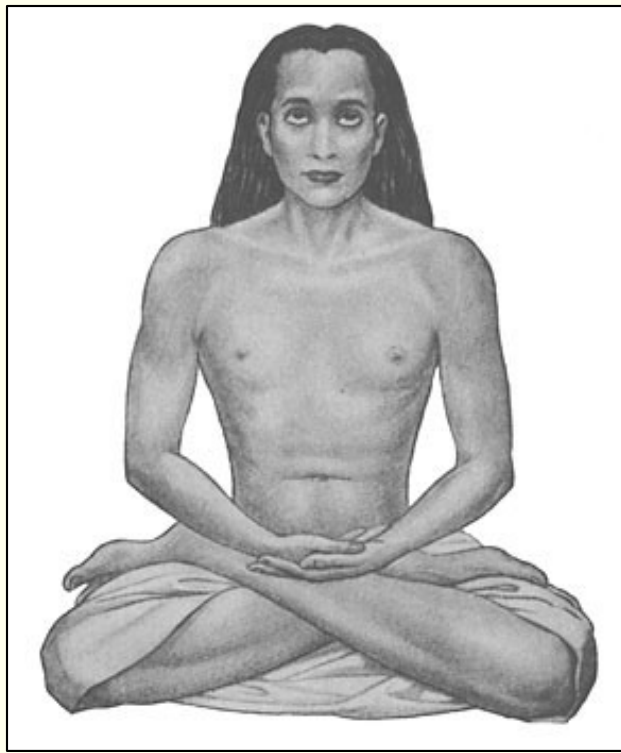
"Ukwezi kw'ibyishimo" ni Imana, Polaris ihoraho, nta gihe ibaho. "Ukwezi ko mu Ijuru" ni isanzure ry'inyuma, ribohewe ku itegeko ryo gusubiramo rimwe na rimwe. Iminyururu yaryo yari yarashongeshejwe burundu n'umuhanuzi w'Umuperesi binyuze mu kwimenya kwe. "Ni kangahe azazamuka anshaka... nyuma yanjye - ubusa!" Mbega ukuntu isi yose irambiwe gushakisha ikintu kidahari!

Kristo yagaragaje ubwisanzure bwe mu bundi buryo: "Haza umwanditsi aramubwira ati: "Mwigisha, nzagukurikira aho uzajya hose." Yesu aramubwira ati: "Inguzu zifite imyobo, n'inyoni zo mu kirere zifite ibyari, ariko Umwana w'umuntu ntafite aho ashyira umutwe." **33-1**

Inini hamwe na Kubaho hose, yashoboraga Kristo mu by'ukuri kuba bakurikiwe keretse muri i rusange Umwuka?

Krishna, Rama, Buda, na Patanjali bari mu banyabugeni ba kera b'Abahinde. Ubuvanganzo bwinshi bw'ubusizi mu rurimi rwa Tamil bwakuriye hafi ya Agastya, umukinnyi w'ubuhinde bw'Amajyepfo. Yakoze ibitangaza byinshi mu binyejana byabanjirije n'ibyakurikiyeho igihe cya Gikristo, kandi avugwaho kugumana umubiri we kugeza n'uyu muni.

Intego ya Babaji mu Buhinde yari ugufasha abahanuzi mu gusohozza amabwiriza yabo yihariye. Bityo, yujuje ibisabwa kugira ngo ashyirwe mu cyiciro cya *Mahavatar* (Umuvatari Mukuru). Yavuze ko yahaye Shankara, washinze umuryango wa Swami, na Kabir, umutagatifu uzwi cyane wo mu gihe cya kera. Umwigishwa we mukuru wo mu kinyejana cya cumi n'icyenda, nk'uko tubizi, yari Lahiri Mahasaya, **u m u v u m b u z i w ' u b u h a n z i b w a** *Kriya* bwatakaye .



BABAJI, IKI MAHAVATAR
Guru bya Lahiri Ikihasaya

Jye kugira yafashije umuntu umuhanzi kuri gushushanya a ukuri gusa bya i byiza cyane Yogi-Kristo bya igezweho Ubuhande.

Mahavatar ihora ifitanye isano na Kristo; hamwe bohereza imivurungano yo gucungurwa, kandi bateguye uburyo bwo gukiza *mu* buryo bw'umwuka muri iki gihe. Umurimo w'aba batware babiri bafite urumuri rwuzuye - umwe n'umubiri, undi udafite - ni ugushishikariza amahanga kureka intambara z'ubwiyahuzi, inzangano z'amoko, amacakubiri mu madini, n'ibibi byo gukunda ubutunzi. Babaji azi neza icyerekezo cy'ibihe bya none, cyane cyane ingaruka n'ingorane z'umuco w'Iburengerazuba, kandi asobanukiwe ko ari ngombwa gukwirakwiza ukwibohora kwa yoga mu buryo bungana mu Burengerazuba no mu Burasirazuba.

Kuba nta mateka avuga kuri Babaji ntabwo bikwiye kudutangaza. Uyu muyobozi mukuru ntiyigeze agaragara ku mugaragaro mu kinyejana icyo ari cyo cyose; uburyo bwo kwamamaza butari bwo nta mwanya bufite mu migambi ye y'imyaka igihumbi. Kimwe n'Umuremyi, we Munyambaraga wenyine ariko ucecetse, Babaji akora mu ibanga ryoroheje.

Abahanuzi bakomeye nka Kristo na Krishna baza ku isi bagamije intego yihariye kandi itangaje; bagenda iyo irangiye. Abandi bakinnyi ba foto, nka Babaji, bakora akazi ka Yashishikajwe cyane n'iterambere ry'ihindagurika ry'umuntu mu binyejana byinshi kuruta ikintu icyo ari cyo cyose cy'amateka. Abo bahanga bahora bihisha amaso y'abantu, kandi bafite ububasha bwo kuba abataragara uko babyishakiye. Kubera izo mpamvu, kandi kubera ko muri rusange bigisha abigishwa babo

guceceka kuri bo, hari abantu benshi bakomeye mu by'umwuka bagikomeje kumenyekana ku isi. Muri izi mpapuro kuri Babaji ndatanga gusa agace k'ubuzima bwe - ibintu bike gusa abona ko bikwiye kandi bifite akamaro kuvugwa ku mugaragaro.

Oya kugabanya amakuru kubyerekeye Kwa Babaji umuryango cyangwa aho wavukiye, mukundwa kuri i umushakashatsi mu by'amateka umutima, kugira iteka ryose yabaye

Yavumbuwe. Imvugo ye muri rusange iba mu rurimi rw'Igihindi, ariko yoroherwa no kuvuga mu rurimi urwo ari rwo rwose. Yafashe izina ryoroshye rya Babaji (se w'icyubahiro); andi mazina y'icyubahiro yahawe n'abigishwa ba Lahiri Mahasaya ni Mahamuni Babaji Maharaj (umutagatifu ukomeye w'ibyishimo), Maha Yogi (umunyeshuri ukomeye muri yoga), Trambak Baba na Shiva Baba (amazina y'abashushanya Shiva). Ese hari icyo bitwaye kuba tutazi izina ry'umuyobozi warekuwe n'isi?

Lahiri Mahasaya yagize ati: "Igihe cyose umuntu avuze izina rya Babaji mu cyubahiro, uwo muyoboze ahita ahabwa umugisha wo mu mwuka ako kanya."

Uyu mwari utarapfa nta bimenyetso by'imyaka afite ku mubiri we; asa n'umusore w'imyaka makumyabiri n'itanu gusa. Afite uruhu rwiza, afite imiterere iringaniye n'ububure, umubiri mwiza kandi ukomeye wa Babaji urabagirana cyane. Amaso ye ni umwijima, atuje kandi yoroshye; umusatsi we muremure kandi uryoshye ufite ibara ry'umuringa. Ikintu gitangaje cyane ni uko Babaji asa neza cyane n'umwigishwa we Lahiri Mahasaya. Ibyo bisa biratangaje cyane ku buryo, mu myaka ye ya nyuma, Lahiri Mahasaya ashobora kuba yaragiye kuba se wa Babaji wari ukiri muto.

Swami Kebalananda, yanjye umutagatifu Sanskriti umwarimu, yakoreshejwe bimwe igihe hamwe na Babaji muri i Himalaya.

Kebalananda yarambwiye ati: "Umutware utagira urugero agenda n'itsinda rye aha hantu hamwe ajya ahandi mu misozi. Itsinda rye rito rigizwe n'abigishwa babiri b'Abanyamerika bateye imbere cyane. Babaji amaze igihe mu gace kamwe, aravugaga ati: '*Dera danda uthao.*' ('Reka duterure inkambi yacu n'inkoni yacu.') Yitwaje *danda y'ikigereranyo* (inkoni y'umugano). Amagambo ye ni ikimenyetso cyo kwimuka n'itsinda rye ako kanya tujya ahandi hantu. Ntabwo ahora akoresha ubu buryo bwo kugenda mu kirere; rimwe na rimwe agenda n'amaguru aha mu mpanga ajya mu yindi.

"Babaji ashobora kubonwa cyangwa kumenywa n'abandi gusa igihe abyifuje. Azwiho kugira Yagaragaye mu buryo butandukanye gato ku bayoboze batandukanye - rimwe na rimwe nta bwanwa n'ubwanwa, ndetse rimwe na rimwe ari kumwe nabo. Kubera ko umubiri we udapfa kurya udakenere ibiryo, shebuja ntabwo akunda kurya. Mu rwego rwo kugaragariza abandi bigishwa bamusuraga, rimwe na rimwe yakira imbuto, cyangwa umuceri utetse mu mata n'amavuta meza.

Kebalananda yakomeje agira ati: "Hari ibintu bibiri bitangaje byabaye ku buzima bwa Babaji nzi. Abigishwa be bari bicaye ijoro rimwe bakikije umuriro munini wari waka mu muhango wera wa Vedic. Shebuja yahise afata igiti cyari cyaka maze akubita gato urutugu rw'umukecuru wari hafi y'umuriro.

"'Bwana, gute ubugome!' Lahiri Mahasaya, nde yari ubu, byakozwe ibi kwisubiraho.

"Waba waramubonye atwitswe mu maso yawe, nk'uko byavuzwe na karma ye ya kera?"

"Aya magambo Babaji yashyize ikiganza cye gikiza ku rutugu rwa chela rwari rwangiritse. 'Nakubohoye iri joro urupfu rubabaza. Amategeko ya karmic yarangiye binyuze mu kubabara gato kwawe n'umuriro .'

"Ikindi gihe, uruziga rwera rwa Babaji rwahungabanyijwe no kuza k'umuntu utazi. Yari yazamutse afite ubuhanga butangaje agera ku nkengero zitari zoroshye kugera hafi y'inkambi y'umwami."

"'Bwana, ugomba kuba uri Babaji ukomeye.' Isura y'uwo mugabo yari yuzuye icyubahiro kidasobanutse. 'Namaze amezi menshi nshakisha ubudahwema muri ibi bitare bibuza amahwemo. Ndagusaba kunyakira nk'umwigishwa.'"

"Igihe i byiza cyane umwarimu byakozwe oya igisubizo, i umugabo indorerwamo kuri i amabuye icyuho kuri bye ibirenge."

"'Niwanga, nzasimbuka mva kuri uyu musozi. Ubuzima nta kindi bufite niba ntashobora gutsindira ubuyobozi bwawe ku Mana.'"

"'Simbuka rero,' Babaji aravuga atagize icyo avuga. 'Sinshobora kukwakira mu iterambere ryawe ry'ubu .'"

"Uwo mugabo yahise yiroha hejuru y'urutare. Babaji yategetse abigishwa batangaye kuzana umurambo w'uwo munyamahanga. Bagarutse bafite ishusho yangiritse, shebuja ashyira ikiganza cye cy'Imana ku wapfuye. Dore! Yafunguye amaso ye maze yunamira yicishije bugufi imbere y'Ushoborabyose."

"'Ubu witeguye kuba umwigishwa.' Babaji yaramurikanye urukundo kuri chela ye yazutse. 'Watsinze ikigeragezo gikomeye ubigiranye ubutwari. Urupfu ntiruzongera kugukoraho ukundi; ubu uri umwe mu bagize umukumbi wacu udapfa.' Hanyuma avuga amagambo ye asanzwe yo kugenda, '*Dera danda uthao*'; itsinda ryose ryarazimiye riva ku musozi."

Igishushanyo mbonera kiba mu Mwuka ubaho hose; kuri we nta ntera inyuranyije n'urukiramende. Impamvu imwe gusa ni yo ishobora gutera Babaji gukomeza imiterere ye y'umubiri kuva mu kinyejana kugeza ikindi: icyifuzo cyo guha abantu urugero rufatika rw'ubushobozi bwabo. Umuntu ntiyigeze yemera ko Imana iri mu mubiri, yakomeza gukandamizwa n'ubuyobe bukomeye bw'uko adashobora kurenga urupfu rwe.

Kuva mu ntangiriro Yesu yari azi uruhererekane rw'ubuzima bwe; yanyuze muri buri kintu cyose atari ku bwe, atari ku gahato ka karmic, ahubwo yari agamije gusa kuzamura umuntu utekerezwa. ibiremwa. Abanyamakuru be bane—Matayo, Mariko, Luka na Yohana—banditse inkuru y'ikinamico idasubirwaho kugira ngo igirire akamaro abazabakomokaho.

Kuri Babaji, kandi, hariya ni oya isano bya ibyashize, ubu, ejo hazaza; kuva i itangiriro we ifite Yari azi ibyiciro byose by'ubuzima bwe. Nyamara, yishyize mu gaciro k'abantu, yakinnye ibikorwa byinshi by'ubuzima bwe bw'ubumana imbere y'umutangabuhamya umwe cyangwa benshi. Bityo byabaye ko umwigishwa wa

Lahiri Mahasaya yari ahari ubwo Babaji yabonaga ko igihe kigeze ngo atange ubuhamya bw'uko umubiri udashobora gupfa. Yasezeranyije Ram Gopal Muzumdar iri sezerano, ko amaherezo rishobora kumenyekana ko ari ryo ryahumekeye abandi bantu bashaka. Abakomeye bavuga amagambo yabo kandi bakitabira inzira isa n'aho isanzwe y'ibintu, ku bw'inyungu z'umuntu gusa, nkuko Kristo yabivuze ati: "Data . . . Nari nzi ko unyumva iteka, ariko *ku bw'abampagarariye nabivuze*, kugira ngo bemere ko ari wowe wantumye." **33-2** Mu gihe

Urugendo rwanjye i Ranbajpur ndi kumwe na Ram Gopal, "umutagatifu udasinzira," **33-3** yavuze inkuru itangaje y'umubonano we wa mbere na Babaji.

Ram Gopal yarambwiye ati: "Rimwe na rimwe navaga mu buvumo bwanjye bwite nkajya kwicara ku birenge bya Lahiri Mahasaya i Benares." "Igihe kimwe mu gicuku ubwo nari ndimo ntekereza bucece ndi mu itsinda ry'abigishwa be, shebuja yatanze icyifuzo gitangaje."

"Ram Gopal,' we yaravuze ati, 'genda kuri rimwe kuri i Dasasamedh koga *"Mpumuro ."*

"Bidatinze nageze ahantu hiherereye. Ijoro ryari ryuzuye urumuri rw'ukwezi n'inyenyeri zirabagirana. Nyuma yo kwicara mu ituze ryihanganye akanya gato, ibitekerezo byanjye byakuruwe n'ibuye rinini ryari hafi y'ibirenge byanjye. Ryazamutse buhoro buhoro, rigaragaza ubuvumo bwo muni y'ubutaka. Ubwo ibuye ryakomezaga kuringanizwa mu buryo butazwi, ishusho y'umugore ukiri muto kandi mwiza cyane yakuwe mu buvumo hejuru ijya mu kirere. Akikijwe n'urumuri rworoshye, yamanukaga buhoro buhoro imbere yanjye ahagarara adatembera, yishimye cyane. Amaherezo yararakaye, maze avuga buhoro.

"Ndi Mataji, **mfitse imyaka 33-4** mushiki wa Babaji. Namusabye we na Lahiri Mahasaya kuza mu buvumo bwanjye iri joro kugira ngo tunganire ku kintu cy'ingenzi cyane.

"Urumuri rudasobanutse rwari rurerutse vuba hejuru ya Ganges; urumuri rudasanzwe rwagaragaraga mu mazi adasobanutse. Rwagiye rwegera cyane kugeza ubwo, rugaragara nk'urumuri rwinshi, uruhande rwa Mataji maze yishyira mu ishusho y'umuntu ya Lahiri Mahasaya. Yunamye yicishije bugufi imbere y'ibirenge by'umugore w'umutagatifu.

"Ntarakira urujijo rwanjye, natangajwe cyane no kubona urumuri rw'amayobera ruzenguruka mu kirere. Rumanuka vuba cyane, ikizenga cy'umuriro cyaraje cyegereye itsinda ryacu maze cyihindura umubiri w'umusore mwiza, nahise numva ko ari Babaji. Yasaga na Lahiri Mahasaya, itandukaniro ryonyine ni uko Babaji yagaragaraga nk'umuto cyane, kandi afite umusatsi muremure kandi ukeye."

"Lahiri Mahasaya, Mataji, nanjye twapfukamye imbere y'ibirenge bya mwari. Ibyishimo by'ubwiza bw'ikuzo byanshimishije cyane ubwo nakoraga ku mubiri we w'Imana."

"Mushiki wanjye uhire,' Babaji aravuga, 'Ndateganya gutakaza ishusho yanjye no kwiroha mu muyoboro utagira iherezo.'

"Namaze kubona gahunda yawe, mukundwa. Nifuzaga kuyiganiraho nawe iri joro. Kuki wava mu mubiri wawe?' Umugore w'icyubahiro aramureba amusaba.

"Iki ni i tandukaniro niba Jye kwambara a bigaragara cyangwa itagaragara umuraba

ku i inyanja bya yanjye Umwuka?'

"Mataji yasubije mu buryo butangaje. 'Mwa bahanga mu by'urupfu, niba ntacyo bitwaye, ndakwinginze ntuzigere ureka imiterere yawe.' **33-5**

"Ba byo rero,' Babaji yavuze mu buryo bweruye. 'Jyewe ubushake nta na rimwe genda yanjye umubiri umubiri. Byabyo ubushake buri gihe gumaho bigaragara

33-4 : "Mutagatifu Mama. Mataji na none ifite yabayeho binyuze i ibinyejana byinshi; we ni hafi nka kure ikoranabuhanga mu buryo bw'umwuka nka we umuvandimwe. Aracyafite ibyishimo byinshi mu buvumo bwihishe bwo muni y'ubutaka hafi ya Dasasamedh *ghat* .

33-5 : Ibi impanuka yibutsa kimwe bya Thales. Itsinda byiza cyane ikigereki umuhanga mu bya filozofiya yigishijwe ibyo hariya yari oya itandukaniro hagati ubuzima n'urupfu. "None se kuki udapfa?" Thales aramusubiza ati "Kuko ntacyo bitwaye."

33-6 : "Mu by'ukuri, mu by'ukuri, jye vuga kugeza kuri wowe, Niba a umugabo gumana yanjye kuvuga (hasigaye nta gucika intege muri i Kristo Ubwenge), we agomba

IGICE: 34

Gushyira ibintu mu buryo A Ingoro Muri Itsinda Himalaya

"Inama ya mbere ya Babaji na Lahiri Mahasaya ni inkuru ishimishije, kandi ni imwe muri nke ziduha ishusho irambuye y'uyu mwari utagira urupfu."

Aya magambo yari intangiriro ya Swami Kebalananda y'inkuru itangaje. Ubwo yayisubiragamo bwa mbere naratangaye cyane. Mu bindi bihe byinshi nashishikarije umwarimu wanjye w'umusanskrit gusubiramo iyo nkuru, nyuma yaje kunyigishwa mu magambo amwe na Sri Yukteswar. Abo bigishwa bombi ba Lahiri Mahasaya bari bumvise iyo nkuru itangaje ivuye mu kanwa k'umwarimu wabo.

Lahiri Mahasaya yagize ati: "Inama yanjye ya mbere na Babaji yabaye mu mwaka wanjye wa mirongo itatu n'itatu." "Mu gihe cy'impeshyi yo mu 1861, nashyizwe i Danapur nk'umucungamari wa leta mu ishami ry'ubwubatsi bwa gisirikare. Mu gitondo kimwe umuyobozi w'ibiro yarampamagaye."

Yagize ati: "Lahiri, telegaramu iherutse guturuka mu biro byacu bikuru. Ugomba kwimurirwa i Ranikhet, aho ingabo zari zatsinze **34-1.**" ubu irimo gushyirwaho.'

"Ndi kumwe n'umukozi umwe, natangiye urugendo rw'ibirometero 800. Tugenda n'ifarashi n'igare, twageze mu minsi mirongo itatu mu gace ka Ranikhet ka Himalaya. **34-2**

"Imirimo yanjye yo mu biro ntabwo yari igoye; nashoboye kumara amasaha menshi ngenda mu misozi myiza cyane. Hari igihuha cyangezeho ko abatagatifu bakomeye bahaye umugisha ako karere kubera ko bari bahari; numvise mfite icyifuzo gikomeye cyo kubabona. Mu gihe cy'urusaku rw'amanywa, natangajwe no kumva ijwi rya kure rimpamagara. Nakomeje kuzamuka cyane ku musozi wa Drongiri. Hari ubwoba buke bwanteye gutekereza ko ntashoboraga gusubira inyuma mbere y'uko umwijima ugwa mu ishyamba.

"Amaherezo nageze ku gasozi gato kari gafite ubuvumo impande zaho. Kuri imwe mu nkombe z'amabuye hari umusore umwenyura, arambura ukuboko kwe amwakira. Natangajwe no kubona ko, uretse umusatsi we w'umuringa, asa nanjye cyane."

"Lahiri, wowe kugira ngwino!' Itsinda umutagatifu yanditswe njyewe mu rukundo muri Igihindi. 'Iruhuko' hano muri ibi ubuvumo. Byabyo

yari Jye nde yahamagawe wowe.'

"Jyewe yinjiye a isukuye gato ubuvumo iki birimo byinshi ubwoya ibiringiti na a bike *kamandulus* (gusaba ibikombe).

"Lahiri, kora wowe ibuka ibyo intebe?' Itsinda yoga indorerwamo kuri a zipfunyitse igitambaro muri kimwe inguni.

"Oya, bwana." Ntangajwe gato n'ibintu bidasanzwe by'urugendo rwanjye, nongeyeho nti, 'Ngomba kugenda ubu, mbere yuko ijoro rigwa. Mfite akazi mu gitondo mu biro byanjye.'

"Umweranda w'amayobera yasubije mu Cyongereza ati 'Ibiro byazanywe kubera wowe, ntabwo ari wowe byazanywe kubera ibiro.'

"Ntangajwe nuko uyu muntu wicaye mu ishyamba atagomba kuvuga icyongereza gusa ahubwo no kuvuga amagambo ya Kristo mu magambo ye." **34-3**

"Ndabona telegaramu yanjye yatangiye gukora.' Ijambo rya yoga ntabwo ryanumvikanaga; namubajije icyo yashakaga kuvuga.

"Jyewe Ohereza kuri i telegaramu ibyo yahamagawe wowe kuri ibi kwahukana ibice. Byabyo yari Jye nde yagiriye inama mu ibanga umuyobozi mukuru wawe ko wimurirwa muri Ranikhet. Iyo umuntu yumvise ubumwe bwe n'abantu, ubwenge bwose buhinduka ahantu ho kohereza ubutumwa ashobora gukorera 'Ndabishaka.' Yongeraho yitonze ati 'Lahiri, koko ubu buvumo usa n'ubumenyereye?'

"Ubwo nakomeje guceceka ntangaye, umutagatifu yaranyegereye ankubita buhoro buhoro ku Ubwo yakoragaho imbaraga za rukuruzi, amazi atangaje yanyuze mu bwonko bwanjye, asohora ibihembo byiza by'ubuzima bwanjye bwa mbere.

"Ndibuka!' Ijwi ryanjye ryari ryuzuyemo amarira y'ibyishimo. 'Uri umwarimu wanjye Babaji, wahoze ari uwanjye! Ibintu byo mu bihe byashize birangaruka mu mutwe; hano muri ubu buvumo namaze imyaka myinshi mu mubiri wanjye wa nyuma! Ubwo ibintu bitavugwa byanshenguraga, nafashe ibirenge bya shebuja ndira.

"Namaze imyaka irenga mirongo itatu ngutegereje hano—ntegereje ko ugaruka kuri nje!' Ijwi rya Babaji ryavugaga urukundo rwo mu ijuru. 'Waragiye ubura mu miraba y'urusaku yo mu ubuzima burenze urupfu. Inkoni y'ubumaji ya karma yawe yaragukozeho, uragenda! Nubwo wabuze uko unbona, sinigeze ngusiba! Nagukurikiranye hejuru y'inyanja y'inyenyeri imurika aho abamarayika b'icyubahiro banyura. Mu mwijima, mu nkubi y'umuyaga, mu mihindagurikire no mu mucyo nagukurikiye, nk'inyoni y'ingore irinda ibyana byayo. Ubwo warangizaga igihe cyawe cyo kubaho mu nda, ukavuka uri uruhinja, Ijisho ryanjye ryahoraga

rigukikije. Igihe wapfukaga ishusho yawe nto mu gituza munsu y'umusenyi wa Nadia mu bwana bwawe, nari mpari mu buryo butagaragara! Nkwihanganiye, ukwezi ku kwezi, umwaka ku wundi, nakurindaga, ntegereje uyu munsu mwiza. None uri kumwe nanjye! Dore, dore ubuvumo bwawe, nkunda cyane! Nabugumanye busukuye kandi buguteguriye. Dore igitambaro cyawe cyera - igitambaro, aho wicaraga buri munsu kugira ngo wuzuze umutima wawe wagutse n'Imana! Dore hariya igikombe cyawe, aho Akenshi wanywaga inzoga yateguwe nanjye! Reba ukuntu nakomeje gukoresha igikombe cy'umuringa neza cyane,

ibyo wowe birashoboka ikinyobwa nanone kuva aho! Ibyanjye bwite, kora wowe ubu Urabyumva?'

"Mubyeyi wanjye, navuga iki?' Naravuze nti 'Ni hehe umuntu yigeze yumva iby'urukundo nk'uru rudapfa?' Narebye cyane ubutunzi bwanjye buhoraho, umushumba wanjye mu buzima no mu rupfu.

"Lahiri, ukeneye gusukurwa. Nywa amavuta ari muri iki gikombe hanyuma uryame iruhande rw'uruzi." Ubuhanga bufatika bwa Babaji, nabutekerejeho nseka vuba kandi nk'uko byari bimeze, bwari bugaragara cyane.

"Numviye amabwiriza ye. Nubwo ijoro ry'ubukonje bwa Himalaya ryari ritangiye kumanuka, ubushyuhe buhumuriza, imirasire y'imbere, yatangiye gukubita muri buri turemangingo tw'umubiri wanjye. Naratangaye. Ese amavuta atazwi yari afite ubushyuhe bw'ikirere?"

"Imiyaga ikaze yaranyikikije mu mwijima, ivuza induru ikomeye. Amasasu y'ubukonje yo mu ruzi rwa Gogash yankubitaga rimwe na rimwe ku mubiri wanjye, arambuye ku nkombe y'amabuye. Ingwe zarangururaga hafi aho, ariko umutima wanjye ntiwari ufite ubwoba; imbaraga nshya zanturutsemo zangaragaraye icyizere cy'uburinzi budashobora gutsindwa. Amasaha menshi yashize vuba; kwibuka byarazimye b'ubundi buzima bishyize mu buryo bwiza bwo kongera guhura n'umwarimu wanjye w'Imana.

"Imitekerereze yanjye yonyine yahagaritswe n'urusaku rw'intambwe zegeraga. Mu mwijima, ukuboko k'umugabo kwaramfashije guhaguruka buhoro buhoro, kumpa imyenda yumye."

"Ngwino, muvandimwe,' yanjye umugenzi yavuze. 'Icyo umuhanga birategereje wowe.'

"Yayoboye inzira mu ishyamba. Ijoro ry'umwijima ryahise rimurikirwa n'urumuri rudacogora ruri kure."

"Ese ibyo kuba i izuba riva?' Jye yarabajije. 'Nta gushidikanya i byose ijoro ifite ntabwo Yarenze?'

"Isaha ni saa sita z'ijoro.' Umuyobozi wanjye yasetse buhoro. 'Hanze y'aho umucyo ni urumuri rw'ingoro ya zahabu, yagaragaye hano muri iri joro na Babaji utagira uko asa. Mu bihe byashize, wigeze kugaragaza icyifuzo cyo kwishimira ubwiza bw'ingoro. Umwami wacu ubu arimo guhaza ibyifuzo byawe, bityo akakubohora imigozi ya karma.' **34-4** Yongeyeho ati: 'Ingoro nziza cyane izaba ahantu ho gutangira kwawe muri *Kriya Yoga muri iri joro* . Abavandimwe bawe bose bari hano bifatanyije mu ikaze, bishimira iherezo ry'ubuhunzi bwawe bumaze igihe kirekire. Dore!'

"Imbere yacu hari ingoro nini y'izahabu nziza cyane. Yuzuyemo amabuye y'agaciro

menshi, kandi iri hagati y'ubusitani bwiza, yerekanaga ubwiza budasanzwe. Abera b'isura y'abamarayika bari bahagaze iruhande rw'amarembo meza, batukura igice kubera imitako y'amabuye y'agaciro."

Diyama, amasaro, safiro, na emerald nini cyane kandi zigaragara neza byari byuzuye mu mitako y'imitako.

"Nakurikiye mugenzi wanjye mu cyumba kinini cyo kwakira abashyitsi. Impumuro y'imibavu n'indabyo z'amaroza yakwirakwiriye mu kirere; amatara adasobanutse yatangaga urumuri rw'amabara menshi. Amatsinda mato y'abayoboke, bamwe b'abirabura, abandi b'uruhu rwijimye, baririmbaga mu buryo bw'umuziki, cyangwa bicaye mu mwanya wo gutekereza, binjijwe mu mahoro yo mu mutima. Ibyishimo byinshi byari byuzuye mu kirere."

"Ishimire amaso yawe; wishimire ubwiza bw'ubuhanzi bw'iyi ngoro, kuko yazanywe no kuba wowe wenyine." Umuyobozi wanjye yaramwenyuye abigiranye impuhwe ubwo nasohoraga amasohoro make ntangara .

"Muvandimwe," naravuze, "ubwiza bw'iyi nyubako burenze imipaka y'ibitekerezo by'abantu. Ndakwinginze umbwire amayobera y'inkomoko yayo."

"Nzishimira kukumurikira.' Amaso y'umwiza y'uwo twari kumwe yabengeranaga ubwenge. 'Mu by'ukuri nta kintu kidasobanuka kuri uku guhinduka kw'ibintu. Isi yose ni igitekerezo cyahindutse Umuremyi. Iki gicucu kiremereye, cy'isi, kireremba mu kirere, ni inzizi z'Imana. Yaremye ibintu byose mu bwenge bwayo, nk'uko umuntu mu bwenge bwe bwo mu nzozi yororoka kandi agaha ubuzima ikiremwa hamwe n'ibiremwa byacyo.

"Imana yabanje kurema isi nk'igitekerezo. Hanyuma yayihutishije; atome z'ingufu zirabaho. Yahuje atome muri uru ruziga rukomeye. Molekile zayo zose zifatwa hamwe ku bushake bw'Imana. Iyo izakuraho ubushake bwayo, isi izongera guseniyuka ihinduke ingufu. Ingufu zizashonga." mu bwenge; igitekerezo cy'isi kizava mu kutagira aho kibogamira.

"Ibintu bifatika by'inzozi bifatwa mu buryo bufatika n'igitekerezo cy'umuntu urota. Iyo icyo gitekerezo gihuje kivuyeho mu gihe cyo gukanguka, inzizi n'ibintu byazo birashonga. Umuntu afunga amaso ye agashyiraho ikintu cy'inzozi, iyo akangutse, ahita acikamo umubiri. Akurikiza igishushanyo mbonera cy'Imana. Mu buryo nk'ubwo, iyo akangutse mu bwenge bw'isi, azakuraho mu buryo butunguranye ibitekerezo by'inzozi z'isi.

"Kubera ko Babaji ari umwe mu bafite Ubushake butagira iherezo busohozwa byose, ashobora guhamagara atome z'ibanze kugira ngo zihuze kandi zigaragare mu buryo ubwo aribwo bwo. Iyi ngoro ya zahabu, yaremwe ako kanya, ni ukuri, nk'uko iyi si ari ukuri. Babaji yaremye iyi nzu ikomeye mu bitekerezo bye kandi afatanyaga atome zayo n'imbaraga z'ubushake bwe, nk'uko Imana yaremye iyi si kandi ikayikomeza." Yongeyeho ati: "Iyo iyi nyubako imaze gusohozwa intego yayo, Babaji azayikuraho."

"Ubwo nacecetse ntangaye, umuyobozi wanjye yankoreye ikimenyetso gikomeye. 'Iyi ngoro irabagirana, irimbishijwe amabuye y'agaciro meza cyane, ntiyubakishijwe imbaraga za muntu cyangwa zahabu n'amabuye y'agaciro byacukuwe cyane.

Ihagaze neza, ni ikibazo gikomeye ku muntu. **34-5** Umuntu wese wiyumvamo ko ari umwana w'Imana, nkuko Babaji yabigenje, ashobora kugera ku ntego iyo ari yo yose akoresheje imbaraga zitagira ingano zihishe muri we. Ibuye risanzwe rifunga muri ryo ibanga ry'ingufu zitangaje za atome; **34-6** nubwo bimeze bityo, umuntu upfa aba akiri ikigo gikomeye cy'ubumana.'

"Umunyabwenge yakuye ku meza yari hafi aho indobo nziza yari ifite umugozi

w'ibuye ry'agaciro. Yakomeje agira ati: 'Umuhanga wacu ukomeye yaremeye iyi ngoro ashimangira imirasire myinshi y'isanzure,'. 'Kora kuri iyi ndobo na diyama zayo; zizanyura mu bigeragezo byose by'uburambe bw'ibyumviro.'

"Jyewe byasuzumwe i indobo, na yanyuze yanjye ikiganza birarangiye i yoroshye inkuta z'ibyumba, ubunini hamwe na Zahabu irabagirana. Buri muriro wose wari ukwirakwiriye gukusanywa n'umwami. Ibyishimo byakwirakwiriye mu bwenge bwanjye. icyifuzo cyuzuyemo, gihishe mu bwenge bwanjye bwo mu mutima

ubu yagiye, byasaga nkaho icyarimwe ndanyuzwe na yazimye.

"Umugenzi wanjye w'igihangange yanyoboye mu nkuta n'amakorosi meza cyane mu byumba bitandukanye ifite ibikoresho byinshi bisa n'ingoro y'umwami w'abami. Twinjiye mu cyumba kinini cyane. Hagati hari intebe y'ubwami ya zahabu, iriho amabuye y'agaciro atanga amabara menshi. Aho ngaho, mu ishusho y'ubururu, hari hicaye Babaji w'ikirenga. Napfukamyeye hasi imbere y'ibirenge bye.

"Lahiri, uracyaryohereza n'ibyifuzo byawe by'inzozi byo kubaka ingoro ya zahabu?' Amaso y'umwarimu wanjye yari arimo arabengerana nka bye kwiha amabuye ya safiro. 'Kanguka!' Byose ibyawe iby'isi inyota ni kubyerekeye kuri kuba kuzimya iteka ryose.' Yavuze amagambo y'amayobera y'umugisha. 'Mwana wanjye, haguruka. Akira inyigisho yawe mu bwami bw'Imana binyuze muri *Kriya Yoga*.'

"Babaji yaramburiye ukuboko kwe; umuriro wo *gutamba* wagaragaye, ukikijwe n'imbuta n'indabyo. Nahawe uburyo bwo kwibohora bwa yoga imbere y'urutambi rugurumana."

"Imihango yarangiye mu gitondo cya kare. Numvaga nta mpamvu yo gusinzira mu byishimo byanjye, maze ngenda hirya no hino mu ngora, yuzuye ubutunzi n'ibintu *by'agaciro gakomeye*."

Namanukaga njya mu busitani bwiza cyane, nabonye hafi aho ubuvumo n'inkombe z'imisozi y'ubutayu, ejobundi bitari byegeranye n'ingoro cyangwa iterasi ry'indabyo.

"Ninjiye mu ngora, ndanguruye mu rumuri rw'izuba rwo mu misozi ya Himalaya, nashatse ko shebuja ambona. Yari akiri ku ntebe y'ubwami, akikijwe n'abigishwa benshi batuje."

"Lahiri, wowe ni ushonje.' Babaji byongeweho, 'Funga ibyawe amaso.'

"Ubwo nafunguraga, ingoro nziza n'ubusitani bwayo bwiza byari byarazimiye. Umubiri wanjye n'imiterere ya Babaji n'itsinda ry'aba chela byose byari byicaye ku butaka bwambaye ubusa." hasi ahantu nyaho ingoro yazimiye yari iri, hafi y'imiryango y'ibihangamanga by'urubura imurikirwa n'izuba. Nibuka ko umuyobozi wanjye yari yavuze ko ingoro izahinduka isura, Atomu zari zarafashwe zirekurwa mu bitekerezo byari byaraturutsemo. Nubwo natangaye, narebye umwarimu wanjye nizeye. Sinari nzi icyo nari kwitega kuri uyu munsu w'ibitangaza.

Babaji yasobanuye ati: "'Intego y'ingoro yaremewe ubu yagezweho.' Yazamuye ikibindi cy'ibumba hasi. 'Shyira ikiganza cyawe aho ngaho maze uhabwe ibyo wifuza byose.'

"Nkimara gukora ku gikombe kinini kandi kirimo ubusa, cyaruzuyemo *luchis zishyushye zikaranze mu mavuta*, curry, n'inyama ziryoshye zidasanzwe. Narifashije, mbona ko icyo gikombe cyuzuye. Nkimara kurya narebye hirya no hino

nshaka amazi. Umuhanga wanjye yanyeretse igikombe cyari imbere yanjye. Dore! ibiryo byari yazimiye; mu mwanya wayo hari amazi, asukuye nk'ayava mu mugezi wo ku musozi.

Babaji yagize ati: “Abantu bake ni bo bazi ko ubwami bw’Imana burimo ubwami bw’ibintu bisanzwe.” “Ubwami bw’Imana bugera ku isi, ariko ubwo bwa nyuma, kubera ko ari ubupfu, ntibushobora gushyiramo ukuri kw’ukuri.”

“Mukundwa umwarimu, icya nyuma ijoro wowe byagaragajwe kuri njyewe i isano bya ubwiza muri ijuru na isi!” Jye

yamwenyuye kubera kwibuka ingoro yari yazimye; nta gushidikanya ko nta yoga woroshye wigeze atangira kujya mu mayobera y'icyubahiro ya Roho hagati y'ahantu hari ibintu byiza cyane! Narebye neza nitonze urebye itandukaniro rikomeye ry'aho ibintu bimeze ubu. Ubutaka butoshye, igisenge cyo mu kirere, ubuvumo butanga ubuhungiro busanzwe - byose byasaga n'ahantu nyaburanga ho ku batagatifu b'abaserafi bari bankikije.

"Nicaye ku gicamunsi kuri uwo munsi ku gitambaro cyanjye, nejejwe n'imikoranire y'ibyo nagezeho mu buzima bwa kera. Umuhanzi wanjye w'imana yaramwegereye anyuza ikiganza cye ku mutwe wanjye. Ninjira muri *nirbikalpa samadhi*, nguma ntavunitse mu byishimo byayo iminsi irindwi. Nambukiranyije ibyiciro bikurikiranye byo kumenya kwigira, Nageze mu isi itagira urupfu y'ukuri. Inzitizi zose z'uburiganya zaravuyeho; roho yanjye yari yuzuye ku gicaniro cy'iteka cy'Umwuka w'Ijuru. Ku munsi wa munani naguye imbere y'umwarimu wanjye ndamwinginga ngo ambe hafi ye muri ubu butayu bwera.

"'Mwana wanjye,' Babaji aravuga, ampobera, 'uruhare rwawe muri ubu buzima bugomba gukinirwa ku rubyiniro rwo hanze. Umaze kubyara, wahawe umugisha n'ubuzima bwinshi bwo gutekereza wenyine, ubu ugomba kwivanga n'abantu ."

"Intego ikomeye ishingiyeye ku kuba utari wansanganye kuri iyi nshuro kugeza ubwo wari umaze gushaka, ufite inshingano zoroheje z'ubucuruzi. Ugomba gushyira ku ruhande ibitekerezo byawe byo kwinjira mu itsinda ryacu ryihishe mu misozi ya Himalaya; ubuzima bwawe buri mu maguriro yuzuye abantu, ukaba urugero rwiza rw'umuntu mwiza wo mu rugo wa yoga."

Yakomeje agira ati: "Amajwi y'abagabo n'abagore benshi bo mu isi bataye umutwe ntabwo yumvikana ku Bakomeye." "Mwatoranijwe kugira ngo mugeze ihumure ryo mu mwuka binyuze muri *Kriya Yoga* ku bantu benshi bashishikajwe no gushaka. Abantu babarirwa muri za miriyoni baremerewe n'imibanire y'umuryango n'inshingano zikomeye zo mu isi bazagutera inkunga nshya, wowe nyir'urugo nkawe. Ugomba kubayobora kugira ngo barebe ko kugera kuri yoga yo mu rwego rwo hejuru bitabujijwe ku mugabo w'umuryango. Ndetse no ku isi, yoga isohoza inshingano zayo mu budahemuka, nta mpamvu cyangwa ngo ifatanye na we, igendera mu nzira yizewe yo kumurikirwa."

"Nta mpamvu yo kuguhata kuva ku isi, kuko imbere muri wowe wamaze kwangiza buri kintu cyose cya karmic. Ntabwo ari iby'iyi si, ugomba kuba uri muri yo. Haracyari imyaka myinshi ugomba gusohoza inshingano zawe z'umuryango, iz'ubucuruzi, iz'abaturage, n'iz'umwuka ubikuye ku mutima. Umwuka mushya mwiza w'ibyiringiro by'Imana uzagera mu mitima y'abantu bo mu isi yumye. Mu buzima bwawe buringaniye, bazasobanukirwa ko kwibohora bishingiye ku kwiyinga imbere aho kuba iby'inyuma."

"Mbega ukuntu umuryango wanjye, ibiro, isi byari kure cyane, ubwo numvaga

umushumba wanjye mu misozi miremire ya Himalaya. Nyamara ukuri gukomeye kwaragaragaraga mu magambo ye; nemeye kuva muri ubu buhungiro bw'amahoro. Babaji yanyigishaga amategeko akaze ya kera agenga ihererekanya ry'ubuhanzi bwa yoga kuva kuri umushumba kugeza ku wundi."

"Nimuhe urufunguzo rwa *Kriya* gusa ku bakinnyi bujuje ibisabwa." bya i Imana ni gukwira kuri gusesengura i umukino wa nyuma amayobera bya ubuzima binyuze i siyansi bya gutekereza cyane.'

"Umumarayika w'umushumba, nk'uko wamaze gutonesha abantu mu kuzura ubuhanzi *bwa Kriya bwatakaye* , ntuzongera ubwo bushobozi mu kugabanya ibisabwa bikomeye byo kuba umwigishwa?" Narebye

nsaba cyane Babaji. 'Ndagusengera ngo unyemerere kugeza kuri *Kriya* abashaka bose, nubwo mbere badashobora kwiyezeza kwiya burundu. Abagabo n'abagore bo ku isi bababajwe, bakurikiranwe n'imibabaro itatu, 34-7 bakeneye inkunga yihariye. Bashobora kutazigera bagerageza inzira igana ku mudendezo niba babujijwe gutangira inyigisho za *Kriya* .

"'Bibe bityo. icyifuzo cy'Imana cyagaragajwe binyuze muri wowe.' Akoresheje aya magambo yoroshye, umwari w'imbabazi yakuyeho uburinzi bukomeye bwari bumaze igihe kirekire buhishe *Kriya* ku isi. 'Muhe *Kriya* ubuntu abantu bose basaba ubufasha bicishije bugufi.'

Nyuma yo guceceka, Babaji yongeyeho ati: 'Subiramo buri wese mu bigishwa bawe' iri sezerano rikomeye rivuye muri *Bhagavad Gita: "Swalpamasya Dharmasya, Trayata Mahato Bhoyat"* - "Ndetse n'akantu gato k'iyi dini kazakurinda ubwoba bukomeye n'imibabaro ikomeye.'" 34-8

"Ubwo napfukamaga ku birenge by'umwarimu wanjye kugira ngo ampe umugisha wo kumusezeraho, yumvise ko ntashaka kumusiga."

"'Nta gutandukana kuri twe, mwana wanjye nkunda.' Yankoze ku rutugu abigiranye urukundo. 'Aho uri hose, igihe cyose unhamagaye, nzaba ndi kumwe nawe ako kanya.'

"Nhumurijwe n'isezerano rye ritangaje, kandi nkungahaye ku zahabu nshya y'ubwenge bw'Imana, namanukanye umusozi. Ku biro nakiriwe n'abakozi bagenzi banjye, bari bamaze iminsi icumi batekereza ko nazimiye mu mashyamba ya Himalaya. Ibaruwa yahise igera iturutse ku biro bikuru. "

"'Lahiri agomba gusubira muri Danapur 34-9 'Kwimurirwa kwe i Ranikhet byakozwe ku ikosa. Hari undi mugabo wagombaga koherezwa gukora imirimo ya Ranikhet.'

"Naramwenyuye, ntekereza ku migezi ihishe mu byabaye byari byarangejeje aha hantu h'Ubuhinde."

"Mbere yo gusubira i Danapur, namaze iminsi mike ndi kumwe n'umuryango wa Bengali i Moradabad. Itsinda ry'inshuti esheshatu ryarateranye kugira ngo bansuhuze. Ubwo nahinduraga ikiganiro ku ngingo z'umwuka, uwancumbikiye yaratangaje cyane ati:

"'Oh, muri ibi iminsi Ubuhinde ni abakene bya abatagatifu!'

"'Babu,' Jye barigaragambije bishyushye, bya amasomo hariya ni na n'ubu byiza cyane ba master muri ibi ubutaka!'

"Mu mwuka w'ishyaka rikomeye, numvise nshishikajwe no kuvuga ibintu bitangaje nanyuzemo mu misozi ya Himalaya. Itsinda rito ryari rituje mu kinyabupfura.

"Lahiri,' umugabo umwe aravuga atuje, 'ubwonko bwawe bwari buri mu muvuduko muri iyo miyaga idasanzwe yo mu misozi. Iyi ni inzozo zo ku manywa wavuze.'

"Gutwika hamwe na i ishyaka bya ukuri, Jye yavuze nta kwishyura igitekerezo. 'Niba Jye hamagara we, yanjye umwarimu ubushake

Kugaragara iburyo muri ibi inzu.'

"Abantu bose bari bafite amatsiko; ntibyari bitangaje kuba itsinda ryari rishishikajwe no kubona umutagatifu yihinduye umubiri mu buryo butangaje. Nasabye igice cy'icyumba gituje n'amashuka abiri mashya y'ubwoya."

"Umwami azagaragara mu cyuma,' naravuze. 'Guma ucecetse hanze y'umuryango; ndaguhamagara vuba.'

"Nahise ntangira gutekereza cyane, nhamagara umushumba wanjye nicishije bugufi. Icyumba cyijimye cyahise cyuzuye urumuri rw'ukwezi rwijimye; ishusho y'umucyo ya Babaji yaragaragaye."

"Lahiri, umpamagaye ngo mbe utuntu duto?' Umwami yaramurebye cyane. 'Ukuri ni ukwabashakashaka cyane, si ukwabashaka gusa. Biroroshye kwemera iyo umuntu abonye; nta kintu na kimwe cyo guhakana.'

Ukuri kw'ibintu bidasanzwe gukwiye kandi kuvumburwa n'abatsinze gushidikanya kwabo kwa kamere ku bintu bifatika.' Yongeyeho ati 'Reka ngende!'

"Naguye hasi imbere ye ndamwinginga. 'Mutagatifu Mana, ndabizi ikosa ryanjye rikomeye; ndasaba imbabazi nicishije bugufi. Kugira ngo nshyireho ukwizera muri izi mitekerereze yahumye mu buryo bw'umwuka ni byo byatumye nshaka kuguhamagara. Kubera ko wagaragaye mu isengesho ryanjye, ndakwinginze ntugende utahaye umugisha inshuti zanjye. Nubwo ari abatizera, byibuze bari biteguye gusuzuma ukuri kw'ibyo navuze bidasanzwe."

"Nibyo rwose; nzagumayo igihe gito. Sinshaka ko ijambo ryawe risuzugurwa imbere y'inshuti zawe.' Isura ya Babaji yari yoroheje, ariko yongeraho witonze ati 'Kuva ubu, mwana wanjye, nzaza igihe cyose unkeneye, kandi si igihe cyose unhamagaye. **34-10** ,

"Hari agace gato k'umutuzo gakomeye kari mu itsinda rito ubwo nakinguraga urugi. Nshuti zanjye zarebye umuntu ugaragara neza ku ntebe y'igitambaro.

"Ibi ni ugukora hypnosis nyinshi!' Umugabo umwe yarasetse cyane. 'Nta muntu washoboraga kwinjira muri iki cyumba tutabizi!'"

"Babaji yazamutse amwenyura maze ashyira ikimenyetso kuri buri wese ngo akore ku mubiri we ushyushye kandi ukomeye. Ugushidikanya kurangiye, inshuti zanjye zikubita hasi zigatangara cyane."

"Reka *halua* **34-11.html** mwitegure.' Babaji yatanze iki cyifuzo, nari nzi, kugira ngo akomeze kwemeza itsinda ukuri kwe. Mu gihe igikoma cyari kibira, umwarimu w'imana yavuze yishimye. Impinduka zikomeye za Thomase bashidikanyaga zabaye abatagatifu ba Mutagatifu Pawulo. Tumaze kurya, Babaji yahaye umugisha buri wese

muri twe. Habayeho urumuri rutunguranye; twiboneye uburyo ibintu by'ikoranabuhanga byo mu mubiri wa Babaji bihinduka urumuri rw'umwuka rukwirakwira. Ubushake bw'Imana bw'umwami bwari bwaratumye amikoro ya eteri afatanye nk'umubiri we; ako kanya uduce duto twa tiriye tw'udushashi tw'ubuzima twagiye mu kigega kitagira iherezo.

"Hamwe na yanjye kwiha amaso Jye kugira yagaragaye i umutsinzi bya urupfu.' Maitra, **34-12** kimwe bya i itsinda, yavuze

mu cyubahiro. Isura ye yahindutse bitewe n'ibyishimo byo gukanguka kwe guherutse. 'Umuhanga mukuru yakinnye n'igihe n'umwanya, nk'uko umwana akina n'ibifuro. Nabonye umwe ufite imfunguzo z'ijuru n'isi.'

"Nasubiye i Danapur vuba. Nshikamye mu Mwuka, nongeye gufata inshingano nyinshi z'umuryango n'iz'umuryango by'umuntu."

Lahiri Mahasaya yanavuze inkuru ya Swami Kebalananda na Sri Yukteswar y'indi nama na Babaji, mu bihe byahise byibutsa isezerano ry'uyu mwari: "Nzaza igihe cyose unkeneye."

Icyabereye kuri *Kumbha Mela* i Allahabad. Nari nagiyeyo mu biruhuko bito mva mu mirimo yanjye yo mu biro. Ubwo nazereraga hagati y'imbaga y'abihaye Imana." n'umusadhus wari waturutse kure cyane aje kwitabira ibirori byera, nabonye umuntu wicaye nabi wari ufite ivu ry'isabukuru. Igitekerezo cyaje mu mutwe wanjye cy'uko uwo mugabo yari indyarya, kwambara i hanze ibimenyetso bya kwiyinga nta a bihuye imbere ubuntu.

"Nkimara kurenga ku byo kwiheba, ijisho ryanjye ryatangaye ryabonye Babaji. Yari apfukamye imbere y'injangwe y'umusatsi utagira imisatsi."

"Guruji! Jye kwihutishwa kuri bye uruhande. 'Bwana, iki ni wowe gukora hano?'

"Ndagiye koza ibirenge by'uyu muhakanyi, hanyuma nzasukura ibikoreshe bya gutekesha." Babaji yaransekeye nk'umwana muto; nari nzi ko yashakaga ko nta muntu n'umwe nenga, ahubwo ko nabonaga Umwami nk'utuye mu nsengeru zose z'umubiri, zaba iz'abantu bakomeye cyangwa abo hasi. Umuhanga mukuru yongeyeho ati: 'Mu gukorera abasadhu b'abanyabwenge n'abatazi, ndimo niga imico myiza cyane, ishimisha Imana kurusha abandi bose - kwicisha bugufi.'"

34-1 : Ubu a igisirikare ikigo cy'ubuvuzi bw'abana. Kugeza kuri 1861 i Umwongereza Guverinoma yari afite yamaze yashinzwe runaka itumanaho rya telegrafi .

34-2 : Ranikhet, muri i Almora Akarere bya Ibihugu byunze ubumwe Intara, ni ahantu kuri i ikirenge bya Nanda Devi, i cyo hejuru cyane Agasozi ka Himalaya (metero 25,661) mu Buhinde bw'Ubwongereza.

34-3 : "Icyo Isabato yari byakozwe kuri umugabo, na ntabwo umugabo kuri i isabato."- *Mariko* 2:27.

34-4 : Itsinda karmic amategeko bisaba ibyo buri umuntu icyifuzo shaka icya nyuma gusohozwa. Icyifuzo ni bityo i umunyururu iki guhambira umuntu ku ruziga rwo kugaruka mu buzima bushya.

34-5 :

Iki ni a igitangaza? - 'Ni a"
gutukana, 'Tis umuntu bitagaragara
".gusetsa ku abantu

34-6 : Itsinda inyigisho bya i atome imiterere bya ikintu yari byasobanuwe muri i ibya kera Umuhinde *Vaísesika* na *Nyaya* inyandiko z'amateka. "Hari ni nini cyane isi byose yashyizwe kure imbere i imyobo bya buri kimwe atome, byinshi nka i ibitotsi muri a imirasire y'izuba." - *Yoga Vasishtha*.

34-7 : Bifatika, mu mutwe, na iby'umwuka kubabara; byagaragaye, uko bikurikirana, muri indwara, muri imitekerereze ibidahagije cyangwa "ibintu bitoroshye," kandi mu bujiji bw'umutima.

34-8 : Igice II:40.

34-9 : A umujyi hafi Benares.

34-10 : Muri i inzira kuri i Nta kidashira, kimwe urumuri ba master nka Lahiri Ikihasaya Gicurasi kubabara kuva umuntu ibirenze urugero bya ishyaka, na jya ugengwa n'amategeko kuri imyitwarire. Muri i *Bhagavad Gita*, twe soma byinshi ibice aho i Imana umwarimu Krishna itanga igihano ku gikomangoma cy'abakunzi, Arjuna.

34-11 : A igikoma byakozwe bya amavuta bya ingano bikaranze muri amavuta, na ibiryoshye hamwe na amata.

34-12 : Umugabo, Maitra, uwo Lahiri Mahasaya avuga hano, yaje kuba umuhanga cyane mu kwimenya. Jye twahuye Maitra vuba aha nyuma yanjye impamyabumenyi kuva hejuru ishuri; we yasuye i Mahamandal ahantu ho kwimukira muri Benares ubwo nari nkiri umuturage. icyo gihe yambwiye iby'uko Babaji yigaragaje imbere y'itsinda rya Moradabad. Maitra yansobanuriye ati: "Kubera igitangaza, nabaye umwigishwa wa Lahiri Mahasaya ubuzima bwanjye bwose."

IGICE: 35

Itsinda Ubusa na Kristo Ubuzima Cya Lahiri Ikihasaya

"Bityo biradukwiriye gusohoza gukiranuka kose." **35-1** Muri aya magambo yabwiye Yohana Umubatiza, no gusaba Yohana kumubatiza, Yesu yari yemeye uburenganzira bw'Imana bw'umwarimu we.

Dukurikije inyigisho ya Bibiliya mu buryo bwubaha mu buryo bw'uburasirazuba, **35-2** kandi mu buryo bw'ubwenge, nemeza ko Yohana Umubatiza yari, mu buzima bwa kera, umushumba wa Kristo. Hari imirongo myinshi muri Bibiliya ivuga ko Yohana na Yesu mu kwigira kwabo kwa nyuma bari Eliya n'umwigishwa we Elisha. (Izi ni zo myandikire mu Isezerano rya Kera. Abahinduzi b'Ikigereki banditse amazina nka Eliya na Elise; agaragara mu Isezerano Rishya muri ubwo buryo bwahindutse.)

Iherezo ry'Isezerano rya Kera ni iyerekwa ry'uko Eliya na Elisa bazavuka mu bundi bushya: "Dore nzaboherereza umuhanuzi Eliya mbere y'uko umunsi w'Uwiteka ukomeye kandi uteye ubwoba uza." **35-3** Bityo Yohana (Eliya), woherejwe "mbere y'uko Umwami azaza," yavutse mbere gato y'uko gukora nk'umutangabutumwa wa Kristo. Marayika yabonekeye se Zakariya kugira ngo ahamye ko umuhungu we wari ugiye kuza Yohana atari undi uretse Eliya (Eliya).

"Ariko i marayika yavuze kugeza kuri we, Ubwoba ntabwo, Zekariya: kuri byawe isengesho ni yumvise; na byawe umugore Elisabeth

agomba idubu wowe a umuhungu, na wowe agomba hamagara bye izina Yohani. Kandi byinshi bya i abana bya Isirayeli

Azagarukira Uwiteka Imana yabo. Kandi azagenda imbere ye **35-4** *mu mwuka n'imbaraga bya Eliya , kugira ngo ahindure imitima* ~~ya~~ ba se ku bana, n'abatwira ngo bahindure ubwenge bw'abakiranutsi, kandi ategurire Uwiteka ubwoko buteguriwe. Yesu yavuze mu buryo butaziguye kabiri ko Eliya (Eliya) ari Yohana: "Eliya yaraje, ariko ntibamumenya."Abigishwa basobanukiwe ko yababwiye ibya Yohana Umubatiza. " **35-6** Kristo arongera aravuga ati: "Kuko abahanuzi bose n'amateguko bahanuye kugeza kuri Yohana. Kandi niba mushaka kubyemera, uwo ni we Eliya wagombaga kuza." **35-7** Igihe Yohani byanzwe ibyo we yari Elias (Eliya), **35-8** we byasobanuwe ibyo muri i kwicisha bugufi imyambaro ya Yohani ntiyaje mu izamuka ry'inyuma rya Eliya, umushumba mukuru. Mu kwigira umuntu kwe kwa mbere, yahaye umwigishwa we Elisha "umwambaro" w'icyubahiro cye n'ubutunzi bwe bwo mu mwuka. "Elisa aravuga ati: 'Ndakwinginze, nyikubireho kabiri.' Arasubiza ati: 'Wansabye ikintu gikomeye, ariko numbona nkurwaho, bizakubera bityo.' wowe... Afata *umwambaro* wa Eliya wari waraguye kuri we." **35-9**

Imirimo yarahindutse, kuko Eliya-Yohana atari agikenewe kugira ngo abe umwarimu wa Elisha-Yesu, ubu wamaze gutunganywa mu buryo bw'Imana.

Igihe Kristo yahindukaga ishusho ku musozi **35-10** Ni Eliya we mukuru, ari kumwe na Mose, uwo yabonye. Nanone, mu gihe cye cyo ku musaraba, Yesu yavugije izina ry'Imana ati: " *Eli, Eli, lama sabaktani?*" Ni ukuvuga ngo "Mana yanjye, Mana yanjye, kuki wantaye?" Bamwe mu bari bahagaze aho babyumvise baravugaga bati "Uyu ahamagara Eliya."Reka turebe niba Eliya ubushake ngwino kuri Kubika we. **35- 11**

Umubano uhoraho w'umwarimu n'umwigishwa wari hagati ya Yohana na Yesu wari uhari no kuri Babaji na Lahiri Mahasaya. Umurezi utari upfuye yogeye amazi ya Lethean yazengurukaga hagati y'ubuzima bwe bubiri bwa nyuma bwa chela, maze ayobora intambwe zikurikiranye zatewe n'umwana hanyuma n'umugabo Lahiri Mahasaya. Nyuma y'uko umwigishwa agejeje ku myaka 33, ni bwo Babaji yabonye ko igihe kigeze cyo kongera kugarura umubano utigeze ucika.

Hanyuma, nyuma y'inama yabo ngufi hafi ya Ranikhet, shebuja witangaga yirukanye umwigishwa we yakundaga cyane mu itsinda rito ry'imisozi, aramurekura ngo ajye mu butumwa bw'isi. "Mwana wanjye, nzaza igihe cyose unkeneye." Ni nde mukunzi w'umuntu ushobora gutanga iryo sezerano ritagira iherezo?

Nubwo umuryango utabizi muri rusange, ivugurura rikomeye ry'umwuka ryatangiye gutemba riturutse mu gace ka kure ka Benares. Nk'uko impumuro y'indabyo idashobora gukumirwa, ni ko na Lahiri Mahasaya, wari utuye mu mutuzo nk'umuntu mwiza, atashoboraga guhisha icyubahiro cye gakondo. Buhoro buhoro,

mu bice byose by'Ubuhande, inzuki z'abayoboke ba Yesu zashatse umutobe w'Imana w'umutware wabohowe.

Umuyobozi w'ibiro by'Ubwongereza ni umwe mu ba mbere babonye impinduka zidasanzwe mu mukozi we, uwo yise mu buryo bwiza "Ecstatic Babu."

"Bwana, usa n'ubabaye. Ikibazo ni ikihe?" Lahiri Mahasaya yabajije umukoresha we iki kibazo mu gitondo kimwe.

"Ubwanyje umugore muri Ubwongereza ni mu buryo bunenga kurwara. Jye am byatanyaguritse na impungenge.

"Ndakubwira amakuru ye." Lahiri Mahasaya yasohotse mu cyumba yicara umwanya muto ahantu hiherereye. Agarutse yaramwenyuye yitonze.

"Umugore wawe arimo aratera imbere; ubu arimo kukwandikira ibaruwa." Umukozi wo muri yoga uzi byose yavuze bimwe mu bice by'inyandiko.

"Babu unezerewe cyane, ndamaze kumenya ko utari umuntu usanzwe. Nyamara sinshobora kwemera ko, uko ubyishakiye, ushobora kwirukana igihe n'umwanya!"

Ibaruwa yasezeranyijwe yaje kuhagera. Umuyobozi w'ishami yatangaye cyane yasanze itari inkuru nziza gusa y'uko umugore we yakize, ahubwo yari irimo n'amagambo amwe Lahiri Mahasaya yari yarasubiyemo mu byumweru bishize.

Nyuma y'amezi make umugore yaje mu Buhinde. Yasuye ibiro, aho Lahiri Mahasaya yari yicaye bucece ku meza ye. Umugore yaramwegereye yiyubashye.

"Bwana," aravuga, "ni ishusho yawe, imurikiwe n'umucyo mwinshi, nayibonye mu mezi ashize iruhande rw'igitanda cyanjye i Londres. Muri ako kanya narakize rwose! Nyuma y'igihe gito, nashoboye gukora urugendo rurerure rwo mu nyanja njya mu Buhinde."

Umunsi ku wundi, umwe cyangwa babiri mu bayoboze b'Imana basabaga umushumba mukuru w'iyobokamana kugira ngo atangizwe *na Kriya*. Uretse izo nshingano z'umwuka, ndetse n'iz'ubucuruzi bwe n'ubuzima bw'umuryango we, umwarimu mukuru yashishikajwe cyane n'uburezi. Yateguye amatsinda menshi yo kwiga, kandi agira uruhare runini mu iterambere ry'ishuri rinini ryisumbuye mu gice cya Bengalitola muri Benares. Ibiganiro bye bya buri gihe ku byanditswe bye byaje kwitwa "Inteko ye ya Gita", yitabiriwe cyane n'abantu benshi bashaka ukuri.

Binyuze muri ibyo bikorwa bitandukanye, Lahiri Mahasaya yashatse gusubiza ikibazo rusange: "Nyuma yo gukora imirimo yawe y'ubucuruzi n'imibereho myiza, igihe cyo gutekereza mu buryo bw'amasengesho kiba he?" Ubuzima bwiza bw'umwarimu ukomeye wo mu rugo bwabaye igitekerezo cy'abantu ibihumbi bafite ibibazo. Yahembwaga umushahara muto gusa, utekanye, utagira icyo utangaza, kandi ushobora kugerwaho na bose, shebuja yakomeje inzira y'ubuzima bw'isi mu buryo busanzwe kandi bwishimye.

Nubwo yari yishingikirije ku ntebe y'Isumbabyose, Lahiri Mahasaya yubahaga abantu bose, atitaye ku byiza byabo bitandukanye. Igihe abamusengaga bamusuhuzaga, yaranabapfukamiraga.

Kubera kwicisha bugufi nk'uko umwana yari abyitwayemo, shebuja yakundaga gukora ku birenge by'abandi, ariko gake cyane yabemereraga kumuha icyubahiro nk'icyo, nubwo kuramya uwo mwari ari umuhanga wo mu Burasirazuba bwa kera. icyitegererezo.

Ikintu cy'ingenzi cyarangaga ubuzima bwa Lahiri Mahasaya ni impano ye yo gutangira ubukristo *bwa Kriya* ku bantu bose. ukwemera. Si Abahindu gusa, ahubwo n'Abayisilamu n'Abakirisitu bari mu bigishwa be b'ingenzi. Abamoni n'abayoboke b'amadini abiri, abo mu madini yose cyangwa abadafite ukwemera guhamye, bakiriwe kandi bakigishwa nta kubogama n'umwarimu w'idini ry'isi yose. Umwe mu bayobozi be b'idini rya kera cyane yari Abdul Gufoor Khan, wari Umuhamedi. Bigaragaza ubutwari bukomeye ku ruhande rwa Lahiri Mahasaya ko, nubwo yari umubrahmin wo mu cyiciro cyo hejuru, yagerageje uko ashoboye kose kugira ngo asenye urwikekwe rukomeye rw'ubwoko bwo mu gihe cye. Abo mu byiciro byose ubuzima byabonetse icumbi munsu i cya master kuba ahantu hose amababa. Nk'uko byose Yahumetswe n'Imana abahanuzi, Lahiri

Ikihasaya yatanze gishya ibyiringiro kuri i abirukanywe na gukandamizwa bya sosiyete.

"Ujye wibuka ko ntawe ubereyeho, kandi ko ntawe ubereyeho. Tekereza ko umunsi umwe "Uzagomba gusiga byose muri iyi si mu buryo butunguranye - bityo rero menya Imana ubu," uyu muyobozi mukuru yabwiye abigishwa be. "Nimwitegure urugendo rw'urupfu ruri hafi kuza buri muni mugendera mu ibara ry'Imana. Mu kwibeshya, uri kwibona nk'umupfundikizo w'inyama n'amagufwa, aho byaba ari nk'icyari cy'ibibazo." **35-12** Tekereza ubudasiba, kugira ngo wibone vuba nk'Ingirakamaro itagira iherezo, idafite ubwoko bwose bw'umubabaro. Reka kuba imbohe y'umubiri; ukoresheje urufunguzo rw'ibanga rwa *Kriya*, wige guhunga winjire mu Mwuka."

Uyu muyobozi mukuru yashishikarije abanyeshuri be batandukanye gukurikiza imyitwarire myiza gakondo y'ukwemera kwabo. Ashimangira ko *Kriya* ari uburyo bwo kwibohora buhuriweho n'abantu bose, Lahiri Mahasaya yahaye abanyeshuri be uburenganzira bwo kugaragaza ubuzima bwabo hakurikijwe ibidukikije n'uburere bwabo.

"Umuyisilamu agomba gukora *Namaj ye* **kuva ku nshuro ya 35 kugeza ku ya 13** "Gusenga inshuro enye ku muni," umwarimu yavuze. "Inshuro enye ku muni Umuhindu agomba kwicara atekereza. Umukristo agomba gupfukama incuro enye ku muni, asenga Imana hanyuma agasoma Bibiliya."

Akoresheje ubushishozi, umwarimu yayoboye abayoboke be mu nzira za *Bhakti* (ubwitange), *Karma* (ibikorwa), *Jnana* (ubwenge), cyangwa *Raja* (*Yoga y'ubwami cyangwa yuzuye*), hakurikijwe imyifatire ya buri muntu. Shebuja, watindaga guha uburenganzira abiyeguriye Imana bifuzaga kwinjira mu nzira yemewe y'ubumonaki, yahoraga ababurira kubanza gutekereza neza ku mibereho y'abamonaki.

Umuhanga mukuru yigishije abigishwa be kwirinda kuganira ku byanditswe mu buryo bw'ibitekerezo. "Ni we wenyine ufite ubwenge nde abihaye Imana ubwe kuri Kumenya, ntabwo gusoma gusa, i ibya kera ibyahishuwe," we yavuze. "Kora ibibazo byawe byose binyuze mu gutekereza cyane." **35-14** Hindura ibitekerezo by'amadini bidafite akamaro ukoreshe ibyo kuvugana n'Imana by'ukuri. Kuraho ibisigazwa by'inyigisho z'idini; reka winjiremo ibintu bishya kandi bikiza. amazi y'uburyo bwo kubona ibintu mu buryo butaziguye. Ihuze n'ubuyobozi bw'imbere bukora; Ijwi ry'Imana rifite igisubizo kuri buri kibazo cy'ubuzima. Nubwo ubuhanga bw'umuntu bwo kwishyira mu bibazo bugaragara kugira ngo itagira iherezo, Infinite Succor nayo ifite ubushobozi buke."



LAHIRI MAHASAYA
Umwigishwa bya Babaji
na Guru bya Siri Yukteswar

Kuba shebuja ari hose byagaragajwe umunsi umwe imbere y'itsinda ry'abigishwa bari bateze amatwi ibisobanuro bye bya *Bhagavad Gita* . Ubwo yasobanuraga icyo *Kutastha Chaitanya* cyangwa Ubwenge bwa Kristo mu biremwa byose bihinda, Lahiri Mahasaya yahise ahumeka arataka ati:

"Jyewe am kurohama muri i imibiri bya byinshi roho irazimye i inkombe bya Ubuyapani!

Mu gitondo cyakurikiyeho, aba chela basomye inkuru y'ikinyamakuru ivuga ku rupfu rw'abantu benshi ubwato bwabo bwari bwarashenye umunsi ushize hafi y'Ubuyapani.

Abigishwa ba Lahiri Mahasaya bari kure bakunze kumenyeshwa ko ari kumwe na bo. Yagize ati: "Nhora ndi kumwe n'abakora *Kriya* ," abwira Chelas batashoboraga kuguma hafi ye mu buryo buhumuriza. Ati: "Nzaguyobora mu rugo rw'Ijuru binyuze mu buryo bwo kwagura ibitekerezo byawe."

Swami Satyananda yabwiwe n'umuyobohe we ko, nubwo atashoboraga kujya i Benares, uwo mugabo yari yarahawe intangiriro nyayo ya *Kriya* mu nzizi. Lahiri Mahasaya yari yagaragaye kugira ngo ayobore chela mu gusubiza amasengesho ye.

Iyo umwigishwa yirengagiza inshingano ze zo ku isi, shebuja yamuhanaga witonze kandi akamuhana.

Sri Yukteswar yigeze kumbwira ati: "Amagambo ya Lahiri Mahasaya yari ayoroheje kandi akiza, ndetse n'igihe yahatirwaga kuvuga ku mugaragaro amakosa ya chela." Yongeyeho ababaye ati: "Nta mwigishwa wigeze ahunga amagambo y'umutware wacu." Sinashoboraga kwirinda guseka, ariko nahamije Sri Yukteswar ko, byaba ari amagambo asobanutse cyangwa asobanutse.

ntabwo, bye buri ijambo yari umuziki kuri yanjye amatwi.

Lahiri Mahasaya yashyize *Kriya* mu byiciro bine by'intangiriro z'iterambere. **35-15**
Yatanze uburyo butatu bwo hejuru nyuma y'uko uwiye guriye Imana agaragaje iterambere ry'umwuka. Umunsi umwe, yabutanze ubwo buryo butatu bwo hejuru nyuma y'uko uwiye guriye Imana agaragaje iterambere ry'umwuka. umwe mu ba chela, yizeye ko agaciro ke katari gasuzumwa neza, yahaye ijambo kutanyurwa.

"Umuyobozi," we yaravuze ati, "nta gushidikanya Jye am witeguye ubu kuri i isegonda gutangiza."

Muri ako kanya, urugi rwarakinguwe kugira ngo hinjire umwigishwa wicisha bugufi, Brinda Bhagat. Yari umukozi wa posita wa Benares.

"Brinda, icara iruhande rwanjye hano." Umuhanga mukuru aramumwenyura abigiranye ubwuzu. "Mbwire, witeguye ubuhanga bwa kabiri bwa *Kriya* ?"

Umuposita muto yapfunyitse amaboko ye asaba. Ati: "Gurudeva," aravuga afite ubwoba, "nta kindi gikorwa cyo kwigiramo, ndakwinginze! Nakwiga nte inyigisho zo hejuru? Naje uyu munsi gusaba umugisha wawe, kuko *Kriya ya mbere y'Imana* yanyujuje ubusinzi ku buryo ntashobora gutanga amabaruwa yanjye!"

"Brinda yamaze koga mu nyanja y'Umwuka." Akimara kumva ayo magambo yavuzwe na Lahiri Mahasaya, undi mwigishwa we yamanitse umutwe.

"Umuyobozi," we yaravuze ati, "Jyewe reba Jye kugira yabaye a umukene umukozi, gushaka ikosa hamwe na yanjye ibikoreshe."

Umupolisi, wari umuntu utize, yaje gukurura ubumenyi bwe akoresheje *Kriya* ku buryo intiti rimwe na rimwe zashakaga ibisobanuro bye ku ngingo z'Ibyanditswe Byera. Brinda muto, kimwe n'umuntu utarigeze amenya icyaha n'imvugo, yamenyekanye cyane mu rwego rw'abahanga mu by'amateka.

Uretse abigishwa benshi ba Benares ba Lahiri Mahasaya, amagana yazaga aho ari aturutse mu bice bya kure by'Ubuhinde. We ubwe yajyaga muri Bengal inshuro nyinshi, asura ingo z'abakwe b'abahungu be babiri. Bityo, ahawe umugisha n'uko yari ahari, Bengal yahindutse ubuki bw'amatsinda mato ya *Kriya* . Cyane cyane mu turere twa Krishnagar na Bishnupur, abiyeguriye Imana benshi kugeza n'uyu munsi bakomeje guceceka kw'imigezi itagaragara yo gutekereza mu buryo bw'umwuka.

Mu batagatifu benshi bakiriye *Kriya* kuri Lahiri Mahasaya harimo Swami Vhaskarananda Saraswati w'icyamamare wo muri Benares, hamwe n'umu Deogarh wicaga ibintu mu buryo buhanitse, Balananda Brahmachari. Lahiri Mahasaya yamaze igihe runaka ari umutoza wihariye w'umuhungu wa Maharaja Iswari Narayan Sinha Bahadur wo muri Benares. Kubera ko umwarimu yari afite ubushobozi bwo kugera ku ntego ze mu buryo bw'umwuka, maharaja, kimwe

n'umuhungu we, bashakaga gutozwa *Kriya* , kimwe na Maharaja Jotindra Mohan Thakur.

Abanyeshuri benshi ba Lahiri Mahasaya bari bafite imyanya ikomeye ku isi bifuzaga kwagura uruziga *rwa Kriya* binyuze mu kwamamaza. Uyu mwari yanze uruhushya rwe. Umwe muri bo, umuganga w'umwami wa Benares, yatangiye gahunda yo gukwirakwiza izina ry'umuyobozi witwa "Kashi Baba" (Uwera wa Benares). **35-16** Nanone umwarimu yarabyibujije.

“Impumuro y’indabyo za *Kriya* niyimere mu buryo busanzwe, nta kintu na kimwe kiyigaragaza.” “Imbuto zayo zizashinga imizi mu butaka bw’imitima irumbuka mu buryo bw’umwuka.”

Nubwo umwarimu mukuru atakoresheje uburyo bwo kubwiriza binyuze mu buryo bwa none bw’umuryango, cyangwa binyuze mu icapiro, yari azi ko imbaraga z’ubutumwa bwe zizazamuka nk’umwuzure utagira ikizinga, zigakwirakwira mu bwenge bw’abantu ku ngufu zawo. Ubuzima bwahindutse kandi busukuye bw’abayoboke bwari garanti yoroheje y’ubuzima butagira urupfu bwa *Kriya* .

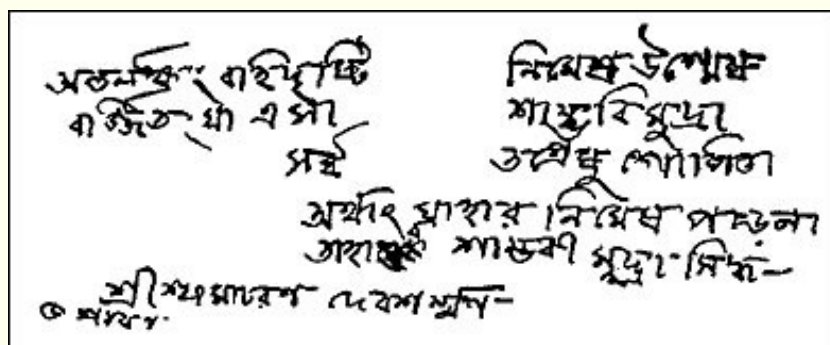
Muri 1886, makumyabiri n'itanu imyaka nyuma bye Ranikhet gutangiza, Lahiri Ikihasaya yari mu kiruhuko cy'izabukuru ku a pansiyu.

35-17 Kubera ko yari ahari ku manywa, abigishwa bakomezaga kumushakisha. Umushumba mukuru yahoraga yicaye mu ituze igihe kinini, yifungiranye mu mwanya utuje wa lotus. Yakundaga kuva mu cyumba cye gito cyo kuraramo, ndetse no gutembera cyangwa gusura ibindi bice by'inzu. Uruzi rw'amashele rwaje, hafi ya buri kanya, kugira ngo *arebe* umwarimu.

Abamureba bose batangaye cyane, uko Lahiri Mahasaya yari ameze mu buryo busanzwe byagaragaje imiterere y’ubumuntu budasanzwe nko kubura umwuka, kubura ibitotsi, guhagarara k’umutima no guhagarara k’umutima, amaso atuje akamara amasaha menshi adahumbya, ndetse n’umwuka w’amahoro. Nta mushyitsi wavuyemo adahawe akanyamuneza; bose bari bazi ko bahawe umugisha w’umuntu w’Imana w’ukuri.

Umwigisha noneho yemereye umwigishwa we, Panchanon Bhattacharya, gufungura "Ikigo cy'ubutumwa cya Arya" i Calcutta. Aha niho umwigishwa w'umutagatifu yakwirakwije ubutumwa bwa *Kriya Yoga* , kandi yateguye ibyatsi bimwe na bimwe bya yoga ku nyungu za rubanda **kuva ku myaka 35 kugeza ku 18.** imiti.

Dukurikije umuco wa kera, shebuja yahaye abantu muri rusange umugati wa *neem* **35-19** amavuta yo kuvura indwara zitandukanye. Iyo umwarimu yasabaga umwigishwa kuyasuka, yashoboraga kubikora byoroshye. Iyo hari undi muntu wageragezaga, yahuraga n'ingorane zidasanzwe, agasanga amavuta y'imiti yari hafi gushonga nyuma yo kunyura mu nzira zisabwa zo kuyasukura. Uko bigaragara i cya master umugisha yari a ni ngombwa ikintu gikoreshwa.



Inyandiko ya Lahiri Mahasaya n'umukono we, mu nyandiko ya Bengali, biragaragara haruguru. Imirongo igaragara mu ibaruwa yandikiwe Chela; umwarimu mukuru asobanura umurongo wa Sanskrit mu buryo bukurikira: "Uwageze ku ituze aho amaso ye adahumbya, byageze kuri *Sambhavi Mudra* .

"*Sri Shyama Charan Deva Sharman*" (yashyizweho umukono)

Itsinda Arya Intego Ikigo yiyemeje i gutangaza bya byinshi bya i abayobozi Ibyanditswe Byera

ibitekerezo. Kimwe na Yesu n'abandi bahanuzi bakomeye, Lahiri Mahasaya ubwe nta bitabo yanditse, ariko ibisobanuro bye byimbitse byanditswe kandi bitegurwa n'abigishwa batandukanye. Bamwe muri abo bahanga mu by'ubushake bari abahanga kurusha abandi mu gutangaza neza ubumenyi bwimbitse bw'umwarimu; nyamara, muri rusange, imbaraga zabo zaragenze neza. Binyuze mu ishyamba ryabo, isi ifite ibitekerezo bitagereranywa bya Lahiri Mahasaya ku byanditswe makumyabiri na bitandatu bya kera.

Sri Ananda Mohan Lahiri, umwuzukuru w'umutware, yanditse agatabo gashimishije kuri *Kriya*. Sri Ananda yaranditse ati: "Inyandiko ya *Bhagavad Gita* ni igice cy'inkuru ikomeye, *Mahabharata*, ifite ingingo nyinshi z'amapfundo (*vyas-kutas*). "Izi ngingo z'amapfundo zigomba gushidikanywaho, kandi nta kindi tubona uretse inkuru z'imigani zo mu bwoko budasanzwe kandi bworoshye kumva. Zirinde izo

I n g i n g o z ' a m a p f u n d o zitasobanuwe, kandi twatakaje siyansi Iburasirazuba bwayikomeje bufite kwihangana gukomeye nyuma y'ubushakashatsi bw'imyaka ibihumbi. Ibisobanuro bya Lahiri Mahasaya ni byo byagaragajwe, bidafite imigani, siyansi y'idini yari yarashyizwe mu buryo bw'ubuhanga mu gutandukanya inyuguti n'ibishushanyo byo mu Byanditswe Byera.

Ntabwo bikiri urusaku rw'amagambo rudasobanutse, ahubwo amagambo atari asobanutse yo gusenga Vedic yagaragajwe n'umwarimu ko yuzuyemo ubumenyi bwa siyansi. ...

"Tuzi ko umuntu asanzwe adashobora guhangana n'ibyigomeke by'irari ribi, ariko ibyo bihinduka intege nke kandi umuntu nta mpamvu abona mu kwinezeza kwabyo iyo abonye ubwenge bw'ibyishimo bihebuje kandi birambye binyuze muri *Kriya*. Aha ngaha, gucika intege, guhakana irari ryo hasi, bihurirana no kwigarurira, kwemeza ko ari umugisha. Tudafite inzira nk'iyi, amahame amagana y'amahame mbwirizamuko anyura mu bintu bibi gusa ntacyo amaze kuri twe."

"Inyota yacu yo gukora ibikorwa byo ku isi itwica ubwoba bwo mu buryo bw'umwuka. Ntidushobora gusobanukirwa Ubuzima Bukuru buri inyuma y'amazina yose n'imiterere yayo, kuko siyansi itwereka uburyo dushobora koresha imbaraga za kamere; uku kumenyera kwatumye abantu basuzugura amabanga yayo y'ingenzi. Isano yacu na kamere ni igikorwa cy'ingirakamaro. Tuyiseka, mu buryo bw'ikigereranyo, kugira ngo tumenye uburyo ishobora gukoreshwa mu gusohoza imigambi yacu; dukoresha imbaraga zayo, inkomoko yayo itazwi. Muri siyansi, isano yacu na kamere ni iy'umuntu n'umugaragu we, cyangwa mu buryo bwa filozofiya, ni nk'imbohe iri mu gasanduku k'abahamya. Tuyisuzuma, tuyihata, kandi tuyipima ibimenyetso byayo mu bipimo by'abantu bidashobora gupima agaciro kayo kahishe. Ku rundi ruhande, iyo umuntu afitanye isano n'imbaraga zo hejuru, kamere ihita yumvira, nta guhangayika cyangwa umunaniro, ubushake bw'umuntu. Ubu buyobozi budasaba imbaraga ku kamere bwitwa 'igitangaza' n'umuntu udasobanukiwe ibintu.

"Ubuzima bwa Lahiri Mahasaya bwatanze urugero rwahinduye igitekerezo

cy'ibinyoma cy'uko yoga ari imyitozo y'amayobera. Buri muntu ashobora kubona inzira inyura muri *Kriya* kugira ngo asobanukirwe isano afitanye na kamere, no kumva icyubahiro cy'umwuka ku bintu byose, byaba iby'amayobera cyangwa iby'ibintu bibera buri muni, nubwo siyansi y'ibintu ifatika ifatika ifatika. **35-21**

Tugomba kwibuka ko ibyari amayobera mu myaka igihumbi ishize bitakibaho, kandi ko ibitari amayobera ubu bishobora gusobanuka mu buryo bwemewe n'amategeko mu myaka ijana iri imbere. Ni Inyanja y'Imbaraga, Idashira, iri ku inyuma y'ibimenyetso byose.

"Itegeko rya *Kriya Yoga* rirahoraho. Ni ukuri nk'imibare; nk'amategeko yoroshye yo guteranya no gukuramo, i amategeko bya *Kriya* gishobora nta na rimwe kuba byasenyutse. Gutwika kuri ivu byose i ibitabo ku imibare,

Umuntu ufite ubwenge buhagije azahora yongera kuvumbura ukuri nk'uku; asenye ibitabo byose byera bivuga kuri yoga, amategeko yayo y'ibanze azasohoka igihe cyose hagaragaye umuyogi nyawe urimo ubwitange butunganye n'ubumenyi butunganye."

Nk'uko Babaji ari mu bantu bakomeye cyane, *Mahavatar*, na Sri Yukteswar ari *Jnanavatar* cyangwa Ubwenge, ni ko Lahiri Mahasaya ashobora kwitwa *Yogavatar*, cyangwa Ubwenge bwa Yoga. Dukurikije amahame y'ubwiza bw'ireme n'ubwinshi, yazamuye urwego rw'umwuka rw'umuryango. Mu bubasha bwe bwo kuzamura abigishwa be ba hafi kugera ku rwego nk'urwa Kristo no mu gukwirakwiza ukuri mu bantu benshi, Lahiri Mahasaya ari mu bakiza abantu.

Ubuhanga bwe nk'umuhanuzi buri mu gushimangira kwe mu buryo bufatika, *Kriya*, bukingura bwa mbere amarembo y'ubwisanzure bwa yoga ku bantu bose. Uretse ibitangaza by'ubuzima bwe, nta gushidikanya ko *Yogavatar* yageze ku rwego rwo hejuru rw'ibitangaza byose mu kugabanya ingorane za kera za yoga kugeza ku uburyo bworoshye butagira ingaruka ku buryo busanzwe.

Mu kuvuga ibitangaza, Lahiri Mahasaya yakundaga kuvuga ati: "Imikorere y'amategeko yoroheje abantu batazi muri rusange ntigomba kuganirwaho cyangwa ngo ishyirwe ahagaragara nta vangura rikwiye." Niba muri izi mpapuro nagaragaye ko nsuzugura amagambo ye yo kwihanangiriza, ni uko yampaye icyizere cyo mu mutima. Nanone, mu kwandika ubuzima bwa Babaji, Lahiri Mahasaya, na Sri Yukteswar, natekereje ko ari byiza gusiba inkuru nyinshi z'ukuri z'ibitangaza, zitashoboraga gushyirwamo hatabayeho kwandika, ndetse n'igitabo gisobanura filozofiya idafite ishingiro.

Yogavatar yaravuze ati: "Ubumwe bw'Imana burashoboka binyuze mu kwishyiramo imbaraga, na ni ntabwo ushingiye ku ku tewolojiya imyizerere cyangwa ku i nta mpamvu ubushake bya a Ishusho y'isi Umutegetsi w'igitugu."

Binyuze mu gukoresha urufunguzo rwa *Kriya*, abantu badashobora kwemera ubumana bw'umuntu uwo ari we wese bazabona ubumana bwabo bwuzuye.

35-1 : *Matayo* 3:15.

35-2 : Ibice byinshi byo muri Bibiliya bigaragaza ko itegeko ryo kwisubiramo mu mubiri ryarumvikanaga kandi ryemerwa. Inzira zo kwisubiramo mu mubiri ni ibisobanuro bifatika ku miterere itandukanye y'ubwihindurize abantu babonekamo, kuruta inyigisho isanzwe y'Abanyaburayi ivuga ko ikintu (kwiyumvamo kwikunda) cyaturutse ku busa, kikabaho mu buryo butandukanye. bya irari kuri mirongo itatu cyangwa mirongo icyenda imyaka, na hanyuma yasubijwe kuri i by'umwimerere ubusa. Itsinda Ntibishoboka kamere bya nk'ibyo Ubusa ni ikibazo cyo gushimisha umutima w'Umunyeshuri wo mu gihe cya kera.

35-3 : *Malaki* 4:5.

35-4 : "Mbere we," ni ukuvuga, "mbere i

Nyagasani." 35-5: *Luka* 1:13-17.

. *Matayo* 17:12-13 :35-6

. *Matayo* 11:13-14 :35-7

. *Yohani* 1:21 :35-8

. II *Abami* 2:9-14 :35-9

35-10 : *Matayo 17:3.*

35-11 : *Matayo 27:46-49 .*

35-12 : "Nigute byinshi ubwoko bya urupfu ni muri cyacu imibiri! Nta kintu ni aho ariko urupfu." -*Martin Luther, muri "Ibiganiro ku meza."*

35-13 : Itsinda umukuru isengesho bya i Abahayimani, ubusanzwe bisubiwemo bine cyangwa gatanu inshuro buri muni.

35-14 : "Shaka" ukuri muri gutekereza cyane, ntabwo muri byuzuye ibihumyo ibitabo. Reba muri i ikirere kuri shaka i ukwezi, ntabwo muri i ikidendezi." - Umugani *w'Abaperesi .*

35-15 : Nkuko *Kriya Yoga* ni ushoboye bya byinshi ibice bito, Lahiri Ikihasaya ubushishozi yahunguwe hanze bine intambwe iki we yatahuwe kuba ari byo byari birimo umunyu w'ingenzi, kandi byari bifite agaciro gakomeye mu bikorwa nyabyo.

35-16 : Ibindi amazina yahawe ku Lahiri Ikihasaya na bye abigishwa bari *Yogibar* (ikiruta byose bya yogi), *Yogiraj* (umwami bya yogis), na *Munibar* (umutagatifu ukomeye kurusha abandi), nongeyeho *Yogavatar* (kwigira umuntu muri yoga).

35-17 : We yari afite byatanzwe, byose hamwe, mirongo itatu na gatanu imyaka bya serivisi muri kimwe ishami bya i guverinoma.

35-18 : Ubumenyi bwinshi bw'ibimera buboneka mu nyandiko za kera za Sanskrit. Ibimera byo muri Himalaya byakoreshejwe mu kuvura ubushya, ibyo bikaba byarakuruye isi mu 1938 ubwo uburyo bwakoreshwaga kuri Pundit Madan Mohan Malaviya, Umusaza w'imyaka 77 Visi-Chancellor bya Benares Umuhindu Kaminuza. Kugeza a bitangaje urwego, i byavuzwe intiti yagarutse Mu minsi 45 ubuzima bwe, imbaraga ze, kwibuka kwe, kureba kwe nk'uko bisanzwe; ibimenyetso by'amenyo ye byagaragaye, mu gihe iminkanyari yose yashiraga. Itsinda ibimera kuvurwa, bizwi nka *Kaya Kalpa* , ni kimwe bya 80 kuvugurura uburumbuke uburyo byasobanuwe muri Umuhindu *Ayurveda* cyangwa siyansi y'ubuvuzi. Pundit Malaviya yavuye na Sri Kalpacharya Swami Beshundasji, uvuga ko yavutse mu 1766. Afite inyandiko zimuhamya ko afite imyaka irenga 100; abanyamakuru *ba Associated Press* bavuze ko yasaga n'imyaka 40.

Inyandiko za kera z'Abahindu zagabanyije siyansi y'ubuvuzi mu mashami 8: *salya* (kubaga); *salakya* (indwara ziri hejuru y'ijosi); *kayachikitsa* (umuti bikwiye); *bhutavidya* (ubwonko indwara); *kaumara* (kwitaho bya ubwana); *agada* (uburozi); *Rasayana* (ubuzima burambye); *Vagikarana* (tonics). Abaganga b'Abavedic bakoresheje ibikoresho byo kubaga byoroshye, bakoresheje plastic surgery, barasobanukiwe ubuvuzi uburyo kuri kurwanya i ingaruka bya uburozi gazi, byakozwe Kayisariya ibice na ubwonko kubaga, bari abahanga mu guhindura imiti. Hippocrates, umuganga .w'icyamamare wo mu kinyejana cya 5 mbere ya Yesu, yakuye byinshi mu bitabo bye bya siyansi mu buvuzi mu Bahindu

35-19 : Igiti cya margosa cyo mu Burasirazuba bw'Ubuhinde. Akamaro kacyo mu buvuzi ubu kamaze kumenyekana mu Burengerazuba, aho umusemburo *w'ibinure* igishishwa ni byakoreshejwe nka a tonic, na i amavuta kuva imbuto na imbuto ifite yabaye byabonetse bya cyane agaciro muri i kuvurwa bya ibibembe n'izindi ndwara.

35-20 : "Iziti nyinshi zihurutse gucukurwa mu duce twacukuye mu kibaya cya Indus, zishobora kubara mu kinyagihumbi cya gatatu BC, kwerekana imibare yicaye muri gutekereza ku mutima imyifatire ubu byakoreshejwe muri i sisitemu bya Yoga, na icyemezo i kwemeza ko icyo gihe zimwe mu ngingo z'ibanze za Yoga zari zisanzwe zizwi. Dushobora kutagera ku mwanzuro udafite ishingiro w'uko kwisuzuma mu buryo buhamye hakoreshejwe uburyo bwizwe byakozwe mu Buhinde mu myaka ibihumbi bitanu ishize . ifite yateye imbere runaka agaciro iyobokamana imyumvire bya Ubwonko na imyitwarire myiza ibitekerezo iki ni bidasanze, kuri byibuze mu buryo bwagutse bwo gushyira mu bikorwa ubuzima. Kimwe muri ibyo cyabaye ukwihanganira ibibazo by'imyizerere y'ubwenge - bitangaje mu Burengerazuba bw'isi, aho guhiga inyigisho z'ubuyobe byari bisanzwe mu binyejana byinshi, n'intambara z'amaraso hagati y'ibihugu ku amadini amahane bari kenshi."-Ibisobanuro kuva umuntu ingingo na Porofeseri W. Norman Umukara w'umukara muri i Gicurasi, 1939 ikibazo by'ikinyamakuru cyanditswe *n'Inama y'Abanyamerika y'Imiryango Yize*, Washington, DC

35-21 : Umuntu atekereza hano ku byo Carlyle yavuze muri *Sartor Resartus*: "Umuntu udashobora kwibaza, udakunda kwibaza (kandi akaramya), yari perezida w'imiryango myinshi y'abami kandi yariafite icyitegererezo bya byose

Laboratwari na indorerezi, hamwe na ibyabo ibisubizo, muri bye ingaragu umutwe, - ni ariko a babiri bya indorerwamo

".inyuma iki hariya ni nta jisho

IGICE: 36

Kwa Babaji Inyungu Muri Itsinda Iburengerazuba

"Mwigisha, yabikoze wowe iteka ryose guhura Babaji?"

Hari nijoro ry'impeshyi rituje i Serampore; inyenyeri nini zo mu turere dushyuha zaratwikiriye ubwo nicaye iruhande rwa Sri Yukteswar ku ibaraza rya kabiri ry'inzu y'abashyitsi.

"Yego." Mwalimu yaramwenyuye ubwo yabazaga; amaso ye yarakeye cyane. "Inshuro eshatu nahawe umugisha no kubona inzobere itagira urupfu. Guhura kwacu kwa mbere kwabereye i Allahabad muri *Kumbha Mela* ."

Kuva kera cyane, amaserukiramuco y'idini abera mu Buhinde azwi nka *Kumbha Melas* ; yakomeje intego z'umwuka mu maso y'imbaga y'abantu. Abahindu b'indahemuka bateranira hamwe buri myaka itandatu kugira ngo bahure n'ibihumbi by'abasadhwa, abayogi, abaswami n'abihebe b'ubwoko bwose. Benshi ni abihayimana badasiga aho baba bonyine uretse kwitabira amaserukiramuco *no* guha umugisha abagabo n'abagore bo ku isi.

Sri Yukteswar yakomeje agira ati: "Ntabwo nari umuswami igihe nahuraga na Babaji. Ariko nari maze guhabwa inyigisho za *Kriya* na Lahiri Mahasaya. Yanteye inkunga yo kwitabira *iserukiramuco* ryabereye muri Mutarama 1894 i Allahabad. Ni bwo bwa mbere nabonye kumbha ; numvise mpungenge gato kubera urusaku n'ubwinshi bw'abantu. Mu kureba hirya no hino nta shusho y'umwami yari imuritse. Nanyuze ku kiraro ku nkombe ya Ganges, nabonye umuntu twari tuziranye ahagaze hafi aho, inkongoro ye yo gusaba yari irambuye.

"Oh, iri murikagurisha ni urusaku n'abasabirizi gusa," nibajije ncutse intege. "Ndibaza niba abahanga mu bya siyansi bo mu bihugu by'iburengerazuba, bakomeza kwagura ubumenyi mu buryo bwihanganye ku bw'inyungu z'abantu, badashimisha Imana kurusha aba bantu b'imburamukoro bavuga ko ari iyobokamana ariko bakibanda ku mfashanyo z'ubuntu."

"Ibitekerezo byanjye byuzuyemo umwuka ku ivugurura ry'imibereho byahagaritswe n'ijwi ry'umusanyasi muremure wahagaze imbere yanjye."

"Yaravuze ati: 'Mutware, hari

umutagatifu uri kuguhamagara.’

“Ni nde?”

“Ngwino na reba kuri wowe ubwawe.’

"Mu gutindiganya gukurikira ibi laconic inama, Jye vuba byabonetse jyewe ubwanjye hafi a igiti wa nde amashami bari

nikingiraga umwarimu w'umuhanga hamwe n'itsinda ryiza ry'abigishwa. Umwigisha, umuntu udasanze, ufite amaso yijimye, yahagurutse anyegera maze arampobera.

"Murakaza neza, Swamiji," aravugaga

abagiranye urukundo. "Nyakubahwa,"

namusubije ntashidikanya nti 'Sindi

swami .'

"Abo Imana yantegetse guha izina rya "swami" ntibigera babireka.' Uwo mutagatifu yambwiye mu buryo bworoshye, ariko ukuri kwari mu magambo ye; nahise numva mfite umugisha wo mu mwuka. Namwenyuye ubwo nazamukaga mu buryo butunguranye mu muryango w'abihaye Imana ba kera, **36-1** Napfukamye imbere y'ibirenge by'ikiremwa gikomeye kandi cy'abamarayika cyambaye ishusho y'umuntu cyari cyaranyubashye gityo .

"Babaji - kuko koko ari we - yanyeretse kwicara hafi ye munsu y'igiti. Yari akomeye kandi akiri muto, kandi yasaga na Lahiri Mahasaya; ariko uko basa ntibyashimishije, nubwo nakunze kumva ibintu bisa bidasanze mu miterere y'abo batware babiri. Babaji afite imbaraga akoresha mu kubuza igitekerezo icyo ari cyo cyose cyavuka mu mutwe w'umuntu. Biragaragara ko uyu muyobozi mukuru yashakaga ko mba umuntu usanze imbere ye, ntatinye kumenya uwo ari we.

'? Iki kora wowe Tekereza bya i *Kumbha Mela*'"

"Nababajwe cyane, bwana.' Nongeyeho vuba nti 'Kugeza igihe nahuye nawe. Mu buryo bumwe, abera n'uru rusaku ntibisa nkaho ari hamwe.'

"Mwana wanjye," shebuja aravugaga, nubwo bigaragara ko nari mfite imyaka hafi ibiri, "kubera amakosa ya benshi, ntugacire urubanza bese. Ibintu byose ku isi bifite imiterere ivanze, nk'uruvange rw'umucanga n'isukari. Ba nk'ikinyobwa cy'umunyabwenge gifata isukari gusa, kigasiga umucanga utagikozeho. Nubwo abasadu benshi hano bagikomeza kuzererera mu buyobe, ariko mela *yahawe* umugisha n'abantu bake b'Imana ."

"Muri kureba bya wanjye kwiha inama hamwe na ibi yazamuwe shobuza, Jye vuba byemeranyijweho hamwe na bya kwitegereza.

"Bwana,' naravuze nti, 'Natekereje ku banyasiyansi bo mu Burengerazuba bw'Isi, bafite ubwenge burenze kure abantu benshi bateraniye hano, batuye mu Burayi bwa kure na Amerika, bemera imyizerere itandukanye, kandi batazi indangagaciro nyazo z'abantu nk'abo *muri* iki gihe. Ni bo abagabo bashobora kungukirwa cyane no

guhura n'abahanga mu Buhinde. Ariko, nubwo bafite ubumenyi bwinshi, Abanyaburayi benshi bashyingirwa kugira ngo bashyire mu byiciro ibintu by'umubiri. Abandi, bazwi mu bya siyansi na filozofiya, ntibemera ubumwe bw'ingenzi mu idini. Imyemerere yabo ikora nk'inzitizi zidashobora kuneshwa zishobora kubatandukanya natwe iteka ryose.

""Nabonye ko ushishikajwe n'Uburengerazuba, ndetse n'Uburasirazuba.' Babaji yashimye cyane. 'Numvise ububabare bw'umutima wawe, buhagije abantu bose, baba ab'Iburasirazuba cyangwa ab'Iburasirazuba. Niyo mpamvu naguhamagaye hano.

Yakomeje agira ati: “Uburasirazuba n’Uburengerazuba bigomba gushyiraho inzira y’agaciro yo hagati y’ibikorwa n’iby’umwuka bihuriweho.” “Ubuhinde bufite byinshi byo kwigira ku Burengerazuba mu iterambere ry’ibintu; bityo, Ubuhinde bushobora kwigisha uburyo rusange Uburengerazuba buzakoresha mu gushingira imyizerere yabwo ku rufatiro rudahinduka rwa siyansi ya yoga.”

""Wowe Swamiji, ufite uruhare mu biganirwa bigiye kuza hagati y'Uburasirazuba n'Uburengerazuba. Hashize imyaka mike nzakoherereza umwigishwa ushobora gutoza gukwirakwiza yoga mu Burengerazuba. Imitingito y'abantu benshi bashakira iby'umwuka iranyinjiramo nk'inkubi y'umuyaga. Ndabona abashobora kuba abera muri Amerika no mu Burayi, bategereje gukangurwa.""

Kuri ibi ingingo muri bya inkuru, Siri Yukteswar yahindukiye bya kure byuzuye ku yanjye.

"Mwana wanjye," aravugaga amwenyura mu mucyo w'ukwezi, "uri umwigishwa Babaji yansezeranyije ko azanyoherereza imyaka myinshi ishize."

Nashimishijwe no kumenya ko Babaji yari yanyoboye i Sri Yukteswar, nyamara byarangoye kwibona ndi mu Burengerazuba bwa kure, kure y'umwarimu wanjye nkunda n'amahoro yo mu gace k'iwacu.

"Babaji yaje kuvugaga kuri *Bhagavad Gita* ." Natangajwe no kubona yavuze amagambo make yo kumushimira ko yari azi ko nanditse ibisobanuro ku bice bitandukanye *bya Gita* .

“Ubwo ngusabye, Swamiji, ndakwinginze utange ikindi gikorwa,” umwarimu mukuru aravugaga. “Ese ntuzandika igitabo gito kivugaga ku bumwe bw’ibanze buri hagati y’ibyanditswe bya gikristo n’iby’abahindu? Ereka ukoresheje imirongo ijyanye n’ibyo ko abana b’Imana bahumekewe bavuze ukuri kumwe, ubu kwapfukiranywe n’itandukanirwa ry’abantu mu matsinda.”

""Maharaj,' **36-2** Jye yasubijwe mu buryo buteye isoni, 'Iki a tegeka! Bigomba Jye kuba gushobora kuri kuzuza Ni byo se?'

"Babaji yarasetse buhoro. 'Mwana wanjye, kuki ushidikanyaga?' aravugaga ahumirije. 'Koko se, ibi byose ni ibya nde, kandi ni nde ukora ibikorwa byose? icyo Uwitwaga yatumye kuvugaga cyose kigomba kugaragara nk'ukuri.'

"Niyumvisemo imbaraga mfite ku bw'imigisha y'umutagatifu, maze nemera kwandika igitabo. Numvise ntashakira ko isaha yo gusezera igera, ndahaguruka mu ntebe yanjye y'amababi."

""Uzi Lahiri?' **36-3** Shebujira aramubaza ati: 'Ni umuntu ukomeye, si byo se? Mubwire ibyo twahuye.' Hanyuma ampa ubutumwa bwo kwa Lahiri Mahasaya.

"Nyuma yo kunama nciye bugufi nsezera, umutagatifu yaramwenyuye cyane.
'Igitabo cyawe nikimara kurangira, nzagusura,' arasezerana. 'Uraho neza.'

"Navuye i Allahabad ku munsu wakurikiyeho njya i Benares mu myitozo. Ngeze mu
rugo rw'umwarimu wanjye, namubwiye inkuru y'umutagatifu mwiza wo muri
Kumbha Mela."

"Oh, ntiwamumenye?" Amaso ya Lahiri Mahasaya yari arimo kubyina aseka. 'Ndabona utabishoboye, kuko yakubujije. Ni umwarimu wanjye utagereranywa, Babaji wo mu ijuru!'"

"Babaji! Nasubijemo, ntangaye cyane. 'Yogi-Kristo Babaji! Umukiza utagaragara kandi utagaragara Babaji! Oh, iyo Nashoboraga kwibuka ibyahise nongera kuba imbere ye, kugira ngo nerekane ko niyeguriye Imana ye ibirenge!'"

"Nta na rimwe ubwenge,' Lahiri Ikihasaya yavuze mu buryo buhumuriza. 'Ye ifite byasezeranyijwe kuri reba wowe nanone.'"

"Gurudeva, umwarimu w'Imana yansabye kuguha ubutumwa. Ati: "Bwira Lahiri ko imbaraga zari zibitswe kuri ubu buzima zigabanuka; zigiyeye kurangira."

"Nkimara kuvuga aya magambo y'amayobera, ishusho ya Lahiri Mahasaya yaratitiriye nk'aho yakozweho n'umuraba. Mu kanya gato ibintu byose byari bimukikije byaracecetse; isura ye iramwenyura cyane. Nk'igishushanyo cy'igiti, kibabaye kandi kidahinduka mu ntebe yacyo, umubiri we Nabaye nk'ibara ridafite ibara. Nagize ubwoba kandi ndatangara. Mu buzima bwanjye sinigeze mbona uyu mutima wishimye ugaragaza uburemere bukabije nk'ubwo. Abandi bigishwa bari aho barebye bafite ubwoba."

"Amasaha atatu yarashize mu ituze ryinshi. Hanyuma Lahiri Mahasaya yongeye kwitwara neza, aganira n'abantu bose mu buryo bwuje urukundo. Buri wese yaruhutse."

"Nabonye ko ubutumwa bwa Babaji bwari ikimenyetso kidashidikanywaho cya ibyo Lahiri Mahasaya yasobanukiye ko umubiri we wari hafi gufungurwa. Guceceka kwe gutangaje byagaragaje ko mwarimu wanjye yari yarahise agenzura ubuzima bwe, agaca umugozi we wa nyuma wo kwihambira ku isi ifatika, maze agahungira ku isura ye ihoraho mu Mwuka. Amagambo ya Babaji yari yayavuze agira ati: 'Nzahorana nawe iteka ryose.'"

"Nubwo Babaji na Lahiri Mahasaya bari bazi byose, kandi ntibari bakeneye kuvugana binyuze kuri nje cyangwa undi muntu uwo ari we wese, abakomeye bakunze kwicisha bugufi kugira ngo bagire uruhare mu nkuru y'abantu. Rimwe na rimwe batanga ubuhanuzi bwabo binyuze ku ntumwa mu buryo busanzwe, kugira ngo isohozwa rya nyuma ry'amagambo yabo rishobore kongera kwizera Imana mu bantu benshi bazamenya iyo nkuru nyuma."

Sri Yukteswar yakomeje agira ati: "Bidatinze navuye i Benares, ntangira gukora i Serampore ku nyandiko z'Ibyanditswe Byera nari nasabwe na Babaji." Ako kanya ntangira akazi kanjye, nashoboye kwandika umuvugo weguriye inzobere itagira urupfu. Imirongo iryoshye yavuye mu ikaramu yanjye nta nkomyi, nubwo ntari narigeze ngerageza ubusizi bwa Sanskrit mbere yaho."

"Muri i ituze bya ijoro Jye ufite akazi kenshi jyewe ubwanjye birarangiye a kugereranya bya i Bibiliya na i ibyanditswe byera ya *Sanatan Dharma* . **36-4** Nasubiyemo amagambo y'Umwami Yesu wahishuriwe, nerekanye ko inyigisho ze mu by'ukuri zari zijyanye n'ibyahishuwe na *Vedas* . Nahumurijwe cyane no kubona igitabo cyanjye cyarangiye mu buryo igihe gito; nabonye ko uyu mugisha wihuse watewe n'ubuntu bwa *Param-Guru-Maharaj wanjye* . **36-5** Ibice byagaragaye bwa mbere mu kinyamakuru cya *Sadhusambad* ; nyuma byacapishijwe mu buryo bwigenga nk'igitabo n'umwe mu bigishwa banjye ba Kidderpore.

"Mu gitondo cyakurikiyeho narangije akazi kanjye k'ubuvanganzo," Master yakomeje agira ati, "nagiye muri Rai Ghat hano kwiyuhagira muri Ganges. Ghat yari yasigaye; Nahagaze gato, nishimira amahoro y'izuba. Nyuma yo kwibira mu mazi ashyushye, natangiye kujya mu rugo. Ijwi ryonyine ryari mu ituze ryari iry'igitambaro cyanjye cyuzuyemo Ganges, nsuka buri ntambwe. Ubwo nanyuraga hirya y'aho igiti kinini cya banyan cyari hafi y'inkombe y'uruzi, umutima ukomeye wanteye gusubiza amaso inyuma. Aho ngaho, munsu y'igicucu cya banyan, kandi akikijwe n'abigishwa bake, hari hatuye Babaji ukomeye!"

"Mwaramutse Swamiji!" Ijwi ryiza ry'umuyobozi ryaranguruye rinyemeza ko ntarotaga. 'Ndabona warangije neza igitabo cyawe. Nk'uko nabisezeranye, ndi hano kugushimira.'

"Mfite umutima utera cyane, nikubise hasi imbere ye. 'Param-guruji,' ndamutakambira nti, 'ese wowe n'aba chela bawe ntimuzaha icyubahiro inzu yanjye iri hafi aho muyifite?'"

"Umujyanama mukuru yaranze amwenyura. 'Oya mwana,' aravuga, 'turi abantu bakunda ubwihisho bw'ibiti; aha hantu ni heza cyane.'

"Ndakwinginze guma aho gato, Mwalimu.' Naramurebye ninginga. 'Nzagaruka ako kanya nzanye inyama zidasanzwe ziryoshye.'

"Ubwo nagarukaga mu minota mike mfite ibiryo biryoshye, dore ko banyan y'icyubahiro itari ikirinda itsinda ry'inyenyeri. Nashakishije hirya no hino muri ghat, ariko mu mutima wanjye nari nzi ko itsinda rito ryari ryamaze guhunga ku mababa ya etheric."

"Narababaye cyane. 'Nubwo twahura nanone, sinakwifuzza kuvugana na we,' niyijeje. 'Yari mubi cyane kunsiga mu buryo butunguranye.' Ibi byari uburakari bw'urukundo, birumvikana, nta kindi.

"Nyuma y'amezi make nasuye Lahiri Mahasaya i Benares. Ubwo ninjiraga mu cyumba cye gito cyo kuraramo, umwarimu wanjye yaramwenyuye amuramutsa."

"Murakaza neza, Yukteswar,' aravuga. 'Ese wahuye na Babaji ku muryango w'icyumba cyanjye?'" 'Kuki, oya,' nasubije ntangaye.

"Ngwino hano.' Lahiri Mahasaya yankozeho buhoro ku gahanga; ako kanya mbona, hafi y'umuryango, ishusho ya Babaji, isa n'indabyo nziza cyane.

"Nibutse ububabare bwanjye bwa kera, sinapfukama." Lahiri Mahasaya yarandebye atangaye. "Umuhanga mu by'Imana yarandebye amaso atagira icyo atekereza.

'Uranyakariye.'

""Bwana, kuki ntagomba kuba ndi we?' Naramusubije. 'Wavuye mu kirere n'itsinda ryawe ry'ubumaji, maze mu kirere gito urabura.'

""Nakubwiye ko nzakubona, ariko sinavuze igihe nzamara.' Babaji yarasetse buhoro. 'Wari wuzuye ibyishimo. Ndakwizeza ko nazimijwe cyane n'umwuka wo kudatuza kwawe.'

"Nahise nyurwa n'ibi bisobanuro bidashimishije. Napfukamyeye imbere y'ibirenge bye; umuyobozi w'ikirenga yankoze ku rutugu neza."

"Mwana wanjye, ugomba gutekereza cyane," aravugaga. "Amaso yawe ntabwo arakemangwa—ntiwashoboraga kumbona nihishe inyuma y'izuba." Ayo magambo mu ijwi ry'umwirongi wo mu ijuru, Babaji yazimiye mu mucyo wihishe.

Sri Yukteswar yasojeye agira ati: "Urwo rwari rumwe mu ruzinduko rwanjye rwa nyuma i Benares kugira ngo ndebe umushumba wanjye." "Nubwo Babaji yari yarabihanuye muri *Kumbha Mela*, Lahiri Mahasaya, nyir'urugo, yari agiye kwigira mu mubiri we, yari agiye kurangira. Mu mpeshyi yo mu 1895, umubiri we ukomeye wagize ikibyimba gito ku mugongo. Yanze kwicira; yari arimo gukora mu mubiri we karma mbi ya bamwe mu bigishwa be. Amaherezo, bamwe mu ba chelas barakomeje cyane; shebuja yasubije mu buryo buhishe ati:

"Icyo umubiri ifite kuri shaka a impamvu kuri genda; Jye ubushake kuba byemewe kuri icyo ari cyo cyose wowe gushaka kuri kora."

"Nyuma y'igihe gito, umwarimu utagereranywe yatanze umurambo we i Benares. Sinkeneye kumushakisha mu cyumba cyeye gito cyo kuraramo; mbona buri muni w'ubuzima bwanjye ufite umugisha ku buyobozi bwe buri hose."

Nyuma y'imyaka myinshi, bivuye mu kanwa ka Swami Keshabananda, **36-6** Kubera ko nari umwigishwa ukomeye, numvise amakuru menshi meza yerekeye urupfu rwa Lahiri Mahasaya.

Keshabananda yarambwiye ati: "Iminsi mike mbere y'uho umushumba wanjye yegura umurambo we," yihinduye umubiri imbere yanjye ubwo nari nicaye mu nzu yanjye yo kwakiriramo i Hardwar.

"Ngwino kuri rimwe kuri Benares." Hamwe na ibi amagambo Lahiri Ikihasaya yarazimiye.

"Nahise nitoza yerekeza i Benares. Mu rugo rw'umwarimu wanjye nasanze abigishwa benshi bateraniye hamwe. Mu masaha y'umunsi uwo muni kuva ku masaha **36 kugeza 7** Umutoza yasobanuye *Gita*; hanyuma aratuvugisha mu buryo bworoshye.

"Jyewe am Kugenda mu rugo."

"Arira cyane" bya ububabare inzara hanze nka umuntu bidasubirwaho umugezi.

"Humura; nzazuka." Nyuma y'iryo jambo Lahiri Mahasaya yahindukije umubiri we gatatu akora uruziga, areba mu majyaruguru mu gihagararo cyeye cya lotus,

maze yinjira mu buryo bwiza bwa *mahasamadhi ya nyuma* . **36-8**

"Umurambo mwiza wa Lahiri Mahasaya, wakundwaga cyane n'abakunzi be, watwitswe mu buryo butangaje "Imihango yo mu rugo i Manikarnika Ghat hafi ya Ganges ntagatifu," Keshabananda arakomeza. "Ku munsu wakurikiyeho, saa yine za mu gitondo, ubwo nari nkiri i Benares, icyumba cyanyje cyari cyuzuyemo urumuri rwinshi. Dore! imbere yanyje hari hahagaze umubiri n'amaraso bya Lahiri Mahasaya! Byasaga neza n'umubiri we ushaje, uretse ko byasaga n'aho ari muto kandi birabagirana cyane. Inzobere yanyje yaravuganye nanjye.

"Keshabananda,' aravuga, 'ni nje. Kuva mu matome yangiritse y'umubiri wanje watwitswe, nazuye umubiri wavuguruwe. Umurimo wanje wo ku isi warangiye; ariko sinzava ku isi burundu. Kuva ubu nzamara igihe gito ndi kumwe na Babaji mu misozi ya Himalaya, no muri Babaji mu kirere.'

"Numvise amagambo make y'umugisha, umwarimu w'ikirenga yarazimiye. Ihumure ritangaje ryuzuye umutima wanje; Narishimye mu mwuka kimwe n'abigishwa ba Kristo na Kabir kuva ku nshuro ya 36 kugeza ku ya 9. " igihe bari bamaze kwitegereza abahanga babo bazima nyuma y'urupfu rw'umubiri.

Keshabananda yakomeje agira ati: "Ubwo nasubiraga mu kigo cyanjye cya Hardwar cyiherereye, nari mfite ivu ryera ry'umwarimu wanje. Ndabizi ko yahunze ikiraro cy'ahantu n'igihe; inyoni iboneka hose yarabohowe. Nyamara byampumuriye umutima wanje gushyira ibisigazwa bye byera mu rusengero."

Undi mwigishwa wahawe umugisha no kubona umushumba we wazutse ni Panchanon Bhattacharya, washinze ikigo cy'ubutumwa cya Calcutta Arya. **36-10**

Nasuye Panchanon mu rugo rwe i Calcutta, maze ntega amatwi inkuru y'imyaka myinshi yamaze ari kumwe n'umutoza. Mu gusoza, yambwiye ikintu gitangaje cyane mu buzima bwe.

Panchanon yaravuze ati: "Hano i Calcutta, saa yine za mu gitondo nyuma yo gutwikwa kwe, Lahiri Mahasaya yanbonekeye mu ikuzo rizima."

Swami Pranabananda, "umutagatifu ufite imibiri ibiri," na we yambwiye amakuru arambuye ku byo yabonye mu buryo bw'ikirenga.

"Iminsi mike mbere yuko Lahiri Mahasaya ava mu murambo we," Pranabananda yarambwiye ubwo yasuraga ishuri ryanjye rya Ranchi, "nabonye ibaruwa iturutse kuri we insaba ko nahita njya i Benares. Ariko natinze, sinashoboraga guhita ngenda. Ubwo nari ndi mu myiteguro y'urugendo rwanjye, ahagana saa yine za mu gitondo, nahise numva mfite ibyishimo byinshi no kubona ishusho nziza y'umwarimu wanje.

"Kuki kwihuta kuri Benares?' Lahiri Ikihasaya yaravuze ati, kumwenyura. 'Wowe agomba shaka njyewe hariya oya kirekire kurushaho.'

"Ubwo natangiraga gusobanukirwa akamaro k'amagambo ye, narize cyane, nizera ko namubonaga mu iyerekwa gusa."

"Umwami yaranyegereye ampumuriza. Ati 'Dore, kora ku mubiri wanje. Ndi muzima, nkuko bisanzwe. Ntukinubire; sinzaba ndi kumwe namwe iteka ryose?'"

Mu kanwa k'abo bigishwa batatu bakomeye, inkuru y'ukuri gutangaje yavuyemo:

Mu isaha ya saa kumi za mu gitondo, umunsi umwe nyuma y'uko umurambo wa Lahiri Mahasaya ushyinguwe mu muriro, umwami wazutse, mu mubiri nyawe ariko wahindutse, yagaragaye imbere y'abigishwa batatu, buri wese mu mujyi utandukanye.

"Rero igihe ibi byangirika agomba kugira shyira ku kutabora, na ibi umuntu usanzwe agomba kugira shyira ku

kudapfa, icyo gihe hazasohora ijambo ryanditswe ngo: “Urupfu rumizwe n'intsinzi.”
“Wa rupfu we, urubori rwawe ruri he? Wa rupfu we, gutsinda kwawe kuri he?” **36-11**

36-1 : Siri Yukteswar yari nyuma ku mugaragaro yatangijwe mu i Swami Gutumiza na i *Mahant* (ikigo cy'abihaye Imana

umutwe) bya Buda Gaya. 36-2: "Umwami Mukuru" - izina ry'icyubahiro.

36-3 : A umwarimu ubusanzwe isobanura kuri bye kwiha umwigishwa gusa na bye izina, gusiba icyo ari cyo cyose umutwe. Bityo, Babaji yavuze "Lahiri," ntabwo ari "Lahiri Mahasaya."

36-4 : Mu buryo bw'umwimerere, "iteka" idini," i izina byatanzwe kuri i umubiri bya Vedic inyigisho. *Sanatan Dharma* ifite ngwino kuri kuba byitwa *Ubihindu* kuva i igihe bya i Abagereki nde byagenwe i abantu ku i amabanki bya i uruzi Indus nka *Indoos* , cyangwa *Abahindu* . Ijambo *Hindu* , mu buryo bukwiye, ryerekeza gusa ku bayoboze ba *Sanatan Dharma* cyangwa Hinduism. Ijambo *Umuhiindi* rikoresheka kimwe ku Bahindu n'Abahamedi n'abandi *baturage* bo mu butaka bw'Ubuhinde (ndetse no mu makosa y'ubutaka ya Columbus, ku banya-Mongolide b'Abanyamerika).

Izina rya kera ry'Ubuhinde ni *Aryavarta* , mu magambo ahinnye, "ahantu h'Abarya." Inkomoko y'ijambo rya Sanskrit rya *arya* ni "ikwiye, yera, y'icyubahiro." Gukoresheka nabi inkomoko ya *Aryan mu buryo bw'umuco* bitagaragaza imiterere y'umwuka, ahubwo imiterere y'umubiri, byatumye umunya-Oriental ukomeye, Umubare munini Muller, kuri vuga mu buryo butangaje: "Kugira ngo nyewe umuntu inzobere mu by'imibanire y'abantu nde aravugaga bya umuntu Aryan ubwoko, Aryan amaraso, Aryan amaso n'umusatsi, ni umunyabyaha ukomeye kimwe n'umuhanga mu ndimi uvugaga .inkoranyamagambo ya dolichocephalic cyangwa ikibonezamvugo cya brachycephalic

36-5 : *param-guru* ni mu buryo burambuye "umuhanga" "ikirenga" cyangwa "umuhanga" inyuma y'aho," bisobanura a umurongo cyangwa izungura bya abarimu. Babaji, i

.umwarimu bya Lahiri Mahasaya, yari i *param-guru* bya Siri Yukteswar

36-6 : Ibyanyije gusura kuri Keshabananda's ashram ni byasobanuwe ku pp. 405- 408.

36-7 : Nzeri 26, 1895 ni i itariki ku iki Lahiri Ikihasaya ibumoso bye umubiri. Muri a bike byinshi iminsi we yakwitwara bageze ku myaka mirongo itandatu n'umunani y'amavuko.

36-8 : Ireba mu majyaruguru, kandi gatatu ikazunguruka umubiri, ni bimwe mu bigize umuhanga wa Vedic ukoreshwa n'abahanga bazi mbere y'igihe igihe i umukino wa nyuma isaha ni kubyerekeye kuri imyigaragambyo kuri i umubiri umubiri. Itsinda icya nyuma gutekereza cyane, mu gihe iki i umuhanga guhuzwa ubwe muri Cosmic AUM, yitwa *maha* , cyangwa *samadhi ikomeye* .

36-9 : Kabir yari umutagatifu ukomeye wo mu kinyejana cya cumi na gatandatu, wari ugizwe n'abayoboze benshi b'Abahindu n'Abahamedi. Icyo gihe bya bye urupfu, i abigishwa intonganya birarangiye i uburyo bya kuyobora i umuhanga wo gushyingura imihango. Itsinda kurakara indabyo z'indabyo kuva bye umukino wa nyuma gusinzira, na yatanze bye amabwiriza. "Igice kimwe cya kabiri bya yanjye ibisigazwa agomba kuba yashyinguwe na i Isilamu imihango; " we yaravuze ati, "igice gisigaye gitwikwe n'isakaramentu ry'Abahindu." Hanyuma arazimira. Ubwo abigishwa bakinguraga isanduku yari irimo umurambo we, nta kindi cyabonetse uretse indabyo nziza cyane za champak zifite ibara rya zahabu. Kimwe cya kabiri cyazo cyashyinguwe n'Abayisilamu bubaha ubuturo bwe kugeza n'uyu muni.

Muri bye urubiruko Kabir yari yegereye na bibiri abigishwa nde yashakishwaga umunota umuhanga ubuyobozi ku ruhande i
:amayobera inzira. Shebuja yasubije mu buryo bworoshye ati

Inzira iteganya intera; Niba We kuba hafi, oya inzira bikenewe cyane wowe kuri byose. Mu by'ukuri byo bituma nyewe "
!inseko Kugeza kumva bya a ifi mfite inyota y'amazi

36-10 : Panchanon yashyizweho, muri a hegitari cumi na zirindwi ubusitani kuri Deogarh muri Bihar, a urusengeri irimo a ibuye ishusho ya Lahiri Umuhasaya. Ikindi ishusho bya i byiza cyane umuhanga ifite yabaye seti na abigishwa muri i gato isarumari bya bye Benares mu rugo.

36-11 : Jye *Abakorinto* 15:54-55 .

IGICE: 37

Jye Genda Kugeza Amerika

"Amerika! Nta gushidikanya ko aba bantu ari Abanyamerika!" Iki cyari igitekerezo cyanjye ubwo iyerekwa ry'isura z'iburengerazuba ryanyuraga imbere y'uko mbona imbere.

Nari nicaye inyuma y'amasanduku yuzuye ivumbi mu cyumba cy'ububiko bw'ishuri rya Ranchi. Ahantu hiherereye byari bigoye kubona muri iyo myaka y'akazi kenshi hamwe n'abana!

Iyerekwa ryarakomeje; imbaga y'abantu benshi, **37-1** anyitegereza cyane, ameze nk'umukinnyi wa filime unyuze mu cyiciro cy'ubwenge.

Urugi rw'ububiko rwarakinguwe; nkuko bisanzwe, umwe mu basore bato yari

yamenye aho nishye. "Ngwino hano, Bimal," ndarira nishimye. "Mfite inkuru

nziza kuri wewe: Uwiteka arampamagarira muri Amerika!" "Kuri Amerika?"

Umuhungu yasubiyemo amagambo yanjye mu ijwi ryerekana ko nabwiye

"ukwezi."

"Yego! Ndagiye kuvumbura Amerika, nka Columbus. Yibwiraga ko yavumbuye Ubuhinde; nta gushidikanya ko hari isano ya karmic hagati y'ibyo bihugu byombi!"

abiri cyamenyesheje ishuri ryose. Nahamagaye abarimu bari babuze icyo bakora maze nemerera ishuri kuyobora.

"Ndabizi ko uzakomeza gushyira imbere amahame ya yoga ya Lahiri Mahasaya," naravuze. "Nzakwandikira kenshi; Imana nibishaka, umunsi umwe nzagaruka."

Amarira yari mu maso yanjye ubwo narebaga ubwa nyuma abana bato n'amahegitari y'izuba ya Ranchi. Igihe cy'ubuzima bwanjye cyari kirangiye, nari nzi; kuva icyo gihe nzatura mu bihugu bya kure. Natangiye imyitozo i Calcutta amasaha make nyuma y'iyerekwa ryanjye. Umunsi ukurikiyeho nabonye ubutumire bwo kuba intumwa iturutse mu Buhinde mu nama mpuzamahanga y'abaharanira uburenganzira bw'amadini muri Amerika. Yagombaga guterana muri uwo mwaka i Boston, ku bw'ubuyobozi bw'ishyirahamwe ry'Abanyamerika ry'Abayunitariyani.

Ibyanjye umutwe muri a uruziga, Jye yashakishijwe hanze Siri Yukteswar muri Serampore.

"Guruji, natumiwe gutanga ijambo mu nama y'amadini muri Amerika. Ese

ngende?" "Imiryango yose irakinguye kuri wewe," Mwalimu asubiza mu

buryo bworoshye. "Ni ubu cyangwa ntibizigera bibaho."

"Ariko, "Nyakubahwa," Jye yavuze muri ubwoba, "iki kora Jye kumenya kubyerekeye rusange kuvuga? Ni gake cyane kugira Jye byatanzwe a ikiganiro,

na nta na rimwe muri icyongereza."

"Icyongereza" cyangwa oya icyongereza, ibyaweho amagambo ku yoga agomba kuba wumvise muri i Iburengerazuba."

Narasetse. "Noneho, mwariji mwiza, ndatekerezaga ko Abanyamerika batazamenya ikibengali! Ndakwinginze umpe umugisha wo gutsinda inzitizi z'ururimi rw'Icyongereza." **37-3**

Ubwo nabwiraga Papa inkuru y'ibyo nari nteganyaga, yaratangaye cyane. Kuri we Amerika yasaga n'aho iri kure cyane; yatinyaga ko atazongera kumbona ukundi.

"Ushobora kugenda ute?" Yabajije arakaye. "Ni nde uzagutera inkunga?" Kubera ko yari yarishyuye amafaranga yo kwiga no mu buzima bwanjye bwose, nta gushidikanya ko yizeye ko ikibazo cyeho cyahagarika umushinga wanjye mu buryo buteye isoni.

"Uwiteka azampa inkunga rwose." Ubwo nasubizaga iki gisubizo, natekereje ku kindi nari narahaye murumuna wanjye Ananta wo muri Agra kera. Nta buriganya bwinshi, nongeyeho nti "Data, wenda Imana izabigushyira mu bitekerezo byawe kugira ngo umfashe."

"Oya, "Nta na rimwe!" We yarebye kuri nyewe mu buryo bubabaje.

Ku bw'ibyo, natangajwe cyane ubwo Papa yampaga sheki, umunsi ukurikiyeho, yari yagenewe amafaranga menshi.

"Ndaguha aya mafaranga," aravugaga, "si uko ndi umubyeyi, ahubwo nk'umwigishwa wizerwa wa Lahiri Mahasaya." Genda hanyuma kuri ibyo kure Iburengerazuba ubutaka; gukwirakwira hariya i nta kwemera inyigisho bya *Kriya Yoga*."

Nakozwe ku mutima cyane n'umwuka wo kwitanga Papa yashoboye kwikuramo ibyifuzo bye bwite vuba. Yamenye neza mu ijoro ryabanjirije iryo ko nta cyifuzo gisanzwe cyo kujya mu mahanga cyari cyanteye urugendo rwanjye.

"Wenda ntuzongera guhura muri ubu buzima." Papa, wari ufite imyaka mirongo itandatu n'irindwi icyo gihe, yavuze ababaye.

An uburyo bworoshye bworoshye kwemeza byasabwe nyewe kuri igisubizo, "Nta gushidikanya i Umwami ubushake Kuzana twebwe hamwe rimwe byinshi."

Ubwo nakomezaga kwitegura kuva kuri Databuja n'igihugu cyanjye cy'amavuko nkajya ku nkombe zitazwi za Amerika, nagize ubwoba bwinshi. Nari numvise inkuru nyinshi zivugaga ku mwuka w'Uburengerazuba bw'isi, utandukanye cyane n'inkomoko y'umwuka y'Ubuhinde, wuzuyemo umwuka w'abatagatifu. "Umwarimu

wo mu Burasirazuba uzatinyuka umwuka w'Uburengerazuba," nibwiraga, "agomba kuba akomeye kurusha ibigeragezo by'ubukonje ubwo aribwo bwose bwa Himalaya!"

Umunsi umwe mu gitondo cya kare natangiye gusenga, mfite umuhate wo gukomeza, ndetse no gupfa nsenga, kugeza numvise ijwi ry'Imana. Nifuzaga umugisha wayo n'icyizere cy'uko ntazigera nica mu bicu by'ikoreshwa ry'ibintu bigezweho. Umutima wanjye wari witeguye kujya muri Amerika, ariko cyane cyane niyemeje kumva ihumure ry'uruhushya rw'Imana.

Narasenze ndasenga, ndira cyane. Nta gisubizo nabonye. Gusenga kwanjye mu ibanga byarushijeho kwiyongera kugeza ubwo, saa sita z'amanywa, nari maze kugera ku rwego rwo hejuru; ubwonko bwanjye ntibwashoboraga kwihanganira igitutu cy'umubabaro wanjye. Iyo nongera kurira n'ishyaka ryanjye ryimbitse, nagiraga Numvise nk'aho ubwonko bwanjye bugiye gucikamo kabiri. Muri ako kanya humvikana urusaku hanze y'uruganiriro ruri iruhande rw'icyumba cya Gurpar Road aho nari nicaye. Nakinguye urugi, nabonye umusore wambaye imyenda mike y'umuntu utazwi. Yinjiye, afunga urugi inyuma ye, yanga ko nicara, anyereka n'ikimenyetso ko ashaka kuvugana nanjye mpagaze.

"Agomba kuba ari Babaji!" Natekereje mfite ubwoba, kuko umugabo wabanjirije undi yari afite imiterere nk'iya Lahiri Mahasaya ukiri muto.

Yansubije igitekerezo cyanjye. "Yego, ndi Babaji." Yavuganye urwenya mu rurimi rw'igihindi. "Data wa twese wo mu ijuru yumvise isengesho ryawe. Antegeka kukubwira ati: Kurikiza amabwiriza y'umwari wawe maze ujye muri Amerika. Witinya; uzahabwa uburinzi."

Nyuma yo guceceka gato, Babaji yongeye kumbwira ati: "Ni wowe nahisemo kugira ngo nkwirakwize ubutumwa bwa *Kriya Yoga* mu Burengerazuba. Kera cyane nahuye n'umwarimu wawe Yukteswar muri *Kumbha Mela* ; namubwiye ko nzakohereza aho ari kugira ngo uhugurwe."

Nari mfite icyo mvuga, ndumirwa n'ubwoba bwo mu buryo bw'umwuka kubera ko ariho, kandi nkozwe ku mutima cyane no kumva amagambo aturutse kuri iminwa ye bwite ko yanyoboye i Sri Yukteswar. Naraye hasi imbere y'umwarimu utagira urupfu. Yankuye hasi mu buryo bw'ubugwaneza. Ambwira ibintu byinshi ku buzima bwanjye, hanyuma ampa amabwiriza amwe n'amwe, anavuga ubuhanuzi bumwe na bumwe bw'ibanga.

Amaherezo yavuze mu buryo bw'icyubahiro ati: " *Kriya Yoga , ubuhanga bwa siyansi bwo kumenyekanisha Imana,*" amaherezo izakwirakwira mu bihugu byose, kandi ifashe mu guhuza amahanga binyuze mu buryo umuntu abona Data Utagira Iherezo mu buryo bwe bwite."

Umwami yanshimishije cyane ubwo yabonaga ubwenge bwe bwo mu kirere. Mu kanya gato yatangiye yerekeza ku muryango.

"Ntugerageze kunkurikira," aravuga. "Ntuzabishobora."

"Ndakwinginze, Babaji, ntugende!" Nararize kenshi. "Njyana

nawe!" Asubije amaso inyuma, asubiza ati "Si ubu. Ikindi

gihe."

Kubera ko narenzwe n'amarangamutima, nirengagije umuburo we. Ubwo nageragezaga kumukurikirana, nasanze ibirenge byanjye byari bishinze imizi hasi. Nkiri ku muryango, Babaji yanrebye bwa nyuma mu buryo bw'urukundo. Yazamuye ukuboko kwe nk'umugisha maze aragenda, amaso yanjye amureba amwifuje cyane.

Nyuma y'iminota mike ibirenge byanjye byari birekuye. Nicaye hasi ntangira gutekereza cyane, ntahwema gushimira Imana ko yanshubije isengesho ryanjye gusa, ahubwo ko yampaye umugisha wo guhura na Babaji. Umubiri wanjye wose wasaga n'aho wejejwe n'umutware wa kera, uhora ari muto. Hari hashize igihe kinini mfite icyifuzo gikomeye cyo kumureba.

Kugeza ubu, sinigeze mbwira umuntu uwo ari we wese iyi nkuru y'inama nagiranye na Babaji. cyera cyane mu byo nanyuzemo mu buzima bwanjye, nagihishe mu mutima wanjye. Ariko igitekerezo cyaje mu mutima wanjye cy'uko abasomyi b'iyi nkuru y'ubuzima bwabo bashobora kwemera ukuri kw'uko Babaji yari wenyine n'inyungu ze z'isi ari uko mvuze ko namubonye n'amaso yanjye. Nafashije umuhanzi gushushanya ishusho nyayo ya Yogi-Christ ukomeye wo mu Buhinde bwa none; igaragara muri iki gitabo.

Itsinda umunsi ubanziriza bya yanjye kugenda kuri i Ibihugu byunze ubumwe Ibihugu byabonetse njyewe muri Siri Yukteswar's cyera kuhaba.

"Wibagirwe ko wavutse uri Umuhindu, kandi ntube Umunyamerika. Fata ibyiza muri byo byombi," Master yavuze mu buryo bwe bw'ubwenge butuje. "Ba wowe ubwawe nyakuri, umwana w'Imana. Shaka kandi winjize mu mico yawe imico myiza y'abavandimwe bawe bose, bakwirakwiriye ku isi mu moko atandukanye."

Hanyuma yampaye umugisha ati: "Abantu bose bazaza kuri wewe bafite ukwizera, bashaka Imana, bazafashwa. Uko ubareba, umuyoboro w'umwuka uva mu maso yawe uzinjira mu bwonko bwabo maze uhindure ingeso zabo z'umubiri, bigatuma barushaho kwitondera Imana."

Yakomeje agira ati: "Ubushobozi bwawe bwo gukurura abantu b'inyangamugayo ni bwiza cyane. Aho uzajya hose, ndetse no mu butayu, uzabona inshuti."

Imigisha ye yombi yagaragaye neza. Naje muri Amerika nyenye, mu butayu nta nshuti n'umwe mfite, ariko aho ngaho nasanze abantu ibihumbi biteguye kwakira inyigisho z'ubugingo zimaze igihe kirekire.

Navuye mu Buhinde muri Kanama 1920, njya mu *Muji wa Sparta*, ubwato bwa mbere bw'abagenzi bwerekezaga muri Amerika nyuma y'intambara ya mbere y'isi yose irangiye. Nashoboye kubona inzira nyuma yo kwimurwa, mu buryo butangaje, mu bibazo byinshi "bijyanye no guhabwa pasiporo yanjye."

Mu rugendo rw'amezi abiri, mugenzi wanjye twakoranye yamenye ko ndi intumwa y'Abahinde mu nteko ishingira amategeko ya Boston.

"Swami Yogananda," yavuze, afite invugo ya mbere mu mvugo nyinshi zidasanzwe nyuma yaho numvise izina ryanjye rivugwa n'Abanyamerika, "ndakwinginze ufashe abagenzi mu gutanga ikiganiro gikurikiraho." Ku wa Kane nijoro. Ndatekereza ko twese twakungukirwa n'ikiganiro kivuga ku 'Intambara y'Ubuzima n'Uburyo bwo Kuyirwanya.'"

Yewe! Nagombaga kurwana intambara y'ubuzima bwanjye, nk'uko nabimenye ku wa gatatu. Nagerageje cyane gushyira ibitekerezo byanjye mu kiganiro mu

Cyongereza, amaherezo naretse imyiteguro yose; ibitekerezo byanjye, nk'indogobe y'ishyamba ireba ku ntebe, yangaga gukorana n'amategeko y'ikibonezamvugo cy'Icyongereza. Ariko, nizeye byimazeyo ibyo Master yari yansezeranyije mu gihe cyashize, nagaragaye imbere y'abari aho ku wa Kane muri saloon y'imodoka. Nta mvugo nagiraga; nahagaze imbere y'iteraniro nta cyo mvuga. Nyuma y'irushanwa ryo kwihangana ryamaze iminota icumi, abari aho babonye ikibazo cyanjye maze batangira guseka.



Mpagaze ku kibuga mbere y'isomo rimwe muri Amerika. Iri somo ry'abanyeshuri igihumbi ba yoga ryabereye i Washington, DC

Icyo gihe ntabwo byari bisekeje kuri njye; narakaye cyane nohereje isengesho ry'ubucece kuri Mwalimu. "Urashobora ! Vuga!" Ijwi rye ryahise ryumvikana mu bwenge bwanjye.

Ibitekerezo byanjye byahise bitangira kuba umubano mwiza n'ururimi rw'Icyongereza. Nyuma y'iminota mironko ine n'itanu abari aho bari bagiteze amatwi. Ikiganiro cyatumye ntumirwa kenshi mu kiganiro nyuma imbere y'amatsinda atandukanye yo muri Amerika.

Nyuma yaho, sinigeze nibuka ijambo nari navuze. Mu kubaza mu ibanga namenye ku bagenzi benshi: "Watanze ikiganiro gishishikaje mu Cyongereza gikangura kandi gikwiye." Kuri iyi nkuru nziza nashimiye umutoza wanjye nicishije bugufi ku bw'ubufasha bwe ku gihe, nongera kubona ko ahora hamwe nanjye, ngakuraho inzitizi zose z'igihe n'umwanya.

Rimwe na rimwe, mu gihe cy'urugendo rwo mu nyanja, nagize impungenge nke ku birebana n'amakuba yari agiye kuza mu kiganiro cy'Icyongereza mu nama y'Inteko Ishinga Amategeko ya Boston.

"Mwami," narasenze nti, "ndakwinginze reka ibitekerezo byanjye bibe wowe ubwawe, aho kongera kuba ibisasu by'abateranye !"

Umujyi wa Sparta wageze hafi ya Boston mu mpera za Nzeri. Ku itariki ya gatandatu Ukwakira nafashe ijambo Kongere hamwe n'ijambo ryanjye rya mbere muri Amerika. Ryakiriwe neza; nararuhutse cyane. Umunyamabanga mukuru w'Umuryango w'Abanyamerika w'Ubumwe bw'Abanyamerika yanditse igitekerezo

gikurikira mu nkuru yasohotse **37-4** by'ibikorwa bya kongere:

"Swami Yogananda, intumwa ya Brahmacharya Ashram yo muri Ranchi, mu Buhinde, yazanye indamukanyo z'Ishyirahamwe rye muri Kongere. Mu Cyongereza cyiza no mu ijambo ry'agahato yatanze ijambo ry'umuntu uzwi cyane kuri 'Ubumenyi bw'Idini,' ryacapwe mu buryo bw'udutabo kugira ngo rikwirakwizwe mu buryo bwagutse. Yavuze ko idini ari rusange kandi ni rimwe. Twebwe

Ntibishoboka ko imigenzo n'imyizerere runaka byakwirakwira hose, ariko ikintu gihuriweho mu idini gishobora gukwirakwira hose, kandi dushobora gusaba bese kugikurikiza no kucubahiriza."

Kubera ubwitange bwa Papa, nashoboye kuguma muri Amerika nyuma y'uko kongere irangiye. Imyaka ine y'ibyishimo nayimaze mu buzima buciriritse i Boston. Natanze ibiganiro bya rubanda, nigisha amasomo, kandi nanditse igitabo cy'imivugo, *Indirimbo z'ubugingo*, gifite intangiriro ya Dr. Frederick B. Robinson, Perezida wa Koleji y'Umuji wa New York. **37-5**

Natangiyemo urugendo rwo kwambukiranya imigabane mu mpeshyi yo mu 1924, mvugaga imbere y'abantu babarirwa mu bihumbi mu mijyi minini, ndangije urugendo rwanjye rwo mu burengerazuba n'ikiruhuko mu majyaruguru meza ya Alaska.

Mfashijwe n'abanyeshuri b'umutima mwiza, mu mpera za 1925 nari maze gushinga icyicaro gikuru cy'Abanyamerika ku musozi wa Washington Estates i Los Angeles. Iyo nyubako niyo nari narabonye imyaka myinshi mbere mu iyerekwa ryanjye i Kashmir. Nihutiye kohereza amafoto ya Sri Yukteswar y'ibikorwa bya kure by'Abanyamerika. Yansubije akoresheje ikarita mu rurimi rw'Ikibengali, aho nahinduye hano:

Iya 11 Kanama, 1926

Umwana bya yanjye umutima, O Yogananda!

Kubona amafoto y'ishuri ryawe n'abanyeshuri bawe, ibyishimo biza mu buzima bwanjye ntashobora kubigaragaza mu amagambo. Ndimu ndanezerwa cyane no kubona abanyeshuri bawe ba yoga bo mu mijyi itandukanye. Kubona uburyo bwawe mu ndirimbo zivugaga, mu mvugo zikiza, no mu masengesho y'Imana akiza, sinshobora kwifata kugushimira bivuye mu mutima wanjye. Kubona irembo, imisozi miremire izamuka, n'ahantu nyaburanga heza. nkwirakwira munsu y'ubutaka bwa Mount Washington, ndifuza kubyibonera n'amaso yanjye.

Ibintu byose biri kugenda neza. Ku bw'ubuntu bw'Imana, muhorane

ibyishimo. SRI YUKTESWAR GIRI

Imyaka yarahise yihuta. Natanze inyigisho mu bice byose by'igihugu cyanjye gishya, kandi mbwira amagana y'amatsinda y'amatsinda, amashuri makuru, insengero, n'amatsinda y'amadini yose. Abanyamerika ibihumbi mirongo bahawe inyigisho za yoga. Bose nabahaye igitabo gishya cy'ibitekerezo byo gusenga mu 1929- *Whispers From Iteka ryose*, hamwe n'intangiriro ya Amelita Galli-Curci. **37-6** Aha ngaha, mu gitabo, natanze igisigo cyitwa "Mana! Mana! Mana!", cyanditswe mu ijoro rimwe ubwo nari mpagaze ku rubuga rw'inyigisho:

Kuva i uburebure bya gusinzira,
Ubwo nazamukaga ku madarajya yo kuba maso,
ndavuga nti:
Mana! Mana! Mana!
Uri ibiryo, kandi iyo nsohokeye igisibo
cyanjye cyo gutandukana nawe nijoro,
Jye uburyohe Wowe, na mu mutwe vuga uti:

Mana! Mana! Mana!
Aho ngiye hose, isura y'ubwenge bwanjye ihora
igukingurira;
Kandi muri i Intambara din bya igikorwa
Induru yanjye y'intambara ihora ivuga
ngo: Mana! Mana! Mana! Iyo inkubi
y'umuyaga w'ibigeragezo ivuza induru,
Kandi iyo impungenge zinteye ubwoba,
Jye kurohama ibyabo urusaku, ijwi rirenga kuririmba:
Mana! Mana! Mana!
Iyo ubwenge bwanjye buboshye
inzosi hamwe n'imizingo
y'ibyibuka,
Hanyuma ku ibyo ubumaji umwenda Jye shaka byashushanyije:
Mana! Mana! Mana!
Buri nijoro, muri igihe bya cyane cyane gusinzira,
Inzosi zanjye z'amahoro kandi ndahamagara
nti, Ibyishimo! Ibyishimo! Kandi ibyishimo
byanjye biza bihora biririmba:
Mana! Mana! Mana!
Mu kubyuka, mu kurya, mu gukora, mu kurota, mu
gusinzira, mu gukorera, mu gutekereza, mu
kuririmba, mu rukundo rw'Imana, Roho yanjye
ihora ituje, ntiyumviswe n'umuntu uwo ari we
wese:
Mana! Mana! Mana!

Rimwe na rimwe - akenshi ku itariki ya mbere y'ukwezi ubwo hatangwaga fagitire
zo kubungabunga Mount Washington n'ibindi bigo by'ubusabane bwo kwigira! -
natekerezaga cyane ku mahoro yo mu Buhinde. Ariko buri muni nabonaga
ubwumvikane burushijeho kwaguka hagati y'Iburengerazuba n'Iburasirazuba;
umutima wanjye warishimye.

Nasanze umutima ukomeye wa Amerika ugaragazwa mu mirongo itangaje ya Emma
Lazarus, yashushanyijwe hasi ku ishusho y'ubwisanzure, "Umubyeyi w'abavanywe
mu bunyaga":

Kuva we ukuboko kw'ibendera
Irabagirana ku isi yose; amaso ye yoroheje
ayobora icyambu cyuzuyemo ikiraro cy'indege
kigizwe n'imijyi ibiri.

"Komeza, mwa bihugu bya kera, ubwiza bwanyu
bw'amagorofa!" arataka afite iminwa ituje. "Mpa
abarushye banyu, abakene banyu, imbaga yanyu
irundanyije yifuza guhumeka neza,
Imyanda mibi yo ku nkombe yawe yuzuye.
Nyohereza aba, abatagira aho baba, inkubi
y'umuyaga, nzamuye itara ryanjye iruhande
rw'umuryango w'izahabu.

37-1 : Byinshi bya ibyo amasura Jye kugira kuva yagaragaye muri i Iburengerazuba, na ako kanya byemewe..

37-2 : Swami Premananda, ubu i umuyobozi bya i Kwimenya Kiliziya bya Byose Amadini muri Washington, DC, yari kimwe y'abanyeshuri bo mu ishuri rya Ranchi icyo gihe navuyeyo njya muri Amerika. (Icyo gihe yari Brahmachari Jotin.)

37-3 : Siri Yukteswar na Jye ubusanzwe kuganira muri Ikibengali.

37-4 : *Gishya Ingendo z'abashyitsi Cya Itsinda Umwuka* (Boston: Ikimenyetso cy'izuba Itangazamakuru, 1921).

37-5 : Dr. na Madamu Robinson yasuwe Ubuhinde muri 1939, na bari icyubahiro abashyitsi kuri i Ranchi ishuri.

37-6 : Mme. Galli-Curci na we umugabo, Homer Samweli, i umucuranzi wa piyano, kugira yabaye Kriya Yoga abanyeshuri kuri makumyabiri imyaka. Imyaka gutera imbaraga inkuru bya i icyamamare Intangiriro Donna's imyaka bya umuziki ifite yabaye vuba aha byatangajwe (*Galli-Curci's Ubuzima Cya Indirimbo* , yanditswe na CE LeMassena, Paebur Co., New York, 1945).

IGICE: 38

Luther Burbank -- A Mutagatifu Hagati muri Itsinda Amaroza

"Ibanga ryo kunoza ubworozi bw'ibimera, uretse ubumenyi bwa siyansi, ni urukundo." Luther Burbank yavuze ubu bwenge ubwo nagendanaga iruhande rwe mu busitani bwe bwa Santa Rosa. Twahagaze hafi y'ubusitani bwa cacti iribwa.

Yakomeje agira ati: "Mu gihe nakoraga igerageza ryo gukora cacti 'itagira umugongo'," "Nakundaga kuganira na ibimera kugira ngo bireme urukundo ruhinda. 'Nta cyo mugomba gutinya,' nababwiraga. 'Ntabwo ukeneye amahwa yawe yo kwirwanaho. Nzakurinda.' Buhoro buhoro, igihingwa cy'ingirakamaro cyo mu butayu cyaravutse muri ubwoko butagira amahwa.

Nashimishijwe cyane n'iki gitangaza. "Ndakwinginze, Luther mukunzi, mpa amababi make ya cacti yo gutera mu busitani bwanjye i Mount Washington."

A umukozi guhagarara hafi yatangiye kuri agapira irazimye bimwe amababi; Burbank byabujijwe we.

"Njye ubwanjye nzabikuramo kugira ngo mbirye." Yampaye amababi atatu, nyuma ndayatera, nishimye uko yakuraga akaba menshi.

Umuhinzi w'indabyo ukomeye yambwiye ko intsinzi ye ya mbere ikomeye yari ikirayi

kinini, ubu kizwi ku izina rye. Kubera ubuhanga bwe budacogora, yakomeje kwereka isi amagana y’abantu

Yavuguruye ibidukikije - ubwoko bwe bushya bwa Burbank bw'inyanya, ibigori, ibihumyo, sheri, plums, nectarines, imbuto, poppy, lilies, roza.

Nashyize kamera yanjye mu mwanya wa Luther ubwo yanyoboraga imbere y'igiti cy'inزابibu kizwi cyane, aho yagaragaje ko ubwihindurize bw'ibinyabuzima bushobora kwihutishwa hakoreshejwe ikoranabuhanga rya telesikope.

Yagize ati: "Mu myaka cumi n'itandatu gusa, iki giti cy'inزابibu cyageze ku rwego rwo gutanga umusaruro mwinshi w'inزابibu, aho umuntu udafite ubufasha yari kuba yarakigejemo kabiri icyo gihe."



Luther Burbank, ukundwa inshuti, amafoto hamwe na nyewe muri bya Santa Rosa ubusitani.

Burbank's gato yakiriwe umukobwa yaraje gukina hamwe na we imbwa mu i ubusitani.

"Ni ikimera cyanjye cy'umuntu." Luther yamukomangaga abigiranye urukundo. "Ubu mbona abantu nk'ikimera kinini, gikeneye urukundo rwo hejuru gusa, imigisha karemano yo hanze, no kwambuka no gutoranya ibintu mu buryo bw'ubwenge. Mu gihe cy'ubuzima bwanjye nabonye iterambere ritangaje mu iterambere ry'ibimera ku buryo ntegereje isi nziza kandi yishimye abana bayo bamaze kwigishwa amahame yo kubaho mu buryo bworoshye kandi bushyize mu gaciro. Tugomba kugaruka ku bidukikije no ku Mana yabyo."

"Luther, wakwishimira ishuri ryanjye rya Ranchi, rifite amasomo yo hanze, n'umwuka w'ibyishimo n'ubworohereane."

Amagambo yanjye yankoze ku mutima cyane, hafi y'uburezi bwa Burbank bwo mu

mutima. Yambajije ibibazo byinshi, amaso ye meza kandi atuje arushaho kunshimisha.

Amaherezo yagize ati: "Swamiji," amashuri nk'ayanyu ni yo yonyine yizeye ikinyagihumbi cy'ejo hazaza. Ndi mu bwigomeke ku burezi bwo mu gihe cyacu, naciwe ku bidukikije kandi ndabangamira byose.

umwihariko. Jye am hamwe na wowe umutima na ubugingo muri ibyawwe ngiro amahame ngenderwaho bya uburezi."

Ubwo nari ngiye gusezera kuri uwo munyabwenge w'umunyabwenge, yandika igitabo gito aranyereka - ¹ "Hano ni yanjye igitabo ku *Itsinda Amahugurwa Cya Itsinda Umuntu " Ibimera ,*" ³⁸⁻² we yavuze. "Gishya ubwoko bya imyitozo irakenewe - igerageza ritagira ubwoba. Hari igihe igeragezwa rikomeye ryabashije kuzana ibyiza mu mbuto n'indabyo. Udushya mu burezi ku bana na two dukwiye kwiyoungera, tukaba abanyabutwari."

Muri iryo joro nasomye igitabo cye gito nshishikajwe cyane. Ijisho rye ryari rireba ahazaza heza cyane ku bwoko, yaranditse ati: "Ikintu kizima gikomeye kurusha ibindi byose muri iyi si, kigoye cyane kukireka, ni ikimera rimwe gihamye muri runaka ingeso.Wibuke ibyo ibi ikimera ifite byabitswe byayo umwihariko byose mu bihe bitandukanye; wenda ni kimwe gishobora gukurikiranwa mu bihe byinshi mu bitare ubwabyo, kitigeze gihinduka cyane muri ibi bihe binini byose. Ese wowe Tuvuge ko, nyuma y'ibi bihe byose byo gusubiramo, ikimera ntikigira ubushake, niba uhisemo kubyita gutyo, bufite imbaraga zidasanzwe? Koko rero, hari ibimera, nk'ibiganza bimwe na bimwe, bikomeje ku buryo nta bubasha bw'umuntu bwashoboye kubihindura. Ubushake bw'umuntu ni ikintu gito cyane usibye ubushake bw'ikimera. Ariko reba ukuntu ubukana bw'iki kimera cyose busenyuka gusa no kuvanga ubuzima bushya na cyo, bigatuma, binyuze mu kwambuka, impinduka yuzuye kandi ikomeye mu buzima bwacyo. Hanyuma igihe i ikiruhuko iraza, gusana byo na ibi ibisekuruza bya umurwayi kugenzura na guhitamo, na Ikimera gishya gitangira inzira yacyo nshya ntikizongera gusubira ku cya kera, imbaraga zacyo zizacika burundu.

"Iyo bigeze ku kintu cy'ibanga kandi cyoroshye nko kuba umwana, ikibazo kirushaho koroha."

Kubera ko nakuruwe n'uyu munyamamerika ukomeye, namusuye kenshi. Mu gitondo kimwe nagezeyo mu gihe kimwe n'umukozi w'iposita, washyize mu cyumba cyo kwigiramo cya Burbank amabaruwa agera ku gihumbi. Abahinzi b'imboga yanditse we kuva byose ibice bya i isi.

Luther yagize anezerewe ati: "Swamiji, kuba uri hano ni urwitwazo nkeneye rwo kujya mu busitani." Yafunguye akabati kanini karimo amakarita y'ingendo amagana.

"Reba," aravuga, "uku ni ko nkora ingendo zanjye. Nhambiriwe n'ibihingwa byanjye n'ubutumwa bwanjye, nyuzuzwa icyifuzo cyanjye cyo gushaka ibihugu by'amahanga mu kureba aya mafoto rimwe na rimwe."

Imodoka yanjye yari ihagaze imbere y'irembo rye; njye na Luther twagendaga mu mihanda y'umujyi muto, ubusitani bwawo burabagirana hamwe n'ubwoko bwe bwite

bwa roza za Santa Rosa, Peachblow, na Burbank.

Luther yarambwiye ati: "Njye n'inshuti yanjye Henry Ford twembi twemera inyigisho ya kera yo kwisubiraho mu buzima bushya." "Itanga urumuri ku bintu bitandukanye n'ibyo mu buzima. Kwibuka si ikizamini cy'ukuri; kuba umuntu yananiwe kwibuka ubuzima bwe bwa kera ntibyerekana ko atigeze abugira. Kwibuka nta kintu na kimwe kijyanye n'inda ye - ubuzima bwe n'ubwana bwe; ariko birashoboka ko yanyuzemo!"

Umuhanga mu bya siyansi yari yarahawe inyigisho za *Kriya* mu ruzinduko rwanjye rwa mbere. Yagize ati: "Nkoresha ubuhanga bwanjye cyane, Swamiji." Nyuma yo kumubaza ibibazo byinshi ku birebana n'ibintu bitandukanye

ibice bya yoga, Luther yavuze buhoro buhoro:

"Mu by'ukuri Iburasirazuba bufite ubumenyi bwinshi cyane ibihugu by'Iburengerazuba bitaratangira kuvumbura ."

Gushyikirana cyane n'ibidukikije, byamuhishuriye amabanga menshi yari ahishe kubera ishyari, byatumye Burbank yubaha cyane mu buryo bw'umwuka.

"Hari igihe numva ndi hafi cyane y'Imbaraga Itagira Umupaka," yavuze abigiranye isoni. Isura ye yoroheje kandi iteye ishozi yamurikiwe n'ibyo yibukaga. "Hanyuma nashoboye gukiza abarwayi bari hafi yanjye, ndetse n'ibimera byinshi birwaye."

Yambwiye ibya nyina, umukristo w'ukuri. Luther yaravuze ati: "Incuro nyinshi nyuma y'urupfu rwe, nahawe umugisha n'uko yabonekeye mu iyerekwa; yambwiye."

Twabwira yatwaye imodoka inyuma mu buryo butunguranye yerekeza bye mu rugo na ibyo gutegereza igihumbi amabaruwa.

"Luther," naravuze, "mu kwezi gutaha nzatangiza ikinyamakuru cyo gutangaza ukuri kw'ibihugu by'Iburasirazuba n'Iburengerazuba. Ndakwinginze umfashe guhitamo izina ryiza ry'ikinyamakuru."

Twaganiriye ku mitwe y'ibitabo igihe gito, amaherezo twemeranya ku bijyanye *n'Uburasirazuba n'Uburengerazuba* . Tumaze kongera kwinjira mu ishuri rye, Burbank yampaye inkuru yari yanditse kuri "Siyansi n'Uburere."

"Ibi ubushake genda muri i mbere ikibazo bya *"Iburasirazuba-Iburengerazuba"* , Jye yavuze mu buryo bushimishije.

Uko ubucuti bwacu bwagendaga burushaho gukomera, nise Burbank "umutagatifu wanjye w'Umunyamerika." "Dore umugabo," nasubije, "utagira uburiganya muri we!" Umutima we wari wimbitse cyane, wari uzi kwicisha bugufi, kwihangana, no kwigomwa. Urugo rwe ruto hagati y'indabyo z'indabyo rwari rworoshye cyane; yari azi ko ubutunzi ari ubusa, ibyishimo byo gutunga ibintu bike. Ubwiyoroshye yakundaga kuba icyamamare cye mu bya siyansi bwanyibukije kenshi ibiti binanutse bifite umutwaro w'imbuto zeze; ni igiti cy'intanga kizamura umutwe wacyo hejuru mu buryo budafite icyo buvuze.

Nari i New York ubwo inshuti yanjye magara yapfaga mu 1926. Narize cyane nti "Oh, nakwishimira kugenda n'amaguru kuva hano nkagera i Santa Rosa kugira ngo mbone undi muntu!" Nifungiranye kure y'abanyamabanga n'abashyitsi, namaze amasaha makumyabiri n'ane akurikira niherereye.

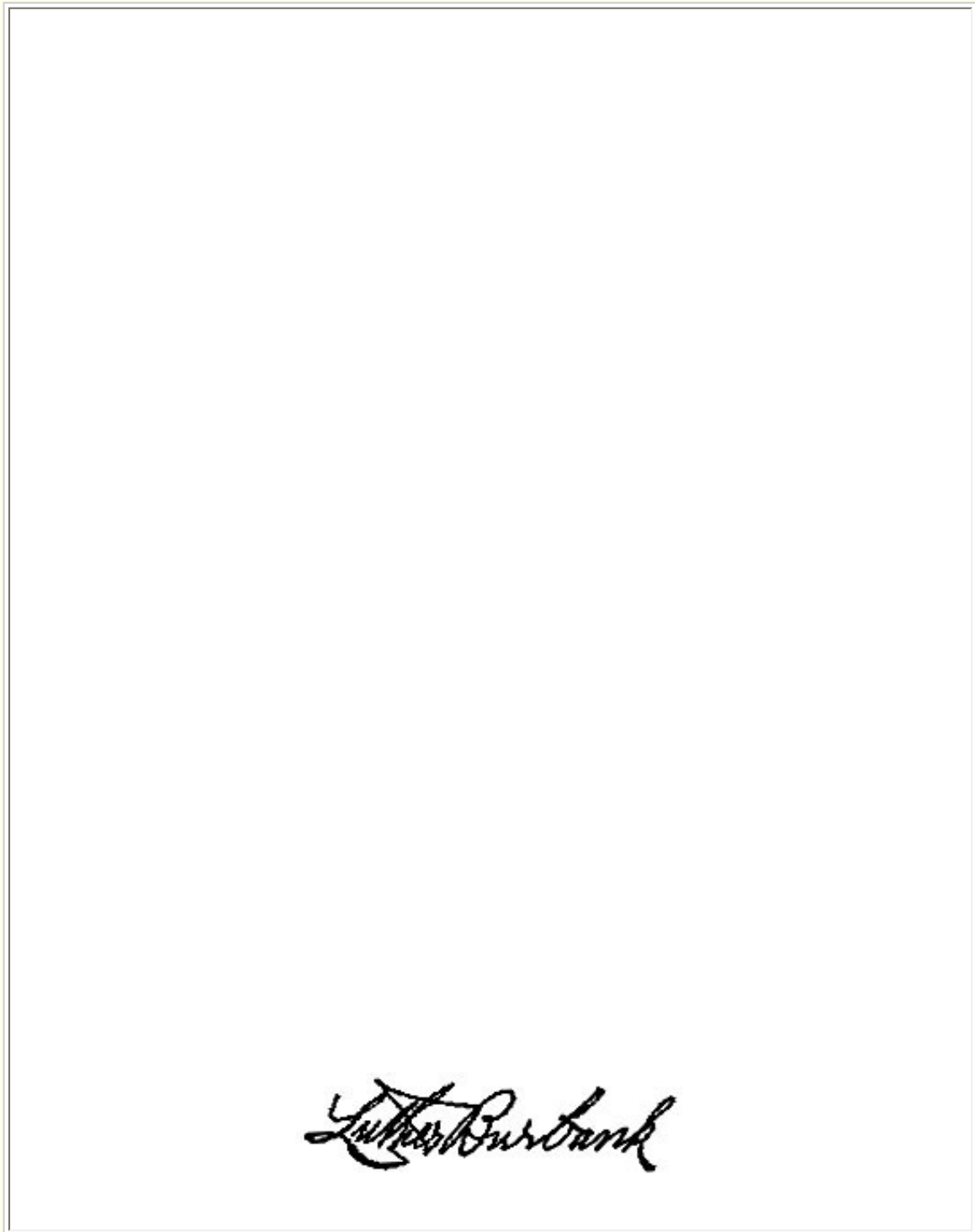
Umunsi wakurikiyeho nayoboye umuhango wo kwibuka Vedic ukikije ifoto nini ya Luther. Itsinda ry'abanyeshuri banjye b'Abanyamerika, bambaye imyenda y'umuhango w'Abahindu, baririmba indirimbo za kera kuko igitambo cyari

gikozwe mu ndabyo, amazi n'ibimenyetso by'umuriro by'ibintu bigize umubiri kandi bikarekurwa mu isoko ritagira iherezo.

Nubwo ishusho ya Burbank iri muri Santa Rosa munsu y'igiti cy'isederi cya Libani yateye mu myaka yashize mu busitani bwe, roho ye inyifurije mu ndabyo zose zifite amaso maremare zirimo kurabya iruhande rw'inzira. Yirukanywe mu mwuka wagutse w'ibidukikije igihe gito, si Luther urimo avugira mu kirere cye, agenda mu gitondo cye?

Izina rye ubu ryagiye mu murage w'imvugo isanzwe. Ishyira "burbank" mu rutonde rw'inshinga ihindura ijambo, Webster's New International Dictionary ibisobanura: "Guhuza cyangwa gushyiramo (ikimera). Bityo, mu buryo bw'ikigereranyo, kunoza (ikintu icyo ari cyo cyose, nk'inzira cyangwa ikigo) binyuze mu guhitamo ibintu byiza no kwanga ibibi, cyangwa kongeramo ibintu byiza."

"Burbank mukunzi," nararize nyuma yo gusoma ibisobanuro, "izina ryawe ubwaryo ubu rivamo ijambo "ineza!"



y'abenegihugu, yatekereje ukuntu Lincoln yamushimye cyane.

ko atashakaga gusubira mu Buhinde kugeza igihe azaba yabonye ifoto y'Umurekurire Mukuru. Yishinze imizi cyane ku Lincoln's umuryango, i umucuruzi yaranze kuri genda kugeza i gutangara Perezida byemewe we kuri gerageza gufasha Daniel Huntington, umuhanzi w'icyamamare wo muri New York. Iyo foto irangiye, Umuhindu yayijyanye i Calcutta mu .ntsinzi

38-2 : Gishya York: Ikinyejana Kompanyi, 1922.

IGICE: 39

Therese Neumann, Itsinda Gatolika Umusebya

"Garuka mu Buhinde. Nagutegereje nihanganye imyaka cumi n'itanu. Vuba aha ngiye koga mva mu mubiri njye mu Buturo Burabagirana. Yogananda, ngwino!"

Ijwi rya Sri Yukteswar ryumvikanaga mu gutwi kwanjye mu buryo butangaje ubwo nari nicaye ntekereza ku cyicaro gikuru cyanjye cya Mt. Washington. Ubwo yagendaga ibirometero ibihumbi icumi mu kanya nk'ako guhumbya, ubutumwa bwe bwanyinjiriyemo mu mubiri wanjye nk'umurabyo.

Imyaka cumi n'itanu! Yego, nabonye ko ubu ari mu 1935; maze imyaka cumi n'itanu nkwirakwiza inyigisho z'umwarimu wanjye muri Amerika. Ubu aranyibuka.

Kuri uwo mugoroba nabwiye umwigishwa wari uje kunsura ibyambayeho. Iterambere rye mu by'umwuka muri *Kriya Yoga* ryari ritangaje cyane ku buryo nakundaga kumwita "umutagatifu," nibuka ubuhanuzi bwa Babaji ko Amerika nayo izabyara abagabo n'abagore bafite ubumenyi bw'Imana binyuze mu nzira ya kera ya yoga.

Ibi umwigishwa na a umubare bya abandi ubuntu yashimangiye ku gukora a impano kuri yanjye Ingendo. Ikibazo cy'amafaranga kimaze gukemuka, nafashe gahunda yo kujya mu bwato, nnyuze i Burayi, ngera mu Buhinde. Ibyumweru byinshi byo kwitegura kuri Mount Washington! Muri Werurwe 1935, nagize umuryango w'ubwitange mu kwigira nk'ikigo kidaharanira inyungu. Muri iki kigo cy'uburezi, impano zose za leta ndetse n'amafaranga yavuye mu kugurisha ibitabo byanjye, ikinyamakuru, amasomo yanditse, amafaranga y'ishuri, n'andi masoko yose y'amafaranga.

"Jyewe agomba kuba inyuma," Jye yabwiye yanjye abanyeshuri. "Nta na rimwe agomba

Jye kwibagirwa Amerika."

Mu birori byo gusezera nahawe i Los Angeles n'inshuti zanjye, narebye kure mu maso habo maze ndatekereza nshima nti: "Mwami, uzakwibuka nk'Umutanga wenyine ntazigera abura uburyohe."

bya ubucuti hagati abantu bazima."

Navuye i New York ku ya 9 Kamena 1935 **mu bwato bwa 39-1** muri *Europa* . Abanyeshuri babiri banherekeje: umunyamabanga wanjye, Bwana C. Richard Wright, n'umukecuru wo muri Cincinnati, Madamu Ettie Bletch. Twishimiye iminsi y'amahoro yo mu nyanja, bitandukanye n'ibyumweru byashize byihuse. Igihe cyacu cyo kwidagadura cyamaze igihe gito; umuvuduko w'ubwato bugezweho ufite ibintu bimwe na bimwe bibabaje!

Kimwe n'abandi bakerarugendo bose bashishikajwe no kumenya byinshi, twazengurutse umujyi munini kandi wa kera wa Londres. Umunsi wakurikiyeho natumiwe gutanga ijambo mu nama nini yabereye i Caxton Hall, aho namenyekekanishijwe n'abari bitabiriye i Londres na Sir Francis Younghusband. Itsinda ryacu ryamaze umunsi mwiza nk'abashyitsi ba Sir Harry Lauder mu isambu ye muri Ecosse. Bidatinze twambutse English Channel tujyayo. umugabane, kuko nifuzaga gukora urugendo rudasanze i Bavaria. Uru ni rwo rwonyine rwaba ari rwo rugendo rwanjye Numvise amahirwe yo gusura umuyobohe ukomeye w'idini rya Gatolika, Therese Neumann wo muri Konnersreuth.

Imyaka myinshi mbere yaho nari narasomye inkuru itangaje kuri Therese. Amakuru yatanze muri iyo nkuru yari aya akurikira:

(1) Therese, wavutse mu 1898, yari yarakomerekeye mu mpanuka afite imyaka makumyabiri; yahumye aranamugaza.

(2) Yagarutse kubona mu buryo bw'igitangaza mu 1923 binyuze mu masengesho yagenewe Mutagatifu Teresa, "Ururabo Ruto." Nyuma yaho amaguru n'amaboko bya Therese Neumann byahise bikira ako kanya.

(3) Kuva mu 1923, Therese yirinze kurya no kunywa burundu, uretse kurya buri muni agace gato k'umugati weguriwe Imana.

(4) Igikomere cya Kristo cyagaragaye mu 1926 ku mutwe wa Therese, ku gituza, ku maboko no ku birenge. Ku wa gatanu wa buri cyumweru nyuma yaho, yanyuze mu bubabare bwa Kristo, ababara mu mubiri we imibabaro yose y'amateka ye.

(5) Mu gihe cyo ku wa Gatanu, Therese yari azi gusa Umudage wo mu mudugudu we, avuga amagambo abahanga bavuze ko ari Ikirameyi cya kera. Mu bihe bikwiye mu iyerekwa rye, yavugaga Igiheburayo cyangwa Ikigereki.

(6) Kugeza kuri idini uruhushya, Therese ifite byinshi inshuro yabaye muni funga ibyagaragajwe na siyansi. Dr. Fritz Gerlick, umwanditsi w'ikinyamakuru cy'Abaporotesitanti bo mu Budage, yagiye i Konnersreuth "gushyira ahagaragara uburiganya bwa Gatolika," ariko amaherezo yandika ubuzima bwe mu buryo bwiubashye. **39-2**

Nkuko bisanzwe, haba mu Burasirazuba cyangwa mu Burengerazuba, nari nishimiye guhura n'umutagatifu. Narishimye cyane ubwo itsinda ryacu rito ryinjiye, ku ya 16 Nyakanga, mu mudugudu mwiza wa Konnersreuth. Abahinzi bo muri Bavaria bagaragaje ko bashishikajwe cyane n'imodoka yacu ya Ford (twayizanye tuyikuye muri Amerika) n'itsinda ryayo ry'abantu batandukanye - umusore w'Umunyamamerika, umukecuru, n'umusatsi w'umutuku ufite ibara ry'umutuku ufite umusatsi muremure muni y'ikoti rye.

Kwa Therese gato Akazu gato, isukuye na isuku, hamwe na geranium indabyo na a imburagihe neza, yari ishyano!

Bafunze bucece. Abaturanyi, ndetse n'umukozi wo mu mudugudu wahanyuze, ntibashoboye kuduha amakuru. Imvura yatangiye kugwa; bagenzi banjye basabye ko twagenda.

"Oya," Jye yavuze mu buryo bukabije, "Jyewe ubushake guma hano kugeza Jye shaka bimwe igisubizo kuyobora kuri Therese."

Nyuma y'amasaha abiri twari tukiri mu modoka yacu mu mvura mbi cyane.

"Mwami," narahushye nitotomba, "kuki wanyoboye hano niba yarabuze?"

An Abavuga icyongereza umugabo yahagaritswe iruhande twe, mu kinyabupfura gutanga bye ubufasha.

Yagize ati: "Sinzi neza aho Therese ari, ariko akunda gusura umwarimu Wurz, umwarimu wa seminari ya Eichstatt, mu birometero mirongo inani uvuye hano."

Mu gitondo cyakurikiyeho, itsinda ryacu ryagiye mu mudugudu utuje wa Eichstatt, uri ku mihanda y'amabuye. Dr. Wurz yadukiriye neza iwe; "Yego, Therese ari hano." Yamwoherereje ubutumwa bw'abashyitsi. Intumwa yahise iraza izanye igisubizo cye.

"Nubwo Musenyeri yansabye ko nta muntu n'umwe nshobora kubonana na we nta ruhushya rwe, nzakira umuntu w'Imana uturutse mu Buhinde."

Nakozwe ku mutima cyane n'ayo magambo, nkurikira Dr. Wurz mu cyumba cyo hejuru cy'uruganiriro. Therese yinjiye ako kanya, yuzuye amahoro n'ibyishimo. Yari yambaye ikanzu y'umukara n'ikanzu y'umweru idafite ibara. Nubwo yari afite imyaka mirongo itatu n'irindwi muri icyo gihe, yasaga n'ukiri muto cyane, afite ubushyuhe n'igikundiro nk'iby'umwana. Muzima, afite umubiri mwiza, afite amatama meza kandi yishimye, uyu ni we mutagatifu utarya!

Therese yanyakiriye ampa amashyi yoroheje cyane. Twembi twasesekaye mu isengesho ry'ubucuti, buri wese azi ko mugenzi we akunda Imana.

Dr. Wurz yangiriye neza ko azankorera umusemuzi. Ubwo twari twicaye, nabonye ko Therese yanteye amaso afite amatsiko menshi; uko bigaragara Abahindu bari basanzwe muri Bavière.

"Ntukagire icyo ukora wowe Kurya ikintu icyo ari cyo cyose?" Jye

yashakishwaga kuri kumva i igisubizo kuva we kwiha iminwa.

"Oya, keretse agace k'ifu y'umuceri kejejwe, rimwe buri gitondo

saa kumi n'ebiri." "Ugace k'ifu kangana iki?"

"Ni ntoya nk'impapuro, ingano nk'igiceri gito." Yongeyeho ati: "Ndagifata kubera impamvu z'isakaramentu; niba kitarahawe Imana, sinshobora kucyimirira."

"Nta gushidikanya ko udashobora kubaho kuri ibyo, imyaka

cumi n'ibiri yose?" "Mbayeho nkurikije umucyo w'Imana."

Igisubizo cye cyoroshye, mbega ukuntu Einsteinian!

"Jyewe reba wowe Kumenya ibyo ingufu amazi atemba kuri ibyaweho umubiri kuva i eteri, izuba, na umwuka.

A yihuse inseko inzara birarangiye we isura. "Jyewe am rero nishimye kuri kumenya wowe sobanukirwa gute Jye "Baho."

"Ubuzima bwawe bweranda ni ikimenyetso cya buri muni cy'ukuri kwavuzwe na Kristo: 'Umuntu ntazabaho ku mugati gusa, ahubwo azabaho ku ijamba ryose riva mu kanwa k'Imana.'" **39-3**

Yongeye kugaragaza ibyishimo ku bisobanuro byanjye. "Nibyo koko. Imwe mu mpamvu ndi hano ku isi uyu muni ni ukugira ngo nemeze ko umuntu ashobora kubaho abikesheje urumuri rw'Imana rutagaragara, atari ibyo kurya gusa."

"Ese birashoboka wowe kwigisha abandi gute kuri imbonankubone nta ibiryo?"

We yagaragaye a gato gutungurwa. "Jyewe ntibishobora kora ibyo; Imana ikora ntabwo icyifuzo "Byo."

Ubwo narebaga amaboko ye akomeye kandi meza, Therese yanyeretse igikomere gito, gifite impande enye, gishya kandi gishya cyakize ku biganza bye byose. Inyuma ya buri kuboko, yerekanye agace gato k'igice cy'ubugari- igikomere gifite ishusho, gishya cyakize. Buri gikomere cyanyuze mu kuboko. icyo kintu cyanyibukije neza inzara nini z'icyuma zifite impande zimeze nk'iz'umurambararo, zikikoreshwa mu Burasirazuba, ariko sinibuka ko nazibonye mu Burengerazuba.

Uwo mutagatifu yambwiye ikintu ku byo yabonaga buri cyumweru. "Nk'umuntu utagira icyo akora, ndeba ububabare bwose bwa Kristo." Buri cyumweru, kuva ku wa kane saa sita z'ijoro kugeza ku wa gatanu nyuma ya saa saba, ibikomere bye birafunguka kandi bigava amaraso; atakaza ibiro icumi by'uburemere bwe busanzwe bw'ibiro 121. Ababazwa cyane n'urukundo rwe rurangwa n'impuhwe, Therese ariko ategerezanyije amatsiko ayo mayerekwa ya buri cyumweru ya Umwami we.

Nahise mbona ko ubuzima bwe budasanzwe Imana yabugeneye kugira ngo ihumurize abakristo bese ukuri kw'amateka y'ubuzima bwa Yesu n'ukubambwa kwe nk'uko byanditswe mu Isezerano Rishya, no kugaragaza mu buryo butangaje isano ihoraho iri hagati y'Umwigisha w'i Galilaya n'abayobo be.

Porofeseri Wurz bifitanye isano bimwe bya bye ubunararibonye hamwe na i umutagatifu.

Yarambwiye ati: "Abenshi muri twe, harimo na Therese, dukunda gukora ingendo z'iminsi myinshi mu ngendo zo gusura ahantu nyaburanga mu Budage." "Ni itandukaniro rikomeye - nubwo dufata amafunguro atatu ku muni, Therese nta cyo aya. Aguma ari mushya nk'indabyo z'iroza, ntagire icyo akora ku munaniro duterwa n'ingendo. Uko dushonje kandi tugashakisha amacumbi yo mu nzira,

araseka cyane."

Porofeseri yongeyeho ibintu bishishikaje ku miterere y'umubiri: "Kubera ko Therese atarya, inda ye yaragabanutse. Nta mvubura afite, ariko imyakura ye y'ibyuya irakora; uruhu rwe ruhora rworoshye kandi rukomeye."

Kuri i igihe bya gutandukana, Jye byagaragajwe kuri Therese yanjye icyifuzo kuri kuba ubu kuri we kwiheba.

"Yego, ndakwinginze uzaze i Konnersreuth kuwa gatanu utaha," aravuga mu ijwi rituje. "Musenyeri azaguha uruhushya. Nishimiye cyane ko wanshakiye i Eichstatt."

Therese yakiranye amaboko buhoro buhoro, inshuro nyinshi, maze agenda n'abari kumwe natwe bagera ku irembo. Bwana Wright yafunguye radiyo y'imodoka; umutagatifu yayisuzumye aseka cyane. Itsinda ry'urubyiruko ryari riteraniye hamwe ku buryo Therese yirutse mu nzu. Twamubonye ku idirishya, aho yaturebaga, asa n'umwana, azunguza ukuboko.

Mu kiganiro twagiranye umunsi ukurikiyeho n'abavandimwe babiri ba Therese, b'umutima mwiza kandi b'abanyabuntu, twamenye ko uwo mutagatifu asinzira isaha imwe cyangwa ebyiri gusa nijoro. Nubwo afite ibikomere byinshi ku mubiri we, akora cyane kandi yuzuye imbaraga. Akunda inyoni, yita ku ruziga rw'amafi, kandi akunda gukora mu busitani bwe. Amabaruwa ye ni menshi; abihayimana b'abagatolika bamwandikira bamusaba amasengesho n'imigisha yo gukira. Abashaka benshi bakize indwara zikomeye binyuze muri we.

Murumuna we Ferdinand, wari ufite imyaka igera kuri makumyabiri n'itatu, yasobanuye ko Therese afite ububasha, binyuze mu isengesho, bwo kwitoza umubiri we indwara z'abandi. Kureka kurya kwa mutagatifu byatangiye igihe yasengaga ko indwara yo mu muhogo y'umusore wo muri paruwasi ye, icyo gihe yiteguraga kwinjira mu matora matagatifu, yimurirwa mu muhogo we.

Ku wa Kane nyuma ya saa sita, itsinda ryacu ryagiye kwa Musenyeri, warebye imisatsi yanjye itemba atunguwe. Yanditse uruhushya rukenewe. Nta kiguzi cyari gihari; itegeko ryashyizweho na Kiliziya ni ukurinda Therese urujya n'uruza rw'abakerarugendo basanzwe, mu myaka yashize bari bateraniye ku wa Gatanu ari benshi.

Twageze ku wa gatanu mu gitondo ahagana saa tatu n'igice i Konnersreuth. Nabonye ko akazu gato ka Therese gafite igice cyihariye gisenge cy'ibirahuri kugira ngo abone urumuri ruhagije. Twishimiye kubona Inzugi ntizakifunze, ahubwo zari zifunguye mu byishimo by'urugwiro. Hari umurongo w'abashyitsi bagera kuri makumyabiri, bitwaje impushya zabo. Benshi bari baturutse kure baje kureba iyerekwa ry'amayobera.

Therese yari yatsinze ikizamini cyanjye cya mbere kwa Porofeseri kubera ubumenyi bwe bwo mu mutwe, nifuzaga kumubona kubera impamvu z'umwuka, atari ukugira ngo mpaze amatsiko y'igihe gito gusa.

Ikizamini cyanjye cya kabiri cyari gfitanye isano n'uko, mbere gato y'uko njya mu cyumba cye cyo hejuru, nishyize mu mimerere yo kwiyumvamo yoga kugira ngo mbashe kuba umwe na we mu buryo bwo kwiyumvamo no kureba televiziyo. Ninjiraga mu cyumba cye, nuzuye abashyitsi; yari aryanye yambaye ikanzu yera ku buriri. Ndi kumwe na Bwana. Wright anyikurikira hafi, nahagaze neza mu muryango, ntangazwa n'ikintu kidasanzwe kandi giteye ubwoba cyane.



THERESE NEUMANN

Icyamamare Gatolika Umusebya nde yahumekewe yanjye 1935 urugendo rutagatifu kuri Konnersreuth, Bavaria

Amaraso yatembaga buhoro buhoro kandi mu mugezi wa santimetero imwe n'igice uva mu maso yo hasi ya Therese. Yarebaga hejuru ijisho ry'umwuka riri mu gahanga ko hagati. Igitambaro cyari kizingiye ku mutwe we cyari cyuzuye amaraso yatewe n'ibikomere by'ikamba ry'amahwa. Ikanzu yera yari yambaye umutuku ku mutima we kubera igikomere cyari mu rubavu rwe aho umubiri wa Kristo, kera cyane, wateshejwe agaciro n'umusirikari wari warakubiswe icumu.

Amaboko ya Therese yari yarambuye mu buryo bw'ikimenyetso cy'ububyeyi, amwinginga; isura ye yari isa n'aho yababajwe kandi y'Imana. Yasaga n'uwanutse, yahindutse mu buryo bwinshi butari bugaragara ndetse no mu buryo bw'inyuma. Amagambo yitotomba mu rurimi rw'amahanga, yavuganye iminwa inyeganyega gato n'abantu bagaragara imbere ye.

Ubwo nari ndi kumwe na we, natangiye kubona iyerekwa rye. Yari arimo areba Yesu ubwo yikoreye umusaraba hagati y'imbaga y'abantu bamusekaga. **39-4** Ako kanya yazamuye umutwe we afite ubwoba bwinshi: Umwami yari yaguye munsu y'umutwaro uremereye. Iyerekwa ryarazimiye. Mu ntege nke z'impuhwe nyinshi, Therese yaguye ku musego we cyane.

Muri ako kanya numvise urusaku rwinshi inyuma yanjye. Nahindukiye umutwe akanya gato, mbona abagabo babiri bahetse umurambo w'umuntu upfukamye. Ariko kubera ko nari nkiri mu bwenge bukomeye bwo mu mutwe, nahise Ntabwo nahise mbona uwo muntu waguye. Nongeye guhanga amaso yanjye ku maso ya Therese, asa n'aho apfuye munsu y'imigezi y'amaraso, ariko noneho atuje, agaragara

nk'uwera n'ukwera. Nyuma narebye inyuma yanjye mbona Bwana Wright ahagaze afite ikiganza cye ku itama rye, amaraso yaturutsemo. gutonyanga.

"Dick," Jye yabajije mu buryo buhangayitse, "bari wowe i kimwe nde yaguye?"

"Yego, Jye narananiwe kuri i biteye ubwoba "Icyerekanwa."

"Nibyo," Jye yavuze mu buryo buhumuriza, "wowe ni intwari kuri kugaruka na Kureba nyuma i kureba nanone."

Twibuka umurongo w'abashyitsi bari bategereje bihanganye, njye na Bwana Wright twasezeye Therese bucece maze tuva mu maso he hatagatifu .

Umunsi wakurikiyeho itsinda ryacu rito ryagiye mu majyepfo, twishimiye ko tutari dushingiye kuri gari ya moshi, ahubwo ko twashoboye guhagarika Ford aho twahisemo hose mu cyaro. Twishimiye buri munota wo a Urugendo binyuze Ubudage, Ubuholandi, Ubufaransa, na i Umusuwisi Alpes. Muri Ubutaliyani twe byakozwe a byihariye urugendo rwo kujya i Asizi mu rwego rwo guha icyubahiro intumwa y'ubwiyoroshye, Mutagatifu Fransisiko. Urugendo rw'i Burayi rwarangiye mu Bugereki, aho twarebye insengero z'Abanyatene, tunabona gereza yarimo umugwaneza Socrates **39-6** yari yanyoye umuti we w'urupfu. Umuntu arashimishwa cyane n'ubuhanzi Abagereki bakorehaga ahantu hose mu gushushanya alabasiti.

Twafashe ubwato tunyura mu nyanja ya Mediterane y'izuba, tumanuka muri Palesitina. Uko nagendaga nzenguruka mu gihugu cyera umunsi ku wundi, narushijeho kwemera agaciro k'urugendo rutagatifu. Umwuka wa Kristo ari hose muri Palesitina; nagendanye na we mu buryo bwubaha i Betelehemu, Getsemani, Kaluvari, ku musozi wera w'Imyelayo, no ku ruzi Yorodani n'inyanja ya Galilaya.

Abari kumwe natwe basuye aho ikigo cy'ababyarira, aho Yozefu yacururizaga ababaji, imva ya Lazaro, inzu ya Marita na Mariya, icyumba cy'ifunguro rya nyuma. Ibya kera byaratangiye; inkuru ku yindi, nabonye ikinamico y'Imana Kristo yigeze gukina kuva kera.

Tujya mu Misiri, hamwe na Kayiro ya none hamwe na piramide za kera. Hanyuma ubwato bumanuka mu Nyanja Itukura nto, bunyuze mu Nyanja nini ya Arabiya; dore Ubuhinde!

39-1 : Itsinda bitangaje ubwinshi hano bya a byuzuye itariki ni kwishyura kuri i ukuri ibyo yanyije umunyamabanga, Bwana Wright, byabitswe a ikaye y'urugendo .

39-2 : Ibindi ibitabo ku we ubuzima ni *Therese Neumann: A Umusebya Cya Ibyacu Umunsi* , na *Byongeye kandi Amateka Cya Therese Neumann* , byombi byanditswe na Friedrich Ritter von Lama (Milwaukee: Bruce Pub. Co.).

39-3 : *Matayo 4:4*. Icy a muntu umubiri bateri ni ntabwo bikomeza na umusaruro mubi ibiryo (umugati) wenyine, ariko na i ihindagurika isanzure ingufu (ijambo, cyangwa AUM). Imbaraga zitagaragara zinjira mu mubiri w'umuntu zinyuze mu irembo rya medulla oblongata. Iyi centre ya gatandatu y'umubiri iherereye inyuma y'ijosi hejuru ya *chakra eshanu z'umugongo* (Sanskrit bisobanura "amapine" cyangwa centre z'imbaraga zitanga urumuri). Medulla ni amaremba nyamukuru y'umubiri atuma imbaraga z'ubuzima zibaho (AUM), kandi ifitanye isano itaziguye n'imbaraga z'ubushake bw'umuntu, zikubiye mu centre ya karindwi cyangwa Christ Consciousness (*Kutastha*) mu jisho rya gatatu. hagati i amaso. Ishusho y'isi ingufu ni hanyuma bibitswe hejuru muri i ubwonko nka a ikigega bya nta mupaka ubushobozi, Mu buryo bw'ubusizi, muri *Vedas havugwamo* "urumuri rufite amabara igihumbi." Bibiliya ivuga buri gihe ko AUM ari "Umwuka Wera" cyangwa imbaraga z'ubuzima zitagaragara zishyigikira ibyaremwe byose. "Mbese ntimuzi ko imibiri yanyu ari insengero z'Umwuka Wera uri muri mwe, uwo mwahawe n'Imana, kandi ko mutari abanyu?" - 1 *Abakorinto*

6:19.

39-4 : Mu gihe i amasaha ibanziriza yanjye kuhagera, Therese yari afite yamaze yanyuze binyuze byinshi yerekwa bya i gufunga iminsi muri Kristo ubuzima. We kwinjira ubusanzwe gutangira hamwe na amashusho bya i ibikorwa iki bakurikiwe i icya nyuma Ifunguro rya nimugoroba. We yerekwa birangirira ku rupfu rwa Yesu ku musaraba cyangwa rimwe na rimwe, ku imva ye.

39-5 : Therese ifite yarokotse i Abanazi gutotezwa, na ni na n'ubu ubu muri Konnersreuth, hakurikijwe kuri 1945 Umunyamerika amakuru aturutse mu Budage.

39-6 : Igice cya Eusebius kivuga ku guhura gushimishije hagati ya Socrate n'umuhanga w'Umuhindu. Igice cyacyo kivuga kiti: "Aristoxenus, umucuranzi, avuga inkuru ikurikira ku Bahinde. Umwe muri abo bagabo yahuye na Socrate i Atene, maze abaza we iki yari i urwego bya bye filozofiya. 'An' iperereza mu umuntu ibintu bitangaje,' yasubije Socrate. Kuri ibi i Iterabwoba ry'Abahinde hanze aseka. 'Uko byagenda kose gishobora a umugabo kubaza mu umuntu ibintu bitangaje,' we yaravuze ati, 'igihe we ni ubujiji bya Imana "Abandi?"' Aristoxenus wavuzwe yari umwigishwa wa Aristote, akaba n'umwanditsi uzwi cyane ku bijyanye n'amahuriro. Itariki ye ni mu 330 mbere ya Yesu.

IGICE: 40

Jye Garuka Kugeza Ubuhinde

Mu byishimo nari ndimo guhumeka umwuka mwiza w'Ubuhande. Ubwato bwacu *bwa Rajputana* bwageze ku ya 22 Kanama 1935 mu cyambu kinini cya Bombay. Ndetse n'uyu munsu wa mbere navuye mu bwato, wari umusogongero w'umwaka uri imbere - amezi cumi n'abiri y'ibikorwa bidashira. Inshuti zari zateraniye ku cyambu zifite indabyo n'indamukanyo; vuba aha, mu cyumba cyacu muri Taj Mahal Hotel, hari abanyamakuru n'abafotozi benshi .

Bombay yari umujyi mushya kuri njye; nawusanze ugezweho cyane, ufite udushya twinshi twaturutse mu Burengerazuba. Imikindo iri ku mihanda minini; inyubako nziza za leta zirushanwa n'insengero za kera. Ariko, nta mwanya wahawe wo kureba ahantu nyaburanga; nari mfite irungu, nshishikajwe no kubona umwarimu wanjye nkunda n'abandi bantu nkunda. Dushyize Ford mu modoka y'imizigo, itsinda ryacu ryahise ryerekeza iburasirazuba na gari ya moshi yerekeza i Calcutta. **40-1**

Tugeze kuri sitasiyo ya Howrah twasanze abantu benshi cyane bateraniye aho kugira ngo badukirane, ku buryo twamaze igihe gito tutashoboye kumanuka muri gari ya moshi. Umusore witwa Maharaja wo muri Kasimbazar na murumuna wanjye Bishnu bayoboye komite ishinze kwakira abashyitsi; sinari niteguye uburyo twakiriwe neza kandi butangaje.

Mbere y'uko habaho umurongo w'imodoka na moto, kandi hagati y'urusaku rw'ibyishimo by'ingoma n'ibisasu bya conch, Madamu Bletch, Bwana Wright, nanjye ubwanjye, twambaye indabyo kuva ku mutwe kugeza ku birenge, twatwaye imodoka buhoro buhoro tujya kwa data.

Umubyeyi wanjye wari ugeze mu za bukuru yarancumbikiye nk'umuntu uzutse mu

bapfuye; twamaranye igihe kirekire turebana, tutagira icyo tuvuga twishimye. Abavandimwe na bashiki bacu, ba marume, ba nyirasenge, ba nyogokuru, abanyeshuri n'inshuti zo mu myaka yashize bari bankikije, nta n'umwe muri twe wigeze ahumuka. Ubu namaze gushyirwa mu bubiko bw'urwibutso, ahantu ho kongera guhura kw'urukundo birahoraho, ntazibagirana mu mutima wanjye.

Nkuko kuri yanjye inama hamwe na Siri Yukteswar, amagambo gutsindwa jyewe; reka i gukurikira ibisobanuro kuva yanjye

umunyamabanga birahagije.

Bwana Wright yanditse mu ikaye ye y'urugendo agira ati: "Uyu muni, nuzuyemo amatsiko menshi, natwaye Yoganandaji mva i Calcutta ngera i Serampore. Twanyuze mu maduka meza, rimwe muri yo akaba ari ryo Yoganandaji yakundaga kuryamo mu gihe yari akiri muri kaminuza, maze amaherezo twinjira mu muhanda muto kandi ugoswe n'inkuta. Duhindukirira ibumoso butunguranye, imbere yacu hari umusozi muremure w'amagorofa abiri, ibaraza ryawo ry'icyitegererezo cya Esipanye rituruka mu igorofa ryo hejuru. Igitekerezo cyari gikwirakwiriye cyane cyari icy'ubwigunge butuje .

"Mu kwicisha bugufi cyane nanyuze inyuma ya Yoganandaji mu gikari kiri mu nkuta z'urugo rw'ingoro. Imitima irakubita cyane, twazamutse intambwe za kera za sima, nta gushidikanya ko twanyuzemo abantu benshi bashaka ukuri. Ubwo twagendaga dukomeza guhangayika. Imbere yacu, hafi y'umutwe w'ingazi, hagaragaye Umwe Mukuru, Swami Sri Yukteswarji, ahagaze mu mwanya mwiza w'umunyabwenge .

"Umutima wanjye warabyimbye cyane ubwo numvaga mfite umugisha wo kuba mu maso he h'icyubahiro. Amarira yampumuriye amaso yanjye ubwo Yoganandaji yapfukamaga, maze yunamye umutwe atanga ishimwe n'indamutso byo mu mutima we, akora ku birenge by'umwarimu we n'ukuboko kwe, hanyuma, yunamye yicishije bugufi, umutwe we ubwe. Hanyuma yarahagurutse maze Sri Yukteswarji amuhobera ku mpande zombi z'igituza.

"Nta magambo yigeze avugwa mu ntangiriro, ariko ibyiyumvo bikomeye cyane byagaragajwe mu mvugo z'umutima zitavugaga. Mbega ukuntu amaso yabo yabengeranaga kandi yakazwaga n'ubushyuhe bw'ubumwe bushya bw'umwuka! Ijwi ryorohereye ryanyuze mu rubaraza rutuje, ndetse n'izuba ryabuze ibicu byongera urumuri rw'icyubahiro gitunguranye."

"Npfukamye imbere y'umutware, natanze urukundo rwanjye bwite n'umushimira ntabigaragaje, nkora ku byerebwe, byacitse intege kubera igihe n'umurimo, kandi nakiriye umugisha we. Nahagaze icyo gihe mpura n'abantu babiri amaso meza cyane yitegereza ibintu mu buryo bwimbitse, ariko akagira ibyishimo byinshi. Twinjiye mu cyumba cye cyo kwicaramo, uruhande rwose rwacyo rufungukiye ku ibaraza ryo hanze ryabonwaga bwa mbere n'umuhanda. Umutoza yishingikirije ku ibaraza ryashaje, yicaye ku matelas itwikiriwe hasi ku isima. Jye na Yoganandaji twicaye hafi y'ibirenge by'uyu mwarimu, dufite imisego y'umuhondo wo kwishingikirizaho no koroshya imyanya yacu. ku musambi w'ibyatsi.

"Nagerageje kandi ngerageza kwinjira mu kiganiro cya Bengali hagati y'aba Swamiji babiri - kubera icyongereza, nasanze ari ubusa iyo bari kumwe, nubwo Swamiji Maharaj, nk'uko umwarimu mukuru avugwa n'abandi, ashobora kandi akenshi akabivuga. Ariko nabonye ubutagatifu bw'Umukuru binyuze mu inseko ye ishyushye n'amaso ye ahuha. Imwe mu mico igaragara byoroshye mu kiganiro cye

gishimishije kandi gikomeye ni ukuba umuntu mwiza mu byo avuga - ikimenyetso cy'umuntu w'umunyabwenge, uzi ko azi, kuko azi Imana. Ubwenge bwe bukomeye, imbaraga ze z'umugambi, n'ubushake bwe biragaragara mu buryo bwose."

"Igihe kimwe namwigaho mu cyubahiro, nabonye ko ari munini, afite imiterere y'imikino, yakomerekejwe n'ibigeragezo n'ibyo yigomwe byo kwiya. Afite isura nziza cyane. Agahanga ke karambitse, nk'uko niba gushakaga i ijuru, iganza bye Imana isura. We ifite a ahubwo kinini na mu rugo izuru,

Yishimisha mu bihe byo kwidamararira, ayizunguza intoki ze nk'umwana muto. Amaso ye akomeye yijimye yazungurutswe n'impeta y'ubururu igaragara. Umusatsi we, ugabanyijemo kabiri, utangira nk'ifeza ugahinduka utudomo twa zahabu n'umukara, urangira ari utudomo ku bitugu bye. Ubwanwa bwe n'ubwanwa bwe ni bike cyangwa bito, nyamara bisa nkaho byongera imiterere ye, kandi kimwe n'imico ye, ni byimbitse kandi byoroheje icyarimwe.

"Aseka cyane kandi aseka cyane, bigatuma anyeganyega umubiri wose - yishimye cyane kandi abikuye ku mutima. Isura ye n'uburebure bwe biratangaje, kimwe n'intoki ze zifite imitsi. Agenda yiyubashye kandi ahagaze neza."

dhoti isanzwe n'ishati, byombi byari bifite ibara ry'umukara ukomeye, ariko ubu icunga ryangiritse.

"Nkireba hirya no hino, nabonye ko iki cyumba cyari cyarangiritse cyane cyagaragazaga ko nyiracyo atari afite ubwitange mu bintu bigezweho. Inkuta z'umweru z'icyumba kirekire zari zifite imitako y'ubururu bwangiritse. Ku mpera imwe y'icyumba hari hamanitse ifoto ya Lahiri Mahasaya, yambaye imitako yoroheje. Hari kandi ifoto ya kera yerekanaga Yoganandaji ubwo yageraga i Boston bwa mbere, ahagaze hamwe n'abandi bahagarariye Inama Nkuru y'Amadini."

"Nabonye ibintu bidasanze bihuza ibigezweho n'ibya kera. Itara rinini ry'ibirahure byaciwe, rimeze nk'amata ya buji ryari ritwikiriwe n'ubudodo bw'ibitare mu gihe ritari rikoreshe, kandi ku rukuta hari kalendari nziza kandi igezweho. Icyumba cyose cyari gifite impumuro nziza y'amahoro n'ituze. Inyuma y'ibaraza nabonaga ibiti by'ibikoma birebire hejuru y'ubutaka byirinzwe bucece."

"Birashishikaje kubona ko shebuja agomba gukoma amashyi gusa, mbere yo kurangiza, agahabwa cyangwa agakurikiranwa n'umwigishwa muto. Ikindi kandi, nkunda cyane umwe muri bo - umusore muto, witwa Prafulla, **w'imyaka 40-2.**" afite umusatsi muremure w'umukara ku bitugu bye, amaso abiri y'umukara arabagirana cyane, n'inseko yo mu ijuru; amaso ye arabengerana, uko impande z'umunwa we zizamuka, nk'inyenyeri n'ukwezi kugaragara mu bwije.

"Swami Sri Yukteswarji yishimye cyane ubwo yagarukaga ku 'bicuruzwa' bye (kandi asa n'aho ashishikajwe no kumenya byinshi ku 'bicuruzwa by'ibicuruzwa'). Ariko, kuba ubwenge buri mu miterere y'Ukomeye bibangamira uburyo yumvamo inyuma."

"Yoganandaji yamuhaye impano zimwe na zimwe, nk'uko bigenda iyo umwigishwa agarutse ku mwari we. Nyuma twaricaye dusangira ifunguro ryoroshye ariko ryatetse neza. Ibiryo byose byari uruvange rw'imboga n'umuceri. Sri Yukteswarji yishimiye uburyo nakoresheje imigenzo myinshi y'Abahinde, urugero nko 'gukoresha urutoki'."

"Nyuma y'amasaha menshi yo kuvuga amagambo yo mu rurimi rwa Bengali

dukoresheje impundu no guhana inseko nziza no kumureba twishimye,
twamupfukamiye, tumushimira dukoresheje *intero* , 40-3. " maze yerekeza i Calcutta
nibuka iteka ryose inama n'indamukanyo byera. Nubwo nandika cyane cyane ibyo
nabonaga inyuma ye, ariko nahoraga nzi neza ishingiro nyakuri ry'umutagatifu -
ikuzo rye ryo mu mwuka. numvise imbaraga ze, kandi nzatwara iyo myumvire
nk'umugisha wanjye w'Imana."

Nari nazanye impano nyinshi zo muri Amerika, i Burayi na Palestine kuri Sri Yukteswar. Yazakiriye yishimye, ariko ntagire icyo avuga. Ku bwanjye bwite, nari naguze inkoni y'umuhengeri mu Budage. Mu Buhinde nahisemo guha Master inkoni.

"Iyi mpano ndayishimiye cyane!" Amaso y'umwarimu wanjye yaranzengurutse anyishimiye cyane Gusobanukirwa ubwo yatangaga igitekerezo kitari gisanzwe. Mu mpano zose, ni inkoni yatoranyije kugira ngo yerekane abashyitsi.

"Mwami, ndakwinginze unyemerere kubona tapi nshya yo gushyira mu cyumba cyo kwicaramo." Nari nabonye ko uruhu rwa Sri Yukteswar rw'ingwe rwari rwashyizwe hejuru y'itapi yacitse.

"Kora niba bigushimishije." Ijwi ry'umwarimu wanjye ntiriyari rishishikaje. "Dore, igitanda cyanjye cy'ingwe ni cyiza kandi gisukuye; ndi umwami mu bwami bwanjye buto. Hirya yacyo hari isi nini, ishishikajwe gusa n'ibintu byo hanze."

Ubwo yavugaga aya magambo numvise imyaka isubira inyuma; nongeye kuba umwigishwa ukiri muto, wejejwe n'umuriro w'ibihano bya buri munsu!

Nkimara kwikura muri Serampore na Calcutta, nahise njya i Ranchi ndi kumwe na Bwana Wright. Mbega ikaze aho ngaho, amashyi menshi! Amarira yari mu maso yanjye ubwo nahoberaga abarimu bitanze bari bagumanye ibendera ry'ishuri mu myaka cumi n'itanu ntariyo. Amaso meza n'inseko y'ibyishimo by'abanyeshuri bigaga mu rugo n'abasohokaga ku manywa byari igihamba gihagije cy'agaciro k'ishuri ryabo ryihariye n'imyitozo ya yoga.

Nyamara, ikibabaje ni uko ikigo cya Ranchi cyari mu bibazo bikomeye by'ubukungu. Sir Manindra Chandra Nundy, Maharaja wa kera wari ufite ingoro ya Kasimbazar yahinduwe inyubako y'ishuri rikuru, kandi akaba yari yatanze impano nyinshi z'ibikomangoma, ubu yari yarapfuye. Ibintu byinshi by'ubuntu kandi byiza by'ishuri byari biri mu kaga gakomeye kubera kubura inkunga ihagije ya rubanda.

Sinari maze imyaka myinshi muri Amerika ntamenye ubwenge bwayo bufatika, umwuka wayo utagira ubwoba mbere y'inzitizi. Namaze icyumweru kimwe i Ranchi, nrwana n'ibibazo bikomeye. Hanyuma hakurikiyeho ibiganiro i Calcutta n'abayobozi bakomeye n'abarimu, ikiganiro kirekire na Maharaja ukiri muto wa Kasimbazar, icyifuzo cy'amafaranga kuri data, maze menya ko ishingiro rya Ranchi ritajegajega ryatangiye gukosorwa. Impano nyinshi zirimo na sheki imwe nini zaje mu gihe gito kuva Abanyeshuri banjye b'Abanyamerika.

Mu mezi make nyuma yo kugera mu Buhinde, nagize ibyishimo byo kubona ishuri rya Ranchi ryemewe n'amategeko. Inzozo zanjye zo kubaho mu buzima bwanjye bwose zo kugira ikigo cy'uburezi cya yoga gihoraho zarasohoye. Iryo yerekwa ryari ryaramfashije mu ntangiriro nto mu 1917 hamwe n'itsinda ry'abahungu barindwi.

Mu myaka icumi ishize kuva mu 1935, Ranchi yagutse cyane irenga ishuri ry'abahungu. Ibikorwa by'ubutabazi byagutse ubu birakorerwa muri iyo misiyoni ya Shyama Charan Lahiri Mahasaya.

Ishuri, cyangwa Yogoda Sat-Sanga Brahmacharya Vidyalaya, ritanga amasomo yo hanze mu masomo y'ikibonezamvugo n'ay'amashuri yisumbuye. Abanyeshuri biga mu bigo by'amashuri abanza n'abanyeshuri biga ku manywa banahabwa ubumenyi bw'imyuga.

amahugurwa y'ubwoko runaka. Abahungu ubwabo ni bo bagenzura ibikorwa byabo byinshi binyuze muri komite zigenga. Mu ntangiriro yanjye nk'umurezi navumbuye ko abahungu bishimira gutsinda umwarimu mu buryo buteye isoni bemera amategeko y'imyitwarire ashwirwaho n'abanyeshuri bagenzi babo. Nanjye sinigeze mba umunyeshuri w'icyitegererezo, nari mfite impuhwe ku mvugo zose z'abahungu n'ibibazo.

Siporo n'imikino birashishikarizwa; ibibuga byuzuyemo imyitozo ya hockey n'umupira w'amaguru. Abanyeshuri ba Ranchi bakunze gutsindira igikombe mu marushanwa. Imyitozo yo hanze izwi cyane. Imitsi y'amaguru kongera gushariza binyuze ubushake imbaraga ni i *Yogoda* ikiranga: mu mutwe icyerekezo bya ubuzima ingufu ku gice icyo ari cyo cyose cy'umubiri. Abahungu kandi bigishwa *asanas* (imiterere), gukina inkota na *lathi* (inkoni), na jujitsu. Itsinda Yogoda Ubuzima Imurikagurisha kuri i Ranchi *Vidyalaya* kugira yabaye yitabye ibihumbi .

Amasomo y'ibanze atangwa mu rurimi rw'Igihindi ku moko y'abasangwabutaka bo muri iyo ntara, *Kols* , *Santals* na *Mundas* . Amasomo y'abakobwa gusa yateguwe mu midugudu yegereye aho hantu.

Ikintu cyihariye muri Ranchi ni ukwita ku ishuri *rya Kriya Yoga* . Abahungu bakora imyitozo ngororamubiri ya buri munsu, baririmba *Gita* , kandi bigishwa binyuze mu mabwiriza n'urugero imico myiza yo koroshya, kwitanga, icyubahiro n'ukuri. Ikibi kigaragazwa ko ari cyo gitera imibabaro; cyiza kimwe n'ibikorwa bitanga ibyishimo nyakuri. Ikibi gishobora kugereranywa n'ubuki burozi, bushukashuka ariko buremerewe n'urupfu.

Gutsinda ububabare bw'umubiri n'ubwonko hakoreshejwe uburyo bwo kwibanda ku bintu byatanze umusaruro utangaje: si ikintu gishya muri Ranchi kubona umuntu muto mwiza, ufite imyaka icyenda cyangwa icumi, yicaye. Mu gihe cy'isaha imwe cyangwa irenga nta kibazo, amaso adatembagara yerekeza ku jisho ry'umwuka. Akenshi ishusho y'aba banyeshuri ba Ranchi yagarutse mu bwenge bwanjye, kuko nabonye abanyeshuri bo muri kaminuza ku isi yose badashobora kwicara neza mu gihe cy'isomo rimwe .

Ranchi iherereye ku nkombe ya metero 2000 uvuye ku nyanja; ikirere kiraryoshye kandi kiringaniye. Ahantu hafite ubuso bwa hegitari 25, hafi y'ikidendezi kinini cyo kogeramo, harimo imwe mu mirima myiza cyane mu Buhinde - ibiti by'imbuto magana atanu - mango, guava, litchi, jackfruit, date. Abahungu bahinga imboga zabo bwite, kandi bakazunguruka kuri *charkas zabo* .

Inzu y'abashyitsi ifunguye neza ku bashyitsi bo mu Burengerazuba bw'Isi. Isomero rya Ranchi rikubiyemo ibinyamakuru byinshi, n'ibitabo bigera ku gihumbi by'Icyongereza n'Ikibengali, impano ziturutse mu Burengerazuba n'Iburasirazuba. Hari icyegeranyo cy'ibitabo by'isi. Ingoro ndangamurage yemewe igaragaza

ibishushanyo mbonera by'amateka, imiterere y'isi, n'ubumenyi bw'abantu; ibikombe, ku rugero runini, by'ingendo zanjye ku isi y'Umwami itandukanye.

Ibitaro by'abagiraneza n'ikigo cy'ivuriro cya Lahiri Mahasaya, gifite amashami menshi yo hanze mu midugudu ya kure, bimaze gufasha abakene 150.000 bo mu Buhinde. Abanyeshuri ba Ranchi bahuguwe ku bufasha bw'ibanze, kandi batanze serivisi nziza ku ntara yabo mu bihe bikomeye by'umwuzure cyangwa inzara.

Mu murima w'imbuto hari urusengero rwa Shiva, ruriho ishusho y'umwami w'umugisha, Lahiri Mahasaya. Amasengesho ya buri munsu n'amasomo yo mu byanditswe bitagatifu bibera mu busitani munsu y'ibiti bya mango.

Amashuri yisumbuye y'amashami, afite imiterere yo guturamo na yoga ya Ranchi, yarafunguwe kandi ubu arimo gutera imbere. Aya ni Yogoda Sat- Sanga Vidyapith (Ishuri) ry'abahungu, i Lakshmanpur. muri Bihar; n'ishuri ryisumbuye rya Yogoda Sat-Sanga hamwe n'ishuri ry'ingoro y'imana i Ejmalichak muri Midnapore.

Ishuri rinini rya Yogoda Math ryatangijwe mu 1939 i Dakshineswar, hafi y'umusozi wa Ganges. Ibirometero bike mu majyaruguru ya Calcutta, iri shuri rishya ritanga ahantu ho gucumbikira abatuye mu muji. Hari amacumbi akwiye ku bashyitsi bo mu Burengerazuba bw'isi, cyane cyane ku bashaka kwiye gurira Imana cyane. Ibikorwa bya Yogoda Math birimo kohereza inyigisho z'Ubusabane bwo Kwigira ku banyeshuri bo mu bice bitandukanye by'Ubuhande buri byumweru bibiri.

Ntibikenewe kuvuga ko ibi bikorwa byose by'uburezi n'ubugiraneza byasabye abarimu benshi n'abakozi kwitanga no kwitanga. Sinshyize amazina yabo hano, kuko ari menshi cyane; ariko mu mutima wanjye buri wese afite aho ahurira n'ibyiza. Bahumekewe n'amahame ya Lahiri Mahasaya, aba barimu baretse intego z'isi zizewe zo gukorera abantu bicishije bugufi, gutanga cyane.

Bwana Wright yagiranye ubucuti bukomeye n'abahungu ba Ranchi; yambaye *dhobi isanzwe*, aba hagati yabo igihe gito. I Ranchi, Calcutta, Serampore, aho yagiye hose, umunyamabanga wanjye, ufite impano itangaje yo gusobanura, yasohoye ikaye ye y'urugendo kugira ngo yandike inkuru ze. Umugoroba umwe nagiye yaramubajije ikibazo.

"Dick, iki ni ibyawe igitekerezo bya Ubuhande?"

"Amahoro," we yavuze mu buryo butekerejweho. "Icyo ubwoko aya ni amahoro."

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40-1 : Twebwe inzara cyacu urugendo muri Hagati Intara, hagati hakurya i umugabane, kuri reba Mahatma Gandhi kuri Wardha. Iyo minsi ivugwa mu gice cya 44.

40-2 : Prafulla yari i umusore nde yari afite yabaye ubu hamwe na Umwigisha igihe a inzoka y'impiswi yegereye (reba urupapuro 116).

40-3 : Mu buryo bw'umwimerere, "Uwera izina," a ijamba bya indamukanyo hagati Abahindu, biherekeza na ibiganza bipfutse amaboko yazamuwe kuva i umutima ugana ku gahanga mu ndamukanyo. *Indangururamajwi* mu Buhinde ifata umwanya wo kuramutsa kw'Abanyaburayi binyuze mu guhana amaboko.

40-4 : Imyitozo yo mu mutwe binyuze mu buryo bumwe na bumwe bwo kwibanda ku bintu byagiye bibyara muri buri gisekuru cy'Abahinde abagabo bafite kwibuka gutangaje. Sir T. Vijayaraghavachari, mu kinyamakuru *Hindustan Times*, yasobanuye ibizamini byakorewe "abagabo bibuka" b'abahanga bo muri iki gihe bo muri Madras. Yanditse ati: "Aba bagabo, bize mu buryo budasanzwe mu nyandiko za Sanskrit. Bicye hagati y'abantu benshi, bari bangana n'ibizamini abantu benshi bakoreraga icyarimwe. Ikizamini cyaba gitya: umuntu umwe yatangiraga kuvuza inzogera, umubare w'impeta ugomba kubarwa n' 'umuntu wibuka.' Umuntu wa kabiri yategekaga mu nyandiko imyitozo ndende mu mibare, irimo guteranya, gukuramo, gukuba no kugabanya. Icyo gatatu cyakomezaga gusoma muri *Ramayana* cyangwa *Mahabharata* urukurikirane rurerure. bya ibisigo, iki yari afite kuri kuba byakosowe; a icya kane yakwitwara seti ibibazo muri guhinduranya iki birakenewe i imiterere ya imirongo muri bikwiye igipimo ku a byatanze ingingo, buri kimwe umurongo kuri iherezo muri a byagaragajwe ijamba, a icya gatanu umugabo yakwitwara gutwara ku hamwe na a Impaka za gatandatu mu by'iyobokamana, imvugo nyayo yagombaga gusubirwamo mu buryo bunoze uko ababurana bayikurikiranaga, kandi umuntu wa karindwi ni we wahoraga azunguruka, umubare w'impinduka zagombaga kubarwa. Itsinda kwibuka impuguke yari afite icyarimwe kuri kora byose ibi ibikorwa by'ubutwari gusa na mu mutwe inzira, nka we

yari byemerewe nta mpapuro n'ikaramu. Umuvuduko ku bushobozi ugomba kuba wari mwinshi cyane. Ubusanzwe abagabo bafite ishyari batazi bashobora gutakaza agaciro nk'ibyo imbaraga na bigira ingaruka kuri kwizera ibyo bo kubivangamo gusa i imyitozo ngororamubiri bya i hasi imikorere bya i ubwonko. Icyakora, si ikibazo cyo kwibuka gusa. Ikintu gikomeye kurushaho ni ukwibanda ku bitekerezo cyane.

IGICE: 41

An Idyl Muri Amajyepfo Ubuhinde

"Wowe ni i mbere Umuzungu, Dick, iteka ryose kuri Injira ibyo ahantu hera. Byinshi abandi kugira yagerageje muri ubusa.

Ku magambo yanjye, Bwana Wright yasaga n'utangaye, hanyuma yishimye. Twari tuvuye mu rusengero rwiza rwa Chamundi mu misozi ireba Mysore mu majyepfo y'Ubuhinde. Aho ni ho twari twunamiye zahabu kandi feza ibicaniro bya i Imanakazi Chamundi, umukiriya Imana bya i umuryango bya i kuganza maharaja.

Bwana Wright yaravuze ati: "Nk'urwibutso rw'icyubahiro kidasanzwe," abika neza indabyo nke z'indabyo z'indabyo, "Nzahora nzigama iyi ndabyo, inyujijwemo amazi y'indabyo n'umupadiri."

Jye n'uwo twari kumwe **41-1** Bamaze ukwezi k'Ugushyingo 1935, nk'abashyitsi ba Leta ya Mysore. Maharaja, HH Sri Krishnaraja Wadiyar IV, ni igikomangoma cy'icyitegererezo gifite ubwitange mu buryo bw'ubwenge ku bantu be. Maharaja, umuhanga mu idini ry'Abahindu, yahaye ububasha Umuyisilamu, Mirza Ismail, nk'Umuyobozi Mukuru we. Abaturage miliyoni zirindwi ba Mysore bahabwa ubuvugizi mu Nteko Ishinga Amategeko no mu Nama Nshingamategeko.

Umuragwa wa Maharaja, HH Yuvaraja, Sir Sri Krishna Narasingharaj Wadiyar, yari yaratumiye umunyamabanga wanjye nanjye gusura ubwami bwe bufite ubumenyi kandi butera imbere. Mu byumweru bibiri bishize natanze ikiganiro ku baturage n'abanyeshuri ba Mysore ibihumbi, muri Town Hall, muri College ya Maharajah, muri Kaminuza y'Ubuganga; no mu nama eshatu zabereye i Bangalore, mu Ishuri Rikuru ry'Igihugu, muri College Intermediate, no muri Chetty Town Hall aho abantu barenga ibihumbi bitatu bari bateraniye. Niba abateze amatwi bashishikajwe no kumenya niba barashoboye gushima ishusho nziza nashushanyije ya Amerika, sinzi; ariko amashyi yahoraga ari menshi cyane iyo navugaga ku nyungu rusange zishobora guterwa no guhanahana ibyiza byiza mu Burasirazuba no mu Burengerazuba.

Jye na Bwana Wright twari turuhutse mu ituze ryo mu turere dushyuha. Igitabo cye cy'urugendo kivuga ku byo yabonye kuri Mysore gikurikira:

"Imirima y'umuceri y'icyatsi kibisi, itandukanye n'ibice by'ibisheke byakozwe mu mabanga, iri ku nsi y'imisozi y'amabuye - imisozi ifite ishusho ya emerald nk'amabara y'amabuye y'umukara - kandi imikino y'amabara irushaho kwiyoungera bitewe n'ibura ry'izuba ritunguranye kandi ritangaje mu gihe rishaka kuruhuka inyuma y'imisozi miremire."

"Byinshi umuntu wishimye cyane ibihe kugira yabaye yakoreshejwe muri kureba, hafi hatariho mu buryo bwimbitse, kuri i iteka ryose-

Impinduka z'Imana zirambuye mu kirere, kuko gukoraho kwayo gusa ari byo bishobora gutanga amabara anyeganyega bitewe n'ubushya bw'ubuzima. Ubwo buto bw'amabara burabura iyo umuntu agerageje kwigana amabara gusa, kuko Uwiteka yifashisha amavuta yoroshye kandi meza adafite amavuta cyangwa amarangi, ahubwo ari imirasire y'urumuri gusa. Ashyira urumuri hano, maze rugaragara. umutuku; Yongera kuzunguza uburoso maze buhita buvanga buhoro buhoro bugahinduka umuhondo n'umuhondo; hanyuma bugateramo We ibyuma i ibicu hamwe na a umurongo bya umuhengeri ibyo amababi a impeta cyangwa agasongero bya umutuku amazi arimo kurenga kuva mu gikomere mu bicu; bityo, agakomeza gukina, nijoro no mu gitondo kimwe, ahora ahinduka, ahora ahinduka, ahora ahinduka, ahora ahinduka; nta miterere, nta mabara asa, nta mabara amwe gusa. Ubwiza bw'impinduka z'Abahinde ku manywa ku ijoro ntagereranywa ahandi; akenshi ikirere gisa n'aho Imana yafashe byose amabara yari mu gikapu cye maze abaha ikintu kimwe gikomeye cya kera cyane mu ijuru.

"Ngomba kuvuga ubwiza bw'uruzinduko rw'ijoro ku rugomero runini rwa Krishnaraja Sagar, **41-2** yubatswe ibirometero cumi na bibiri uvuye i Mysore. Jye na Yoganandaji twinjiye muri bisi nto, maze hamwe n'umwana muto nk'umusimbura w'umukozi wa cranker cyangwa bateri, dutangira urugendo rw'umuhanda w'igitaka mwiza, izuba rimaze kurenga. irahagarara ku rundi ruhande kandi irabyimba nk'inyanya yahiye cyane.

"Urugendo rwacu rwanyuze mu mirima y'umuceri iri ahantu hose, tunyura mu murongo w'ibiti bihumura neza ibiti, hagati y'igiti cy'ibiti birebire by'ibiti bya kokonati, bifite ibimera binini hafi nk'ibiri mu ishyamba, hanyuma, twegereye umusozi, twahuye n'ikiyaga kinini cy'ubukorano, kigaragaza i inyenyeri na agasongero bya intoki na ibindi ibiti, bakikijwe na byiza iterase Ubusitani n'umurongo w'amatara y'amashanyarazi ku nkengero z'urugomero - kandi munsu yarwo amaso yacu yahuye n'ishusho nziza y'imirasire y'amabara yakindiraga ku masoko ameze nk'ay'amazi, nk'imigezi myinshi y'iwino irabagirana isukamo - amasumo meza y'ubururu, ahagarika inkende zitukura, imyuka y'icyatsi kibisi n'umuhondo, inzovu zisuka amazi, agashushanyo gato k'imurikagurisha ry'isi rya Chicago, ariko kandi kagezweho muri iki gihugu cya kera cy'imirima y'ubuhinzi n'abantu boroshye, baduhaye ikaze ryuzuye urukundo ku buryo nabyakiriye neza. mfite ubwoba ko bizantwara imbaraga zirenze izanjye kugira ngo nsubize Yoganandaji muri Amerika.

"Ubundi buryo bwo kugendera ku nzovu bwa mbere. Ejo Yuvaraja yadutumiye mu ngoro ye y'impeshyi kugira ngo twishimire imwe mu nzovu ze, inyamaswa nini cyane. Nazamutse ku ngazi yagenewe kuzamuka yerekeza ku *n-tebe y'ubudodo*, ifite imitako ya hariri kandi imeze nk'agasanduku; hanyuma nkayizunguruka, nkayitera, nkayizunguruka, nkayizunguruka, nkayizunguruka mu mwobo, nishimye cyane ku buryo ntahangayika cyangwa ngo ndumirwe, ariko nkomeje kwihangana!"

Ubuhinde bwo mu majyepfo, bukungahaye ku bisigazwa by'amateka

n'ibyataburuwe mu matongo, ni igihugu gifite ubwiza budasanzwe ariko budashobora kurondoreka. Mu majyaruguru ya Mysore hari leta nini cyane mu Buhinde, Hyderabad, ikibaya cyiza cyaciwe n'uruzi runini rwa Godavari. Ibibaya binini byera, Nilgiris nziza cyangwa "Imisozi y'Ubururu," utundi turere dufite imisozi y'ubutayu ya limestone cyangwa granite. Amateka ya Hyderabad ni inkuru ndende kandi ifite amabara menshi, yatangiye mu myaka ibihumbi bitatu ishize ku ngoma y'abami ba Andhra, ikomeza ku ngoma z'Abahindu kugeza mu 1294 nyuma ya Yesu, ubwo yageraga ku murongo w'abategetsi b'Abayisilamu bategekaga kugeza uyu munsi.

Ishusho itangaje cyane y'ubwubatsi, ibishushanyo, n'amashusho mu Buhinde bwose iboneka i Hyderabad mu buvumo bwa kera bwa Ellora na Ajanta bwashushanyijeho amabuye. Kailasa iri muri Ellora, urusengeru runini rw'ingoro imwe rugizwe n'ibishushanyo by'imana, abantu n'inyamaswa mu rugero rutangaje nka Michelangelo. Ajanta ni ahantu hari katedrali eshanu n'abihaye Imana makumyabiri na batanu,

Ubucukuzi bwose bw'amabuye buchungwa n'inkingi zikomeye cyane zishushanyijeho amashusho, aho abahanzi n'abanyabukorikori bashyizeho ubuhanga bwabo budasanzwe.

Umujyi wa Hyderabad ugizwe n'amashuri makuru ya Kaminuza ya Osmania n'umusigiti ukomeye wa Mecca Masjid, aho Abayisilamu ibihumbi icumi bashobora guteranira mu isengesho.

Leta ya Mysore nayo ni ahantu nyaburanga, metero ibihumbi bitatu hejuru y'inyanja, haboneka amashyamba menshi yo mu turere dushyuha, haba inzovu zo mu gasozi, inyamaswa zo mu bwoko bwa nyoni, idubu, impala, n'ingwe. Imijyi ibiri ikomeye yayo, Bangalore na Mysore, ni myiza kandi irasukuye, ifite pariki nyinshi n'ubusitani rusange.

Ubwubatsi n'ibishushanyo by'Abahindu byageze ku rwego rwo hejuru i Mysore bishyigikiwe n'abami b'Abahindu kuva mu kinyejana cya cumi na kimwe kugeza mu cya cumi na gatanu. Urusengero rwo muri Belur, igishushanyo mbonera cyo mu kinyejana cya cumi na kimwe cyarangiye ku ngoma y'Umwami Vishnuvardhana, ntagereranywa ku isi kubera uburyohe bwarwo bw'ibisobanuro birambuye n'amashusho meza.

Inkingi z'amabuye zabonetse mu majyaruguru ya Mysore ni iz'ikinyejana cya gatatu mbere ya Yesu, zigaragaza urwibutso rw'Umwami Asoka. Yasimbuye ingoma y'ubwami bwa Maurya bwari busanzweho icyo gihe; ubwami bwe bwari bugizwe hafi n'Ubuhinde bwose bwa none, Afuganisitani, na Baluchistan. Uyu mwami w'icyubahiro, ndetse n'abahanga mu by'amateka y'Iburengerazuba bamufata nk'umutegetsi udasanzwe, yasize ubwenge bukurikira ku rwibutso rw'amabuye:

Iyi nyandiko y'idini yanditswe kugira ngo abahungu bacu n'abuzukuru bacu batatekereze Gutsinda gushya ni ngombwa; kugira ngo badatekereze ko gutsinda inkota bikwiye kwitwa gutsinda; kugira ngo batazabibonamo ikindi kintu uretse gusenya no guhohotera; kugira ngo batazafata ikintu na kimwe nk'intsinzi nyakuri uretse gutsinda idini. Gutsinda nk'uko bifite agaciro muri iyi si no mu gihe kizaza.



Ibyanjye bagenzi na Jye ishusho mbere i "inzosi muri "amabuye y'agaciro," i Igitaji Mahal kuri Agra.

Asoka yari umwuzukuru w'intwari Chandragupta Maurya (uzwi ku Bagereki nka Sandrocottus), wahuye na Alegizanderi Mukuru akiri muto. Nyuma Chandragupta yasenye ingabo za Makedoniya zari zasigaye mu Buhinde, anesha ingabo z'Abagereki za Seleucus zari zateye muri Punjab, hanyuma akira mu rugo rwe intumwa y'Abagereki Megasthenes.

Inkuru zishimishije cyane zanditswe mu buryo burambuye n'abahanga mu by'amateka b'Abagereki n'abandi baherekeje cyangwa bakurikiye Alexandre mu rugendo rwe mu Buhinde. Inkuru za Arrian, Diodoros, Plutarch, na Strabo i umuhanga mu by'ubutaka kugira yabaye byahinduwe na Dr. J. W. M'Crindle **41-3** kugira ngo atange urumuri ku Buhinde bwa kera. Ikintu gishimishije cyane mu gitero cya Alegizanderi kitaratsindwa ni ugushishikazwa cyane na filozofiya y'Abahindu no mu ba yoga n'abagabo b'abera yahuraga nabo rimwe na rimwe kandi akaba yarashakaga cyane umuryango wabo. Nyuma gato y'uko umurwanyari w'Umugereki ageze i Taxila mu majyaruguru y'Ubuhanze, yohereje intumwa, Onesikritos, umwigishwa wo mu ishuri ry'Abagereki rya Diogene, kuzana umwarimu w'Umuhinde, Dandamis, sannyasi ukomeye wa Taxila.

"Turagushimiye, umwarimu w'Ababrahmin!" Onesikritos yaravuze nyuma yo gushaka Dandamis mu ishyamba rye. "Umwana w'Imana ikomeye Zeus, ari we Alegizanderi, Umwami w'abantu bose, aragusaba kumusanga, kandi nubyemera, azaguha impano zikomeye, ariko nubyangana, azaguha umutwe!"

Umukozi wo muri yoga yakiriye ubu butumire butunguranye, kandi "ntiyazamuye umutwe we ku ntebe ye y'amababi."

Yagize ati: "Nanjye ndi mwene Zewu, niba Alegisanderi ari we," ati: "Nta kintu na kimwe nshaka cya Alegisanderi, kuko ndanyuzwe n'ibyo mfite, mu gihe mbona ko agendagenda n'ingabo ze mu nyanja no ku butaka nta nyungu afite, kandi ntazigera arangiza ingendo ze."

"Genda ubwire Alegisanderi ko Imana, Umwami w'Ikirenga, itigeze iba nyirabayazana w'ikosa ry'agasuzuguro, ahubwo ni Umuremyi w'umucyo, w'amahoro, w'ubuzima, w'amazi, w'umubiri w'umuntu n'ubugingo; Yakira abantu bose iyo urupfu rubabatuye, nta na rimwe rubagiraho indwara mbi. Ni we wenyine Imana yubahwa, yanga ubwicanyi kandi ntatera intambara.

"Alexandre si imana, kuko agomba kuryohereza n'urupfu," uyu munyabwenge yakomeje aseka. "Ni gute yaba umutware w'isi, kandi atarayicara ku ntebe y'ubwami y'imbere?" ubutware bw'isi yose? Kugeza ubu ntaragera mu kuzimu, kandi ntazi inzira i izuba binyuze i hagati uturere bya i isi, mu gihe i ibihugu ku byayo imipaka kugira ntabwo numvise izina rye na gato!

Nyuma y'iki gihano, nta gushidikanya ko ari cyo giteye ubwoba kurusha ibindi

byose byigeze byoherezwa gutera amatwi ya "Umwami w'Isi," umunyabwenge yongeyeho mu buryo busekeje ati: "Niba ubutegetsu bwa Alegisanderi buriho budashobora gukwira ibyifuzo bye, nambuke uruzi rwa Ganges; ni ho azasanga akarere gashobora gutunga abantu be bese, niba igihugu cyo hakurya ari gito cyane ku buryo kitamushobora. **41-4**

"Ariko, umenye ko ibyo Alekizanderi atanga n'impano asezeranya ari ibintu bitagira umumaro kuri njye na gato; ibintu mpa agaciro kandi mbona bifite akamaro nyabyo ni ibi bibabi byanjye."

inzu, ibi bimera bimpaga ibyonywe bya buri muntu, n'amaze ari cyo kunywa kwanjye; mu gihe ibindi bitu byose birundanyijwe mu bwoba bitazangiza Ababateranya, bagatera agahinda n'agahinda gusa, ibyonywe wese aba afite byose. Jyeweho, ndyamye ku mababi y'ishyamba, kandi nta kintu na kimwe nkeneye kurindwa, nkifunga amaso yanjye mu bitotsi bituje; mu gihe nari mfite icyo ndinda, cyambuza gusinzira. Isi impaga byose, ndetse n'umubyeyi w'umwana we amata. Njya aho nshaka hose, kandi nta mpungenge mfite zituma niheba.

"Alexandre aramutse anyiciye umutwe, ntashobora no kunyica roho. Umutwe wanjye wonyine, hanyuma agaceceka, bizasigara, umubiri usigara nk'umwenda wacitse ku butaka, aho wavanywe. Noneho, ubwo nahindutse Umwuka, nzazamuka njya ku Mana yanjye, yadushyize mu mubiri twese, ikadusiga ku isi kugira ngo igaragaze niba, ubwo tuzaba turi hano hasi, tuzabaho twumvira amategeko yayo kandi izabikora. idusaba twese, igihe tuzaba hano tukajya kuhaba kwe, kubara inkuru y'ubuzima bwacu, kuko ari we Mucamanza ibyaha byose by'ubwibone; kuko imiborogo y'abarengana iba igihano cy' umukandamiza.

"Reka Alegisanderi atere ubwoba abifuzaga ubutunzi kandi batinye urupfu, kuko izo ntwari zombi nta mbaraga zifite; Ababramini ntibakunda zahabu cyangwa ngo batinye urupfu. Noneho genda ubwire Alegisanderi ibi: Abadami ntibakeneye ikintu cyose cyanyu, bityo ntibazakijyamo, kandi niba hari icyo ushaka kivuye kuri Dandami, muze aho ari."

Alegisanderi yakiriye ubutumwa bwa Onesikritos abwiye na yogi, maze "yumva icyifuzo gikomeye kurusha ikindi gihe cyose cyo kubona Dandami, nubwo yari ashaje kandi yambaye ubusa, yari umwanzu wenyine wahuye na we, we watsinze amahanga menshi, uretse uwo bari bahuje."

Alexander yatumiye muri Taxila abantu benshi b'aba-Brahmin bishimye bazwiho ubuhanga bwabo mu gusubiza ibibazo bya filozofiya bakoresheje ubwenge buciriritse. Plutarch yatanze inkuru y'impaka mu magambo; Alexander ubwe yashyize mu byiciro ibibazo byose.

"Ni bande benshi, abazima cyangwa abapfuye?"

"Abazima, kuko abapfuye batakiraho."

"Ni iyihe nyamaswa nini ikomoka ku nyanja

cyangwa ku butaka?" "Ubutaka, kuko inyanja ari

igice cy'ubutaka gusa."

"Ni ikihe ni i umunyabwenge kurusha abandi bya nyamaswa?"

"Icyo umuntu ataramenya." (Umuntu atinya ibitazwi.) "Ni ikihe

cyabanje kubaho, amanywa cyangwa ijoro?"

"Umunsi wabaye uwa mbere ku munsi umwe." Iki gisubizo cyatumye Alexander atangara; Brahmin yongeraho ati: "Ibibazo bidashoboka bisaba ibisubizo bidashoboka."

"Nigute cyiza kurusha ibindi Gicurasi a umugabo gukora ubwe "Mukundwa?"

"Umuntu azakundwa niba afite imbaraga nyinshi, ariko ntatinye." "Umuntu

ashobora ate kuba imana?" **41-5**

"Mu gukora ibyo umuntu adashobora gukora." "Ni

ikihe gikomeye kurusha ibindi, ubuzima cyangwa

urupfu?"

"Ubuzima, kubera ko byo idubu rero byinshi ibibi.

Alexandre yatsinze mu gukura mu Buhinde umuyogi nyawe, nk'umwarimu we. Uyu mugabo yari Swami Sphines, Abagereki bitaga "Kalanos" kuko umutagatifu, umuyobohe w'Imana mu ishusho ya Kali, yasuhuzaga abantu bose avuga izina ryayo ryiza.

Kalanos yajyanye na Alegisanderi mu Buperesi. Ku munsu wavuzwe, i Shushani mu Buperesi, Kalanos yatanze umurambo we wari ushaje yinjira mu ishyingurwa ry'abapfuye imbere y'ingabo zose za Makedoniya. Abahanga mu by'amateka andika ukuntu abasirikare batangaye babonye ko umu-yogi nta bwoba yari afite bwo kubabara cyangwa gupfa, kandi ko atigeze ava aho yari ari ubwo yari ari mu muriro. Mbere yo kugenda Kubera ko umurambo we watwitswe, Kalanos yari yakiriye inshuti ze zose za hafi, ariko yirinda gusezera kuri Alegisanderi, uwo umuhanga w'Umuhindu yari yamubwiye gusa ati:

"Jyewe agomba reba wowe vuba aha muri Babuloni."

Alegisanderi yavuye mu Buperesi, apfira i Babuloni nyuma y'umwaka. Amagambo y'umwarimu we w'Umuhinde yari amwereka ko azaba ari kumwe na Alegisanderi mu buzima bwe bwose no mu rupfu rwe.

Abahanga mu by'amateka b'Abagereki badusigiye amashusho menshi asobanutse kandi atera imbaraga y'umuryango w'Abahinde. Arrian atubwira ko amategeko y'Abahindu arengera abaturage kandi "ategeka ko nta muntu n'umwe muri bo uzaba umucakara, uko byagenda kose, ahubwo ko, bishimira ubwisanzure bwabo, bazubaha uburenganzira bungana kuri bwo bose bafite. Ku bo, batekerezaga, bamenye kutaganza cyangwa ngo bayobohe abandi bazabona ubuzima bujyanye neza n'ibihe byose by'ubusa." **41-6**

Indi nyandiko ivuga iti: "Abahinde ntibatanga amafaranga ku nyungu, cyangwa ngo bazi kuguriza. Biranyuranyije n'uburyo busanzwe bwo gukoresha umuhinde gukora cyangwa kugirirwa nabi, bityo ntibagirana amasezerano cyangwa ngo bashake ingwate." Tubwirwa ko gukira byakorwaga mu buryo bworoshye kandi busanzwe. "Gukiza bigerwaho binyuze mu kugena imirire aho gukoresha imiti. Imiti ikoreshwa cyane ni amavuta n'amatafari. Indi yose ifatwa nk'iy'ubugizi bwa nabi cyane."

Kwinjira mu ntambara byari bigamije gusa aba- *Kshatriya* cyangwa intwari. "Nta n'umwanzi wagera ku muhinzi ku kazi ke ku butaka bwe, ntamugirire nabi, kuko abantu bo muri iki gihe urwego rw'abantu rufatwa nk'abagiraneza barubanda, rurindwa imvune zose. Bityo ubutaka bugakomeza **kuba** butangiritse kandi bugatanga umusaruro mwinshi, buha abaturage ibisabwa kugira ngo ubuzima bube bwiza.

Umwami w'abami Chandragupta watsinze Seleucus, jenerali wa Alegisanderi mu 305 mbere ya Yesu, yafashe icyemezo cy'uko ari barindwi imyaka nyuma kuri ikiganza birarangiye i imigozi bya Ubuhinde guverinoma kuri bye umuhungu. Ingendo kuri Mu majyepfo y'Ubuhinde, Chandragupta yamaze imyaka cumi n'ibiri ya nyuma y'ubuzima bwe nk'umuntu wiyima utagira amafaranga, ashaka kwihesha agaciro mu buvumo bw'amabuye bwa Sravanabelagola, ubu bubahwa nk'urusengero rwa Mysore. Ishusho nini cyane ku isi, yakozwe mu ibuye rinini n'aba-Jain mu 983 nyuma ya Yesu mu rwego rwo guha icyubahiro umutagatifu Comateswara.

Insengero z'amadini za Mysore zizwi cyane ni urwibutso ruhoraho rw'abatagatifu benshi bakomeye bo mu Majyepfo Ubuhinde. Rimwe bya ibi ba shebuja, Thayumanavar, ifite ibumoso twebwe i gukurikira bigoye igisigo:

Wowe gishobora kugenzura a umusazi Inzovu;
Ushobora gufunga umunwa w'idubu n'ingwe; Ushobora
kugendera ku ntare;
Wowe gishobora gukina hamwe na i inzoka y'impiswi;
Ukoresheje alchemie ushobora kubona imibereho
yawe; Ushobora kuzenguruka mu isanzure
ryihishe; Ushobora kuba imbata z'imana;
Wowe gishobora kuba iteka ryose urubyiruko;
Wowe gishobora kugenda n'amaguru ku amazi na imbonankubone muri
umuriro;
Ariko kugenzura bya i Ubwonko ni byiza kurushaho na byinshi bigoye.

Muri Leta nziza kandi irumbuka ya Travancore mu majyepfo y'Ubuhinde, aho imodoka zinyuzwa mu migezi n'imiyoboro y'amazi, Maharaja buri mwaka yemera inshingano zo guhongerera icyaha cyatewe n'intambara no kwigarurira leta nto nyinshi mu bihe byashize kuri Travancore. Mu minsi mirongo itanu n'itandatu buri mwaka, Maharaja asura urusengero gatatu ku muni kugira ngo yumve indirimbo za Vedic n'imvugo; umuhango wo guhongerera urangirana na *lakshadipam* cyangwa urumuri rw'urusengero n'amata ibihumbi ijana.

Umutegetsi mukuru w'Umuhindu witwa Manu **41-8** yasobanuye inshingano z'umwami. "Agomba koza ibintu nka Indra (umwami w'imana); gukusanya imisoro buhoro buhoro kandi mu buryo butagaragara uko izuba riva mu mwuka mu mazi; kwinjira mu buzima bw'abantu be uko umuyaga ugenda hose; gucira imanza bose nka Yama (imana y'urupfu); guha abarenga ku mategeko nk'uko Varuna (imana ya Vedic y'ijuru n'umuyaga); gushimisha bose nk'ukwezi, gutwika abanzi b'abagome nk'imana y'umuriro; no gushyigikira bose nk'imana y'isi."

"Mu ntambara umwami ntagomba kurwana akoresheje intwaro z'uburozi cyangwa z'umuriro cyangwa ngo yica abanzi b'abanyantegere nke cyangwa badafite intwaro cyangwa abagabo bafite ubwoba cyangwa basenga basaba uburinzi cyangwa bahunga. Intambara igomba gukoreshwa gusa nk'uburyo bwa nyuma. Ingaruka zihora zishidikanywaho mu ntambara."

Perezida wa Madras ku nkombe y'amajyepfo y'uburasirazuba bw'Ubufande harimo umujyi wa Madras ugororotse, munini, ukikije inyanja, na Conjeeveram, Umujyi wa Zahabu, umurwa mukuru w'ingoma ya Pallava abami bayo bategekaga.

mu binyejana bya mbere by'igihe cya gikirisitu. Muri Madras ya none, Perezida w'abadaharanira urugomo Ingeso nziza za Mahatma Gandhi zateye imbere cyane; "ingofero za Gandhi" z'umweru ziranga abantu bose zigaragara hose. Muri rusange, Mahatma yakoze amavugurura menshi y'ingenzi mu rusengero ku "bantu batagira icyo bakoraho" ndetse no kuvugurura urwego rw'ibyiciro by'abantu.

Inkomoko y'urwego rw'ivanguramoko, rwashyizweho n'umudepite mukuru Manu, yari ishimishije. Yabonye neza ko abantu batandukanijwe n'imihindagurikire y'imiterere y'isi mu byiciro bine bikomeye: abashoboye gutanga serivisi ku muryango binyuze mu mirimo yabo y'umubiri (*Sudras*); abakorera binyuze mu Imitekerereze, ubuhanga, ubuhinzi, ubucuruzi, ubucuruzi, ubuzima bw'ubucuruzi muri rusange (*Vaisyas*); abafite impano zo kuyobora, kuyobora no kurinda-abategetswe n'ingabo (*Kshatriyas*); abafite kamere yo gutekereza, bahumekeye mu buryo bw'umwuka kandi bagatera imbaraga (*Brahmins*). "Nta kuvuka cyangwa amasakaramentu cyangwa kwiga cyangwa abakurambere bishobora kwemeza niba umuntu yavutse kabiri (ni ukuvuga *Brahmin*)," *Mahabharata* atangaza, "imico n'imyitwarire ni byo byonyine bishobora guhitamo." **41-9** Manu yategetswe sosiyete yubaha abayigize mu gihe bari bafite ubwenge, imico myiza, imyaka, isano cyangwa, icya nyuma, ubutunzi. Ubutunzi muri Vedic mu Buhinde bwahoraga busuzugurwa iyo bwabikwaga cyangwa butabonekaga mu bikorwa by'ubugiraneza. Abagabo b'abanyabantu kandi bakize cyane bahabwaga urwego rwo hasi muri sosiyete.

Ibibi bikomeye byavutse ubwo gahunda y'ivanguramoko yakomeraga mu binyejana byinshi ikaba intandaro y'uruhererekane rw'abantu. Abavuguruye imibereho nka Gandhi n'abagize imiryango myinshi cyane mu Buhinde muri iki gihe barimo gutera intambwe buhoro buhoro ariko ihamye mu kugarura indangagaciro za kera z'ivanguramoko, bishingiye gusa ku bushobozi karemano atari ku ivuka. Buri gihugu cyose ku isi gifite karma yacyo yihariye itera imibabaro yo guhangana nayo no kuyikuraho; Ubuhinde nabwo, hamwe n'umwuka wabwo udasanzwe kandi udashobora kwibasirwa, buzagaragaza ko bungana n'inshingano yo kuvugurura ivanguramoko.

Amajyepfo y'Ubuhinde yari meza cyane ku buryo nje na Bwana Wright twifuzaga kongera igihe cyacu cy'ubuhinzi. Ariko igihe, mu buryo budasanzwe, nticyadufashije kongera igihe. Nari nateganyije gutanga ikiganiro mu nama isoza Inama Nkuru y'Abafilozofiya b'Abahinde muri Kaminuza ya Calcutta. Mu gusoza uruzinduko rwa Mysore, nishimiye ikiganiro na Sir CV Raman, perezida w'Ishuri Rikuru ry'Abahinde rya Siyansi. Uyu muhanga mu bya fiziki w'Umuhindu yahawe igihembo cya Nobel mu 1930 kubera ubuvumbuzi bwe bw'ingenzi mu gukwirakwiza urumuri - "Ingaruka za Raman" ubu zizwi na buri munyeshuri.

Mu gusezera ku mbaga y'abanyeshuri n'inshuti za Madras, nje na Bwana Wright twerekeje mu majyaruguru tutishimiye. Mu nzira twahagaze imbere y'urusengero

rutagatifu rwo kwibuka Sadasiva Brahman, kuva ku wa 41 kugeza ku wa 10. Inkuru y'ubuzima bwe yo mu kinyejana cya cumi n'umunani yabereyemo ibitangaza byinshi. Inzu ndangamurage nini ya Sadasiva iri i Nerur, yubatswe na Raja wa Pudukkottai, ni ahantu hakorerwaga urugendo rutagatifu habereye ubuvuzi bwinshi bw'Imana.

Inkuru nyinshi zitangaje za Sadasiva, umuhanga ukunzwe kandi wuzuye umucyo, ziracyazwi cyane mu baturage bo mu gace k'Amajyepfo y'Ubuganda. Umunsi umwe arohamye muri *Samadhi* ku nkengero z'uruzi rwa Kaveri, Sadasiva yagaragaye ko yatwawe n'umwuzure utunguranye. Nyuma y'ibyumweru byinshi yabonetse ashyinguwe munsi y'ikirundo cy'ubutaka. Ubwo amasasu y'abaturage yamukubitaga, umutagatifu yarahagurutse agenda yihuta cyane.

Sadasiva ntiyigeze avuga cyangwa ngo yambare igitambaro. Mu gitondo kimwe, umuyogi wambaye ubusa yinjiye mu ihema ry'umutware w'Umuholandi mu buryo butari bwo. Abagore be barataka cyane; uwo murwanyi yagize ubugome inkota gusunika kuri Sadasiva, wa nde ukuboko yari byaciwe. Itsinda umuhanga yagiye nta mpungenge.

Kubera kwicuza, Umuhamedi yafashe ukuboko hasi akurikira Sadasiva. Umuhamedi yashyize ukuboko kwe mu gituzza cyari kiva amaraso bucece. Ubwo umurwany yasabaga yicishije bugufi inyigisho z'umwuka, Sadasiva yandika urutoki rwe ku musenyi ati:

"Kora ntabwo kora iki wowe gushaka, na hanyuma wowe Gicurasi kora iki wowe nka."

Umuhamedi yazamuwe mu mutwe, kandi yumva inama z'umutagatifu nk'iy'ubuyobozi ku bwisanzure bw'ubugingo binyuze mu kwigarurira ubwikunde.

Abana bo mu mudugudu bigeze kugaragaza icyifuzo cyabo imbere ya Sadasiva cyo kureba umunsi mukuru w'idini wa Madura, uri mu birometero 250. Umuyogi yereka abana bato ko bagomba gukora ku murambo we. Ubwo! itsinda ryose ryahise rijyanwa i Madura. Abana bazerera bishimye mu bihumbi by'abashyitsi. Mu masaha make umuyogi yazanye amakamyo ye mato mu rugo akoresheje ikariso ye. Uburyo bwo gutwara. Ababyeyi batangaye bumvise inkuru zisobanutse z'uruhererekane rw'amashusho, maze babona ko abana benshi bari bitwaje imifuka y'ibinyobwa bya Madura.

Umusore utabyemera yasetse umutagatifu n'inkuru. Bukeye bwaho yegereye Sadasiva.

"Databuja," aravugaga aseka, "kuki utanjyana mu birori, nkuko wabikoze ejo ku bandi bana?"

Sadasiva yaremeye; uwo muhungu yahise yisanga mu mbaga y'abantu bo mu muji wa kure. Ariko ikibabaje ni uko uwo mutagatifu yari he igihe umusore yashakaga kugenda? Uwo muhungu wari unaniwe yageze iwe akoresheje uburyo bwa kera kandi busanzwe bwo kugenda ku maguru.

41-1 : Madamu Bletch, ntibishoboka kuri kubungabunga i ikora umuvuduko seti na Bwana Wright na nanjye ubwanjye, byasigaye nishimye hamwe na yanjye bene wabo i Calcutta.

41-2 : Uru rugomero, rufite amashanyarazi menshi akomoka ku mazi, rucana Umujyi wa Mysore kandi rutanga ingufu ku nganda zikora ubudodo, amasabune, n'amavuta ya sandali. Ibyutso bya sandali bikomoka muri Mysore bifite impumuro nziza idashira; agakoko gateye yongera kubyutsa i impumuro nziza. Mysore kwirata bimwe bya i nini cyane umupayiniya inganda imishinga muri Ubuhinde, harimo ibirombe bya zahabu bya Kolar, uruganda rw'isukari rwa Mysore, ibyuma binini bikorerwamo i Bhadravati, hamwe na gari ya moshi ya Mysore State ihendutse kandi ikora neza ikora kilometero kare 30.000 muri icyo leta.

Itsinda Maharaja na Yuvaraja nde bari yanjye abakira muri Mysore muri 1935 kugira byombi vuba aha yapfuye. Itsinda umuhungu bya i Yuvaraja, Maharaja w'ubu, ni umutegetsi w'ubucuruzi, kandi yongereye inganda za Mysore uruganda runini .rw'indege

41-3 : Gatandatu imibumbe ku *Icyamba kera Ubuhinde* (Calcutta, 1879).

Nta na kimwe muri byo Alexandre cyangwa icyo ari cyo cyose bya bye abajenerali iteka ryose yambutse i :41-5
Ganges. Gushaka biyemeje kurwanya muri mu majyaruguru y'uburengerazuba, i Ikimasedoniya igisirikare yaranze kuri
.kwinjira kure; Alexandre yari ku ngufu kuri genda Ubuhinde na shaka gutsinda kwe mu Buperesi

41-5 : Kuva ibi ikibazo twe Gicurasi igitekerezo ibyo i "Umwana bya Zewu" yari afite umuntu rimwe na rimwe
gushidikanya ibyo we yari afite yamaze yageze ku butungane.

41-6 : Byose Ikigereki abareba kure igitekerezo ku i kubura bya ubucakara muri Ubuhinde, a kiranga kuri byuzuye
itandukaniro hamwe na i imiterere y'umuryango w'Abagereki.

41-7 : *Ubuhanga Ubuhinde* na Porofeseri. Benoy Kumar Sarkar itanga a byuzuye ifoto bya Ubuhinde ibya kera na igezweho

ibyagezweho na gitandukanye indangagaciro muri ubukungu, politiki siyansi, ubuvanganzo, ubuhanzi, na imibereho myiza filozofiya. (Lahore: Motilal Banarsi Dass, Abanditsi, 1937, 714 pp., \$ 5.00.)

Ikindi byasabwe umubare ni *Umuhinde Umuco Binyuze muri Itsinda Imyaka*, na S. V. Venatesvara (Gishya York: .Longmans, Icyatsi kibisi & Co., \$5.00)

41-8 : Manu ni i rusange umutangamategeko; ntabwo wenyine kuri Umuhindu sosiyete, ariko kuri i isi. Byose sisitemu bya umunyabwenge imibereho myiza amabwiriza na kimwe ubutabera ni ifite imiterere nyuma Manu. Nietzsche ifite yishyuye i gukurikira icyubahiro: "Jyewe kumenya bya oya igitabo muri iki rero byinshi byoroshye na mugira neza ibintu ni yavuze kuri umugore nka muri i *Igitabo cy'amategeko Cya Manu* ; ibyo ishaje ubwanwa bw'imvi na abera kugira a uburyo bwo kuba intwari ku bagore wenda budashobora kurengwa ... umurimo w'ubwenge n'ubuhanga budasanzwe ... wuzuyemo indangagaciro nziza, wuzuyemo ibiyumviro byo gutungana, hamwe n'ijambo ryo kwemerera ubuzima, n'ibyishimo byo kwishima ku bijyanye na bwo no ku buzima; izuba rirasira igitabo cyose.

41-9 : "Gushyiramo muri kimwe bya ibi bine amoko mu ntangiriro byashingiweho ntabwo ku a iby'umugabo kuvuka ariko ku bye karemano ubushobozi nk'uko byagaragajwe na i intego muri ubuzima we gutoranywa kuri kugera kuri ibyo," umuntu ingingo muri *Uburasirazuba-Iburengerazuba* kuri Mutarama, 1935, aragira ati twe. "Ibi intego ishobora kuba (1) *nk'uko* icyifuzo, igikorwa bya i ubuzima bya i ibyumviro (*Sudra* icyiciro), (2) *artha* , inyungu, kuzuza ariko kugenzura ibyifuzo (icyiciro cya *Vaisya*), (3) *dharma* , kwifata, ubuzima bw'inshingano n'ibikorwa byiza (icyiciro cya *Kshatriya*), (4) *moksha* , kwibohora, i ubuzima bya iby'umwuka na iyobokamana kwigisha (*Brahmin* icyiciro). Ibi bine amoko ishusho serivisi ku bantu binyuze kuri (1) umubiri, (2) ubwenge, (3) imbaraga z'ubushake, (4) Umwuka.

Izi ntambwe enye zifite aho zihurira mu *imiterere y'ibihe bidashira* cyangwa imiterere y'ibidukikije, *tamas* , *rajas* , na "*sattva* : kubangamira, igikorwa, na kwagura; cyangwa, uburemere, ingufu, na ubwenge. Itsinda bine karemano amoko ni ikimenyetso na i *gunas* nka (1) *amatama* (ubujiji), (2) *tamas- rajas* (uruvange bya ubujiji na igikorwa), (3) *rajas-sattva* (uruvange bya iburyo ibikorwa na kumurikirwa), (4) *sattva* (ubumenyi). Bityo ifite kamere ikimenyetso buri umugabo hamwe na bye amoko, na i ubwiganze muri we bw'umwe, cyangwa uruvange rw'abantu babiri, b'aba *guna* . Birumvikana ko buri muntu afite *aba guna batatu bose* mu buryo butandukanye. Umuhanga azaba ashobora kumenya neza ubwoko .bw'umuntu cyangwa imiterere ye mu iterambere

Kugira ngo a runaka urwego, byose amasiganwa na ibihugu kwitegereza muri imyitozo, niba ntabwo muri inyigisho, i" ibintu bidasanzwe bya amoko. Aho hariya ni uruhushya rwiza cyangwa byitwa ubwisanzure, by'umwihariko muri gushyingirana hagati y'abantu hagati ibintu bikabije muri i karemano amoko, i isiganwa igabanuka ikagenda irashira. *Purana Samhita* igereranya abana b'ubwo bwoko n'ibimera bivanze, nk'inyumbu idashobora gukwirakwiza ubwoko bwayo. Ubwoko bw'ibihimbano amaherezo burarimbuka. Amateka atanga ibimenyetso byinshi bya byinshi byiza cyane amasiganwa iki oya kirekire kugira icyo ari cyo cyose ubuzima abahagarariye. Itsinda urwego rw'abantu sisitemu bya Ubuhinde ni yahawe inguzanyo na we hafi ya yose cyane abatekereza hamwe na kuba i genzura cyangwa kwirinda kurwanya uruhushya iki ifite byabitswe i ubuziranenge bya i ubwoko kandi yabugejeje mu mutekano mu bihe by'imyaka ".ibarirwa mu bihumbi, mu gihe andi moko yazimiye burundu

41-10 : Amazina ye yose yari Sri Sadasivendra Saraswati Swami. Umusimbuzi w'icyamamare mumurongo wa Shankara, Jagadguru Siri Shankaracharya bya Sringeri Imibare, yanditse umuntu gutera imbaraga *Ode* cyagenewe kuri Sadasiva. *Uburasirazuba-Iburengerazuba* kuri Nyakanga, 1942, yanditse inkuru ivuga ku buzima bwa Sadasiva.

IGICE: 42

Icyacya nyuma Iminsi Hamwe na Ibyanjye Guru

"Guruji, nishimiye kukubona uri wenyine muri iki gitondo." Nari maze kugera muri Serampore hermitage, ntwaye umutwaro w'imbuto n'indabyo z'indabyo. Sri Yukteswar yarandebye yitonze.

"Iki ni ibyawe ikibazo?" Umwigisha yarebye kubyerekeye i icyumba nka nubwo we bari gushaka guhunga.

"Guruji, naje iwawe nkiri muto mu mashuri yisumbuye; ubu ndi umuntu mukuru, nubwo mfite imvi cyangwa kabiri. Nubwo wangiriye urukundo rucecetse kuva ku isaha ya mbere kugeza ubu, ese uzi ko rimwe gusa, ku i umunsi bya inama, kugira wowe iteka ryose yaravuze ati, 'Jyewe urukundo "Wowe?" Jye yarebye kuri we mu buryo bwo gusaba.

Umwami yashyize amaso ye hasi. "Yogananda, ngomba gushyira mu bikorwa imvugo ishyushye irinzwe neza n'umutima utagira amagambo?"

"Guruji, Jye kumenya wowe urukundo nnyewe, ariko yanjye umuntu usanzwe amatwi ububabare kuri kumva wowe vuga "Noneho rero."

"Bibe uko ubyifuza. Mu gihe cy'ubukwe bwanjye nakundaga kugira umuhungu, wo gutoza inzira ya yoga. Ariko igihe waje mu buzima bwanjye, naranyuzwe; muri wowe nabonye umwana wanjye." Amarira abiri meza yahagaze mu maso ya Sri Yukteswar. "Yogananda, ndagukunda iteka ryose."

"Igisubizo cyawe ni pasiporo yanjye yo kujya mu ijuru." Numvise umutima wanjye uremerewe, nkumva amagambo ye ashizemo umwuka. Akenshi natangazwaga n'agaceceke ke. Namenye ko atari afite amarangamutima kandi ko ari we ubwe. yari ihari, ariko rimwe na rimwe natinyaga ko ntashoboye kumushimisha byuzuye. Yari kamere idasanzwe, itigeze imenyekana burundu; kamere yimbitse kandi ituje, idashobora kumvikana ku isi yo hanze, yari yararengeje indangagaciro zayo kuva kera.

Nyuma y'iminsi mike, ubwo navugaga imbere y'abantu benshi muri Albert Hall i Calcutta, Sri Yukteswar yemeye kwicara iruhande rwanjye ku rubyiniro, hamwe na Maharaja wa Santosh na Meya wa Calcutta. Nubwo Master ntacyo yambwiye, naramurebaga rimwe na rimwe mu gihe navugaga, maze ntekereza ko nabonye akanyamuneza mu maso he.

Hanyuma hakurikiyeho ikiganiro imbere y'abanyeshuri bahoze bigana muri Koleji ya Serampore. Ubwo narebaga abanyeshuri twiganaga kera, kandi ubwo bitegerezaga "Umupfumu wabo w'Umusazi," amarira y'ibyishimo yagaragaye nta soni. Porofeseri wanjye w'umuhanga mu bya filozofiya, Dr. Ghoshal, yaje kunsuhuza, ubwumvikane buke bwacu bwose bwashowe n'umuhanga mu bya shimi wo mu gihe cya kera.

Iserukiramuco ry'izuba ry'itumba ryizihijwe mu mpera z'Ukuboza mu kigo cya Serampore. Nkuko bisanzwe, abigishwa ba Sri Yukteswar bateraniye hamwe baturutse kure na hafi. *Abasangwabutaka bo mu idini*, abaririmba ku giti cyabo mu ijwi ryiza nk'iry'ikirahure rya Kristo-da, ibirori byatanze n'abanyeshuri bakiri bato,

ikiganiro cya Master gikora ku mutima muni y'inyenyeri mu gikari cyuzuyemo ashram-urwibutso, kwibuka! Iminsi mikuru y'ibyishimo y'imyaka myinshi ishize! Ariko, muri iri joro, hagombaga kubaho ikintu gishya.

"Yogananda, ndakwinginze uvuge icyo bivuze mu Cyongereza." Amaso ya Mwalimu yari arimo arahumbye ubwo yatangaga iki cyifuzo kidasanzwe kabiri; ese yari arimo gutekereza ku kibazo cy'ubwato cyari cyabanjirije ikiganiro cyanyje cya mbere mu Cyongereza? Nabwiye abari aho inkuru y'abigishwa banjye, ndangije n'icyubahiro gikomeye ku mwarimu wacu.

"Ubuyobozi bwe bwari buriho hose ntabwo ari nje wenyine mu bwato bwo mu nyanja," narangije, "ahubwo buri muni mu myaka cumi n'itanu namaze mu gihugu kinini kandi cy'ubukirane cya Amerika."

Nyuma y'uko abashyitsi bagenda, Sri Yukteswar yampamagaye mu cyumba kimwe aho nari nemerewe kuryama ku buriri bwe bw'ibiti rimwe gusa, nyuma y'umunsi mukuru wo mu bwana bwanjye. Iri joro umwarimu wanjye yari yicaye aho atuje, igice cy'uruziga rw'abigishwa be kiri ku birenge bye. Yaramwenyuye ubwo ninjiraga vuba mu cyumba.

"Yogananda, ubu ugiye i Calcutta? Nyamuneka uzagaruke hano ejo. Hari ibintu bimwe na bimwe ngomba kukubwira."

guha umugisha, Sri Yukteswar yampaye irindi zina ry'ubumonaki rya *Paramhansa* .

"Ubu noneho irasimbura izina ryawe rya mbere rya *swami* ," aravugaga ubwo napfukamaga imbere ye. Nseka bucece natekereje ku rugamba abanyeshuri banjye b'Abanyamerika bari kunyuramo ku bijyanye n'imvugo ya *Paramhansaji* . **42-2**

"Umurimo wanjye ku isi urarangiye; ugomba gukomeza." Umwami yavuze bucece, amaso ye atuje kandi yoroheje. Umutima wanjye warakubiswe n'ubwoba.

Sri Yukteswar yakomeje agira ati: "Ndakwinginze woherere umuntu wo kuyobora ashram yacu i Puri. Byose ndabishyize mu maboko yawe. Uzashobora gutwara ubwato bwawe n'ubw'umuryango neza ukagera ku nkombe z'Imana."

Muri amarira, Jye yari guhoberana bye ibirenge; we indabyo y'iroza na umugisha njyewe mu buryo bushimishije.

Bukeye bwaho nahamagaye umwigishwa wo muri Ranchi, Swami Sebananda, maze ndamwoherereza i Puri gukora imirimo yo mu rugo . Nyuma umujyanama wanjye yaganiriye nanjye ku bijyanye n'amategako yo kwishyura umutungo we; yari afite amatsiko yo gukumira ko abavandimwe be bashobora kuburana nyuma y'urupfu rwe kubera gutunga amazu ye abiri yo mu rugo n'indi mitungo, yashakaga ko itangwa gusa. mu bikorwa by'ubugiraneza.

"Hahe rutse gukorwa gahunda yo gusura Kidderpore, **42-4** ariko yananiwe kujyayo." Amulaya Babu, umwigishwa muvandimwe, yambwiye aya magambo umunsi umwe ku gicamunsi; numvise umuraba ukonje w'igitekerezo. Mu bibazo byanjye bikomeye, Sri Yukteswar yansubije gusa ati: "Sinzongera kujya i Kidderpore." Igihe gito, Umwigisha yaratitiriye nk'umwana ufite ubwoba.

Patanjali yanditse ati: ("Kwifatanya n'umubiri, bivuka mu buryo bwabyo bwite [ni ukuvuga, bikomoka ku mizi ya kera, ibyo twanyuzemo mu rupfu], " **42-5** "iboneka ku rugero ruto ndetse no mu batagatifu bakomeye." Muri zimwe mu nyigisho ze ku rupfu, umutoza wanjye yakundaga kongeramo ati: "Nk'uko inyoni ifite ikiziriko kirekire itinya kuva mu rugo rwayo imenyereye iyo urugi rufunguye.")

"Guruji," Jye yinginze we hamwe na a kurira, "ntugakore vuga ibyo! Ntibigeze bibaho rwose ibyo amagambo kuri nyewe!

Isura ya Sri Yukteswar yaratuje mu ineko nziza. Nubwo yari yegereje isabukuru ye y'imyaka mirongo inani n'umwe, yasaga neza kandi akomeye.

Numvaga umunsi ku wundi nkishimira izuba ry'urukundo rw'umwarimu wanjye, ntavuze ariko numva mfite amatsiko menshi, nirukanye mu bwenge bwanjye ibitekerezo bitandukanye yari yatanze by'urupfu rwe rwari rugiyeye kuza.

"Bwana, *Kumbha Mela* iraterana muri uku kwezi i Allahabad." Neretse Master amatariki ya *mela* muri igitabo cy'inyongera cya Bengali. **42-6**

"Kora wowe mu by'ukuri gushaka kuri "Ndagiye?"

Kubera ko ntari numva ko Sri Yukteswar yanga kuntererana, nakomeje nti: "Ubwo wabonaga Babaji abonekerwa neza muri Allahabad *kumbha* . Wenda kuri iyi nshuro nzaba mfite amahirwe yo kumubona."

"Sintekereza ko uzahurirayo na we." Umuhanga wanjye yahise aceceka, adashaka kubangamira gahunda zanjye.

Ubwo najyaga i Allahabad ku munsi wakurikiyeho ndi kumwe n'itsinda rito, Mwigisha yampaye umugisha bucece nk'uko bisanzwe. Uko bigaragara, ntari nitaye ku ngaruka zari mu myifatire ya Sri Yukteswar kuko Uwiteka yashakaga kunkiza uburambe bwo guhatirwa, nta bushobozi, kubona urupfu rw'umwarimu wanjye. Mu buzima bwanjye, byagiye bibaho buri gihe ko, ku rupfu rw'abo nkunda cyane, Imana yangiriye impuhwe kugira ngo mbe kure y'aho hantu. **42-7**

Itsinda ryacu ryageze ku kirwa cya *Kumbha Mela* ku ya 23 Mutarama 1936. Itsinda ry'abantu bagera kuri babiri bari bitabiriye ibirori Abantu miliyoni bari batangaje cyane, ndetse bari batangaje cyane. Ubuhanga bwihariye bw'Abahinde ni icyubahiro cyihariye kiri mu muhinzi wo hasi cyane kubera agaciro k'Umwuka, no ku bamonaki n'abasadhuharika baretse isano ry'isi kugira ngo bashake umupfumu. Abapfumu n'indiyari barahari koko, ariko Ubuhinde bubaha bese kubera bake bamurikira igihugu cyose imigisha idasanzwe. Abanyaburayi barebaga iryo serukiramuco rinini bagize amahirwe adasanzwe yo kumva ibyiyumvo by'igihugu, ishyamba ry'umwuka Ubuhinde bufite mbere y'uko ibihe bihita.



Itsinda umugore yoga, Shankari Mai Jiew, gusa ubuzima umwigishwa bya i byiza cyane Trailanga Swami.

Umuntu wambaye igitambaro yicaye iruhande rwe ni Swami Benoyananda, umuyobozi w'ishuri ryacu rya yoga rya Ranchi ry'abahungu ryo muri Bihar. Ifoto yafatiwe muri Hardwar *Kumbha Mela* mu 1938; uwo mugore w'umutagatifu icyo gihe yari afite imyaka 112.



Krishnananda, kuri i 1936 Allahabad *Kumbha Mela* , hamwe na bye gutonda abarya ibikomoka ku bimera Intare y'ingore.



Urugo rwo kuriramo rwo ku igorofa rya kabiri rw'inzu y'abashyitsi ya Serampore ya Sri Yukteswar. Nicaye (hagati) ku birenge by'umwarimu wanjye.

Umunsi wa mbere twawumaze duhanganye n'itsinda ryacu. Hari abiyuhagiraga

batabarika, binjira mu ruzi rutagatifu kugira ngo bababarirwe ibyaha; hari imihango ikomeye yo gusenga; hari amaturo yo gusenga yari ajugunywe ku birenge byuzuye umukungugu by'abera; twahindukiriye imitwe, n'umurongo w'inzovu, amafarasi yafunzwe n'ingamiya za Rajputana zigenda buhoro, cyangwa umutambagiro w'idini udasanzwe wa

kwambara ubusa Sadhus, kuzunguza inkoni z'ubwami bya zahabu na ifeza, cyangwa amabendera na abatera amashusho bya hariri velvet.

Aba-Anchorites bambaye imyenda yo mu rukenyerero gusa bicaye bucece mu matsinda mato, imibiri yabo yuzuye ivu ribarinda ubushyuhe n'ubukonje. Ijisho ry'umwuka ryagaragazwaga neza ku gahanga kabo n'agace kamwe k'umuti wa sandali. Abaswami b'imitwe yogoshwe bagaragaye n'ibihumbi by'abantu, bambaye imyenda y'umuhondo kandi bitwaje inkoni yabo y'imigano n'igikombe cyo gusabiriza. Mu maso habo harabagiranaga i kwamagana amahoro nka bo kugenda n'amaguru kubyerekeye cyangwa byafashwe filozofiya ibiganiro hamwe na abigishwa.

Aha na hariya munsu y'ibiti, hafi y'ibirundo binini by'ibiti byakaga, hari sadhus nziza cyane, **42-8** imisatsi yabo yari iboshye kandi ivanze n'imigozi hejuru y'imitwe yabo. Bamwe bari bafite ubwanwa bufite uburebure bwa metero nyinshi, buzinze kandi buhambiriye mu ipfundo. Batekerezaga bucece, cyangwa barambuye amaboko yabo mu kubaha umugisha imbaga y'abantu basabirizaga, maharajas ku nzovu, abagore bambaye *sari z'amabara menshi* - imikufi yabo n'amakanzu byabo biravuzwa urwamo, *abafarisu* bafite amaboko magufi bafashe hejuru mu buryo buteye ubwoba, *ababrahmacharis* bitwaje ibikoresho byo gutekereza cyane, abanyabwenge bicisha bugufi bafite icyubahiro gihishe ibyishimo byo mu mutima. Hejuru y'urusaku rw'inzogera z'urusengero twumvise ihamagara rihoraho ry'inzogera zo mu rusengero.

Ku munsu wacu wa kabiri *w'imisa*, jye na bagenzi banjye twinjiye mu mazu atandukanye y'aba-ashram n'amazu y'agateganyo, dutanga *ama-pranam* ku batagatifu. Twahawe umugisha n'umuyobozi w'ishami rya *Giri* ry'umuryango wa Swami - umumonaki woroshye, wicaye ufite amaso y'umuriro useka. Uruzinduko rwacu rwakurikiyeho rwatujyanye mu nzu y'aba-ashram yari imaze imyaka icyenda ihize indahiro zo guceceka no kurya indyo yuzuye imbuto. Ku kibuga cyo hagati mu nzu y'aba-ashram hari hatuye umu-sadhu w'impumyi, Pragla Chakshu, wize cyane muri *shastra* kandi yubahwa cyane n'amatsinda yose.

Nyuma yo gutanga ikiganiro gito mu rurimi rw'igihindi kuri *Vedanta*, itsinda ryacu ryavuye mu nzu ituje ijya gusuhuza swami wari hafi aho, Krishnananda, umumonaki mwiza ufite amasaya meza n'ibitugu bitangaje. Iruhande rwe hari intare y'ingore yicaye. Yishimiye ubwiza bw'umwuka bw'umumonaki - ntabwo ari uko, ndahamya, umubiri we ukomeye! - inyamaswa yo mu ishyamba yanga inyama zose ikajya kurya umuceri n'amata. Swami yigishije inyamaswa y'ubwoya bw'umukara kuvuga " *Aum* " mu ijwi ryimbitse kandi ryiza - umuntu wiyeguriye injangwe!

Ikiganiro gikurikira twagiranye n'umusadhu ukiri muto w'umuhanga, cyasobanuwe neza mu gitabo cy'urugendo cya Bwana Wright.

"Twanyuze muri Ford tunyura mu kibaya cya Ganges ku kiraro cy'amazi menshi, tugenda nk'inzoka mu bantu benshi no mu nzira nto kandi zigoranye, tunyura aho

hantu ku nkombe y'uruzi Yoganandaji yanyeretse ko ari ho Babaji na Sri Yukteswarji baturira."

Nyuma gato yo kuva mu modoka, twagenze urugendo rurerure duca mu mwotsi mwinshi w'umuriro w'abasadhus tunyura mu mucanga unyerera kugira ngo tugere ku rukuta rw'utuzu duto cyane tw'ibyondo n'ibyatsi. Twahagaze imbere y'imwe muri izi nzu z'agateganyo zidafite agaciro, ifite umuryango utagira umuryango, aho Kara Patri, umusadhu ukiri muto uzerera uzwiho ubwenge bwe budasanzwe. Aho niho yicaye, ahagaze ku kirundo cy'ibyatsi, igitambaro cye cyonyine - kandi ku bw'amahirwe yari afite cyonyine - yari igitambaro cy'umukara cyari gipfutse ku bitugu bye.

"Mu by'ukuri isura y'Imana yaratwenyuye ubwo twari tumaze kwinjira mu nzu ku maguru ane maze *twitirirwa* ibirenge by'uyu muntu ufite urumuri, mu gihe itara rya peteroli ryari ku muryango ryakaga bitangaje,

igicucu cyo kubyina ku nkuta z'ibyatsi. Isura ye, cyane cyane amaso ye n'amenyo ye meza, byarabagirana kandi birabagirana. Nubwo natangaye n'ururimi rw'Igihindi, isura ye yari isobanutse cyane; yari yuzuye ishyaka, urukundo, n'icyubahiro cyo mu mwuka. Nta muntu washoboraga kwibeshya ku buhanga bwe.

"Tekereza ubuzima bwiza bw'umuntu utita ku isi y'ibintu bifatika; udafite ikibazo cy'imyenda; udafite irari ry'ibiryo, utagira ubusabirizi, utagira gukora ku biryo byatetse keretse mu minsi isimburana, utagira na rimwe gutwara isahani yo gusabiriza; nta kintu na kimwe kigukurura mu mafaranga, nta kintu na kimwe ufata, nta kintu na kimwe ubika, nta gihe wiringira Imana; nta kibazo cyo gutwara abantu, nta gihe ugendera mu modoka, ahubwo uhora ugenda ku nkombe z'imigezi mitagatifu; nta gihe uguma ahantu hamwe igihe kirenze icyumweru kugira ngo wirinde ko habaho kwi Yongera k'ubucucike.

"Umuntu woroheje cyane! yize muri *Vedas mu buryo budasanzwe*, kandi afite impamyabumenyi ya MA n'izina rya *shastri* (umwarimu w'ibyanditswe byera) wo muri Kaminuza ya Benares. Ibyiyumvo byiza cyane byaranyinjiriye ubwo nicaraga ku birenge bye; byose byasaga n'aho ari igisubizo ku cyifuzo cyanyje cyo kubona Ubuhinde bwa kera, kuko ari we uhagarariye iki gihugu cy'ibihangange mu by'umwuka."

Nabajije Kara Patri ku bijyanye n'ubuzima bwe bwo kuzerera. "Nta myenda y'inyongera ufite yo mu gihe cy'itumba?" "Oya, ibi birahagije."

"Kora wowe gutwara icyo ari cyo cyose ibitabo?"

"Oya, nigisha mu mutwe abo bantu bifuzaga kunyumva." "Ni iki kindi ukora?"

"Jyewe gutembera na i Ganges."

Ku magambo atuje, nararenzwe n'irari ry'ubuzima bwe bworoshye. Nibuka Amerika, n'inshingano zose zari ku bitugu byanyje.

"Oya, Yogananda," nibwiraga mbabaye akanya gato, "muri ubu buzima bwo kuzerera hafi ya Ganges ntabwo ari wowe ugomba."

Nyuma y'uko uwo musaza ambwiye bimwe mu byo yasobanukiwe mu buryo bw'umwuka, nahise mbaza ikibazo gitunguranye nti "Ese utanga ibi bisobanuro ubikuye ku nkuru z'Ibyanditswe, cyangwa ubikuye ku byo

wabonye imbere mu mutima?"

"Igice kimwe cya kabiri kuva igitabo kwiga," we yasubijwe hamwe na a byoroshye inseko, "kandi kimwe cya kabiri kuva ubunararibonye.

Twicaye akanya twishimye mu ituze ryo gutekereza. Tumaze kuva mu maso he hatagatifu, nabwiye Bwana Wright nti: "Ni umwami wicaye ku ntebe y'ubwami y'ibyatsi bya zahabu."

Twariye ifunguro rya nimugoroba muri iryo joro ku gasozi *ka mela* munsu y'inzenyeri, turya ku masahani y'amababi afatanye n'inkoni. Gukaraba amasahani mu Buhinde byagabanutse cyane!

mikuru ishimishije ; hanyuma njya mu majyaruguru y'uburengerazuba ku nkengero za Jumna ngera i Agra. Nongeye kureba Taj Mahal; mu kwibuka Jitendra yari ahagaze iruhande rwanjye, atangazwa n'inzozo ze yambaye marble. Hanyuma nkomeza kuri ashram ya Brindaban ya Swami Keshabananda.

Intego yanjye yo gushaka Keshabananda yari ifitanye isano n'iki gitabo. Sinigeze nibagirwa icyifuzo cya Sri Yukteswar cyo kwandika ubuzima bwa Lahiri Mahasaya. Mu gihe namaze mu Buhinde, nakoreshega amahirwe yose yo kuvugana n'abigishwa n'abavandimwe ba Yogavatar. Nanditse ibiganiro byabo mu nyandiko nyinshi, nemeza amakuru n'amatariki, kandi nkusanya amafoto, amabaruwa ya kera n'inyandiko. Inyandiko zanjye za Lahiri Mahasaya zatangiye kwiyongera; nabonye mfite ubwoba ko imbere yanjye hari imirimo itoroshye mu kwandika. Nasenze kugira ngo mbe umwanditsi w'ubuzima bw'uyu muhanga munini. Bamwe mu bigishwa be batinyaga ko mu nyandiko, shebuja wabo ashobora gusuzugurwa cyangwa agasobanurwa nabi.

Panchanon Bhattacharya yigeze kumbwira ati: "Ntabwo umuntu ashobora kurenganura ubuzima bw'Imana mu magambo make."

Abandi bigishwa ba hafi nabo bishimiye gukomeza guhisha Yogavatar mu mitima yabo nk'umuyobozi utagira urupfu. Nyamara, nzirikana ubuhanuzi bwa Lahiri Mahasaya ku buzima bwe, nashyizeho imihati myinshi kugira ngo nemeze kandi nemeze ukuri kw'ubuzima bwe bwo hanze.

Swami Keshabananda yakiranye ibyishimo ibirori byacu i Brindaban mu nzu ye ya Katayani Peith Ashram, inyubako nini y'amatafari ifite inkingi nini z'umukara, iri mu busitani bwiza. Yatugejejeyo kuri rimwe mu cyumba cyo kwicara cyari gishushanyijeho ishusho ya Lahiri Mahasaya. Swami yari yegereje imyaka mirongo icyenda, ariko umubiri we w'imitsi wagaragazaga imbaraga n'ubuzima bwiza. Yari afite umusatsi muremure n'ubwanwa bwera nk'urubura, amaso ye akanyerera kubera ibyishimo, yari umuntu w'ukuri w'umugabo. Namubwiye ko nifuzaga kuvuga izina rye mu gitabo cyanjye kivuga ku bahanga mu Buhinde.

"Ndakwinginze umbwire ubuzima bwawe bwa mbere." Naramwenyuye nsaba cyane; abakora yoga bakomeye akenshi ntibakunda kuvugana.

Keshabananda yagaragaje ukwicisha bugufi. "Nta kintu kinini cyo kwibagirwa. Mu by'ukuri ubuzima bwanjye bwose namaze mu misozi miremire ya Himalaya, ngenda n'amaguru mva mu buvumo bumwe butuje ngera mu bundi. Namaze igihe gito mfite agace gato k'ibiti birebire hanze ya Hardwar, gakikijwe n'igiti kirekire impande zose. Hari ahantu hatuje hadakunze gusurwa n'abagenzi, bitewe n'uko hari inzoka zo mu bwoko bwa cobra." Keshabananda yarasetse. "Nyuma umwuzure wa Ganges watwaye inzuri n'inzoka zo mu bwoko bwa cobra. Abigishwa banjye bamfashije kubaka aka gace k'ibiti byo mu bwoko bwa Brindaban."

bari mu itsinda ryacu yabajije swami uburyo yirinze ingwe zo mu misozi ya Himalaya. **9**

Keshabananda yazunguje umutwe. Yagize ati: "Muri ubwo butumburuke bwo mu mwuka, inyamaswa zo mu gasozi ntizikunze guhohotera yogis. Igihe nari mu ishyamba nahuye n'ingwe imbonankubone. Ubwo nasohoraga amaramuko mu buryo butunguranye, inyamaswa yahindutse nk'aho yahindutse ibuye." Yongeye guseka iyo njangwe yibuka ibyo yibukaga.

"Rimwe na rimwe Jye ibumoso yanjye kwigunga kuri gusura yanjye umwarimu muri Benares. We byakoreshejwe kuri urwenya hamwe na njyewe birarangiye yanjye

ihoraho ingendo muri i Himalaya ubutayu.

“Ufite ikimenyetso cy’irari ryo kuzerera ku kirenge cyawe,” yambwiye rimwe.
“Nishimiye ko imisozi miremire ya Himalaya ari miremire bihagije kugira ngo igukurure.”

Keshabananda yakomeje agira ati: "Incuro nyinshi, haba mbere na nyuma y'urupfu rwe, Lahiri Mahasaya yagiye agaragara imbere yanjye afite umubiri. Kuri we nta burebure bwa Himalaya bushobora kugerwaho!"

Nyuma y'amasaha abiri yatuyoboye ku rubaraza rwo kuriramo. Narahumye bucece ntangaye. Irindi funguro ry'amafunguro cumi n'atanu! Nta mwaka nkiri mu Buhinde, kandi nari maze kongera ibiro mirongo itanu! Nyamara byari gufatwa nk'uburangare bukomeye kwanga ibiryo byose, byateguwe neza ku birori bitarangira mu cyubahiro cyanjye. Mu Buhinde (nta handi hantu, birababaje!) swami ifite ibirahure bifatwa nk'ahantu heza cyane. **42-10**



Bwana Wright, nanjye ubwanjye, Madamu Bletch -- muri Misiri



Rabindranath Tagore, yahumekewe umusizi bya Bengale, na Nobel Umukinnyi w'ibihembo muri ubuvanganzo



Jye na Bwana Wright twifotoje turi kumwe n'umunyacyubahiro Swami Keshabananda n'umwigishwa mu cyumba cy'icyubahiro cya Brindaban

Nyuma ifunguro rya nimugoroba, Keshabananda Kuyoborwa njyewe kuri a wiherereye agace k'inyuma.

"Ibyawe kuhagera ni ntabwo bitunguranye," we yavuze.

"Jyewe kugira a ubutumwa kuri wowe." Natunguwe; nta

muntu n'umwe wari uzi gahunda yanjye yo gusura

Keshabananda.

"Umwaka ushize ubwo nazengurukaga mu majyaruguru ya Himalaya hafi ya Badrinarayan," swami yakomeje agira ati, "Nabuze aho njya. Icumbi ryagaragaye mu buvumo bunini, bwari budafite ikintu, nubwo umuriro wacanaga mu mwobo wari hasi mu rutare. Nibazaga ku muntu wari muri ubu bwigunge, nicaye hafi y'umuriro, ndeba ku muryango w'ubuvumo wari urimo izuba.

"Keshabananda, nishimiye ko uri hano.' Aya magambo yaturutse inyuma yanjye. Narahindukiye, ndatangara, kandi natangajwe no kubona Babaji! Umuhanga mukuru yari yihinduye umuntu mu ibanga ry'ubuvumo. Nishimiye cyane kongera kumubona nyuma y'imyaka myinshi, napfukamyeye imbere y'ibirenge bye byera.

"Naguhamagaye hano,' Babaji arakomeza. 'Niyo mpamvu wabuze inzira ukajyanwa aho nari ncumbitse by'agateganyo muri ubu buvumo. Hashize igihe kirekire duhuye bwa

nyuma; nishimiye kongera kbasuhuza.'

"Umwigisha utarapfa yampaye umugisha ambwira amagambo y'ubufasha mu buryo bw'umwuka, hanyuma yongeraho ati: 'Ndaguha ubutumwa bwa Yogananda. Azagusura agarutse mu Buhinde. Ibintu byinshi bifitanye isano n'umwarimu we ndetse n'abigishwa ba Lahiri barokotse bizagumisha Yogananda mu mwuga wawe wose. Mubwire rero ko ntazamubona kuri iyi nshuro, kuko abyiteze cyane; ariko nzamubona ikindi gihe.'"

Jye yari byimbitse yakozweho kuri kwakira kuva Keshabananda's iminwa ibi guhumuriza isezerano kuva Babaji. A

Ububabare bumwe mu mutima wanjye bwarashize; sinongeye kubabara ko, nubwo Sri Yukteswar yari yarabitangaje, Babaji atagaragaye kuri *Kumbha Mela*.

Amafaranga akoreshwa kimwe ijoro nka abashyitsi bya i ashram, cyacu ibirori seti hanze i gukurikira nyuma ya saa sita Tugiye i Calcutta. Twanyuze ku kiraro cy'uruzi rwa Jumna, twishimiye kureba neza ikirere cya Brindaban izuba ritangiye kugurumana mu kirere—itanura nyaryo rya Vulcan rifite amabara menshi, rigaragara munsu yacu mu mazi atuje.

Inkombe ya Jumna yejeje n'ibyibuka by'umwana Sri Krishna. Aha yagiranye ibiganiro na uburyohe butagira inenge mu *gukina kwe* n'abakobwa *b'imbwa*, bigaragaza urukundo rudasanze iki iteka ryose ibaho hagati a Imana kwigira umuntu mu mubiri na bya abihaye Imana. Itsinda ubuzima bya Umwami Krishna Abantu benshi bo mu Burengerazuba bw'Isi basobanukiwe nabi. Imigani yo mu Byanditswe Byera iragoye ku bantu basanzwe. Ikosa risekeje ryakozwe n'umusemuzi rizagaragaza iyi ngingo. Inkuru ivuga ku mutagatifu wo mu gihe cya kera wahumekewe, Ravidas, waririmbye mu magambo yoroheje ubucuruzi bwe bw'ubwiza bw'umwuka buhishe mu bantu bose:

Munsi i nini cyane ububiko bya ubururu
Ubuzima i ubumana yambaye muri kwihisha.

Umuntu arahindukira kugira ngo ahishe inseko yumvise ibisobanuro by'abanyamaguru ku gisigo cya Ravidas cyatanze n'umwanditsi wo mu Burengerazuba:

"Nyuma y'ibyo yubaka inzu, ayishyiraho ishusho yayikoreye mu ruhu, maze ayisenga."

Ravidas yari umwigishwa mukuru wa Kabir ukomeye. Umwe mu ba chela ba Ravidas wari ukomeye yari Rani wo muri Chitor. Yatumiye umubare munini w'aba Brahmin mu birori byo guha icyubahiro mwarimu we, ariko banze gusangira n'umushoferi woroheje. Ubwo bicaraga mu bwigunge kugira ngo barye ibyabo. Ifunguro ritanduye, dore ko buri mu Brahmin yasanze iruhande rwe ishusho ya Ravidas. Iri yerekwa ry'abantu benshi ryatumye habaho ububyutse bw'umwuka muri Chitor.

Mu minsi mike itsinda ryacu rito ryageze i Calcutta. Kubera ko nari nshishikajwe no kubona Sri Yukteswar, nababajwe no kumva ko yavuye i Serampore none akaba yari i Puri, nko mu birometero magana atatu ugana mu majyepfo.

"Ngwino muri Puri ashram ako kanya." Iyi telegaramu yoherejwe ku ya 8 Werurwe

n'umwigishwa umwe wo muri Atul Chandra Roy Chowdhry, kimwe bya Ishuri rya Master chelas muri Calcutta. Amakuru bya i ubutumwa byagezweho amatwi yanjye; kubabara kuri byayo ingaruka, Jye byaguye kuri yanjye amavi na basabye Imana ibyo yanjye abayobozi ubuzima burahari. Ubwo nari ngiye kuva kwa Papa nkajya muri gari ya moshi, ijwi ry'Imana ryavugiye imbere.

"Kora ntabwo genda kuri Puri iri joro. icyawe isengesho ntibishobora we byemejwe."

"Mwami," ndavuga mfite agahinda, "Ntushaka kwifatanya nanjye mu 'gukurura' i Puri, aho ugomba kwanga amasengesho yanjye adahwema yo kugirira Databuja ubuzima. None se agomba kugenda akajya mu mirimo yo hejuru ku itegeko ryawe?"

Mu kumvira itegeko ryo mu mutima, sinavuye muri iryo joro njya i Puri. Ku mugoroba wakurikiyeho nagiye bafashe inzira baja muri gari ya moshi; mu nzira, saa moya, igicu cy'umukara cyo mu kirere gihita gitwikira ikirere. 11 Nyuma, ubwo gari ya moshi yagendaga ivuza induru yerekeza i Puri, nabonye iyerekwa rya Sri Yukteswar. Yari yicaye, afite isura ikomeye cyane, afite urumuri ku mpande zombi.

"Byose birarangiye?" Nazamuye

amaboko yanjye nsaba. Yahise

ziyemeza, hanyuma arazimira buhoro

buhoro.

Ubwo nari mpagaze kuri platifomu ya gari ya moshi ya Puri mu gitondo cyakurikiyeho, nkiri mu byiringiro nta cyizere mfite, umugabo utazi yaranyegereye.

"Wumvise ko Mwigisha wawe yagiye?" Yansize nta kindi kintu na kimwe; sinigeze menya uwo ari we cyangwa uburyo yari azi aho ansanga.

Natunguwe cyane, nishingikirije ku rukuta rw'urubuga, mbona ko mu buryo butandukanye umutoza wanjye yageragezaga kumbwira inkuru mbi. Nari mfite ubwigomeke bwinshi, roho yanjye yari imeze nk'ikirunga. Igihe nageraga ku rukuta rwa Puri nari ngiye guseniyuka. Ijwi ryo mu mutima ryasubiragamo mu buryo bworoheje riti: "Ikoranirize hamwe. Tuza."

Ninjiye mu cyumba cya ashram aho umubiri wa Master, udasanze wari umeze nk'ubuzima, wari wicaye mu ishusho y'ubugi bw'umutuku - ishusho y'ubuzima n'ubwiza. Mbere gato y'uko apfa, umushumba wanjye yari arwaye umuriro gato, ariko mbere y'uko azamuka mu ijuru, umubiri we wari wakize rwose. Uko narebaga imiterere ye nziza kose sinashoboraga kumenya ko ubuzima bwe bwari bwarangiye. Uruhu rwe rwari rworoshye kandi rworoshye; mu maso he hari ishusho nziza y'ituze. Yari yaratanze umubiri we abishaka mu gihe cyo guhamagara mu buryo bw'amayobera.

"Icyo Intare bya Bengale ni "Ndagiye!" Jye yararize muri a umujinya.

Nayoboye imihango ikomeye ku ya 10 Werurwe. Sri Yukteswar yashyinguwe ku ya 42-12 hamwe n'imihango ya kera y'abaswami mu busitani bwa Puri ashram ye.

Nyuma abigishwa be baje baturutse kure no hafi baje guha icyubahiro umushumba wabo mu muhango wo kwibuka ifarashi ya vernal equinox. Ikinyamakuru *Amrita Bazar Patrika* , ikinyamakuru gikomeye cya Calcutta, cyari gifite ifoto ye n'iyi nkuru ikurikira:

gupfira *Bhandara* wa Srimat Swami Sri Yukteswar Giri Maharaj w'imyaka 81, wabereye i Puri ku ya 21 Werurwe. Abigishwa benshi bamanutse i Puri mu muhango wo gusengeramo.

Umwe mu basobanuzi bakomeye ba *Bhagavad Gita* , Swami Maharaj yari umwigishwa ukomeye wa Yogiraj Sri Shyama Charan Lahiri Mahasaya wo muri Benares. Swami Maharaj ni we washinze ibigo byinshi bya Yogoda Sat-Sanga (Self-Realization Fellowship) mu Buhinde, kandi ni we watumye habaho ihinduka rikomeye rya yoga ryajyanywe mu Burengerazuba na Swami Yogananda, we.

umwigishwa mukuru. Imbaraga z'ubuhanuzi za Sri Yukteswarji n'ubushishozi bwimbitse ni byo byatumye Swami Yogananda ambuka inyanja maze akwirakwiza muri Amerika ubutumwa bw'abatware b'Ubuhinde.

Uburyo yasobanuye *Bhagavad Gita* n'izindi nyandiko zitagatifu bugaragaza ubwinshi bw'ubuyobozi bwa filozofiya ya Sri Yukteswarji, haba mu Burasirazuba no mu Burengerazuba, kandi buracyari nk'icyitegererezo cy'ubumwe hagati y'Uburasirazuba n'Uburengerazuba. Kubera ko yizeraga ubumwe bw'amadini yose, Sri Yukteswar Maharaj yashinze *Sadhu Sabha* (Umuryango w'Abatagatifu) afatanyije n'abayobozi b'amatsinda n'amadini atandukanye, kugira ngo ashyire umwuka wa siyansi mu idini. Ubwo yapfaga, yashyizeho Swami Yogananda umusimbura we nka Perezida wa *Sadhu Sabha*.

Ubuhinde bukenye cyane muri iki gihe bitewe n'urupfu rw'umugabo ukomeye nk'uyu. Ese twese dufite amahirwe yo kumwegera twinjizemo umwuka nyakuri w'umuco w'Ubuhinde na *sadhana* byamugizemo ishusho.

Nasubiye i Calcutta. Kubera ko ntari nizeye ko nzajya mu kigo cy'i Serampore gifite ibyo kwibuka byera, nahamagaye Prafulla, umwigishwa muto wa Sri Yukteswar i Serampore, maze ndamutegurira kwinjira mu ishuri rya Ranchi.

Prafulla yarambwiye ati: "Mu gitondo wagiye muri Allahabad *mela* , " *"Master yaguye cyane kuri davenport.* "

"Yogananda yagiye!" arataka. 'Yogananda yagiye!' Yongeraho mu buryo buhishe ati 'Ngomba kumubwira ubundi buryo.' Hanyuma yicara amasaha menshi acecetse."

Iminsi yanjye yuzuyemo ibiganiro, amasomo, ibiganiro, no kongera guhura n'inshuti zanjye za kera. Munsu y'inseko idafite icyo ivuze n'ubuzima bw'ibikorwa bidashira, umugezi w'ibyishimo by'umukara wahumanyije uruzi rw'ibyishimo byo mu mutima rwari rumaze imyaka myinshi ruzenguruka munsu y'umusenya w'ibyo nabonaga byose.

"Uwo munyabwenge w'Imana yagiye he?" Naratakaga bucece ndi mu mutima w'umubabaro. Nta gisubizo cyabonetse.

"Ni byiza ko Databuja arangiza ubumwe bwe n'Umukundwa wo mu ijuru," ni ko ubwenge bwanjye bwansubije. "Ahora amurika mu butware bw'iteka ryose."

"Ntuzongere kumubona mu nzu ya kera ya Serampore," umutima wanjye warababaye. "Ntuzongere kuzana inshuti zawe ngo zimusanganire, cyangwa ngo uvuge wishimye uti: 'Dore *Jnanavatar w'Ubuhinde yicaye* !'"

Bwana Wright yateguye ko itsinda ryacu ryahaguruka riva i Bombay rigana mu

Burengerazuba mu ntangiriro za Kamena. Nyuma y'ibyumweru bibiri muri Gicurasi byo gusezera no gutanga ibiganiro i Calcutta, Madamu Bletch, Bwana Wright nanjye twagiye muri Ford tujya i Bombay. Tuhageze, abayobozi b'ubwato badusaba guhagarika urugendo rwacu, kuko nta mwanya wabonetse wo gushyiramo Ford, twari kongera gukenera mu Burayi.

"Nta na rimwe "ubwenge," Jye yavuze mu mwijima kuri Bwana Wright. "Jyewe gushaka kuri kugaruka rimwe byinshi kuri Puri." Jye bucece

byongeweho, "Reka yanjye amarira rimwe nanone amazi i imva bya yanjye umwarimu.

42-1 Mu buryo burambuye, *param*, hejuru cyane; *hansa*, swan. *Hansa* igaragazwa mu mateka y'Ibyanditswe Byera nk'ikimenyetso cya Brahma, Usumbabyose Umwuka; nka i ikimenyetso bya ivangura, i umuzungu *Hansa* injangwe ni igitekerezo bya nka gushobora kuri gutandukana i ukuri Ifu ya *soma* ivanzwe n'amata n'amazi. *Ham-sa* (ivugwa *hong-sau*) ni amagambo abiri yera ya Sanskrit afite isano ihuza umwuka winjira n'usohoka. *Aham-Sa* mu buryo burambuye ni "Ndi We."

42-2 : Bo kugira muri rusange yanyerejwe i ingorane na aderesi nyewe nka *Nyakubahwa*.

42-3 : Kuri i Puri ashram, Swami Sebananda ni na n'ubu kuyobora a ntoya, gutera imbere yoga ishuri kuri abahungu, na Amatsinda yo gutekereza ku bantu bakuru. Amateraniro y'abatagatifu n'abahanga mu by'imitekerereze abera aho rimwe na rimwe.

42-4 : A igice bya Calcutta.

42-5: *Amagambo ahinnye* :

II:9.

42-6 : Iyobokamana *melas* ni byavuzwe muri i ibya kera *Mahabharata*. Itsinda Igishinwa umugenzi Hieuen Tsiang ifite ibumoso umuntu Inkuru y'i *Kumbha Mela nini yabereye muri 644 AD i Allahabad*. *Mela* nini iba buri myaka cumi n'ibiri; indi nini (*Ardha* cyangwa kimwe cya kabiri) *Kumbha iba buri mwaka wa gatandatu*. *Mela* nto ziterana buri mwaka wa gatatu, zikurura abayoboke bagera kuri miliyoni. Imijyi ine ya *Mela yera* ni Allahabad, Hardwar, Nasik, na Ujjain.

Abagenzi ba mbere b'Abashinwa badusigiyeye amashusho menshi atangaje y'umuryango w'Abahinde. Padiri w'Umushinwa, Fa-Hsien, yanditse inkuru bya bye cumi na rimwe imyaka muri Ubuhinde mu gihe i ingoma bya Chandragupta II (hakiri kare Iya kane ikinyejana). Itsinda Igishinwa umwanditsi ivuga iti: "Mu gihugu cyose nta muntu Ntiborora ingurube cyangwa inkoko; nta wica ikiremwa icyo ari cyo cyose gifite ubuzima, cyangwa ngo anywe divayi.

ubucuruzi muri inka, oya abanyama amaduka cyangwa inganda zikora inzoga. Ibyumba hamwe na ibitanda na matelas, ibiryo na imyenda, ni byatanzwe ku bapadiri batuye n'abagenda nta kabuza, kandi ibi ni kimwe ahantu hose. Abapadiri bishimira ubuntu minisiteri na hamwe na kuririmba liturujya; cyangwa bo kwicara muri gutekereza cyane. Fa-Hsien .aragira ati twebwe i Umuhinde abantu bari bishimye kandi ari inyangamugayo; igihano cy'urupfu nticyari kizwi

42-7 : Jye yari ntabwo ubu kuri i impfu bya yanjye umubyeyi, mukuru umuvandimwe Ananta, mukuru mushiki wanjye Abaroma, Mwigisha, Data, cyangwa y'abigishwa benshi ba hafi.

(.Papa yanyuze ku kuri Calcutta muri 1942, kuri i imyaka bya mirongo inani n'icyenda)

42-8 : Abasadhu b'Abahinde ibihumbi amagana bagenzurwa na komite nyobozi igizwe n'abayobozi barindwi, bahagarariye karindwi kinini ibice bya Ubuhinde. Itsinda ubu *mahamandeswar* cyangwa perezida ni Joyendra Puri. Ibi umutagatifu Umuntu ni umuntu wicecekerana cyane, akenshi akoresha amagambo atatu gusa - Ukuri, Urukundo, n'Umurimo. Ikiganiro gihagije!

42-9 : Hari uburyo bwinshi, uko bigaragara, bwo gutsinda ingwe. Umushakashatsi wo muri Ositaraliya, Francis Birtles, yavuze ko yasanze amashyamba y'Ubuhinde "atandukanye, meza kandi afite umutekano." Uburyo bwe bwo kwirinda bwari ubw'amatangazo. "Buri joro kwirakwiza ingero nyinshi bya impapuro hirya no hino yanjye inkambi na yari nta na rimwe "Byahungabanye," we byasobanuwe. "Icyo Impamvu ni imitekerereze. Itsinda ingwe ni inyamaswa ifite icyubahiro cyinshi. Irazenguruka igerageza umuntu kugeza ageze ku rupapuro rw'inyuma; hanyuma iragenda. Nta ngwe y'icyubahiro yatinyuka guhangana n'umuntu nyuma yo kwicara ku rupapuro rw'inyuma!

42-10 : Nyuma Jye yasubijwe kuri Amerika Jye yafashe irazimye mirongo itandatu na gatanu ibiro.

42-11 : Siri Yukteswar yanyuze kuri ibi isaha-7:00 Minisitiri w'Intebe, Werurwe 9, 1936.

42-12 : Imigenzo yo gushyingura mu Buhinde isaba ko abafite urugo batwikwa; abaswami n'abihaye Imana bo mu yandi matora ntibatwikwa, ariko yashyinguwe. (Hari ni rimwe na rimwe ibidasanzwe.) Itsinda imibiri bya abamonaki ni mu buryo bw'ikigereranyo bifatwa nk'aho kuri batwitswe mu muriro w'ubwenge igihe basezeranaga mu rusengeru rw'abihaye Imana.

IGICE: 43

Itsinda Izuka Cya Siri Yukteswar

"Lord Krishna!" Ishusho nziza y'iyi shusho yagaragaye mu muriro ushyushye ubwo nari nicaye mu cyumba cyanjye muri Regent Hotel i Bombay. Irabagirana hejuru y'igisenge cy'inyubako ndende hakurya y'umuhanda, iyerekwa ritavugwa ryahise rinyibasira ubwo ndebaga mu idirishya ryanjye rirerire ry'igorofa rya gatatu.

Uwo muntu w'Imana yaramperekezaga, amwenyura kandi yunamyeye mu ndamukanyo. Ubwo ntashoboraga kumva neza ubutumwa bwa Lord Krishna, yagiye afite ikimenyetso cy'umugisha. Numvise mfite imbaraga nyinshi, numvise ko hari igikorwa cyo mu mwuka cyari giteganyijwe.

Urugendo rwanjye rwo mu Burengerazuba rwari rwasubitswe icyo gihe. Nari nateganyije kuja mu butumwa rusange i Bombay mbere yo gusubira gusura Bengal.

Nicaye ku buriri bwanjye muri hoteli ya Bombay saa cyenda z'amanywa zo ku ya 19 Kamena 1936 - icyumweru kimwe nyuma y'iyerekwa rya Krishna - narakanguwe n'urumuri rwiza cyane kuva mu byo natekerezaga. Mbere yuko nfungura n'amaso arumirwa, icyumba cyose cyahinduwe isi idasanzwe, urumuri rw'izuba ruhinduka ubwiza budasanzwe.

Imiraba y'ibyishimo yaranyishe ubwo narebaga ishusho y'umubiri

n'amaraso ya Sri Yukteswar! "Mwana wanjye!" Umwami yavuze neza, mu

maso he hagaragara inseko ishishikaje nk'umumarayika.

Ku nshuro ya mbere mu buzima bwanjye sinapfukamye imbere ye ngo ndamusuhuze, ahubwo nahise njya kumutoragura mu maboko yanjye nshonje. Akanya gato! Amaganya yo mu mezi ashize yari menshi cyane, nayatekereje ko nta gaciro mfite ugereranyije n'ibyishimo byinshi byari bikomeje kumanuka.

"Mwami wanjye, nkunda umutima wanjye, kuki wansize?" Nari ntasobanukiwe mu byishimo bikabije. "Kuki yabikoze wowe reka njyewe genda kuri i *Kumbha Mela* ? Uburyo mu buryo bubabaje kugira Jye gushinjwa jyewe ubwanjye kuri kugenda wowe!"



"na B. K. Mitra muri "Kalyana- Kalpatur-

KRISHNA, IYA KERA UMUHANUZI CYA UBUHINDE

Igitekerezo cy'umuhanzi wo muri iki gihe ku mwarimu w'Imana ufite inama ze z'umwuka muri *Bhagavad Gita* cyahindutse Bibiliya y'Abahindu. Krishna agaragazwa mu buhanzi bw'Abahindu afite ibaba ry'intakoki mu musatsi we (ikimenyetso cya *lila y'Umwami* , umukino cyangwa siporo yo guhanga), kandi yitwaje umwironge, ufite amajwi ashimishije akangura abamusenga, umwe umwe, kuva mu bitotsi byabo bya *maya* cyangwa ubuyobe bw'isi.

"Sinifuzaga kubangamira ubushake bwawe bwo kubona aho hantu ho gukorera imihango y'idini aho Nahuye na Babaji. Nagusize igihe gito gusa; sinongeye kubana nawe?"

"Ariko se ni wowe , Nyagasani, Intare imwe y'Imana? Ese wambaye umubiri nk'uwo nashyinguye muni y'umusenyi w'ubugome wa Puri?"

"Yego mwana wanjye, ndi umwe. Uyu ni umubiri w'inyama n'amaraso. Nubwo mbibona nk'aho ari ikintu kidashoboka, ku bwawe ni ikintu kigaragara. Muri atome zo mu isanzure naremye umubiri mushya rwose, usa neza n'uwo mubiri w'indoto zo mu isanzure washyize muni y'umusenyi w'inzozi i Puri mu isi yawe y'inzozi. Mu by'ukuri nazutse—si ku isi ahubwo ndi ku mubumbe w'inyenyeri. Abawutuye barusha abantu bo ku isi ubushobozi bwo kugera ku mahame yanjye yo hejuru. Aho ni ho wowe n'abakunzi bawe bakomeye muzaba muri kumwe nanjye."

"Nta rupfu" umwarimu, bwira njyewe byinshi kurushaho!"

Umwami yasetse vuba kandi yishimye. Ati: "Ndakwinginze, mukundwa," aravuga,

"ntushobora kuruhuka gato ?"

"Hato gusa!" Nari naramufashe nk'impfisi. Nashoboraga kumva impumuro imwe yoroheje, ihumura neza, isanzwe yari iranga umubiri we mbere. Uburyohe bwe bushimishije

Umubiri w'Imana uracyakomeza kuzenguruka impande z'imbere z'amaboko yanjye no mu biganza byanjye igihe cyose nibutse ayo masaha meza.

"Nk'uko abahanuzi boherezwa ku isi gufasha abantu gukora karma yabo y'umubiri, nanjye nayobowe na Imana kuri gutanga ku umuntu mu kirere umubumbe nka a umukiza," Siri Yukteswar byasobanuwe. "Byo ni yitwa *Hiranyaloka* cyangwa 'Umubumbe w'Inyenyeri Umuritse.' Aho ndimo gufasha ibiremwa byateye imbere kwikuramo karma y'inyenyeri bityo bakabona kubohoka ku kuvuka mu nyenyeri. Abatuye kuri Hiranyaloka bakuze cyane mu buryo bw'umwuka; bose bari barabonye, mu kwigira kwabo kw'isi kwa nyuma, imbaraga zo gutekereza zo kuva mu mibiri yabo y'umubiri ubwo bapfaga. Ntawe ushobora kwinjira muri Hiranyaloka keretse amaze kurenga imiterere ya *sabikalpa samadhi* akajya mu rwego rwo hejuru rwa *nirbikalpa samadhi* . **43-1**

"Abatuye Hiranyaloka bamaze kunyura mu bice bisanzwe by'ikirere, aho hafi ya byose bikomoka ku isi bigomba kujya iyo bapfuye; ni ho bakoreye imbuto nyinshi z'ibikorwa byabo bya kera mu isi y'ikirere. Nta wundi uretse ibiremwa byateye imbere ushobora gukora umurimo nk'uwo wo gucungura mu isi y'ikirere. Hanyuma, kugira ngo babohore roho zabo mu buryo bwuzuye mu miterere ya karmic yari mu mibiri yabo y'ikirere, ibyo biremwa byo hejuru byakuruwe n'amategeko y'ikirere kugira ngo bivukire bundi bushya bifite imibiri mishya y'ikirere kuri Hiranyaloka, izuba cyangwa ijuru ry'ikirere, aho nazutse kugira ngo mbifashe. Hari kandi ibiremwa byateye imbere cyane kuri Hiranyaloka byaturutse mu isi ihambaye, yoroheje kandi iteye ubwoba."

Ubwonko bwanjye bwari buhuje neza n'ubw'abahanga banjye ku buryo yansobanuriraga amagambo ye amwerekeyeho mu buryo bw'amagambo amwe, igice kimwe mu buryo bw'ibitekerezo bimwe na bimwe. Nahise mbona vuba ibitekerezo bye.

"Mwasomye mu byanditswe byera," Mwigisha arakomeza, "ko Imana yashyize roho y'umuntu mu buryo butatu yikurikiranya - igitekerezo, cyangwa umubiri utera impamvu; umubiri wo mu kirere, icyicarwo cy'ubwenge bw'umuntu n' kamere z'amarangamutima; n'umubiri w'umubiri. Ku isi umuntu afite ubushobozi bwo kumva ibintu bye by'umubiri. Ikiremwa cyo mu kirere gikorana n'ubwenge n'amarangamutima yacyo hamwe n'umubiri ugizwe n'ibintu bizima.

43-2 Ikiremwa gifite umubiri w'impamvu gikomeza kuba mu isi y'ibyishimo by'ibitekerezo. Akazi kanjye ni ukujyana n'ibiremwa byo mu kirere byitegura kwinjira mu isi y'impamvu.

"Mwigisha mwiza, ndakwinginze umbwire byinshi ku isi yose." Nubwo nari naroroheye gato kubera icyifuzo cya Sri Yukteswar, amaboko yanjye yari akimukikije. Ubutunzi burenga byose ubutunzi, umwarimu wanjye wari warasetse urupfu rungeraho!

"Hari imibumbe myinshi yo mu kirere, yuzuyemo ibiremwa byo mu kirere," Master yatangiye. "Abatuye muri icyo kibumbe bakoresha indege zo mu kirere, cyangwa urumuri rwinshi, kugira ngo bawe ku mubumbe umwe bajye ku wundi, vuba kurusha amashanyarazi n'ingufu za radiyo."

"Isi yose yo mu kirere, igizwe n'imitingito itandukanye y'urumuri n'amabara, iruta isanzure ry'ibintu bifatika inshuro amagana. Ibyaremwe byose bifatika bimanitse nk'agaseke gato gakomeye munsu y'umupira munini w'ikirere cy'ikirere cy'ikirere. Nk'uko izuba n'inyenyeri byinshi bigaragarira mu kirere, ni nako hariho imirasire y'izuba n'inyenyeri nyinshi zo mu kirere. Imibumbe yabo ifite izuba n'ukwezi byo mu kirere, byiza cyane kuruta ibyo mu kirere. Inyenyeri zo mu kirere zisa na aurora

Borealis - aurora y'izuba yo mu kirere irabagirana cyane kurusha ukwezi - aurora ifite imirasire yoroheje. Amanywa n'ijoro byo mu kirere birebire kurusha iby'isi.

"Isi yo mu kirere ni nziza cyane, isuku, isukuye, kandi ifite gahunda. Nta mibumbe yapfuye cyangwa ubutaka butarimo. Ibisebe byo ku isi - ibyatsi bibi, bagiteri, udukoko, inzoka - ntibibaho. Bitandukanye n'ikirere gihindagurika n'ibihe by'isi, imibumbe yo mu kirere igumana ubushyuhe bungana nk'ubw'impeshyi ihoraho, rimwe na rimwe hakabaho urubura rwera rukeye n'imvura y'amatara menshi y'amabara menshi. Imibumbe yo mu kirere iboneka mu biyaga bya opal no mu nyanja z'amabara meza no mu migezi y'umukororombya.

"Isi isanzwe yo mu kirere - ntabwo ari ijuru ryihishe rya Hiranyaloka - yuzuyemo za miriyoni z'ibiremwa byo mu kirere byaje, mu buryo butunguranye, bivuye ku isi, ndetse n'inyamaswa nyinshi z'impimbano, inyamaswa zo mu bwoko bwa mermaid, amafi, inyamaswa, goblin, gnomes, demigods n'imyuka, byose biba ku mibumbe itandukanye yo mu kirere hakurikijwe ibisabwa na karmic. Inzu zitandukanye z'impande cyangwa uturere duhindagurika zigenewe imyuka myiza n'iy'ibibi. Ibyiza bishobora kugenda mu bwisanzure, ariko imyuka mibi ifungiyeye mu turere duto. Nk'uko abantu baba ku buso bw'isi, inyo ziri mu butaka, amafi mu mazi, n'inyoni mu kirere, bityo ibiremwa byo mu kirere by'ubwoko butandukanye bishyirwa ahantu hakwiriye ho guhinda umushyitsi.

"Mu bamarayika b'umwijima baguye birukanywe mu zindi si, amakimbirane n'intambara bibaho hakoreshejwe ibisasu bya elegitoroniki cyangwa mental *mantric* **43-3** imirasire ihindagurika. Ibi biremwa biba mu turere twuzuye umwijima tw'ikirere cyo hasi cy'inyenyeri, bigakora karma yabyo mbi.

"Mu bwami bunini buri hejuru y'ibohero ry'umwijima w'ikirere, byose birabagirana kandi ni byiza. Isi y'ikirere irusha isi kuba ihuje n'ubushake bw'Imana n'umugambi wo gutungana. Buri kintu cyose cyo mu kirere kigaragazwa ahanini n'ubushake bw'Imana, kandi igice kimwe n'ubushake bw'ibiremwa byo mu kirere. Bifite imbaraga zo guhindura cyangwa kongera ubuntu n'imiterere y'ikintu cyose cyaremwe na Umwami. Yahaye abana be bo mu kirere umudendezo n'amahirwe yo guhindura cyangwa kunoza isanzure ry'ikirere uko babyifuza. Ku isi ikintu gikomeye kigomba guhinduka amazi cyangwa ikindi kintu binyuze mu buryo karemano cyangwa imiti, ariko ibintu bikomeye byo mu kirere bihinduka amazi yo mu kirere, imyuka, cyangwa ingufu gusa kandi ako kanya bitewe n'ubushake bw'abaturage.

"Isi yijimye irimo intambara n'ubwicanyi mu nyanja, ku butaka no mu kirere," umwarimu wanjye arakomeza, "ariko inyenyeri uturere kumenya a nshimye ubwumvikane na uburinganire. Inyenyeri ibiremwa kwambura isura cyangwa imiterere yabyo uko bishakiye. Indabyo cyangwa amafi cyangwa inyamaswa bishobora guhinduka ubwabyo, mu gihe runaka, bikaba abantu bo mu kirere. Ibiremwa byose byo mu kirere bifite uburenganzira bwo kwigira ishusho iyo ari yo

yose, kandi bishobora gusabana byoroshye. Nta tegeko rihamye, risobanutse, kandi ribikikije—urugero, igiti icyo ari cyo cyose cyo mu kirere gishobora kugerwaho neza basabwe gukora umwembe wo mu kirere cyangwa indi mbuto, indabyo, cyangwa ikindi kintu icyo ari cyo cyose bifuza.

Hari amategeko amwe n'amwe agenga karmic, ariko nta tandukaniro riri mu isi y'inyenyeri ku bijyanye no kwifuza kw'imiterere itandukanye. Byose birabagirana mu mucyo w'Imana urema.

"Nta muntu ubyarwa n'umugore; ibiremwa byo mu kirere bihinduka imiterere yihariye kandi ifunze. Ikiremwa giherutse kwamburwa umubiri kigera mu muryango w'inyenyeri binyuze mu butumire, gikururwa n'imatekerereze n'imyumvire nk'iyi."

"Umubiri wo mu kirere ntuhura n'ubukonje cyangwa ubushyuhe cyangwa izindi mimerere karemano. Imiterere y'umubiri irimo ubwonko bwo mu kirere, cyangwa urumuri rufite amapete igihumbi, hamwe n'ibice bitandatu by'ingenzi biri mu *sushumna*, cyangwa urwego rw'ubwonko n'urumuri mu gice cy'inyuma cy'ubwonko. Umutima ukura ingufu z'ikirere kimwe n'urumuri mu bwonko bw'inyuma, ukarushyira mu mitsi n'uturemangingo tw'umubiri, cyangwa mu turemangingo tw'ubuzima. Ibiremwa by'inyuma bishobora kugira ingaruka ku mibiri yabyo binyuze mu mbaraga z'ubuzima cyangwa mu mihindagurikire ya *mantric*.

"Umubiri w'ikirere ni ishusho ihwanye neza n'iy'umubiri wa nyuma. Ibiremwa byo mu kirere bigumana ishusho nk'iy'ubwoko byari bifite mu bwana mu rugendo rwabyo rwa mbere rwo ku isi; rimwe na rimwe ikiremwa cyo mu kirere gihitamo, nkanjye, kugumana ishusho yacyo yo gusaza." Umwigisha, agaragaza ishingiro ry'ubuto, yarasetse yishimye.

Sri Yukteswar yakomeje agira ati: "Bitandukanye n'isi y'ikirere, ifite imiterere itatu y'umubiri izwi gusa n'ibyumviro bitanu, imiterere y'ikirere igaragarira mu buryo bw'ibyumviro bya gatandatu byose." "Mu buryo bw'ibyumviro gusa, ibiremwa byose byo mu kirere bibona, byumva, bihumura, binyoha kandi bigakoraho. Bifite amaso atatu, abiri muri yo agace gato gafunze. Ijisho rya gatatu kandi rikuru ryo mu kirere, rihagaze ku gahanga, ni bifunguye. Ibiremwa byo mu kirere bifite ingingo zose zo hanze z'umubiri - amatwi, amaso, amazuru, ururimi, n'uruhu - ariko bikoresha ubushobozi bwo kumva kugira ngo bibone ibyiyumvo binyuze mu gice icyo ari cyo cyose cy'umubiri; bishobora kubona binyuze mu gutwi, cyangwa mu mazuru, cyangwa mu ruhu. Bishobora kumva binyuze mu maso cyangwa mu rurimi, kandi bishobora gusogongera binyuze mu matwi cyangwa mu ruhu, n'ibindi. **43-4**

"Umubiri w'umuntu uhura n'akaga katagereranywa, kandi ukomereka cyangwa ugakomereka byoroshye; umubiri w'umubiri wo mu kirere rimwe na rimwe ushobora gucibwa cyangwa gukomeretswa ariko ugakira ako kanya bitewe n'ubushake gusa."

"Gurudeva, ni byose mu kirere abantu Mwiza?"

Sri Yukteswar yasubije ati: "Ubwiza mu isi y'inyenyeri buzwiho kuba ari kamere y'umwuka, ntabwo ari ishusho y'inyuma." "Kubera iyo mpamvu, ibiremwa byo mu kirere ntibihagira agaciro gake imiterere y'isura. Ariko, bafite amahirwe yo kwambara imibiri mishya, ifite amabara menshi, yambaye umubiri w'inyenyeri. Nk'uko abantu bo mu isi bambara imiterere mishya mu birori by'ibirori, ni ko n'ibiremwa byo mu kirere bibonera umwanya wo kwambara mu buryo bwihariye."

"Ibirori by'ibyishimo byo mu kirere ku mibumbe miremire nka Hiranyaloka bibaho iyo ikiremwa kibohowe mu isi y'ikirere binyuze mu iterambere ry'umwuka, bityo

kikaba cyiteguye kwinjira mu ijuru ry'isi y'impamvu. Muri ibyo bihe Data wo mu ijuru utagaragara, n'abatagatifu bishyize hamwe muri we, bihindura imibiri yabo ubwabo kandi bakifatanya n'ibirori byo mu kirere. Kugira ngo ashimishe umuyoboke we akunda, Uwiteka afata ishusho iyo ari yo yose yifuza. Iyo Uwiyegeye Imana ayobowe n'Imana, abona Imana nk'Umubyeyi w'Imana. Kuri Yesu, ishusho ya Se w'Utagira Iherezo yari ishimishije kurusha izindi myumvire. Ubwihariko bw'Umuremyi yahaye buri kiremwa cye butuma buri kintu cyose gishoboka kandi kidashoboka gusaba ubuhanga bw'Imana mu gukora ibintu bitandukanye!" Jye n'umwarimu wanjye twasetse hamwe twishimye.

"Inshuti z'abandi bantu zimenyana byoroshye mu isi y'inyenyeri," Sri Yukteswar yakomeje mu ijwi rye ryiza kandi rimeze nk'umwirongi. "Bishimiye ubushuti budapfa, bamenya ko urukundo rudashira, akenshi rushidikanywaho mu gihe cy'ibiruhuko bibabaje kandi by'uburiganya by'ubuzima bwo ku isi."

"Icyo ubushishozi bya mu kirere ibiremwa gutobora binyuze i agatambaro na areba umuntu ibikorwa ku isi, ariko umuntu ntashobora kureba isi yo mu kirere keretse imitekerereze ye ya gatandatu iteye imbere gato. Abantu ibihumbi n'ibihumbi batuye isi babonye akanya gato ikiremwa cyo mu kirere cyangwa isi yo mu kirere.

"Ibiremwa byateye imbere kuri Hiranyaloka bihora biri maso mu byishimo byinshi mu gihe cy'amanywa n'ijoro birebire, bifasha gukemura ibibazo bikomeye by'ubutegetsi bw'isi no gucungura abana b'ibirara, roho zijya ku isi. Iyo ibiremwa bya Hiranyaloka bisinziriye, rimwe na rimwe bigira iyerekwa nk'iry'inyenyeri. Ubwenge bwabyo bukunze kwibanda ku byishimo byo mu rwego rwo hejuru bya *nirbikalpa* ."

"Abatuye mu bice byose by'isi y'inyenyeri baracyahura n'ibibazo byo mu mutwe. Ubwenge bw'ibiremwa byo hejuru ku mibumbe nka Hiranyaloka bugira ububabare bukomeye iyo habayeho ikosa mu myitwarire cyangwa mu kumva ukuri. Ibi biremwa byateye imbere bigerageza guhuza buri gikorwa cyabyo n'ibitekerezo byabyo n'amategeko y'umwuka atunganye."

"Itumanaho mu batuye mu kirere rigengwa gusa n'ibyerekeye ubwenge bw'abantu bareba mu kirere na televiziyo; nta rujijo no kudasobanukirwa neza amagambo yanditse n'ayavuzwe abatuye isi bagomba kwihanganira. Nk'uko abantu bari kuri ecran ya sinema basa n'aho bagenda kandi bakitwara binyuze mu mashusho y'urumuri, kandi ntibahumeke mu by'ukuri, ni ko n'ibiremwa byo mu kirere bigenda kandi bigakora nk'amashusho y'urumuri ayobowe neza kandi ahujwe, hatabayeho gukurura imbaraga muri ogisijeni. Umuntu yishingikiriza ku bintu bikomeye, ibinyobwa, imyuka, n'ingufu kugira ngo bibeho; ibiremwa byo mu kirere byibeshaho ahanini binyuze mu rumuri rwo mu kirere."

"Mwami wanjye, ese ibiremwa byo mu kirere birya ikintu icyo ari cyo cyose?" Nanywaga mu magambo ye atangaje hamwe n'ubushobozi bwanjye bwose bwo kwakira ubwenge bwanjye bwose - ubwenge, umutima, roho. Ubwenge budasanze bwo kubona ukuri ni ukuri kandi ntibuhinduka, mu gihe ubunararibonye bw'igihe gito n'ibitekerezo bidashobora kuba birenze iby'igihe gito cyangwa ukuri, kandi vuba vuba bitakaza mu kwibuka ubunararibonye bwabyo bwose. Amagambo y'umwarimu wanjye yashyizwe mu buryo bwimbitse ku ruhu rw'umubiri wanjye ku buryo igihe icyo ari cyo cyose, iyo nimukiye ubwenge bwanjye mu buryo budasanze bwo kumenya ibintu, nshobora kongera kwibuka ubunararibonye bw'Imana.

"Irabagirana nk'imirasire imboga bwinshi muri i mu kirere ubutaka," we yasubije. "Icyo mu kirere Ibiremwa birya imboga, kandi binywa umutobe uva mu masoko meza y'umucyo no mu migezi n'imigezi byo mu kirere. Nk'uko amashusho atagaragara y'abantu ku isi ashobora gucukurwa muri eteri agashyirwa ahagaragara n'igikoresho cya televiziyo, nyuma akajyanwa mu kirere, ni ko n'igishushanyo mbonera cy'imboga n'ibimera bireremba muri eteri byaremwe n'Imana,

bitagaragara, bibera ku mubumbe w'ikirere. na i ubushake bya byayo abaturage. Muri i kimwe inzira, kuva i cyane kurusha izindi zose byiza cyane bya ibi ibiremwa, ubusitani bwose bw'indabo zihumura neza bwarahindutse, nyuma bugaruka ku kutagaragara neza.

Nubwo abatuye ku mibumbe yo mu ijuru nka Hiranyaloka hafi ya bese badafite ibyo kurya, ikirutaho ni ukubaho nta mananiza kw'imitima hafi ya yose yibohoye mu isi y'impamvu, itarya ikintu na kimwe uretse manu y'ibyishimo.

"Ikiremwa cy'isi cyabohowe gihura n'abavandimwe benshi, ba se, ba nyina, abagore, abagabo n'inshuti, bavukiye mu bihe bitandukanye byo kwigira ku isi, **43-5** nk'uko bigaragara rimwe na rimwe mu bice bitandukanye by'isi y'inyenyeri. Bityo, ntasobanukiwe uwo akwiye gukunda by'umwihariko; yiga muri ubu buryo bwo guha urukundo rw'Imana kandi rungana kuri bese, nk'abana na

imiterere y’Imana yihariye. Nubwo isura y’abakunzi ishobora kuba yarahindutse, bitewe n’iterambere ry’imico mishya mu buzima bwa nyuma bw’ubugingo runaka, ikiremwa cyo mu kirere gikoresha ubwenge bwacyo butagira amakosa kugira ngo kimenye abo bose cyakundaga mu zindi nzego z’ubuzima, kandi kibakire mu rugo rwacyo rushya rw’ikirere. Kubera ko buri atome mu byaremwe ifite umwihariko mu buryo budashira, **43-6** Inshuti y’inyenyeri izamenyekana uko yambara kose, ndetse no ku isi umwirondoro w’umukinnyi ushobora kumenyekana iyo umurebye neza nubwo yaba yihishe inyuma.

"Igihe cy’ubuzima mu isi y’inyenyeri ni kirekire cyane kurusha ku isi. Inyenyeri isanzwe iteye imbere Igihe cy’ubuzima bw’ikiremwa kiva ku myaka magana atanu kugeza ku gihumbi, gipimirwa hakurikijwe ibipimo by’igihe cyo ku isi. Nk’uko ibiti bimwe na bimwe byo mu giti cy’umutuku biramba kurusha ibiti byinshi mu bihumbi, cyangwa nk’uko bamwe mu bakora yoga babaho imyaka amagana nubwo abagabo benshi bapfa batarageza ku myaka mirongo itandatu, ni ko n’ibiremwa bimwe byo mu kirere bibaho igihe kirekire cyane kuruta igihe gisanzwe cyo kubaho mu kirere. Abashyitsi basura isi y’ikirere babayo igihe kirekire cyangwa gito hakurikijwe uburemere bwa karma yabo y’umubiri, ibi bikabakurura ku isi mu gihe runaka.

"Ikiremwa cyo mu kirere ntabwo kigomba guhangana n’urupfu mu buryo bubabaza mu gihe cyo gusohora umubiri wacyo urimo urumuri. Nubwo bimeze bityo, byinshi muri ibi biremwa bigira ubwoba gato iyo bitekereje kureka imiterere yabyo yo mu kirere kugira ngo bibone impamvu idasobanutse neza. Isi yo mu kirere nta rupfu rudashaka, indwara, no gusaza. Ibi bintu bitatu biteye ubwoba ni umuvumo w’isi, aho umuntu yemeye ko ubwenge bwe bugira ingaruka mbi." kuri kumenya ubwabyo hafi byose hamwe na a ufite intege nke umubiri umubiri bisaba gihoraho ubufasha kuva umwuka, ibiryo, n’ibitotsi kugira ngo bibeho na gato.

"Urupfu rw’umubiri ruherekezwa no kuzimira k’umwuka no gusenyuka kw’uturemangingo tw’umubiri. Urupfu rw’ikirere rugizwe no gukwirakwira kw’uturemangingo tw’ubuzima, ibyo bice by’ingufu bigaragarira byose bigize ubuzima bw’ibiremwa byo mu kirere. Mu rupfu rw’umubiri, ikiremwa gitakaza ubwenge bwacyo ku mubiri maze kikamenya umubiri wacyo mu isi y’ikirere. Gupfa mu kirere mu gihe gikwiye, Bityo, kuba umuntu ahinduka kuva ku bwenge bwo kuvuka no gupfa mu kirere kugera ku bwenge bwo kuvuka no gupfa mu buryo bw’umubiri. Izi ngendo zigaruka zo gupfukirana mu kirere no mu buryo bw’umubiri ni iherezo ridashobora kwirengagizwa ry’ibiremwa byose bitarabonerwa urumuri. Ibisobanuro by’Ibyanditswe bivuga ku ijuru no mu muriro rimwe na rimwe bitera imbaraga umuntu mu buryo bwimbitse kuruta ubwenge bwe. kwibuka bya bye kirekire urukurikirane bya ubunararibonye muri i umuntu uterwa isoni mu kirere n’isi zo ku isi zitenguha.

"Mwigisha ukundwa," ndamubaza, "wasobanura neza itandukaniro riri hagati yo kuvuka ku isi no mu kirere n’ibitera imbaraga?"

"Umuntu nk'ubugingo bwihariye afite umubiri ushingiye ku mpamvu," umwarimu wanjye yasobanuye. "Uwo mubiri ni matrix bya i mirongo itatu na gatanu *ibitekerezo* birakenewe na Imana nka i by'ibanze cyangwa impamvu igitekerezo ingabo kuva Nyuma yaje kurema umubiri w'ikirere utoroshye w'ibintu cumi n'icyenda n'umubiri w'umubiri wose w'ibintu cumi na bitandatu .

"Ibice cumi n'icyenda by'umubiri wo mu kirere ni ubwenge, amarangamutima, kandi ni ubuzima. Ibice cumi n'icyenda ni ubwenge; ego; ibiyumvo; ubwenge (kwumva-kwiyumvisha); ibikoresho bitanu by'ubumenyi , ibintu bitoroshye bifitanye isano n'ibyumviro byo kubona, kumva, guhumurirwa, uburyohe, gukorakora; ibikoresho bitanu by'ibikorwa , uburyo bwo gutekereza buhuza ubushobozi bwo kubyara, gusohora,

kuvuga, kugenda, no gukora imyitozo ngororamubiri; hamwe n'ibikoresho bitanu by'imbaraga *z'ubuzima*, bifite ububasha bwo gukora imirimo yo gushushanya, guhuza, gukuraho, gutunganya no kuzenguruka umubiri. Uku gupfukirana kw'ibintu cumi n'icyenda mu kirere birokoka urupfu rw'umubiri, ugizwe n'ibintu cumi na bitandatu by'icyuma n'ibitari ibyuma.

"Imana yatekereje ibitekerezo bitandukanye muri yo maze ibishyira mu nzosi. Bityo, Lady Cosmic Dream yavuyemo imitako ye minini cyane y'imitako itagira iherezo y'ubusobanuro."

"Mu byiciro mirongo itatu na bitanu by'ibitekerezo by'umubiri utera impamvu, Imana yasobanuye ingorane zose z'umuntu cumi n'icyenda mu kirere na cumi na gatandatu umubiri bagenzi babo. Kugeza kuri ubushyuhe bya ihindagurika ingabo, Yabanje kuba idafite ishingiro, hanyuma ikora umubiri w'umuntu wo mu kirere, amaherezo imiterere ye ifatika. Dukurikije itegeko ryo guhuza ibintu, aho Ubuhanga bwo Kugaragara bwabaye ubwoko butangaje, isanzure ry'impamvu n'umubiri w'impamvu bitandukanye n'ikirere cy'ikirere n'umubiri wo mu kirere; ikirere cy'umubiri n'umubiri bifatika nabyo biratandukanye cyane n'ubundi bwoko bw'irema.

"Umubiri w'inyama ugizwe n'inzozi z'Umuremyi zihamye kandi zidafite aho zihuriye n'ibyo ashaka. Uduce dutatu tw'umubiri duhora ku isi: indwara n'ubuzima bwiza, ububabare n'ibyishimo, igihombo n'inyungu. Abantu babona imipaka n'ubudahangarwa mu bintu bitatu. Iyo icyifuzo cy'umuntu cyo kubaho gihungabanyijwe cyane n'indwara cyangwa izindi mpamvu, urupfu ruraza; umubiri uremereye ugwa by'agateganyo. Ariko roho iguma mu mibiri y'ikirere n'iy'impamvu.

43-7 Imbaraga zifatana zituma imibiri yose uko ari itatu ifatanywa ni icyifuzo. Imbaraga z'ibyifuzo bitaragerwaho ni zo ntandaro y'ubucakara bw'abantu bose.

"Irari ry'umubiri rishingiye ku kwishyira hejuru no kumva ibinezeza. Guhatirwa cyangwa gushukwa n'uburambe bw'ibyumviro birakomeye kurusha imbaraga z'ibyifuzo zifitanye isano n'iby'isi cyangwa imyumvire y'impamvu."

"Ibyifuzo bya Astral bishingiye ku kwishima mu bijyanye no guhindagura. Ibiremwa bya Astral bishimira umuziki w'imirasire kandi bishishikazwa no kubona ibyaremwe byose nk'ibimenyetso bitagira umuvuduko by'urumuri ruhinduka. Ibiremwa bya Astral nabyo bihumura, biryohereza, kandi bigakora ku rumuri. Bityo, ibyifuzo bya Astral bifitanye isano n'imbaraga z'ikiremwa cya Astral zo gutuma ibintu byose n'ibyo kibaho biba nk'uburyo bw'urumuri cyangwa nk'ibitekerezo cyangwa inzozi.

"Impamvu" ibyifuzo ni byuzuye na uburyo bwo kwiyumvisha ibintu gusa. Itsinda hafi ya byose nta kiguzi ibiremwa nde ni gipfundikiye gusa mu mubiri w'impamvu babona isi yose nk'isohozwa ry'ibitekerezo by'inzozi by'Imana; bashobora kwishyira mu mwanya w'ikintu icyo ari cyo cyose mu bitekerezo gusa. Ku bw'ibyo, ibiremwa

bifite impamvu bifata kwishimira ibyiyumvo by'umubiri cyangwa ibyishimo byo mu kirere nk'ibikabije kandi bihaza ibyiyumviro byiza by'ubugingo. ibiremwa bifite impamvu bikora ibyifuzo byabyo mu kubishyira mu mwanya w'umuntu ako kanya.

43-8 Abasanga batwikiriwe gusa n'umwenda woroshye w'umubiri w'impamvu bashobora kuzana isi mu buryo bwigaragaza nubwo ari Umuremyi. Kubera ko ibyaremwe byose bigizwe n'imiterere y'inzozi zo mu isanzure, roho yambaye neza iyo mpamvu ifite imbaraga nyinshi.

"Roho, nubwo idashobora kugaragara muri kamere, ishobora gutandukanywa gusa n'uko umubiri wayo cyangwa imibiri yayo iri." gusa kuhaba bya a umubiri bisobanura ibyo byayo kubaho ni byakozwe bishoboka na bitaragezweho ibyifuzo. **43-**

"Igihe cyose roho y'umuntu ifunze mu gikoresho kimwe, bibiri, cyangwa bitatu by'umubiri, bifunze neza n'imigozi y'ubujiji n'ibyifuzo, ntashobora kwivanga n'inyanja y'Umwuka." Iyo umwuka mubi igikoresho gifatika cyangijwe n'inyundo y'urupfu, ibindi bipfundikizo bibiri - inyenyeri na impamvu-iracyariho kugira ngo ibuze ubugingo kwinjira mu buzima buriho hose. Iyo kutagira icyifuzo kibonetse binyuze mu bwenge, imbaraga zabwo zisenyagura ibice bibiri bisigaye. Roho nto y'umuntu irasohoka, amaherezo iba ifite ubushobozi bwo gukuraho; iba imwe ifite ubushobozi bwo hejuru butagira igipimo."

Jye yabajije yanjye Imana umwarimu kuri ikiraro byongeyeho urumuri ku i hejuru na amayobera impamvu isi.

"Isi y'impamvu irasobanutse neza," yasubije. "Kugira ngo umuntu ayisobanukirwe, yagombye kuba kugira imbaraga zikomeye zo kwibanda ku buryo yashoboraga gufunga amaso ye no kwiyumvisha isanzure ry'ikirere n'ikirere gifatika mu bunini bwabyo bwose - umupira w'urumuri ufite agaseke gakomeye - nk'aho biri mu bitekerezo gusa. Iyo umuntu anyuze muri ubwo buryo budasanzwe bwo kwibanda ku bintu byamubayeho, cyangwa gukemura i bibiri isanzure hamwe na byose ibyabo ingorane mu ikeye ibitekerezo, we yakwitwara hanyuma kugera ku isi y'impamvu maze ugahagarara ku mupaka w'imvange hagati y'ubwenge n'ibintu. Aho umuntu abona ibintu byose byaremwe - ibintu bikomeye, ibinyabutabire, imyuka, amashanyarazi, ingufu, ibiremwa byose, imana, abantu, inyamaswa, ibimera, bagiteri - nk'uburyo bwo kumenya, nk'uko umuntu ashobora gufunga amaso ye akamenya ko ariho, nubwo umubiri we utagaragara ku maso ye kandi ukaba uriho nk'igitekerezo gusa.

"Icyo umuntu ashobora gukora cyose mu buryo bw'ibishushanyo, ikiremwa gifite impamvu gishobora gukora mu by'ukuri. Ubwenge buhanitse cyane bw'umuntu bushobora, mu bitekerezo gusa, kuva ku bitekerezo birenga urugero kugera ku bindi, gusimbuka mu mutwe kuva ku mubumbe umwe kugera ku wundi, cyangwa kugwa mu mwobo w'iteka ryose, cyangwa kuzamuka nk'ibisasu mu kirere cy'inyenyeri, cyangwa kugaragara nk'urumuri hejuru y'inzira z'amata n'ikirere cyuzuye inyenyeri. Ariko ibiremwa byo mu isi y'impamvu bifite ubwisanzure bwinshi cyane, kandi bishobora kugaragaza ibitekerezo byabyo mu buryo butagoragozwa, nta kintu na kimwe gishingiye ku bintu cyangwa ku isanzure cyangwa imipaka ya karmic.

"Ibintu bitera ingaruka bimenya ko isanzure risanzwe ritakozwe ahanini n'amashanyarazi, kandi ntabwo Ikirere cyo mu kirere kigizwe ahanini n'ibinyabuzima by'ubuzima - byombi mu by'ukuri byaremwe mu duce duto cyane tw'ibitekerezo by'Imana, bigacibwamo ibice na *maya*, itegeko ry'ubusumbane rigira uruhare mu gutandukanya Noumenon n'ibintu bye.

"Abafite umutima mu isi y'ibintu bitera imbaraga bamenyana nk'ingingo zihariye z'umwuka w'ibyishimo; ibitekerezo byabo ni byo bintu byonyine bibakikije. Abafite umutima mu gutera imbaraga babona itandukaniro riri hagati y'imibiri yabo n'ibitekerezo nk'ibitekerezo gusa. Nk'uko umuntu, afunga amaso, ashobora kwiyumvisha urumuri rwera rurabagirana cyangwa igicucu cy'ubururu gisa n'aho kiri, ni ko n'abafite umutima mu buryo bw'ibitekerezo bonyine bashobora kubona, kumva, kumva, kuryoherwa no gukoraho; barema ikintu icyo ari cyo cyose, cyangwa bakagisesa, binyuze mu mbaraga z'ubwenge bw'isi yose."

"Urupfu no kuvuka ubwa kabiri mu isi y'impamvu byombi biri mu bitekerezo. Ibiremwa bifite impamvu birya gusa ambrosia y'ubumenyi bushya buhoraho. Banywa ku masoko y'amahoro, batembera mu butaka butagira inzira bw'ibitekerezo, boga mu nyanja - ibyishimo bitagira iherezho. Dore! Reba ibitekerezo byabo bitangaje birenga za tiriari z'imibumbe yaremwe n'Umwuka, ibibyimba bishya by'isi, inyenyeri z'ubwenge, inzosi zidasanzwe z'izuba, hirya no hino mu gituzo cy'ubururu bw'ikirere cy'Ubutayu!

"Ibiremwa byinshi bigumaho imyaka ibihumbi mu kirere cy'impamvu. Binyuze mu byishimo byimbitse, roho yibohoye ihita yikura mu mubiri muto w'impamvu maze ikambara ubwinshi bw'ikirere cy'impamvu. Ibitekerezo byose bitandukanye, imiraba yihariye y'imbaraga, urukundo, ubushake, ibyishimo, amahoro, ubushishozi, ituze, kwifata, no kwibanda ku bintu bihora bishongesha mu Nyanja y'Ibyishimo. Roho ntikigomba kwishimira ibyishimo byayo nk'umuraba wihariye w'ubwenge, ahubwo ihuzwa mu Nyanja Imwe y'Ijuru, hamwe n'imiraba yayo yose - urwenya rudashira, ibyishimo, n'imivurungano.

"Iyo roho ivuye mu gituzo cy'imibiri itatu ihunga iteka ryose itegeko ryo guhuza ibintu maze ikaba ikintu kidasobanurwa kizabaho iteka ryose." **43-10** Reba ikinyugunyugu cyo kubaho hose, amababa yacyo yashushanyijeho inyenyeri n'ukwezi n'izuba! Ubugingo bwagutse buhinduka Umwuka usigara wenyine mu gace k'urumuri rutagira urumuri, umwijima utagira umwijima, ibitekerezo bitagira ibitekerezo, byasinze ibyishimo byacyo mu nzozi z'Imana zo kurema isanzure."

"A ubuntu roho! Jye yasohoye muri ubwoba.

"Iyo ubugingo buvuye mu bibindi bitatu by'ubuyobe bw'umubiri," Mwigisha arakomeza, "buhinduka bumwe n'Ibutagira Iherezo nta gutakaza umwihariko. Kristo yari yaratsindiye ubwo bwigenge bwa nyuma na mbere yuko avuka nka Yesu. Mu byiciro bitatu by'amateka ye, byagaragajwe mu buzima bwe bwo ku isi nk'iminsi itatu y'ubuzima bwe bwo gupfa no kuzuka, yari amaze kubona imbaraga zo kuzuka byuzuye mu Mwuka."

"Umuntu utarakura agomba kunyura mu myitwarire itabarika y'isi n'iy'ikirere n'iy'impamvu kugira ngo ave mu mibiri ye itatu. Umutware ugeze kuri ubu bwisanzure bwa nyuma ashobora guhitamo kugaruka ku isi nk'umuhanuzi kugira ngo agarure abandi bantu ku Mana, cyangwa nkanjye ashobora guhitamo gutura mu isi y'ikirere. Aho niho umukiza afata umutwaro wa karma y'abaturage **43-11** bityo bikabafasha kurangiza uruziga rwabo rwo kwisubiramo mu kirere cy'ikirere no gukomeza burundu mu bice by'impamvu. Cyangwa roho yibohoye ishobora kwinjira mu isi y'impamvu kugira ngo ifashe ibiremwa byayo kugabanya igihe cyabyo mu mubiri w'impamvu bityo ikagera ku bwisanzure bwuzuye."

"Wazutse, ndashaka kumenya byinshi kuri karma ihatira roho gusubira mu isi eshatu." Natekereje ko nshobora gutega amatwi iteka ryose, Mwigisha wanjye uzi byose. Nta na rimwe mu buzima bwe bwo ku isi nari narigeze nshobora kwibukiranya ubwenge bwe bwinshi nk'ubu. Noneho ku nshuro ya mbere nabonye ubumenyi busobanutse neza ku bijyanye n'ahantu hateye ubwoba ku kibaho cy'ubuzima n'urupfu.

"Karma cyangwa ibyifuzo by'umuntu bigomba gukorwa neza mbere yuko aguma mu isi y'inyenyeri burundu," umujyanama wanjye yavuze mu ijwi rye rishishikaye.

"Amoko abiri y'ibiremwa abaho muri i mu kirere imiterere. Ibyo nde na n'ubu kugira iby'isi karma kuri kujugunya bya na nde bityo bagomba kongera gutura mu mubiri w'umubiri kugira ngo bishyure imyenda yabo ya karmic, nyuma y'urupfu rw'umubiri, bashobora gushyirwa mu cyiciro cy'abashyitsi b'igihe gito mu isi y'inyenyeri aho kuba abaturage bahoraho.

"Ibiremwa bifite karma yo ku isi itaracungurwa ntibyemerewe nyuma y'urupfu rwo mu kirere kujya mu bitekerezaho byo hejuru by'isi, ahubwo bigomba kwimuka biva mu isi ifatika n'iyi mu kirere gusa, bizi neza umubiri wabyo w'ibintu cumi na bitandatu by'ingenzi, n'umubiri wabyo w'ibintu cumi n'icyenda byoroheje. Nyuma ya buri gutakaza umubiri wabyo, ariko, hazabaho ikintu kidatye imbere."

Kuba umuntu aturutse mu butaka ahanini biguma mu bitotsi bikomeye by'urupfu kandi ntibiba bikizi neza ikirere cyiza cyo mu kirere. Nyuma yo kuruhuka mu kirere, umuntu nk'uwo asubira mu isanzure ry'ibintu kugira ngo ahabwe andi masomo, buhoro buhoro yimenyereza, mu ngendo zisubiramo, kugera mu isi zifite imiterere yoroheje yo mu kirere.

"Ku rundi ruhande, abantu basanzwe cyangwa bamaze igihe kinini batuye mu isanzure ry'ikirere, ni abantu bakuweho burundu irari ryose ry'ibintu, batagomba kongera gusubira mu mihindagurikire y'isi." Bene ibyo biremwa bifite karma yo mu kirere n'iy'impamvu gusa kugira ngo bikore. Ku rupfu rwo mu kirere, ibi biremwa bijya kuri isi y'impamvu nziza kandi yoroshye cyane. Bakuraho ibitekerezo by'umubiri w'impamvu ku iherezo ry'igihe runaka, giteganywa n'amategeko y'ikirere, ibi biremwa byateye imbere bisubira kuri Hiranyaloka cyangwa umubumbe nk'uwo muremure wo mu kirere, bakongera kuvuka mu mubiri mushya wo mu kirere kugira ngo bakore karma yabo yo mu kirere itaracungurwa.

Sri Yukteswar yakomeje agira ati: "Mwana wanjye, ubu ushobora gusobanukirwa neza ko nazutse ku itegeko ry'Imana, nk'umukiza w'ubugingo busubira mu mubiri buva mu kirere, cyane cyane, aho kuba ubwo mu kirere buva mu kirere. Abakomoka ku isi, niba bagifite ibisigazwa bya karma ifatika, ntibazamuka bakajya mu mibumbe miremire cyane nka Hiranyaloka."

"Nk'uko abantu benshi ku isi batigeze biga binyuze mu gutekereza cyane - kubona ibintu kugira ngo basobanukirwe cyo hejuru ibyishimo na inyungu bya mu kirere ubuzima na bityo, nyuma urupfu, icyifuzo kuri kugaruka kuri Ibinezera bike kandi bidatunganye byo ku isi, ku buryo ibiremwa byinshi byo mu kirere, mu gihe cyo kwangirika gusanze kw'imibiri yabyo yo mu kirere, bitabasha kwiyumvisha imiterere y'ibyishimo byo mu mwuka mu isi y'impamvu, kandi, bigakomeza gutekereza ku byishimo bikomeye kandi by'amahirwe byo mu kirere, bifuzaga kongera gusura paradizo yo mu kirere. Karma ikomeye yo mu kirere igomba gucungurwa n'ibiremwa nk'ibyo mbere yuko bigeraho nyuma yo Urupfu rwo mu kirere ni uguhora mu isi y'ibitekerezo by'impamvu, bitandukanyijwe gato n'Umuremyi.

"Iyo ikiremwa kidafite ikindi cyifuzo cyo kugira ibyo kigeraho mu isi ishimishije amaso, kandi kidashobora gushukwa no gusubirayo, ni bwo gikomeza kuba mu isi itera impamvu. Kirangije umurimo wo gucungura karma zose zitera impamvu cyangwa imbuto z'ibyifuzo bya kera, roho ifungiwe isohora igice cya nyuma cy'ubujiji, maze kiva mu kibindi cya nyuma cy'umubiri utera impamvu, kikivanga n'Ithoraho."

"Ubu kora wowe Urabyumva?" Umwigisha yaramwenyuye rero mu buryo bushimishije!

"Yego, binyuze ibyawe ubuntu. Jye am kuvuga hamwe na ibyishimo na gushima."

Sinigeze mbona ubumenyi butangaje nk'ubwo mu ndirimbo cyangwa mu nkuru.

Nubwo ibyanditswe by'Abahindu bivuga ku isi itera n'isi y'inyenyeri ndetse n'imibiri itatu y'abantu, mbega ukuntu ayo mapaji ari kure kandi nta gaciro afite ugereranije n'ukuri gushyushye kwa Databuja wazutse! Kuri we koko nta "gihugu na kimwe kitaramenyekana cyabayeho, nta mugenzi waturutsemo ugaruka"!

"Kwinjira kw'imibiri itatu y'umuntu bigaragazwa mu buryo bwinshi binyuze mu miterere ye y'ibice bitatu," yanjye byiza cyane umwarimu yagiye kuri. "Muri i maso leta ku isi a umuntu kuba ni ubwenge hafi ya zose mu modoka ze eshatu. Iyo ashishikajwe no kumva, kumva, kumva,

cyangwa kureba, aba akorera ahanini binyuze mu mubiri we usanzwe. Iyo atekereje cyangwa abishaka, aba akorera ahanini binyuze mu mubiri we wo mu kirere. Uburyo bwe bwo gutuma ibintu bihinduka bugaragara iyo umuntu atekereza cyangwa yiganjemo kwisuzuma cyangwa gutekereza; ibitekerezo by'ubwenge byo mu kirere biza ku muntu ukunda kuvugana n'umubiri we utuma ibintu bihinduka. Muri ubwo buryo, umuntu ashobora gushyirwa mu cyiciro cyagutse nk' 'umuntu ufatika,' 'umuntu ufite imbaraga,' cyangwa 'umuntu w'ubwenge.'

"Umuntu yishyira mu mwanya we amasaha cumi n'atandatu ku muni akoresheje uburyo bwe busanzwe. Hanyuma arasinzira; iyo aroze, aguma mu mubiri we wo mu kirere, nta kibazo arema ikintu icyo ari cyo cyose ndetse n'ibiremwa byo mu kirere. Iyo umuntu asinziriye cyane kandi nta nzozi arota, mu gihe cy'amasaha menshi ashobora kwimurira ubwenge bwe, cyangwa kumva ko ari I-ness, ku mubiri w'impamvu; ibyo bitotsi birimo kubyutsa ubuzima. Umuntu urota aba akorana n'umubiri we wo mu kirere aho gukorana n'umubiri we wo mu kirere; ibitotsi bye ntibigarura ubuyanja."

Jye yari afite yabaye mu rukundo Kwitegereza Siri Yukteswar mu gihe we yatanze bye bitangaje imurikagurisha.

"Umumarayika w'umushumba," naravuze, "umubiri wawe usa neza neza n'uko wari umeze ubwo nawuririraga mu gikombe cya Puri."

"Yego, umubiri wanjye mushya ni ishusho itunganye y'uwa kera. Ndihindura cyangwa ndushaho kwigaragaza iyi shusho igihe icyo ari cyo cyose uko nshaka, kenshi cyane kurusha uko nabikoraga nkiri ku isi. Mu kwihindura vuba, ubu ngenda ako kanya nkoresheje urumuri ruturuka ku mubumbe ujya ku wundi cyangwa, mu by'ukuri, kuva ku isanzure kugeza ku isanzure cyangwa kugera ku isi." Umuhanga wanjye w'Imana yaramwenyuye. "Nubwo wihuta cyane muri iyi minsi, ntabwo nagowe no kugusanga i Bombay!"

"O Mwigisha, Jye yari agahinda rero byimbitse kubyerekeye ibyaweho urupfu!"

"Ah, napfiriye he? Nta kuvuguruzanya kurimo?" Amaso ya Sri Yukteswar yari yuzuye urukundo n'ibyishimo.

Yakomeje agira ati: "Warotaga ku isi gusa; kuri icyo si wabonye umubiri wanjye w'inzozi." Wahambye iyo shusho y'inzozi. Noneho umubiri wanjye mwiza cyane - uwo ubona kandi ubu urimo kuwufata neza! - wazutse ku wundi mubumbe mwiza cyane w'inzozi z'Imana. Umunsi umwe uwo Inzozi nziza n'isi nziza y'inzozi bizashira; na byo ntibizahoraho iteka ryose. Ibibyimba byose by'inzozi bigomba guturika mu gihe cyo gukanguka. Mwana wanjye Yogananda, tandukanya inzozi n'ukuri!

Iki gitekerezo cya *Vedantic* **43-12** Izuka ryarantangaje cyane. Nagize isoni zo kuba

naragiriye impuhwe Databuja ubwo nabonaga umurambo we udafite ubuzima i Puri. Amaherezo nasobanukiwe ko mwarimu wanjye yahoraga ari maso mu Mana, abona ubuzima bwe n'urupfu rwe ku isi, n'izuka rye ry'ubu, nk'ibindi bidafite akamaro uretse isano riri hagati y'ibitekerezo by'Imana mu nzozi z'isi.

"Noneho Yogananda, ndakubwiye ukuri k'ubuzima bwanjye, urupfu rwanjye, n'izuka ryanjye. Ntumbabarire; ahubwo tangaza inkuru yose y'izuka ryanjye kuva mu isi y'abantu barose Imana, ujya mu yindi si y'ubugingo bw'umwuka! Ibyiringiro bishya bizashyirwa mu mitima y'abaroza b'isi bababaye kandi batinya urupfu."

"Yego, Mwigisha!" Uburyo ku bushake yakwitwara Jye gusangiza hamwe na abandi yanjye ibyishimo kuri bye kuzuka!

"Ku isi amahame yanjye yari hejuru cyane, ntabwo yari ajyanye n'imico y'abagabo benshi. Akenshi nagucyahaga cyane kuruta uko nagombaga kubikora. Watsinze ikizamini cyanjye; urukundo rwawe rwamuritse mu bicu by'ibihano byose."

Yongeyeho mu bugwaneza ati: "Nanjye uyu muni naje kukubwira nti: Sinzongera kwitwaza isura mbi y'umuhane. Sinzongera kugucyaha ukundi."

Mbega ukuntu nari narabuze ibihano by'umwarimu wanjye ukomeye! Buri wese yari umumarayika w'umurinzi w'uburinzi.

"Mukundwa cyane Mwigisha! Gucyaha njyewe a miliyoni inshuro-gukora gucyaha njyewe ubu ngubu!

"Sinzongera kugucyaha ukundi." Ijwi rye ry'Imana ryari rikomeye, ariko rifite urusaku rwo mu mutima. "Jyewe nawe tuzaseka hamwe, igihe cyose imiterere yacu yombi isa n'aho itandukanye mu *nzoz*i z'Imana. Amaherezo tuzahurira hamwe nk'umwe mu Nshuti Ikunda Imana; inseko zacu zizaba inseko yayo, indirimbo yacu y'ibyishimo ihujwe iteka ryose kugira ngo imenyekanishwe n'ubugingo buyobowe n'Imana!"

Sri Yukteswar yampaye umucyo ku bintu bimwe na bimwe ntashobora guhishura hano. Mu masaha abiri yamaze nanjye mu cyumba cya hoteli ya Bombay yansubije buri kibazo cyanjye. Ubuhanzu bwinshi bw'isi yabwiwe na we kuri uwo muni wo muri Kamena mu 1936 bwaramaze gusohora.

"Ndagusize ubu, mukunzi!" Kuri ayo magambo numvise Umwigisha ashongesha amaboko yanjye yari akikije.

"Mwana wanjye," ijwi rye ryaranguruye, riturika mu mwuka wanjye, "igihe cyose winjiye mu muryango wa *nirbikalpa samadhi* ukampamagara, nzaza aho uri n'umubiri n'amaraso, nk'uko bimeze uyu muni."

Hamwe n'iri sezerano ryo mu ijuru, Sri Yukteswar yarazimiye mu maso yanjye. Ijwi ry'igicu ryasubiwemo mu nkuba y'umuziki riti: "Bwira byose! Umuntu wese uzi *ko* isi yawe ari inzoz*i* z'Imana ashobora kugera ku mubumbe mwiza wa Hiranyaloka waremwe n'inzoz*i*, maze akaza kunsanga nazutse mu mubiri usa neza n'uwanjye wo ku isi. Yogananda, bwira byose!"

Agahinda ko gutandukana kari karashize. Impuhwe n'agahinda by'urupfu rwe, wanyibye amahoro igihe kirekire, none yahunze afite isoni nyinshi. Ibyishimo byasutse nk'isoko inyura mu mwenge w'ubugingo utagira iherezo. Kera byari byuzuyemo kudakoreshe, none byagutse mu buziranenge kubera ibyishimo byinshi.

Ibitekerezo n'amarangamutima byo mu buzima bwanjye bwa kera byakuyeho

ubusembwa bwabyo bwa karmic, bivugururwa n'uruzinduko rw'Imana rwa Sri Yukteswar.

Muri iki gice cy'ubuzima bwanjye bw'amateka, numviye amabwiriza y'umwarimu wanjye, ntangaza inkuru nziza, nubwo yongera gutera urujijo abantu bo mu gisekuru giteye ubwoba. Umuntu arabizi neza; kwiheba ni gake biba bidasanzwe; nyamara ibi ni ibintu bitagira umumaro, ntabwo ari igice cy'imibereho nyakuri y'umuntu. Umunsi abishatse, aba yinjiye mu nzira igana ku mudendezo. Amaze igihe kinini yumva ibitekerezo bibi by'abajyanama be "nk'umukungugu", atitaye ku bugingo budashobora kuneshwa.

Jye yari ntabwo i gusa kimwe y'amahirwe kuri Reba i Yazutse Guru.

Umwe mu ba chela ba Sri Yukteswar yari umugore ugeze mu za bukuru, uzwi cyane nka *Ma* (Mama), wari ufite urugo rwe hafi y'ahantu hatuwe n'aba Puri. Master yakundaga guhagarara kugira ngo aganire na we mu gihe cyo gutembera mu gitondo. Ku mugoroba wo ku ya 16 Werurwe 1936, Ma yageze aho ashram amusaba kubonana n'umwarimu we.

"Ese, Mwalimu yapfuye icyumweru gishize!" Swami Sebananda, ubu wari ushinze akarere ka Puri, yamurebye ababaye.

"Ibyo ntibishoboka!" Yaramwenyuye gato. "Wenda urimo ugerageza kurinda uyu muyobozi abashyitsi badahwema?"

"Oya." Sebananda yavuze uko ibintu byagenze mu mva. "Ngwino," aravugaga, "nzakujyana mu busitani bw'imbere bw'imva ya Sri Yukteswarji."

Mama yazunguje umutwe ati: "Nta mva ye! Uyu muni mu gitondo saa yine yanyuze imbere y'umuryango wanjye nk'uko bisanzwe! Navuganye na we iminota myinshi hanze haka umuriro."

"Ngwino ibi umugoroba kuri i ashram," we yavuze.

"Ndi hano! Imigisha irasukire kuri uyu musaza w'imvi! Uyu mwari utagira urupfu yashakaga ko nsobanukirwa umubiri we udasanzwe yari yansuye muri iki gitondo!"

Itsinda gutangara Sebananda gupfukama mbere we.

"Mama," we yaravuze ati, "iki a uburemere bya agahinda wowe guterura kuva yanjye umutima! We ni yazutse!"

43-1 : Muri *sabikalpa Samadhi* i umuyoboze ifite mu buryo bw'umwuka yateye imbere kuri a leta bya imbere Imana ishahirahamwe ry'abakozi, ariko ntibishobora gukomeza kwe isanzure ubwenge keretse muri i kudashobora kugenda imimerere yo kwiheba. Kugeza kuri gikomeza gutekereza cyane, we kugera i cyo hejuru leta ya *nirbikalpa samadhi*, aho agenda mu buryo bw'ubwisanzure mu isi kandi agakora imirimo ye yo hanze nta gutakaza ishingiro ry'Imana.

43-2 : Siri Yukteswar byakoresheje i jambo *prana* ; Jye kugira byahinduwe byo nka ubuzima. Itsinda Umuhindu ibyanditswe byera Ohereza ntabwo gusa kuri i *anu* , "atome," na kuri i *paramanu* , "harenze i atome," nziza kurushaho ikoranabuhanga ingufu; ariko na none kuri *Prana* , "ubuhanga" ubuzima "Atomu" na electron ni impumyi imbaraga; *Prana* ni mu buryo bw'umwimerere umunyabwenge. Itsinda gusesengura ibintu ubuzima muri i intanga ngabo na intanga, Urugero, yobora iterambere ry'umwana ukiri mu nda ukurikije igishushanyo mbonera cya karmic.

43-3 : Inyito ya *mantra* , amajwi y'imbuto avuzwa n'imbunda yo mu mutwe yo kwibanda ku byo umuntu atekereza. *Puranas* (*shastra za kera*) cyangwa inyandiko z'amateka) sobanura ibi *mandateri* Intambara hagati *deva* na *asura* (imana na abadayimoni). An *asura* rimwe yagerageje kwica *umudayimoni* akoresheje indirimbo ikomeye. Ariko kubera kuvuga nabi, igisasu cyo mu mutwe cyabaye nk'igitero cya boomerang maze cyica dayimoni.

43-4 : Ingero bya nk'ibyo imbaraga ni ntabwo gushaka kimwe ku isi, nka muri i urubanza bya Helen Keller na ibindi gake cyane ibiremwa.

43-5 : Umwami Buda yari rimwe yabajije kuki a umugabo byagombye urukundo byose abantu kimwe. "Kubera ko," i byiza cyane umwarimu yasubije ati, "mu cyane byinshi na bitandukanye ubuzima bya buri kimwe umugabo, buri ibindi kuba ifite kuri kimwe igihe cyangwa ikindi yabaye mukundwa kuri we.

43-6 : Itsinda umunani ibintu by'ibanze imico iki Injira mu byose byaremwe ubuzima, kuva atome kuri umugabo, ni isi, amazi, umuriro, umwuka, eteri, ingendo, ubwenge, n'imiterere bwite. (*Bhagavad Gita* : VII: 4.)

43-7 : Umubiri bisobanura icyo ari cyo cyose gupfuka umutima, niba umusaruro mubi cyangwa budasobanutse neza. Itsinda gatatu imibiri ni utuzu kuri i Inyoni bya Paradizo.

43-8 : Ndetse nka Babaji yafashije Lahiri Ikihasaya kuri gukuraho ubwe bya a ubwenge butamenya icyifuzo kuva bimwe ibyashize ubuzima kuri a ingoro, nk'uko byasobanuwe mu [gice cya 34](#).

43-9 : "Arababwira ati: Aho intumbi iri hose, ni ho inkongoro zizateranira."- *Luka* 17:37. Aho hose i ubugingo ni gipfundikiye muri i umubiri umubiri cyangwa muri i mu kirere umubiri cyangwa muri i impamvu umubiri, hariya i kagoma bya ibyifuzo - bitwara intege nke z'ubwenge bw'umuntu, cyangwa ku bintu byo mu kirere n'ibitera imbaraga - nabyo bizaterana kugira ngo roho igume mu buroko.

43-10 : "Unesha nzamugira inkingi mu rusengero rw'Imana yanjye, kandi ntazongera gusohoka ukundi (ni ukuvuga, azavuka mu bundi bushya oya byinshi). Kuri we ibyo aratsinda ubushake Jye inkunga kuri kwicara hamwe na nyewe muri yanjye Intebe y'ubwami, kimwe nka Jye na none yatsinze, na

.am seti hasi hamwe na yanjye Papa muri bye intebe y'ubwami." - *Ibyahishuwe* 3:12, 21

43-11 : Sri Yukteswar yashakaga kuvuga ko, nubwo yari mu mubiri we wo ku isi, rimwe na rimwe yafataga uburemere bw'indwara kuri gucubya bye iby'abigishwa karma, rero muri i mu kirere isi bye ubutumwa nka a umukiza byashoboye we kuri gufata ku runaka karma y'abatuye muri Hiranyaloka, bityo bakihutisha iterambere ryabo mu isi y'impamvu zo hejuru.

43-12 : Ubuzima na urupfu nka isano bya igitekerezo gusa. *Vedanta* amanota hanze ibyo Imana ni i gusa Ukuri; byose irema cyangwa gutandukana kubaho ni *maya* cyangwa uburiganya. Ibi filozofiya bya ubumana yakiriwe byayo cyo hejuru cyane imiterere muri i Ibisobanuro bya *Upanishad* bya Shankara.

IGICE: 44

Hamwe na Mahatma Gandhi Kuri Wardha

"Murakaza neza i Wardha!" Mahadev Desai, umunyamabanga wa Mahatma Gandhi, yasuhuje Madamu Bletch, Bwana Wright, nanjye ubwanjye akoresheje aya magambo meza n'impano y'indabo za *khaddar* (ipamba ryakozwe mu rugo). Itsinda ryacu rito ryari rimaze kumanuka kuri sitasiyo ya Wardha mu gitondo cya kare muri Kanama, twishimiye kuva mu mukungugu n'ubushyuhe bwa gari ya moshi. Twinjiye imizigo yacu mu igare ry'inka, twinjiye mu modoka ifunguye turi kumwe na Bwana Desai na bagenzi be, Babasaheb Deshmukh na Dr. Pingale. Urugendo rugufi mu mihanda yo mu cyaro yuzuye ibyondo rwatugejeje i *Maganvadi*, umugi w'umutagatifu wa politiki w'Ubihinde.

Bwana Desai yatuyoboye ako kanya mu cyumba cyo kwandikamo, aho Mahatma Gandhi yari yicaye, afite amaguru arambuye. Ikaramu mu kuboko kumwe n'agapapuro mu kundi, mu maso he hagaragara inseko nini, ishimishije kandi ishyushye!

"Murakaza neza!" we byanditswe muri Igihindi; byo yari a Ku wa mbere, bye buri

cyumweru umunsi bya guceceka.

Nubwo ari bwo bwa mbere twahuye, twasebanye cyane. Mu 1925, Mahatma Gandhi yari yarahaye icyubahiro ishuri rya Ranchi mu ruzinduko, kandi yandika mu gitabo cy'abashyitsi indirimbo nziza.

Uwo mutagatifu muto w'ibiro 30 yagaragazaga ubuzima bwiza bw'umubiri, ubwo mu mutwe no mu mwuka. Amaso ye y'umukara yoroshye yabengeranaga ubwenge, ukuri n'ivangura; uyu mutegetsi w'igihugu yashoboye kugereranya ubwenge bwe n'intsinzi mu ntambara igihumbi z'amategeko, imibereho myiza n'iza politiki. Nta wundi muyobozi ku isi wageze ku mwanya mugari mu mitima y'abaturage be nk'uko Gandhi yari asanzwe abigenza mu Buhinde. abantu babarirwa muri za miriyoni batazi gusoma no kwandika. Ishimwe ryabo ridasanzwe ni izina rye rizwi cyane - *Mahatma* , "ubugingo bukomeye." **44-1** Kuri bo bonyine, Gandhi yibanda ku mwenda we w'inyuma w'inyuma, ikimenyetso cy'ubumwe bwe n'imbaga y'abantu bakandamijwe kandi badafite ubushobozi bwo kugura byinshi.



Mahatma Gandhi

Nkunda ifunguro rya saa sita rituje hamwe n'umutagatifu w'umunyapolitiki wo mu Buhinde mu cyumba cye cyo kwakiramo i Wardha, muri Kanama 1935.

"Abaturage ba Ashram bari mu maboko yawe rwose; ndabasabye mubahamagare kugira ngo mubahe serivisi iyo ari yo yose." Mu kinyabupfura gisanzwe, Mahatma yampaye iyi nyandiko yanditse vuba vuba ubwo Bwana Desai yayoboraga itsinda ryacu kuva mu cyumba cyo kwandikamo yerekeza mu nzu y'abashyitsi.

Umuyobozi wacu yatuyoboye mu mirima y'imbuto n'imirima y'indabyo tugera ku nyubako ifite amatafari ifite amadirishya apfundikiye. Bwana Desai yavuze ko hari iriba ry'imbere mu busitani, rifite uburebure bwa metero 15, ryakoreshejwe mu kuhira; hafi yaho hari uruziga rwa sima ruzunguruka rwo gusya umuceri. Buri

cyumba cyacu gito cyagaragaye ko cyarimo gusa igitanda gito cyane - igitanda, cyakozwe n'intoki mu mugozi. Igikoni cyasizwe irangi ry'umweru Harimo robine mu mfuruka imwe n'aho gutekesha mu yindi. Amajwi yoroshye ya Arcadian yatugeraga mu matwi - amajwi y'ibikona n'ibishwi, amajwi y'inka, n'amajwi y'imihoro yakoreshwaga mu gukata amabuye.

Kwitegereza Bwana Wright's ingendo ikaye, Bwana Desai yafunguwe a urupapuro na yanditse ku byo a urutonde bya *Satyagraha*

"Kudakora urugomo; Ukuri; Kudakora ubujura; Ubuseribateri; Kudatunga; Gukoresha umubiri; Kugenzura akanwa; Kudatinya; Kubaha amadini yose kimwe; *Swadeshi* (ikoreshwa ry'inganda zo mu rugo); Kudakora ku buryo butari ubwa buri wese. Izi cumi n'imwe zigomba kubahirizwa nk'indahiro mu mwuka wo kwicisha bugufi."

(Gandhi ubwe umukono ibi urupapuro ku i gukurikira umunsi, gutanga i itariki kandi-Kanama 27, 1935.)

Nyuma y'amasaha abiri tuhageze, jye na bagenzi banjye twahamagariwe kurya ifunguro rya saa sita. Mahatma yari yamaze kwicara munsi y'urubaraza rw'ibaraza rya ashram, hakurya y'icyumba cye cyo kuraramo. Abantu bagera kuri makumyabiri n'itanu bambaye inkweto za *satyagrahi* bari bicaye imbere y'ibikombe n'amasahani by'umuringa. Indirimbo y'amasengesho y'umuryango; hanyuma hatangwa ifunguro rivuye mu nkono nini z'umuringa zirimo *chapatitis* (umugati w'ingano yose) urimo *ghee* ; *talsari* (imboga zitetse kandi ziciwe), na jam y'indimu.

Mahatma yariye *chapati* , beterave zitetse, imboga mbisi, n'amacunga. Ku ruhande rw'isahani ye hari agace kanini k'amababi ya *neem asharira cyane* , umuti woza amaraso uzwi cyane. Akoresheje ikiyiko cye yakuyemo igice maze agishyira ku isahani yanjye. Nagishyizemo amazi, nibuka igihe cyo mu bwana igihe Mama yampatiraga kumira doze idashimishije. Ariko Gandhi, buhoro buhoro yaryaga pome ya *neem* aryoshye cyane nk'aho yari inyama nziza.

Muri iki kibazo gito nabonye ubushobozi bwa Mahatma bwo gukuramo ubwenge bwe ku byumviro uko abyifuza. Nibutse uburyo bwo kubaga appendix bwamenyekanye cyane bwamukorewe mu myaka mike ishize. Yanze imiti igabanya ububabare, umutagatifu yaganiriye n'abigishwa be mu buryo bwishimye mu gihe cyose cyo kubagwa, inseko ye yanduye igaragaza ko atazi ububabare.

Nyuma ya saa sita habaye umwanya wo kuganira n'umwigishwa wa Gandhi uzwi cyane, umukobwa w'umukapiteni w'Umwongereza, Madamu Madeleine Slade, ubu witwa Mirabai • Isura ye ikomeye kandi ituje yarabagiranaga ibyishimo ubwo yambwiraga, mu rurimi rw'igihindi rutunganye, ibikorwa bye bya buri munsi.

"Imirimo yo gusana icyaro irashimishije! Itsinda ryacu rijya buri gitondo saa kumi n'imwe kugira ngo dukorere abaturage bo hafi aho kandi tubigishe isuku yoroshye. Twihatira gusukura imisarani yabo n'amazu yabo yubatswe n'ibyatsi. Abaturage ntibazi gusoma no kwandika; ntibashobora kwigishwa keretse batanze urugero rwiza!" Yasetse cyane.

Narebye uyu mugore w'Umwongereza w'imyaka miremire wicishaga bugufi mu buryo bwa gikirisitu bumushoboza gukora akazi ko gusarura ibintu gasanzwe

gakorwa gusa n' "abantu batagomba gukorwaho."

Yarambwiye ati: "Naje mu Buhinde mu 1925. Muri iki gihugu numva ko 'nagarutse mu rugo.' Ubu ntabwo nakwigera nemera gusubira mu buzima bwanjye bwa kera n'ibyo nkunda."

gihe ndashimishwa kandi ndatangazwa no kubona ukuntu Abanyamerika benshi basura Ubuhinde bashishikajwe cyane n'ibintu by'umwuka."

Amaboko ya Mirabai yahise atangira gukora cyane kuri *charka* (uruziga ruzunguruka), ruboneka hose mu byumba byose bya ashram, ndetse, kubera Mahatma, ruboneka hose mu cyaro cy'Ubuhinde.

Gandhi afite impamvu zumvikana z'ubukungu n'umuco zo gushishikariza kuvugurura inzu nto inganda, ariko ntatanga inama yo kwanga iterambere ryose rya none. Imashini, gari ya moshi, imodoka, telegrafe byagize uruhare runini mu buzima bwe bukomeye! Imyaka mirongo itanu amaze akora umurimo wa leta, muri gereza no hanze, arwana buri muni n'ibintu bifatika n'ibintu bukomeye mu isi ya politiki, byamwongereye gusa kuringaniza, gutekereza neza, ubwenge bwe, no kwishimira igitangaza gitangaje cy'abantu.

Abatatu bacu bishimiye ifunguro rya saa kumi n'ebyiri nk'abashyitsi ba Babasaheb Deshmukh. Isengesho rya saa moya z'umugoroba (7:00 PM) isaha yadusanze dusubiye kuri ashram ya *Maganvadi*, tuzamuka hejuru y'igisenge aho *satyagrahi mirongo itatu* zari ziteraniye hamwe muri a igice cy'uruziga hirya no hino Gandhi. We yari kwikinga ku butaka ku a ibyatsi umutanda, umuntu ibya kera Isaha yo mu mufuka yari imuhagaze imbere. Izuba ryararengaga ryacanye urumuri rwa nyuma ku biti by'imikindo n'ibiti by'imikindo; urusaku rw'ijoro n'ibikeri byari byaratangiye. Ikirere ubwacyo cyari ituze; nari nishimye cyane.

Indirimbo ikomeye yayobowe na Bwana Desai, hamwe n'ibisubizo by'itsinda; hanyuma hasomwa *Gita*. Mahatma yanyeretse ngo nsohoze isengesho. Ihuriro ry'ibitekerezo n'ibyifuzo nk'iby'Imana! Urwibutso ruhoraho: igishushanyo cyo hejuru cya Wardha kiri muni y'inyenyeri za mbere.

Ku isaha ya saa munani Gandhi yashoje agacece ke. Imirimo myinshi y'ubuzima bwe yamusabye kugabanya igihe cye ku rugero ruto.

"Murakaza neza, Swamiji!" Mahatma ntiyamwakiriye ku rupapuro. Twari tuvuye hejuru y'inzu tujya mu cyumba cye cyo kwandikamo, dufite imitako kare (nta ntebe), ameza magufi arimo ibitabo, impapuro, na a bike bisanzwe amakaramu (ntabwo isoko amakaramu); a nta nyandiko mvugo isaha yashyizwemo akamenyetso muri ihuriro. Indirimbo y'amahoro n'ubwitange yari yuzuye. Gandhi yagaragazaga imwe mu nseko ze zishishikaje, zibabaje, kandi zitagira amenyo.

"Mu myaka yashize," yasobanuye, "natangiye gahunda yanjye ya buri cyumweru yo guceceka nk'uburyo bwo kubona umwana wo kwita ku ibaruwa yanjye. Ariko ubu ayo masaha makumyabiri n'ane yabaye ikintu cy'ingenzi mu buryo bw'umwuka. Guceceka rimwe na rimwe si ukubabaza ahubwo ni umugisha."

Nabyemeye n'umutima wanjye wose. **44-5** Mahatma yarambajije ibyerekeye Amerika n'Uburayi; twaganiriye ku Buhinde n'imimerere y'isi.

"Mahadev," Gandhi yavuze ubwo Bwana Desai yinjiraga mu cyumba, "nyamuneka mutegure muri Sitasiyo y'Umujiy kugira ngo Swamiji azahavugira kuri yoga ejo nijoro."

Ubwo nari ndimo ndaramutsa Mahatma, yampaye icupa ry'amavuta ya citronella abigiranye umutima mwiza. "Imibu ya Wardha nta kintu na kimwe izi kuri *ahimsa* , **44-6** Swamiji!" aravuga aseka.

Mu gitondo cyakurikiyeho itsinda ryacu rito ryafashe ifunguro rya mu gitondo kare rirya igikoma cy'ingano cyiza kirimo molasses n'amata. Saa kumi n'igice twahamagawe ku ibaraza rya ashram kugira ngo dusangire ifunguro rya saa sita hamwe na Gandhi na *satyagrahis* . Uyu muni ifunguro ryari ririmo umuceri w'umukara, ubwoko bushya bw'imboga, n'imbuto za karadamom.

Saa sita nasanze ndimo ngenda mu gasozi k'umukara, njya mu rwuri rw'inka nke zidashobora kwangirika. Kurinda inka ni ikintu Gandhi akunda cyane.

Mahatma yasobanuye ati: "Inka kuri njye bivuze isi yose iri muni y'umuntu, ikageza impuhwe z'umuntu kurenza ubwoko bwe bwite." "Umuntu binyuze mu nka ategetswe kumenya umwirondoro we." hamwe n'ubuzima bwose. Impamvu abarishi ba kera bahisemo inka kubera ipfa ry'amaraso irasobanutse kuri njye. Inka mu Buhinde ni yo yari igereranya ryiza cyane; ni yo yatanze byinshi. Ntabwo yatanze amata gusa, ahubwo yanatumye ubuhinzi bushoboka. Inka ni igisigo cy'impuhwe; umuntu asoma impuhwe mu nyamaswa yoroshye. Ni nyina wa kabiri w'abantu babarirwa muri za miriyoni. Kurinda inka bivuze kurinda ibiremwa byose by'Imana bitagira ubwenge. Gukurura kw'ibiremwa byo hasi birakomeye cyane kuko ntacyo bivuga.

Imihango itatu ya buri muni itegetswe ku Bahindu b'aba-orthodox. Umwe ni *Bhuta Yajna*, igitambo cy'ibiryo ku Bahindu Inyamaswa ubwami. Ibi umuhango bigereranya iby'umugabo gushyira mu bikorwa bya bye inshingano kuri ubwoko bw'ibiremwa budahinduka cyane, bufitanye isano n'imiterere y'umubiri, ibyo bikaba byangiza n'umubiri w'umuntu ubuzima, ariko nta gaciro k'ubwenge bwo kwibohora burangwa n'ikiremwa umuntu. *Bhuta Yajna* bityo bishimangira ubushake bw'umuntu bwo gufasha abanyanteye nke, kuko na we ahumurizwa n'ibitekerezo byinshi by'ibiremwa bitagaragara. Umuntu kandi ahujwe n'impano zo kuvugurura kamere, izitagaragara mu isi, mu nyanja no mu kirere. Inzitizi y'ubwihindurize bw'ubudasa hagati ya kamere, inyamaswa, abantu n'abamarayika bo mu kirere irengerwa n'imirimo y'urukundo rucecetse.

Izindi *yajna ebyiri za buri muni* ni *Pitri* na *Nri*. *Pitri Yajna* ni igitambo cy'amaturu ahabwa abakurambere, nk'ikimenyetso cy'uko umuntu yemera umwenda we ku byahise, imiterere y'ubwenge bwe imurikira abantu muri iki gihe. *Nri Yajna* ni ituro ry'ibiryo ku batazi cyangwa abakene, ikimenyetso cy'inshingano z'umuntu muri iki gihe, inshingano ze ku bo mu gihe cye.

Ku gicamuni cya kare nakoze *Nri Yajna nziza* yo gusura Gandhi's ashram y'abakobwa bato. Bwana Wright yanherekeje mu rugendo rw'iminota icumi. Amaso mato mato asa n'indabyo hejuru y'amasaro maremare y'amabara ! Mu gusoza ikiganiro kigufi mu rurimi rw'igihindi **44-7** Nari ndimo gutanga hanze, ijuru ryahise ritanga imvura nyinshi itunguranye. Duseka cyane, njye na Bwana Wright twinjiye mu modoka twihuta dusubira i *Maganvadi* turi mu mpapuro z'ifeza zitwara imizigo. Ni ubushyuhe bwinshi n'amazi menshi!

Nkinjira mu nzu y'abashyitsi natangajwe no kongera kubona uburyo bworoshye n'ibimenyetso by'ubwitange biboneka hose. Umuhango wa Gandhi wo kutagira icyo atunze waje akiri muto mu buzima bwe bwo gushaka. Yanze imikorere ye myinshi y'amategako yamuhembaga amafaranga arenga \$20.000 ku mwaka, Mahatma

yagabanyije ubutunzi bwe bwose abuha abakene.

Siri Yukteswar byakoreshejwe kuri gukanka witonda kwishimisha kuri i muri rusange bidahagije ibitekerezo bya kwiyanganga.

"Umusabirizi ntashobora kwihakana ubutunzi," Master yaravugaga. "Niba umuntu yinubiye ati: 'Ubucuruzi bwanjye bwarashize byarananiranye; umugore wanjye yarantaye; nzareka byose ninjire mu kigo cy'abihaye Imana,' ni ikihe gitambo cy'isi avuga? Ntiyaretse ubutunzi n'urukundo; baramuhakanye!"

Ku rundi ruhande, abatagatifu nka Gandhi, ntibatanze gusa ibintu bifatika, ahubwo banagize uruhare runini mu kwiyanganga intego z'ubwikunde n'intego zabo bwite, bahuza imiterere yabo y'imbere mu mutima.

i umugezi bya inyokomuntu nka a yose.

Umugore w'indashyikirwa wa Mahatma, Kasturabai, ntiyigeze amubuza igihe yananirwaga gushyira ku ruhande igice cy'ubutunzi bwe kugira ngo akoreshe we n'abana babo. Gandhi n'umugore we bashakanye bakiri bato, basezeranye kuba ingaragu nyuma yo kubyara abahungu benshi. **44-8** Intwari ituje mu buryo bukomeye ikinamico yabaye ubuzima bwabo bamaranye, Kasturabai yakurikiranye umugabo we muri gereza, yasangiye nawe ibyumweru bitatu kwiiriza ubusa, na byuzuye gutwara we gusangiza bya bye itagira iherezo inshingano. We ifite yishyuye Gandhi icyitegererezo gikurikira:

Ndagushimira ko wagize amahirwe yo kuba inshuti yawe n'umufasha wawe mu buzima bwawe bwose. Ndagushimira ku bw'ishyingiranwa ryiza cyane ku isi, rishingiye kuri *brahmacharya* (kwifata) atari ku mibonano mpuzabitsina. Ndagushimira ko wantekereje nk'umuntu ungana nawe mu murimo wawe w'ubuzima ku Buhinde. Ndagushimira ko utari umwe mu bagabo bamara igihe cyabo mu mikino y'amahirwe, mu marushanwa, mu bagore, mu nzoga no mu ndirimbo, bananiza abagore babo n'abana babo mu gihe umwana muto arambirwa vuba ibikinisho bye byo mu bwana. Mbega ukuntu nshima ko utari umwe mu bagabo bamara igihe cyabo mu bukire mu gukoresha abandi imirimo.

Mbega ukuntu nshimira ko washyize Imana n'igihugu imbere y'ibiturire, ko wagize ubutwari bwo kwemera Imana no kwizera Imana byuzuye kandi bidasubirwaho! Mbega ukuntu nshimira umugabo washyize Imana n'igihugu cye imbere yanjye! Ndagushimira ko wanyihanganiye n'intege nke zanjye zo mu bwana, igihe nitotombaga nkananga impinduka wakoze mu mibereho yacu, kuva kuri byinshi kugeza kuri bike.

Nkiri umwana muto, nabaga mu rugo rw'ababyeyi bawe; nyoko yari umugore mwiza kandi ukomeye; yarantoje, anyigisha uburyo bwo kuba umugore w'intwari n'intwari, ndetse n'uburyo nakomeza gukunda no kubaha umuhungu we, umugabo wanjye w'ejo hazaza. Uko imyaka yagiye ihita, ukaba umuyobozi ukunzwe cyane mu Buhinde, nagize nta na kimwe bya i ubwoba ibyo gukubitwa i umugore nde Gicurasi kuba abakinnyi ku ruhande igihe we umugabo ifite yazamutse ku ntera yo gutsinda, nk'uko bikunze kubaho no mu bindi bihugu. Nari nzi ko urupfu ruzakomeza kutugeraho nk'umugabo n'umugore.

Kasturabai yamaze imyaka myinshi akora imirimo y'umubitsi w'imari ya leta, Mahatma w'imana ashoboye gukusanya miliyoni nyinshi. Hari inkuru nyinshi zisekeje mu ngo z'Abahinde kugira ngo Ingaruka abagabo baterwa ubwoba n'uko abagore babo bambara imitako iyo ari yo yose mu nama ya Gandhi; ururimi rw'ubumaji rwa Mahatma, rusabira abakandamijwe, rushyira imikufi ya zahabu n'imikufi ya diyama mu maboko no mu ijosi ry'abakire mu gikapu cyo gukusanya!

Umunsi umwe umubitsi wa leta, Kasturabai, ntiyashoboye gusobanura itangwa

ry'amarupi ane. Gandhi yasohoye inyandiko y'igenzura aho yagaragaje mu buryo budasubirwaho itandukaniro ry'amarupi ane y'umugore we.

Nakunze kuvuga iyi nkuru mbere y'amasomo y'abanyeshuri banjye b'Abanyamerika. Umugoroba umwe umugore wari mu cyumba cy'ishuri yari yarakaye cyane.

"Mahatma cyangwa oya Mahatma," yari yatakaje, "iyo aba umugabo wanjye nari kumuha ijisho ry'umukara kubera gutukwa ku mugaragaro nk'ibi bitari ngombwa!"

Nyuma y'uho habayeho urwenya hagati yacu ku bijyanye n'abagore b'Abanyamerika n'abagore b'Abahindu, nakomeje kubisobanura byuzuye.

"Madamu Gandhi afata Mahatma atari umugabo we ahubwo nk'umwarimu we, ufite uburenganzira kumuhana no ku makosa make," nari nabivuze. "Hari igihe Kasturabai amaze guhanwa ku mugaragaro, Gandhi yakatiwe igifungo ashinjwa icyaha cya politiki. Ubwo yari arimo gusezera ku mugore we atuje, yamukubise hasi. "Databuja," aravugaga yicishije bugufi, "niba narigeze kugukosereza, ndakwinginze umbabarire." **44-9**

Saa cyenda z'umugoroba muri Wardha, nahise niyemeza kujya mu cyumba cy'ubwanditsi cy'umutagatifu wari warashoboye guhindura umwigishwa udacika intege abikesha umugore we - igitangaza kidasanzwe! Gandhi yarebye hejuru aseka cyane.

"Mahatmaji," naravuze ubwo nicaraga iruhande rwe ku musambi udafite ipamba, "ndakwinginze umbwire icyo usobanura ijamba *ahimsa* ."

"Icyo kwirinda bya kwangiza kuri icyo ari cyo cyose ubuzima ikiremwa muri igitekerezo cyangwa igikorwa.

"Ni byiza cyane! Ariko isi izahora yibaza iti: Ese umuntu ntashobora kwica impiri kugira ngo arinde umwana, cyangwa ngo arinde ubwe ?"

"Sinashoboraga kwica impiri ntarenze ku masezerano yanjye abiri - kudatinye no kutica. Nahitamo kugerageza gutuza inzoka nkoresheje imbaraga z'urukundo. Sinashobora kugabanya amahame yanjye kugira ngo nkwiranye n'imimerere yanjye." Gandhi yongeyeho ati: "Ndagomba kwemera ko ntashobora gukomeza iki kiganiro iyo nza guhura n'impiri!"

Jye yavuze ku byinshi cyane vuba aha Iburengerazuba ibitabo ku indyo iki gusiga ku bye ameze.

"Yego, indyo ni ingenzi mu irushanwa *rya Satyagraha* - kimwe n'ahandi hose," yavuze aseka. "Kubera ko nshyigikiye kwifata burundu kwa *satyagrahis* , mpora ngerageza gushaka indyo nziza ku muntu utarashaka. Umuntu agomba gutsinda akanwa ke mbere yo kugenzura ubushake bwo kubyara. Gusonza gato cyangwa indyo idahuje si igisubizo. Nyuma yo gutsinda irari ry'ibiryo , satyagrahi igomba gukomeza gukurikiza indyo y'ibikomoka ku bimera ifite vitamine zose zikenewe, imyunyungugu, karori, n'ibindi. Mu bwenge bw'imbere n'inyuma mu bijyanye no *kurya* , amazi y'igitsina ya SATYAGRAHI ahinduka byoroshye imbaraga z'umubiri wose."

Jye na Mahatma twagereraniye ubumenyi bwacu ku nyama nziza zisimbura

inyama. Naravuze nti: "Avoka ni nziza cyane." Hari imirima myinshi ya avoka hafi y'ikigo cyanjye muri Kaliforuniya."

Isura ya Gandhi yararakaye cyane. "Ndibaza niba bazakurira muri Wardha? *Abasatyagrahi* bazakunda ibiryo bishya."

"Nzakomeza kohereza ibimera bya avoka bivuye i Los Angeles bijya i Wardha." ~~44-~~
~~10~~ Nongeyeho nti, "Amagi ni ibiryo birimo poroteyine nyinshi; ese bibujijwe kuri *satyagrahis* ?"

"Si amagi adafite intanga." Mahatma yarasetse cyane. "Namaze imyaka myinshi ntakwemera ko akoreshwa; ndetse n'ubu sinjya nyirya. Umwe mu bakazana banjye yigeze gupfa azize imirire mibi; muganga we yansabye kumuha amagi. Sinbyemera, kandi namugiriye inama yo kumuha igisimbura igi.

"'Gandhiji,' i umuganga yaravuze ati, 'itarimo ifumbire amagi birimo oya ubuzima intanga ngabo; oya ubwicanyi ni bifitanye isano.'

"Nyuma nishimiye gutanga uburenganzira ku mukazana wanjye bwo kurya amagi; yahise akira neza."

Mu ijoro ryabanje Gandhi yari yagaragaje icyifuzo cyo kwakira *Kriya Yoga* ya Lahiri Mahasaya. Nakozwe ku mutima n'uburyo Mahatma yiteguye gufunguka no kubaza. Ameze nk'umwana mu gushaka kwe gutagatifuza Imana, agaragaza uburyo bwiza bwo kwakira abana Yesu yashimagije, ati "... ubwami bwo mu ijuru ni ubwa bene abo."

Isaha yo guhabwa amabwiriza nasezeranye yari igeze; *abasatyagrahi benshi* noneho binjiye mu cyumba - Bwana Desai, Dr. Pingale, n'abandi bake bifuzaga ubuhanga bwa *Kriya* .

Nabanje kwigisha ishuri rito imyitoto ngororamubiri ya *Yogoda* . Umubiri ugaragara nk'ugabanyijemo ibice makumyabiri; ubushake buyobora ingufu muri buri gice. Bidatinze abantu bose bari batangiye kunyeganyega imbere yanjye nk'imodoka y'umuntu. Byari byoroshye kubona ingaruka z'imitsi ya Gandhi ku bice makumyabiri by'umubiri, igihe cyose bigaragara neza! Nubwo yari muto cyane, ntabwo ari mubi cyane; uruhu rw'umubiri we ruraryoshye kandi ntirufite iminkanyari.

Nyuma Jye yatangijwe i itsinda mu i kubohora tekini bya *Kriya Yoga* .

Mahatma yize mu buryo burangwa no kubaha amadini yose yo ku isi. Ibyanditswe bya Jain, Isezerano Rishya rya Bibiliya, n'inyandiko z'imibereho y'abantu za Tolstoy kuva ku wa 44 kugeza ku wa 11 ni zo nkomoko eshatu z'ingenzi za Gandhi z'ibyaha byo mu buryo butari ubw'urugomo. Yavuze ko ibyo yemera ari ibi bikurikira:

Ndemera Bibiliya, *Korowani* , na *Zend-Avesta* **44-12** kuba abahumekewe n'Imana nka *Vedas* . Nemera imikorere ya Gurus, ariko muri iki gihe abantu babarirwa muri za miriyoni bagomba kubaho badafite Gurus, kuko ari ikintu kidasanzwe ikintu kuri shaka a guhuza bya bitunganye ubuziranenge na bitunganye kwiga. Ariko kimwe bikenewe ntabwo kwiheba ko umuntu atazigera amenya ukuri kw'idini rye, kuko amahame shingiro y'Ubuhindu nk'uko biri muri buri idini rikomeye ntirihinduka, kandi ryoroshye kubyumva.

Jye kwizera nka buri Umuhindu muri Imana na Ye ubumwe, muri kuvuka ubwa kabiri

na agakiza . Jyewe..... gishobora oya byinshi

sobanura uko numva Hindu kuruta uko nkunda umugore wanjye. Aranyitwara nk'uko nta wundi mugore ku isi wabikora. Si uko nta makosa afite; ndatinyuka kuvuga ko afite byinshi kuruta uko mbyibona. Ariko numva ko hari isano idashira. Nubwo bimeze bityo, nkunda kandi nkunda Ubuhindu hamwe n'amakosa yabwo yose n'aho bugarukira. Nta kintu kinshimisha nk'umuziki wa *Gita* , cyangwa *Ramayana* ya Tulsidas. Igihe nibwiraga ko ngiye guhumeka bwa nyuma, *Gita* ni yo yari ihumure ryanjye.

Ubuhindu si idini ryihariye. Muri ryo hari umwanya wo gusenga abahanuzi bose bo ku isi. **44-13** Si idini ry'abamisiyoneri mu buryo busanzwe bw'iryo jambo. Nta gushidikanya ko rifite

yinjije amoko menshi mu muryango wayo, ariko uku kwinjiza kwabaye imiterere y'ubwihindurize, idashobora kugaragara. Ubuhindu bubwira buri muntu gusenga Imana akurikije ukwemera kwe cyangwa *dharma* , ~~44-14~~ bityo akabana mu mahoro n'amadini yose.

Ku byerekeye Kristo, Gandhi yanditse ati: "Ndahamya ko iyo aza kuba ari hano ubu ari mu bantu, yaha umugisha ubuzima bwa benshi bashobora kuba batigeze bumva izina rye ... nk'uko byanditswe ngo: 'Si buri wese umbwira ati: Mwami, Mwami ... ahubwo ni ukora ibyo Data ashaka.' ~~44-15~~ Mu isomo ry'ubuzima bwe, Yesu yahaye abantu intego nziza cyane n'intego imwe twese tugomba kugeraho. Ndizera ko atari uw'Ubukristo gusa, ahubwo ari uw'isi yose, ibihugu byose n'amoko yose.

Ku mugoroba wanjye wa nyuma i Wardha natanze ijamba mu nama yari yatumijwe na Bwana Desai mu cyumba cy'inama cy'umujyi. icyumba cyari cyuzuye ku madirishya y'abantu bagera kuri 400 bateraniye aho kugira ngo bumve ikiganiro kuri yoga. Nabanje kuvuga mu rurimi rw'igihindi, hanyuma mvuga mu Cyongereza. Itsinda ryacu rito ryasubiye mu cyumba cy'inama ku gihe kugira ngo rirebe Gandhi mu ijoro ryiza, ryuzuye amahoro n'amabaruwa.

Ijoro ryari rigikomeje ubwo nabyukaga saa kumi n'imwe za mu gitondo Ubuzima bwo mu mudugudu bwari bumaze gutera imidugararo; mbere na mbere nicaye ku irembo rya ashram, hanyuma umuhinzi wari ufite umutwaro we munini ku mutwe we. Nyuma yo gufata ifunguro rya mu gitondo, batatu bacu bashatse Gandhi kugira ngo bamusezeraho . Uwo mutagatifu arabyuka saa yine z'ijoro kugira ngo asenge mu gitondo.

"Mahatmaji, Muraho neza! Jye gupfukama kuri gukoraho bye ibirenge. "Ubuhide" ni umutekano muri ibyaweho "Kugumana!"

Imyaka yarashize kuva idyl ya Wardha yatangira; isi, inyanja n'ikirere byahiye isi iri mu ntambara. Gandhi wenyine mu bayobozi bakomeye yatanze ubundi buryo bufatika bwo gusimbura imbaraga z'intwaro. Kugira ngo akemure ibibazo kandi akureho akarengane, Mahatma yakoresheje uburyo butagira urugomo bwagaragaje ko bufite akamaro kenshi. Avuga inyigisho ze muri aya magambo:

Nasanze ubuzima bukomeza mu gihe cyo kurimbuka. Bityo rero hagomba kubaho itegeko riruta iryo kurimbuka. Ni muri iryo tegeko gusa umuryango ufite gahunda nziza ushobora gusobanukirwa kandi ubuzima bukwiye kubaho.

Niba iryo ari ryo tegeko ry'ubuzima tugomba kurikemura mu mibereho ya buri muni. Aho hari intambara, aho duhanganye n'umwanzi, tsinda urukundo. Nasanze itegeko runaka ry'urukundo yansubije mu buzima bwanjye nk'uko itegeko ryo kurimbura ritigeze ribikora.

Mu Buhinde twagaragaje mu maso imikorere y'iri tegeko ku rugero rwagutse

rushoboka. Simvuga ko kudakoresha urugomo byageze ku bantu miliyoni 360 mu Buhinde, ariko mvuga ko byageze ku ntego nyinshi kurusha izindi nyigisho mu gihe gito cyane.

Bisaba imyitozo ikomeye cyane kugira ngo umuntu agere ku mimerere yo mu mutwe yo kudakoresha urugomo. Ni ubuzima bufite gahunda, nk'ubuzima bw'umusirikare. Imiterere itunganye igerwaho gusa iyo ubwenge, umubiri, n'imvugo bihujwe neza. Buri kibazo cyaba igisubizo turamutse twiyemeje gushyiraho amategeko y'ukuri n'amategeko yo kudakoresha urugomo.

Nk'uko umuhanga mu bya siyansi akora ibitangaza mu buryo butandukanye bw'amategeko kamere, ni ko n'umuntu ushyira mu bikorwa amategeko y'urukundo mu buryo bunonosoye bwa siyansi ashobora gukora ibitangaza bikomeye kurushaho. bitangaje cyane kandi bifite uburiganya kurusha imbaraga z'ibidukikije nk'amashanyarazi. Itegeko ry'urukundo ni siyansi ikomeye cyane kurusha siyansi iyo ari yo yose ya none.

Mu gusuzuma amateka, umuntu ashobora kuvuga mu buryo bushyize mu gaciro ko ibibazo by'abantu bitakemuwe hakoreshejwe imbaraga z'inyamaswa. Intambara ya Mbere y'Isi Yose yateje umupira w'intambara uteye ubwoba ku isi waje kwiyongera mu Ntambara ya Kabiri y'Isi Yose. Ubushyuhe bw'ubuvandimwe ni bwo bwonyine bushobora gushonga umupira w'intambara munini w'ubu ushobora gukura ukaba Intambara ya Gatatu y'Isi Yose. Ubu butatu butari bwera buzakuraho burundu amahirwe y'Intambara ya Kane y'Isi Yose binyuze mu kubomba kwa atomike. Gukoresha ubwenge bw'ishyamba aho gukoresha ubwenge bw'abantu mu gukemura amakimbirane bizasubiza isi ishyamba. Niba abavandimwe batari mu buzima, ni ukuvuga abavandimwe bari mu rupfu rw'urugomo.

Intambara n'ubugizi bwa nabi ntibitanga. Miliyari z'amadolari zazamutse mu mwotsi w'ubusa bwari kuba buhagije kugira ngo habeho isi nshya, hafi ya yose idafite indwara kandi idafite ubukene burundu. Si isi y'ubwoba, akajagari, inzara, ibyorezo, amakuba y'*imbyino*, ahubwo ni igihugu cyagutse cy'amahoro, cy'uburumbuke, n'ubumenyi bwagutse.

Ijwi rya Gandhi ritagira uburyarya rihamagarira umuntu kumva ijwi rye rirenga. Ibihugu ntibikomeze kwifatanya n'urupfu, ahubwo bifatanye n'ubuzima; atari ukurimbura, ahubwo ari ukubaka; atari ukurimbura, ahubwo ari n'Umuremyi.

"Umuntu agomba kubabarira, mu gihe hari icyamubabaje icyo ari cyo cyose," *Mahabharata aravuga*. "Byavuzwe ko gukomeza kw'amoko biterwa n'uko umuntu aba ababarira. Kubabarira ni ukwera; kubabarira ni byo bihuza isi. Kubabarira ni imbaraga z'abakomeye; kubabarira ni igitambo; kubabarira ni ituze mu mutima. Kubabarira no kwitonda ni imico y'umuntu wiyihangiye. Bo guhagararira iteka ryose "Indangagaciro."

Kudakora urugomo ni ikintu gisanzwe gikomoka ku itegeko ry'imbabazi n'urukundo. Gandhi aravuga ati: "Niba gutakaza ubuzima bibaye ngombwa mu ntambara ikiranuka, umuntu agomba kwitegura, nka Yesu, kumena amaraso ye bwite, atari ay'abandi. Amaherezo hazabaho amaraso make yamenetse ku isi."

Hari igihe hazandikwa inkuru z'ubuhanzi ku ba *satyagrahi* b'*Abahinde* bihanganiye urwango n'urukundo, urugomo n'urugomo, bemeye kwicwa mu buryo butagira impuhwe aho kwihorera. ku runaka amateka ibihe yari ibyo i ifite intwaro abahanganye yajugunye hasi ibyabo imbunda maze barahunga, mfite isoni, gutigita

kuri ibyabo uburebure na i kureba bya abagabo nde agaciro i ubuzima bya ikindi hejuru y'ibyabo.

Gandhi aravuga ati: “Nategereza, nibiba ngombwa igihe kirekire, aho gushaka umudendezo w’igihugu cyanjye binyuze mu nzira z’amaraso.” Mahatma ntiyigera yibagirwa umuburo ukomeye ugira uti: “Abafata inkota bose bazarimbukana n’inkota.” **44-16** Gandhi yanditse ati:

Niyita umunyeshyaka, ariko ubwenegihugu bwanjye ni bwagutse nk'isi yose.

Bukubiyemo byose mu buryo bwabwo i ibihugu bya i isi. **44-17** Ibyanjye ubwenegihugu irimo i imibereho myiza bya i byose isi. Jye kora

Sinshaka ko Ubuhinde bwanjye buzamuka ku ivu ry'andi mahanga. Sinshaka ko Ubuhinde bukoresha umuntu n'umwe. Ndashaka ko Ubuhinde bukomera kugira ngo bushobore kwanduza andi mahanga imbaraga zabwo. Si ko bimeze ku gihugu kimwe cy'i Burayi muri iki gihe; ntibaha abandi imbaraga.

Perezida Wilson yavuze ingingo ze nziza cumi n'enye, ariko agira ati: "Nyuma ya byose, niba uyu mugambi wacu wo kugera ku mahoro unaniwe, dufite intwaro zacu zo kwisubiraho." Ndashaka guhindura iyo myumvire, maze ndavuga nti: "Intwaro zacu zarananiwe. Reka noneho dushake ikintu gishya; reka tugeraze imbaraga z'urukundo n'Imana ari byo kuri." Nitubigeraho, nta kindi tuzakenera.

Binyuze mu gutoza kwa Mahatma ibihumbi *by'abasatyagrahi b'ukuri* (abasezeranye indahiro cumi n'imwe zikomeye zavuzwe mu gice cya mbere cy'iki gice), nabo bagakwirakwiza ubutumwa; mu kwigisha imbaga y'Abahinde kwihangana gusobanukirwa iby'umwuka n'iby'umubiri. ibyiza byo kudakoresha urugomo; mu guha abaturage be intwaro zitagira urugomo - kudakorana n'akarengane, ubushake bwo kwihanganira ibitutsi, gufungwa, urupfu ubwarwo aho gukoresha intwaro; mu gukoresha impuhwe z'isi yose binyuze mu ngero nyinshi z'ubutwari bw'abahowe Imana mu ba *satyagrahis*, Gandhi yagaragaje mu buryo butangaje imiterere ifatika yo kudakoresha urugomo, imbaraga zayo zikomeye zo gukemura amakimbirane nta ntambara.

Gandhi yamaze gutsinda akoresheje inzira z'urugomo umubare munini w'amasezerano ya politiki ku butaka bwe kurusha undi muyobozi uwo ari we wese w'igihugu icyo ari cyo cyose uretse amasasu. Uburyo budakoresha urugomo bwo kurandura ibibi byose n'ibibi bwakoreshejwe cyane, atari muri urubuga rwa politiki ariko mu rwego rworoshye kandi rugoye rw'ivugurura ry'imibereho y'Abahinde. Gandhi n'abayoboke be bakuyeho amakimbirane menshi yari amaze igihe kirekire hagati y'Abahindu n'Abayisilamu; ibihumbi amagana by'Abayisilamu bareba Mahatma nk'umuyobozi wabo. Abantu batagira icyo bakoraho basanze muri we ni intwari yabo idatinye kandi itsinze. Gandhi yaranditse ati: "Niba hari kuvuka bundi bushya kuri njye," "Njyewe icyifuzo kuri kuba Kuvuka a umupariyah muri i hagati bya abapariha, kubera ko bityo Jye yakwitwara kuba gushobora kuri batange serivisi nziza kurushaho."

Mahatma koko ni "umutima ukomeye," ariko abantu babarirwa muri za miriyoni batazi gusoma no kwandika ni bo bari bafite ubushishozi bwo gutanga iryo zina. Uyu muhanuzi w'umugwaneza arubahwa mu gihugu cye. Umuhinzi wo hasi yashoboye guhangana n'ikibazo gikomeye cya Gandhi. Mahatma yizeye byimazeyo icyubahiro cy'umuntu. Gutsindwa ku buryo butunguranye ntibyigeze bimutenguha. "Nubwo uwo bahanganye yamukina "Ibinyoma inshuro makumyabiri," yandika, "*satyagrahi* yiteguye kumwizera ku nshuro ya makumyabiri na rimwe, kuko kwiringira kamere muntu mu buryo bugaragara ari cyo kintu cy'ingenzi mu

"Mahatmaji, uri umugabo udasanzwe. Ntugomba kwitega ko isi izakora nk'uko ubikora." Hari umusesenguzi wigeze kuvuga ibi.

Gandhi yasubije ati: "Biratangaje ukuntu twibeshya, twibwira ko umubiri ushobora kumera neza, ariko ko bidashoboka kugaragaza imbaraga zihishe z'ubugingo."
"Ndimo ngerageza kwerekana ko niba mfite izo mbaraga, ndi umuntu w'intege nke nkatwe twese kandi ko nta kintu kidasanzwe nigeze ngira kuri njye cyangwa ngo ngire ubu. Ndi umuntu woroshye ushobora gukora amakosa nk'undi muntu uwo ari we wese. Ariko, nzi ko mfite ukwicisha bugufi guhagije kugira ngo nemere amakosa yanjye kandi nsubire inyuma. nzi ko mfite ukwizera kudahinduka mu Mana no mu bwiza bwayo, kandi ko

ishyaka ritagira ingano ry'ukuri n'urukundo. Ariko se ibyo si byo buri muntu wese afite byihishe muri we? Niba dushaka gutera imbere, ntitugomba gusubiramo amateka ahubwo tugomba gukora amateka mashya. Tugomba kongera umurage twasigiwe n'abakurambere bacu. Niba dushobora kuvumbura no guhanga udushya mu isi itangaje, tugomba gutangaza ko twahombye mu buryo bw'umwuka? Ese ntibishoboka kugwiza ibidasanzwe kugira ngo tubigire itegeko? Ese umuntu agomba guhora ari inyamaswa mbere ya byose, hanyuma umuntu nyuma yabyo, niba hari icyo yakoze? " **44-19**

Abanyamerika bashobora kwibuka neza igerageza rya William Penn ryagenze neza mu gushinga koloni ye yo mu kinyejana cya 17 muri Pennsylvania. "Nta birindiro byari bihari, nta basirikare, nta mitwe yitwara gisirikare, ndetse nta n'intwaro zari zihari." Mu ntambara z'ubugizi bwa nabi zo ku mipaka n'ubwicanyi bwabaye hagati y'abimukira bashya n'Abahinde Batukura, Abaquake bo muri Pennsylvania bonyine ntibagize icyo bahungabanya. "Abandi bishwe; abandi bicwa; ariko bari bafite umutekano. Nta mugore w'Umuquake wagabweho igitero; ntabwo Umwana w'umu-Quaker yishwe, nta mugabo w'umu-Quaker wahohotewe." Ubwo aba-Quaker bahatirwaga kuva ku butegetsi bwa leta, "intambara yaratangiye, maze bamwe mu baturage ba Pennsylvania baricwa. Ariko aba-Quaker batatu gusa ni bo bishwe, batatu bari baravuye ku kwemera kwabo kugeza ubwo bitwaje intwaro zo kwirwanaho."

Franklin D. Roosevelt yagize ati: "Kwita ku ngufu mu Ntambara Nkuru (I) ntibyashoboye kuzana ituze." "Intsinzi no gutsindwa byari nta kamaro. Iryo somo isi yagombye kuba yararyize."

Lao-tzu yigishije ati: "Uko intwaro z'urugomo ziyongera, ni ko imibabaro irushaho kugwirira abantu." "Intsinzi y'urugomo irangirana n'umunsi mukuru w'icyunamo."

Gandhi yagize ati: "Nta kindi nharanira uretse amahoro ku isi." "Niba umuryango w'Abahinde ugejejwe ku ntsinzi ku buryo butagira urugomo *bwa Satyagraha*, bizatanga igisobanuro gishya ku gukunda igihugu, kandi niba mbivuze mu bwiyoroshye, ku buzima ubwabwo."

Mbere y'uko ibihugu by'Iburengerazuba bihakana gahunda ya Gandhi nk'imwe mu nzozi zidashoboka, reka tubanze dutekereze ku gisobanuro cya *Satyagraha* cyatanze n'Umwigisha wa Galilaya:

"Mwumvise ko byavuzwe ngo: Ijisho rihorerwe ijisho, iryinyo rihorerwe irindi. Ariko jyewe ndababwira nti: Ntimukarwanye ikibi: **44-20** ariko uzagukubita ku itama ry'iburyo, umuhindukirize n'irindi.

Igihe cya Gandhi cyaragutse, hamwe n'uburyo bwiza bwo kumenya igihe cy'isi, kigera mu kinyejana cyari cyarahindutse amatongo kandi cyarashenywe n'Intambara ebyiri z'Isi Yose. Inyuguti y'Imana yanditswe ku rukuta rw'ibuye

ry'agaciro ry'ubuzima bwe: umuburo wo kwirinda gukomeza gusesa amaraso mu bavandimwe.

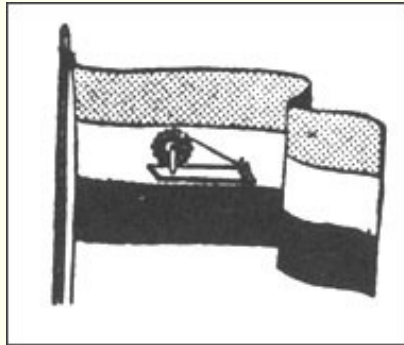
MAHATMA GANDHI'S KWANDIKA N'INTOKI MU Igihindi

इस संस्था की मैं समीक्षा में उभरिया हूँ इस संस्था
का मेरे मन पर अच्छा पड़ा है. चारों ओर प्रवृत्ति में मैं आहूँ।
मान और अभ्यास की आशा रखता हूँ।
आ. गुरु २० मोहनदासजी

Mahatma Gandhi yasuye ishuri ryanjye ryisumbuye anigisha yoga muri Ranchi. Yanditse neza imirongo yavuzwe haruguru mu gitabo cy'abashyitsi cya Ranchi. Ubuhinduzi bugira buti: "Iki kigo cyanshimishije cyane. Ndizera cyane ko iri shuri rizashyigikira ikoreshwa ry'uruziga rwo kuzunguruka."

ABAMOHANDA GANDHI (*Yashyizweho umukono*)

Nzeri 17, 1925



Ibendera ry'igihugu cy'Ubuhande ryakozwe na Gandhi mu 1921. Imirongo ni ya safroni, umweru n'icyatsi kibisi; *charka* (uruziga ruzunguruka) hagati ni ubururu bwijimye. Yanditse ati: " *Charka igereranya ingufu, kandi yibutsa twebwe ibyo mu gihe i ibyashize ibihe bya iterambere muri Ubuhande amateka, ikiganza kuzunguruka n'ubundi bukorikori bwo mu rugo byari bizwi cyane.*"

44-1 : Ye umuryango izina ni Mohandas Karamchand Gandhi. We nta na rimwe isobanura kuri ubwe nka "Mahatma."

44-2 : Itsinda igisobanuro nyacyo ubusemuzi kuva Sanskriti na "gufata kuri ukuri." *Satyagraha* ni icyamamare kudakoresha urugomo ingendo Kuyoborwa na Gandhi.

44-3 : Ibinyoma na ishyano! ububi raporo bari vuba aha byakwirakwijwe ibyo Madamu Slade ifite byaciwe byose we amasano hamwe na Gandhi kandi yaretse indahiro ze. Madamu Slade, umwigishwa wa Mahatma wa *Satyagraha* mu gihe cy'imyaka makumyabiri, yashyize umukono ku itangazo rye ku *Muryango w'Abibumbye Itangazamakuru*, itariki Ukuboza 29, 1945, muri iki we byasobanurwe ibyo a urukurikirane bya nta shingiro bifite ibihuha yarahagurutse nyuma we yari afite yavuyeyo, afite umugisha wa Gandhi, ajya ahantu hato mu majyaruguru y'uburasirazuba bw'Ubuhande hafi ya Himalaya, kugira ngo ahashinge ubu hameze neza. *Kisan Ashram* (hagati kuri ubuvuzi na ubuhinzi ubufasha kuri umuhinzi abahinzi). Mahatma Gandhi gahunda kuri sura ashram nshya mu 1946.

44-4 : Madamu Slade yibukijwe nyewe bya ikindi gitangaje Iburengerazuba umugore, Madamu Margarita Woodrow Wilson, mukuru umukobwa wa Amerika byiza cyane perezida. Jye twahuye we muri Gishya York; we yari cyane ushishikajwe muri Ubuhande. Nyuma we yagiye kuri Pondicherry, aho yamaze imyaka itanu ya nyuma y'ubuzima bwe, yishimiye gukurikirana inzira y'ikinyabupfura ari ku birenge bya Sri Aurobindo Ghosh.

.Ibi umunyabwenge nta na rimwe avuga; we bucece indamutso bye abigishwa ku gatatu buri mwaka ibihe gusa

44-5 : Kuri imyaka muri Amerika Jye yari afite yabaye Kwitegereza ibihe bya guceceka, kuri i ubwoba bya abahamagara na

abanyamabanga.

44-6 : Kutagira ingaruka mbi; kudakoresha urugomo; i ishingiro ibuye bya Gandhi's ukwemera. We yari Kuvuka mu a umuryango bya gukabya Abajaini, bubaha *ahimsa* nk'umuhi w'indangagaciro. Ubujainisme, itsinda ry'Abahindu, ryashinzwe mu kinyejana cya 6 mbere ya Yesu na Mahavira,

igezweho bya Buda. Mahavira bivuze "byiza cyane intwari"; Gicurasi we Kureba hasi i ibinyejana ku bye intwari umuhungu
!Gandhi

44-7 : Igihindi ni i ururimi franca kuri i byose bya Ubuhinde. An Indo- Aryan ururimi gishingiye ahanini ku Sanskriti imizi, Igihindi ni ururimi rw'ikinyarwanda ruvugwa cyane mu majyaruguru y'Ubuhinde. Imvugo nyamukuru y'Ikihindi cyo mu Burengerazuba ni Hindustani, yanditswe mu nyuguti za *Devanagari* (Sanskrit) no mu nyuguti z'Icyarabu. Imvugo yayo ntoya, Urdu, ivugwa n'Abayisilamu.

44-8 : Gandhi ifite byasobanuwe bye ubuzima hamwe na a kwangiza Ubunyangamugayo muri *Itsinda Inkuru Cya Ibyanyije Igerageza Hamwe na Ukuri* (Ahmedabad: Navajivan Itangazamakuru, 1927- 29, 2 vol.) Ibi ubuzima bw'umuntu ifite yabaye incamake muri *Mahatma Gandhi, Ye Kwagura Inkuru* , byahinduwe na CF Andrews, hamwe n'intangiriro ya John Haynes Holmes (New York: Macmillan Co., 1930).

Byinshi inyandiko z'ubuzima bw'umuntu yuzuye hamwe na icyamamare amazina na amabara menshi ibikorwa ni hafi burundu guceceka ku icyo ari cyo cyose icyiciro bya isesengura ry'imbere cyangwa iterambere. Rimwe amarangi hasi buri kimwe bya ibi ibitabo hamwe na a runaka kutanyurwa, nka nubwo kuvuga: "Hano ni umuntu wari uzi abantu benshi bazwi, ariko utigeze yimenya." Iki gisubizo ntigishoboka ukurikije ubuzima bwa Gandhi; agaragaza amakosa ye .n'uburiganya bwe mu buryo butari ubwa kamere ye, budasanzwe mu mateka y'ibihe byose

44-9 : Kasturabai Gandhi yapfiriye muri gereza i Poona ku ya 22 Gashyantare 1944. Gandhi wari usanzwe adakunda amarangamutima yariraga bucece. Muri make nyuma we abakunda yari afite byatanzwe a Urwibutso Ikigega muri we icyubahiro, 125 lacs bya amarupi (hafi bine miliyoni y'amadolari) yasutswe muri kuva byose birarangiye Ubuhinde. Gandhi ifite byateguwe ibyo i ikigega kuba byakoreshejwe kuri umudugudu imibereho myiza akazi hagati abagore n'abana. Atanga raporo ku bikorwa bye mu gitabo cye cy'Icyongereza cya *Harijan* .

44-10 : Jye yoherejwe a kohereza kuri Wardha, vuba nyuma yanjye kugaruka kuri Amerika. Itsinda ibimera, ishyano! yapfuye ku i inzira, ntibishoboka kwihanganira ingorane zo gutwara abantu mu nyanja ndende.

44-11 : Thoreau, Ruskin, na Mazzini ni gatatu ibindi Iburengerazuba abanditsi wa nde mbonezamubano ibitekerezo Gandhi ifite yigwa neza.

44-12 : Itsinda cyera Ibyanditswe Byera byatanzwe kuri Ubuperesi kubyerekeye 1000 BC na Zoroaster.

44-13 : Itsinda kidasanzwe ikiranga bya Ubuhindu hagati i isi amadini ni ibyo byo umusaruro ntabwo kuva a ingaragu byiza cyane uwashinze ariko kuva kuri i kutagira umwihariko Vedic ibyanditswe byera. Ubuhindu bityo itanga urwego kuri gusenga ikigo cy'ishoramari mu byayo zingira bya abahanuzi muri byose imyaka na byose ubutaka. Itsinda Vedic ibyanditswe byera kugenzura ntabwo gusa kwiye gurira Imana imyitozo ariko byose ingenzi imibereho myiza gasutamo, muri imbaraga zo guhuza ibikorwa byose by'umuntu n'amategeko y'Imana.

44-14 : Ijambo ryuzuye rya Sanskrit risobanura amategeko; gukurikiza amategeko cyangwa gukiranuka karemano; inshingano nk'uko zigaragara mu bihe muri iki a umugabo byabonetse ubwe kuri icyo ari cyo cyose byatanzwe igihe. Itsinda ibyanditswe byera sobanura *dharma* nka "Icyo karemano amategeko rusange akurikizwa, ayo kubahiriza bikaba bituma umuntu yikiza ihungabana n'imibabaro."

44-15 : *Matayo* 7:21.

44-16 : *Matayo* 26:52.

44-17 : "Reka ntabwo a umugabo icyubahiro muri ibi, ibyo we urukundo bye igihugu; Reka we ahubwo icyubahiro muri ibi, ibyo we urukundo bye ubwoko." - Umugani *w'Abaperesi* .

44-18 : "Nuko Petero aramwegera aramubaza ati 'Mwami, mwene data nangirira nabi kangahe, nzamubabarira kugeza kuri karindwi?' Yesu aravugaga kugeza kuri we, Jye vuga ntabwo kugeza kuri wowe, Kugeza karindwi inshuro: ariko, Kugeza mirongo irindwi inshuro karindwi."- *Matayo* 18:21- 22.

44-19 : Charles P. Steinmetz, injeniyeri ukomeye w'amashanyarazi, yigeze kubazwa na Bwana Roger W. Babson ati: "Ni ubuhe bushakashatsi buzabona iterambere rikomeye mu myaka mirongo itanu iri imbere?" "Ndatekereza ko kuvumbura gukomeye bizakorwa mu iby'umwuka imirongo," Steinmetz yasubije. "Hano ni a imbaraga iki amateka birumvikana yigisha ifite yabaye i gikomeye kurusha ibindi imbaraga muri iterambere ry'abagabo. Nyamara twabikinishije gusa kandi ntitwigeze tubyiga cyane nk'uko dufite ubushobozi bwo imbaraga. Umunsi umwe abantu ubushake kwiga ibyo ibikoresheho ibintu kora ntabwo Kuzana ibyishimo na ni bya gato gukoresheya muri gukora abagabo n'abagore bafite ubuhanga

n'imbaraga. Hanyuma abahanga mu bya siyansi bo ku isi bazahindura laboratwari zabo kugira ngo zige ku Mana no gusenga n'imbaraga z'umwuka zitaramenyekana. Uyu muni niwagera, isi izabona iterambere rinini mu gisekuru kimwe kurusha uko yabibonye mu myaka ine ishize."

44-20 : Ibyo ni, kurwanya ntabwo ikibi hamwe na ikibi. (*Matayo* 5:38-39)

IGICE: 45

Itsinda Ikibengali "Ibyishimo byuzuyemo" Mama

"Bwana, ndakwinginze ntuye mu Buhinde utabonye Nirmala Devi. Ubwiza bwe burakomeye; azwi cyane nka Ananda Moyi Ma (Mama wuzuye ibyishimo)." Umukunzi wanjye, Amiyo Bose, yaranyitegereje cyane.

"Birumvikana! Ndashaka cyane kubona umugore w'umutagatifu." Nongeyeho nti, "Nasomye iby'uko ageze mu iterambere mu kumenya Imana. Hari inkuru nto ivuga kuri we yasohotse mu myaka yashize mu *Burasirazuba bw'Iburengerazuba*."

Amiyo yakomeje agira ati: "Namubonye." Aherutse gusura umujyi wanjye muto wa Jamshedpur. Nyuma yo kwinginga kw'umwigishwa, Ananda Moyi Ma yagiye mu rugo rw'umugabo wari ugiye gupfa. Yahagaze iruhande rw'igitanda cye; ubwo ikiganza cye cyamukoraga ku gahanga, urupfu rwe rurahagarara. Indwara yahitaga ishira; umugabo yatangajwe cyane n'ibyishimo, akira neza."

Nyuma y'iminsi mike numvise ko Mama w'Umunezero yari acumbitse mu rugo rw'umwigishwa mu gace ka Bhowanipur muri Calcutta. Jye na Bwana Wright twahise duhaguruka mu rugo rwa data i Calcutta. Ubwo Ford yegeraga inzu ya Bhowanipur, njye n'uwo twari kumwe twabonye ahantu hadasanzwe mu muhanda.

Ananda Moyi Ma yari ahagaze mu modoka ifunguye, aha umugisha imbaga y'abigishwa bagera ku ijana. Byaragaragaraga ko yari agiye guhaguruka. Bwana Wright yahagaritse imodoka ya Ford kure, maze anjyana n'amaguru yerekeza aho abantu bari batuje. Umugore w'umutagatifu yarebye mu cyerekezo cyacu; yavuye mu modoka ye maze aradukurikira.

"Data, waje!" Akoresheje aya magambo akomeye, yashyize ukuboko kwe mu ijosi ryanjye n'umutwe we ku rutugu rwanjye. Bwana Wright, uwo nari maze kuvuga ko ntazi umutagatifu, yari nishimiye cyane iki gikorwa kidasanzwe cyo kwakirana ikaze. Amaso y'abo ba chela ijana na yo yari ahagaze ku meza y'urukundo atangaye.

Nahise mbona ko uwo mutagatifu yari mu cyubahiro cya *samadhi*. Atari azi neza imyenda ye y'inyuma nk'umugore, yari azi ko ari roho idahinduka; kuva muri iyo ndege yasuhuzaga n'undi muyoboke w'Imana yishimye. Yanyoboye ukuboko mu

modoka ye.

"Ananda" Moyi Mama, Jye am gutinda ibyawo urugendo!" Jye barigaragambije.

"Papa, ndaguhuye bwa mbere muri ubu buzima, nyuma y'imyaka myinshi!" aravuga.
"Ndakwinginze ntugende ."

Twicaye hamwe mu ntebe z'inyuma z'imodoka. Mama w'Ibyishimo yahise yinjira mu byishimo bikomeye. Amaso ye meza yarebye mu ijuru, maze afunguka igice, aratuzaza, areba mu cyumba cyo hagati cyari hafi ya Elysium. Abigishwa baririmbaga buhoro bati: "Intsinzi kuri Mama w'Imana!"

Nari nabonye abagabo benshi bizerwa n'Imana mu Buhinde, ariko sinigeze mbona umugore w'umutagatifu nk'uyu. Isura ye yoroheje yari yuzuye ibyishimo bitavugwa byamuhaye izina rya Mama Ufite Ibyishimo. Imitako miremire y'umukara yari iri inyuma y'umutwe we udafite ipfundo. Akadomo gatukura k'igiti cya sandal ku gahanga ke kagaragazaga ijisho ry'umwuka, rihora rifunguye muri we. Isura nto, amaboko mato, ibirenge bito - bitandukanye n'ubunini bwe bwo mu buryo bw'umwuka!

Jye shyira bimwe ibibazo kuri a hafi umugore chela mu gihe Ananda Moyi Mama byasigaye winjijwemo.

"Umubyeyi w'ibyishimo akora ingendo nyinshi mu Buhinde; mu bice byinshi afite abigishwa amagana," Chela yarambwiye. "Imihati ye y'ubutwari yazanye impinduka nyinshi nziza mu mibereho."

Nubwo ari umubrahmin, uwo mutagatifu nta tandukaniro ryemera mu moko - Itsinda ryacu rihora rijyana na we, rimwitaho. Tugomba kumurera; ntiyita ku mubiri we. Iyo nta muntu wamuhaye ibiryo, ntiyaryaga, cyangwa ngo agire icyo abaza. Ndetse n'iyo ibiryo byashyizwe imbere ye, ntabwo abikoraho. Kugira ngo wirinde ko abura muri iyi si, twebwe abigishwa tumugaburira n'amaboko yacu. Amara iminsi ari kumwe n'Imana, ahumeka gake cyane, amaso ye ntahumbya. Umwe mu bigishwa be bakuru ni umugabo we. Hashize imyaka myinshi, nyuma gato y'ubukwe bwabo, yasezeranye guceceka.

Chela yerekeje ku mugabo w'amatugu manini, ufite isura nziza, ufite umusatsi muremure n'ubwanwa bw'imvi. Yari ahagaze atuje hagati mu ikoraniro, amaboko ye apfutse nk'ay'umwigishwa .

Amaze kumererwa neza no kwinjira mu isi itagira iherezo, Ananda Moyi Ma yari yibanze ku bwenge bwe ku isi ifatika.

"Papa, ndakwinginze umbwire aho utuye." Ijwi rye ryari

risobanutse kandi riryoshye. "Ubu ngubu, i Calcutta cyangwa

Ranchi; ariko vuba aha nzagaruka muri Amerika." "Amerika?"

"Yego. Umutagatifu w'umugore w'Umuhinde yakwishimirwa by'ukuri n'abashaka

iby'umwuka. Wifuza kujoya?"

"Niba Papa gishobora gufata njoye, Jye ubushake genda.

Ibi igisubizo byatewe we hafi abigishwa kuri gutangira muri Itangazo ribuza.

Umwe muri bo yarambwiye ashikamye ati: "Twebwe makumyabiri cyangwa barenga duhora dufatana na Mama w'ibyishimo." Ntitwashoboraga kubaho tudafite we. Aho agiye hose, tugomba kujyayo."

Nanze kureka gahunda, kuko nari mfite ikintu kidashoboka cyo kwagura ibintu mu buryo butunguranye!

"Ndakwinginze uze nibura i Ranchi, hamwe n'abigishwa bawe," naravuze ntyo ubwo nasezeraga uwo mutagatifu. "Nk'umwana w'Imana nawe ubwawe, uzakunda abana bato bo ku ishuri ryanjye."

"Igihe cyose Papa ifata njyewe, Jye ubushake nishimye genda.

Nyuma y'igihe gito, Ranchi *Vidyalaya* yari mu birori byo kwizihiza uruzinduko rw'umutagatifu. Abasore bari bategereje umunsi uwo ari wo wose w'ibirori - nta masomo, amasaha y'umuziki, n'ibirori byo ku ndunduro!

"Intsinzi! Ananda Moyi Ma, ki jai!" Iyi ndirimbo yongeye gusubirwamo n'abantu benshi bashishikaye cyane bakira ibirori by'umutagatifu ubwo binjiraga mu marembo y'ishuri. Imvura y'amasaro, amajwi y'ibyuma, induru z'ibishyimbo bya conch n'umuvuduko w'ingoma ya *mridanga* ! Umubyeyi w'ibyishimo yazengurukaga ahantu ha *Vidyalaya hari izuba ryinshi* , ahora yitwaje paradizo igendanwa.

"Hano ni heza cyane," Ananda Moyi Ma yavuze mu ijwi ryiza ubwo namujyanaga mu nyubako nkuru. Yicaye iruhande rwanjye asa n'umwana. Kubera ko yari inshuti ze magara, yatumaga yumva ameze nk'aho ari kure ye, nyamara yari afite ibyiyumvo byo kuba kure cyane - kuba yari wenyine mu buryo butangaje.

"Ndakwinginze bwira njyewe ikintu bya ibyawewe ubuzima."

"Data arabizi byose; kuki yabisubiramo?" Uko bigaragara yumvaga ko amateka y'ukuri y'umuntu umwe mugufi yari ataramenyekana.

Jye yarasetse, witonze gusubiramo yanjye ikibazo.

"Papa, nta kintu kinini navuga." Yarambuye amaboko ye meza mu buryo bwo kwiyoroshya. "Ubwenge bwanjye ntibwigeze buhuza n'uyu mubiri w'igihe gito. Mbere yuko nza kuri iyi si, Padiri, 'Nari ndi uwo.' Nkiri umukobwa muto, 'Nari uwo.' Nakuriye mu bugore, ariko 'Nari uwo.' Ubwo umuryango navukiyemo wateguraga gahunda yo gushyingirwa uyu mubiri, 'Nari uwo.' Kandi ubwo umugabo wanjye yazaga aho ndi ambwira amagambo meza, akora ku mubiri wanjye gato, yatunguwe cyane, nk'aho akubiswe n'inkuba, kuko n'icyo gihe 'Nari uwo.'

"Ubwanjye umugabo gupfukama mbere njyewe, zipfunyitse bye amaboko, na basabye yanjye imbabazi.

“Mama,” aravuga, “kuko nanduje urusengero rwawe rw’umubiri ndukoraho ntekereza ku rari—ntazi ko muri rwo hatarimo umugore wanjye ahubwo ari Nyina w’Imana—ndahiye iyi ndahiro ikomeye: Nzaba umwigishwa wawe, umuyobohe w’ingaragu, nkwitaho iteka nk’umugaragu, ntazongera kuvugana n’umuntu uwo ari we wese igihe cyose nkiriho. Reka mbabarirwe icyaha nakoze uyu muni.”

kurwanya wowe, yanjye umwarimu.'

"Ndetse n'igihe nemeraga iki cyifuzo cy'umugabo wanjye bucece, 'Nari meze nk'uko nari ndi.' Kandi, Papa, muri imbere yawe ubu ngubu, 'Ndi umwe.' Nyuma yaho, nubwo imbyino y'irema ihinduka hirya no hino mu cyumba cy'iteka, 'Nzaba ndi umwe.'"

Ananda Moyi Ma yarohamye mu buryo bwimbitse bwo gutekereza. Ishusho ye yari imeze nk'ishusho; yari yarahungiyeye mu bwami bwe buhora buhamagara. Ibidendezi by'amaso ye byasaga n'aho nta buzima bifite kandi bisa n'ibirahuri. Iyi mvugo ikunze kugaragara iyo abatagatifu bakuye ubwenge bwabo ku mubiri, hanyuma Nta kindi kintu kirenzeho uretse agace k'ibumba ritagira roho. Twicaye hamwe isaha imwe mu byishimo bidasanzwe. Yagarutse muri iyi si aseka gato nk'umutinganyi.

"Ndakwinginze, Ananda Moyi Ma," ndavuga, "ngwino tujyane mu busitani. Bwana Wright azadufotora ."

"Birumvikana, Data. Ubushake bwawe ni bwo bushake bwanjye." Amaso ye meza yagumanye umucyo w'Imana udahinduka ubwo yafotoraga amafoto menshi.

Igihe cyo kwizihiza ibirori cyari kigeze! Ananda Moyi Ma yari yicaye ku ntebe ye y'igitambaro, umwigishwa ari ku nkokora kugira ngo amuhe ifunguro. Nk'uruhinja, umutagatifu yarumye amira ibiryo nyuma yuko chela abimugejeje ku munwa. Byaragaragaraga ko Umubyeyi w'Ibyishimo atazi itandukaniro riri hagati ya curries n'inyama ziriyoshye!

Ubwo ijoro ryari ryegereje, umutagatifu yagendaga n'abo bari kumwe bari kumwe mu mvura y'indabyo z'indabyo z'amaroza, amaboko ye yazamuye asabira abasore bato umugisha. Amaso yabo yarabagiranaga kubera urukundo yari yarakanguye nta nkomyi.

Kristo yaravuze ati: "Ukunda Uwiteka Imana yawe n'umutima wawe wose, n'ubugingo bwawe bwose, n'ubwenge bwawe bwose, n'imbaraga zawe zose." **45-2**

Ananda Moyi Ma yirengagije ubusa, yiyegurira Imana wenyine. Atari ukubera itandukaniro rikomeye ry'abahanga ahubwo n'ukuri kw'ukwemera, umutagatifu umeze nk'umwana yakemuye ikibazo cyonyine mu buzima bw'abantu - gushyiraho ubumwe n'Imana. Umuntu yibagiwe ubu buryo bworoshye, ubu bwaranzwe n'ibibazo byinshi. Yanze urukundo rw'Imana rushingiye ku Mana, amahanga ahisha ubuhemu bwayo mu kubaha cyane imbere y'ingoro z'urukundo.

Ibi ubugiraneza ibimenyetso ni indakemwa, kubera ko kuri a umwanya bo guhindukiza iby'umugabo kwitabwaho na we ubwe, ariko ntibimukura ku nshingano ye imwe rukumbi mu buzima, Yesu yise itegeko rya mbere. Inshingano itera imbere yo gukunda Imana ifatwa umuntu ahumeka umwuka we wa mbere ku buntu ahawe

n'Umugiraneza we wenyine.

Hari ikindi gihe nyuma y'uruzinduko rwe i Ranchi nagize amahirwe yo kubona Ananda Moyi Ma. Nyuma y'amezi make yahagaze hagati y'abigishwa be kuri sitasiyo ya sitasiyo ya Serampore, ategereje gari ya moshi.

Yarambwiye ati: "Papa, ngiye kujya mu misozi ya Himalaya. Abigishwa b'abanyabuntu banyubakiye ahantu ho kwibera muri Dehra Dun."

Ubwo yinjiraga muri gari ya moshi, natangajwe no kubona ko haba hagati y'imbaga y'abantu, muri gari ya moshi, mu birori, cyangwa mu ituze, amaso ye ntiyigeze areba kure y'Imana. Muri njye ndacyumva ijwi rye, ijwi ry'uburyohe butagira urugero:

"Dore, ubu na buri gihe kimwe hamwe na i Ihoraho, 'Jyewe am iteka ryose i kimwe.'"

45-1 : Ndasangamo andi makuru ku buzima bwa Ananda Moyi Ma, yacapwe mu *Burasirazuba bw'Iburengerazuba*. Uwo mutagatifu yavutse mu 1893 i Dacca rwagati Bengale. Abantu batazi gusoma no kwandika, we ifite nyamara gutangara i abanyabwenge na we ubwenge. We imirongo muri Sanskriti kugira byuzuye intiti zitangaye cyane. Yahumuriye ababuze ababo, kandi akiza abantu mu buryo bw'igitangaza, binyuze mu kuba ariho gusa.

45-2 : *Mariko* 12:30.

IGICE: 46

Itsinda Umugore Yogi Ni nde Ntibigeze bibaho Kurya

"Bwana, tugiye he muri iki gitondo?" Bwana Wright yari atwaye imodoka ya Ford; yakuye amaso ye ku muhanda igihe kirekire bihagije kugira ngo andebe n'umuseke utangaye. Umunsi ku wundi ntiyamenyaga igice cya Bengal azavumbura ubutaha.

"Imana nibishaka," nasubije nishimye, "turi mu nzira tugiye kureba igitangaza cya munani cy'isi - umugore w'umutagatifu ufite indyo yuzuye!"

"Gusubiramo ibitangaza - nyuma ya Therese Neumann." Ariko Bwana Wright yarasetse cyane; ndetse yihutisha umuvuduko w'imodoka. Igitangaje kurushaho ku ikaye ye y'urugendo! Ntabwo ari umwe mu bakerarugendo basanzwe, uwo!

Ishuri rya Ranchi ryari rimaze gusigara inyuma yacu; twari twarabyutse izuba ritararenga. Uretse umunyamabanga wanjye nanjye, inshuti eshatu zo muri Bengali zari mu birori. Twanyoye mu mwuka ushimishije, divayi karemano yo mu gitondo. Umushoferi wacu yayoboye imodoka yitonze hagati y'abahinzi bo hambere n'amagare y'amapine abiri, akururwa buhoro buhoro n'ibimasa by'inka biziritse ku bitugu, byashakaga kuvuguruza umuhanda n'imashini ivuza amajwi.

"Bwana, twe yakwitwara nka kuri kumenya byinshi bya i kwiiriza ubusa umutagatifu."

"Yewe izina ni Giri Bala," Jye amakuru yanjye bagenzi. "Jyewe mbere wumvise kubyerekeye we imyaka ishize kuva a

Nyakubahwa Sthiti Lal Nundy. Yakundaga kuza mu rugo rwa Gurpar Road kwigisha murumuna wanjye Bishnu.

"Ndazi neza Giri Bala,' Sthiti Babu yarambwiye. 'Akoresha uburyo bwa yoga bumufasha kubaho adafungura. Nari umuturanyi we wa hafi i Nawabganj hafi ya Ichapur. **46-1** Nashyizeho umwete wo kumureba neza; sinigeze mbona ibimenyetso byerekana ko yari arimo gufata ibiryo cyangwa ibinyobwa. Inyungu zanjye zarazamutse cyane ku buryo negereye Maharaja ya Burdwan **46-2**. maze amusaba gukora iperereza. Yatangajwe n'inkuru, aramutumira mu ngoro ye. Yemeye ikizamini maze abaho amezi abiri afungiranye mu gace gato k'urugo rwe. Nyuma yagarutse gusura ingoro iminsi makumyabiri; hanyuma asubira mu ikizamini cya gatatu cy'iminsi cumi n'itanu. Maharaja ubwe yambwiye ko ubu bushakashatsi butatu bukomeye bwamweretse nta gushidikanya ko atarya.

Nasojwe nsanga "Iyi nkuru ya Sthiti Babu imaze imyaka irenga makumyabiri n'itanu mu mutwe wanjye." Hari igihe muri Amerika nibazaga niba umugezi w'igihe utari kumira *yoga* **46-3**. mbere yuko mbonana na we. Agomba kuba amaze gusaza cyane ubu. Sinzi n'aho atuye, cyangwa niba atuye. Ariko mu masaha make tuzagera i Purulia; musaza we afite aho atuye.

Kugeza kuri saa kumi n'igice cyacu gato itsinda yari kuganira hamwe na i muvandinwe, Lambadar Dey, a umunyamategeko bya Purulia.

"Yego, mushiki wanjye araho. Hari igihe aba hano, ariko ubu ari mu rugo iwacu i Biur." Lambadar Babu yarebye Ford ashidikanya. "Sintekereza ko Swamiji, ko hari imodoka yigeze yinjira mu gihugu imbere kugeza i Biur. Byaba byiza mwese mwiye mereye gutwarwa n'ikigare cy'inka!"

Nkuko kimwe ijwi cyacu ibirori ingwate ubudahemuka kuri i Ishema bya Detroit.

Nabwiye umunyamategeko nti: "Imodoka ya Ford ikomoka muri Amerika." "Byaba biteye isoni kuyibuza amahirwe yo kumenyera umutima wa Bengal!"

"Gicurasi Ganesh **46-4** "Genda nawe!" Lambadar Babu aravugaga aseka. Yongeraho mu kinyabupfura ati: "Nugerayo, ndahamya ko Giri Bala azishimira kukubona. Ageze mu kigero cy'imyaka mirongo irindwi, ariko aracyafite ubuzima bwiza."

"Ndakwinginze umbwire, bwana, niba ari ukuri rwose ko ntacyo aya?" Narebye mu maso ye, ayo madirishya y'ubwenge bwe.



GIRI BALA

Uyu mugore ukomeye wo muri yoga ntiyigeze afata ibiryo cyangwa ngo anywe kuva mu 1880. Ndi kumwe na we mu ifoto, Mu 1936, mu rugo rwe mu mudugudu wa Biur wo mu gace kitaruye ka Bengal. Kutarya kwe byakozweho iperereza rikomeye na Maharaja wo muri Burdwan. Akoresha uburyo bwa yoga kugira ngo ashyire umubiri we imbaraga zo mu kirere ziva kuri ether, izuba n'umwuka.

"Ni ukuri." Amaso ye yari afunguye kandi afite icyubahiro. "Mu myaka irenga mirongo itanu sinigeze mbona arya akantu gato. Isi iramutse irangiye mu buryo butunguranye, sinatangazwa cyane no kubona mushiki wanjye arya!"

Twebwe yasetse cyane hamwe birarangiye i ibidashoboka bya ibi bibiri isanzure ibikorwa.

"Giri Bala ntiyigeze ashaka ahantu ho kwiherera mu myitozo ye ya yoga," Lambadar Babu yakomeje agira ati: "Yamaze ubuzima bwe bwose akikijwe n'umuryango we n'inshuti ze. Bose ubu bamenyerereye uko ameze. Nta n'umwe muri bo utatangazwa n'uko Giri Bala aramutse afashe icyemezo cyo kurya ikintu icyo ari cyo cyose! Mushiki wacu aragiye mu kiruhuko cy'izabukuru, nk'uko bikwiye umupfakazi w'Umuhindu, ariko itsinda ryacu rito muri Purulia no muri Biur bose bazi ko ari umugore 'udasanzwe'."

Ubunyangamugayo bw'umuvandimwe bwaragaragaye. Abari kumwe natwe bamushimiye cyane maze berekeza i Biur. Twahagaze mu iduka ryo ku muhanda turya curry na *luchis*, dukurura imbaga y'inkoko zateraniye aho kugira ngo zirebe Bwana Wright arya n'intoki ze mu buryo bworoheje bw'Abahindu - Irari ryinshi ryatumye twikomeza guhangana n'igicamunsi, nubwo bitari bizwi icyo gihe, cyari

kigiye kuba ingorabahizi.

Inzira yacu noneho yerekeje iburasirazuba inyura mu mirima y'umuceri yahiye ku zuba igana mu gace ka Burdwan muri Bengal. Twanyuze mu mihanda iriho ibimera byinshi; indirimbo za *mayna n'ibimera* bifite imirongo byavaga mu biti bifite amashami manini asa n'umutaka. Igare ry'inka rimwe na rimwe, *rini, rini, manju, manju* gucuranga bya byayo umutambiko na inkweto z'icyuma imbaho amapine itandukaniro cyane

muri Ubwonko hamwe na i *swish, swish* bya imodoka amapine birarangiye i abanyacyubahiro icyuma gifunganye bya i imijyi.

"Dick, hagarara!" Ubusabe bwanjye butunguranye bwatumye imodoka ya Ford itangira kwigaragambya cyane. "Icyo giti cy'umwembe kiremereye kirimo gitangaza ubutumire!"

Twese uko turi batanu twirutse nk'abana tuja mu butaka bwuzuyemo mango; igiti cyari cyaratanze imbuto zacyo neza ubwo cyari kimaze kwera.

"Amamango menshi yuzuye avuka kugira ngo aryame atagaragara," navuze mu magambo make, "kandi apfusha ubusa uburyohe bwayo ku butaka bw'urutare."

banyeshuri banjye bo muri Bengali, yarasetse ati: "Nta kintu nk'iki muri Amerika, Swamiji, si byo se?"

"Oya," nemeye, nuzuye umutobe wa mango kandi nkishima. "Mbega ukuntu nabuze iyi mbuto mu Burengerazuba! Ijuru ry'Umuhindu ridafite mango ntirishoboka!"

Jye yatoranijwe hejuru a ibuye na yaguye a ishema ubwiza bihishe ku i cyo hejuru cyane urwego rw'umubiri.

"Dick," nabajije hagati y'udukoko twa ambrosia, nshyushye n'izuba ryinshi ryo mu karere k'ubushyuhe, "ese kamera zose ziri mu modoka?"

"Yego, Bwana; muri i imizigo icyumba.

"Niba Giri Bala agaragaje ko ari umutagatifu nyakuri, ndashaka kwandika ibimwerekeyeho mu Burengerazuba. Umuhindu wo muri *yoga* ufite imbaraga nk'izo ntabwo agomba kubaho no gupfa atazwi - nk'uko inyinshi muri izi mango zimeze."

Igice umuntu isaha nyuma Jye yari na n'ubu gutembera n'amaguru muri i sylvan amahoro.

"Bwana Wright yagize ati: "Dukwiye kugera Giri Bala mbere y'uko izuba rirenga, kugira ngo tubone urumuri ruhagije rwo gufata amafoto." Yongeyeho amwenyura ati: "Abanyaburayi ni abantu benshi bashidikanya; ntabwo twakwitega ko bizera uwo mugore nta mafoto!"

Ibi agace gato bya ubwenge yari nta gushidikanya; Jye yahindukiye yanjye inyuma ku ikigeragezo na yongeye kwinjira i imodoka.

"Ufite ukuri, Dick," narahubutse ubwo twari turimo twihuta, "Ndatanga paradizo ya mango ku gicaniro cy'ukuri kw'ibihugu by'iburengerazuba. Amafoto tugomba kuba dufite!"

Umuhandu warushijeho kuba mubi: iminkanyari y'ibisebe, ibibyimba by'ibumba rikomeye, ubumuga bubabaje bwo gusaza! Itsinda ryacu ryamanukaga rimwe na rimwe kugira ngo Bwana Wright arusheho kuyobora imodoka ya Ford, twari tuyisunikiye inyuma.

"Lambadar Babu yavuze ukuri," Sailesh yemeye. "Imodoka ntabwo idutwaye; ni twe dutwaye imodoka!"

Ibyacu kuzamuka, kuzamuka imodoka itezi yari yashutswe iteka ryose na anon na i Isura bya a umudugudu,

buri kimwe kimwe a ahantu habera bya gishimishije bworoshye.

Bwana Wright yanditse mu gitabo cye cy'urugendo, munsu y'itariki ya 5 Gicurasi 1936 agira ati: "Inzira yacu yarahindutse inyura mu bitu by'imikindo mu midugudu ya kera itangiritse yari mu gicucu cy'ishyamba." "Inzira yacu yarahindutse cyane mu bitu by'imikindo mu midugudu ya kera itangiritse yari mu gicucu cy'ishyamba." urugi; abana benshi bato, bambaye ubusa bakina hirya no hino nta cyo bikanga, bahagarara ngo barebe cyangwa biruke cyane baturutse kuri iyi gare nini y'umukara, idafite inkanga igenda inyura mu mudugudu wabo. Abagore barebaga mu gicucu gusa, mu gihe abagabo biberaga munsu y'ibiti biri ku muhanda, bashishikajwe no kutitinya. Hari ahantu hamwe, abaturage bese bari biyuhagiye mu kigega kinini (bambaye imyenda yabo, bihindura imyenda bambaye imyenda yumye, bajugunya imyenda itose). Abagore ikirango amaze kuri ibyabo amaze, muri nini cyane umuringa amacupa.

"Umuhanda watuyoboye mu kwiruka ku misozo no ku nkengero z'inyanja; twahise twiruka, twibira mu migezi mito, ducengera inzira itarangiye, duca mu nkengero z'imigezi yumye kandi irimo umucanga, amaherezo, ahagana saa kumi n'imwe z'umugoroba, twari hafi y'aho twajyaga, Biur. Uyu mudugudu muto uri mu gace k'imbere mu Karere ka Bankura, wihishe mu burinzi bw'ibibabi byinshi, ntushobora kugerwa n'abagenzi mu gihe cy'imvura, iyo imigezi irimo imigezi myinshi kandi imihanda imeze nk'inzoka isukamo uburozi bw'ibyondo."

"Tumaze gusaba umuyobozi mu itsinda ry'abasengaga ubwo bari bavuye gusenga mu rusengero (muri ako gace k'ibanga), twagosome n'abasore icumi na babiri bambaye ubusa bari ku mpande z'imodoka, bifuzaga kutujyana Giri Bala."

"Umuhanda werekezaga ku gasozi k'ibiti by'imikindo byari bikingiye itsinda ry'amaze y'ibyondo, ariko mbere yuko tuhagera, Ford yahise ihinduka imfuruka iteje akaga, izamuka igwa hasi. Inzira nto yazengurukaga ibiti n'ikigega, irenga imitumba, igera mu myobo n'ibice birebire. Imodoka yafatiwe ku bihuru, hanyuma ihagarara ku gasozi, bisaba ko izamukaho ibirundo by'ubutaka; twakomeje buhoro buhoro kandi twitonze; mu buryo butunguranye inzira yahagaritswe n'ibihuru byinshi hagati y'inzira y'igare, biba ngombwa ko duca mu muhanda ugana mu kigega cyumye, gukizwa byasabaga gukururwa, gukaraba no gukaraba. Incuro nyinshi umuhanda wasaga n'aho udashobora kunyurwamo, ariko urugendo rw'abasore rwagombaga gukomeza; abasore basabwaga gutoragura inzitiramibu basenya inzitizi (igicucu cya Ganesh!) mu gihe abana n'ababyeyi amagana barebaga.

"Bidatinze twari dutangiye kunyura mu nzira ebyiri za kera, abagore barebaga amaso yabo baturutse ku miryango y'amaze yabo, abagabo badukurikiraga iruhande n'inyuma yacu, abana birukanka bajya kubyimba umutambagiro. Iwacu wenda ni wo wari imodoka ya mbere yanyuze muri iyi mihanda; 'ishyirahamwe ry'igare ry'inka' rigomba Ba umushobora byose hano! Mbega ukuntu twaremeye itsinda

ry'abapilote riyobowe n'Umunyamerika maze ritangira mu modoka ivuza induru rigana mu mudugudu wabo, ryingira mu buzima bwite n'ubutagatifu bwa kera!

"Tunyuze mu muhanda muto twasanze turi mu ntera ya metero 100 uvuye mu rugo rwa ba sekuruza Giri Bala. Twumvise ibyishimo byo kunyurwa nyuma y'urugendo rurerure rwatewe n'umusozo utoroshye. Twegereye inyubako nini y'amagorofa abiri yubatswe mu matafari na sima, yiganjemo amazu y'ibyatsi bikikije; inzu yari irimo gusanwa, kuko hafi yayo hari inkingi y'ibiti by'imigano isanzwe.

"Dufite amatsiko menshi n'ibyishimo bikabije twahagaze imbere y'umuryango ufunguye w'uwahawe umugisha n'uko Umwami 'atagira inzara' akoraho. Abaturage bo mu cyaro bahoraga bishimye, abato n'abakuru, bambaye ubusa kandi bambaye ubusa, abagore bari kure yacu ariko bashishikajwe no kumenya byinshi, abagabo n'abahungu baturebaga nta soni ubwo barebaga iki kintu kidasanzwe.

"Bidatinze, umuntu mugufi yagaragaye mu muryango - Giri Bala! Yari yambaye umwenda w'ubudodo budasobanutse neza, usa n'izahabu; mu buryo busanzwe bw'Abahinde, yegereye imbere yitonze kandi ashidikanya, areba gato munsu y'igitambaro cye cyo hejuru cya *swadeshi*. Amaso ye yarabagiranaga nk'amakara apfuka umwotsi mu gicucu cy'igitambaro cye cyo mu mutwe; twakunze isura nziza cyane kandi y'ineza, isura yo gusobanukirwa no gusobanukirwa, idafite umwanda wo kwihambira ku isi.

"Mugwaneza we yegereye na bucece byemewe kuri cyacu gukubita a umubare bya amafoto hamwe na kamera zacu 'zidacana uwaka' na 'filime'. **46-6** Yihanganiye ubuhanga bwacu bwo gufotora mu buryo bwo guhindura imiterere y'umubiri we yihanganye kandi afite isoni. na urumuri gahunda. Amaherezo twe yari afite byafashwe amajwi kuri urubyaro byinshi amafoto w'umugore rukumbi ku isi uzwiho kuba yarabayeho imyaka irenga mirongo itanu atarya cyangwa ngo anywe. (Birumvikana ko Therese Neumann yiyirije kuva mu 1923.) Igishimishije cyane ni uko Giri Bala yari ameze nk'umubyeyi ubwo yari ahagaze imbere yacu, yitwikiriye igitambaro gitemba, nta kintu na kimwe cy'umubiri we cyagaragaraga uretse isura ye n'amaso ye yijimye, amaboko ye n'ibirenge bye bito. Isura y'amahoro adasanzwe n'ubwiza butagira inenge-a yagutse, nk'umwana, guhinda umushyitsi umunwa, a umugore izuru, bito, birabagirana amaso, na a inseko yuzuye agahinda.

Igitekerezo cya Bwana Wright kuri Giri Bala nagisangiye nanjye; iby'umwuka byamupfutse nk'igitambaro cye kimurika buhoro buhoro. Yanyise *izina* mu buryo busanzwe bwo kuramutsa nyir'inzu ku mumonaki. Uburanga bwe bworoshye n'inseko ye ituje byaduhaye ikaze rirenze iryo mu magambo meza; urugendo rwacu rwari rugoye kandi rwuzuye ivumbi rwibagiwe.

Uwo mutagatifu muto yari yicaye ku ibaraza yambaye amaguru. Nubwo yari afite inkovu zo gusaza, ntiyari yananutse; uruhu rwe rw'umutuku rwari rukiri ruke kandi rufite ibara ryiza.

"Mama," navuze mu rurimi rw'Ikibengali, "maze imyaka irenga makumyabiri n'itanu ntekereza cyane kuri uru rugendo rw'idini! Numvise iby'ubuzima bwawe butagatifu kuri Sthiti Lal Nundy Babu."

We yafashe umutwe muri kwemera. "Yego, yanjye byiza umuturanyi muri Nawabganj."

"Muri iyo myaka nambutse inyanja, ariko sinigeze nibagirwa gahunda yanjye yo kubona umunsi umwe wowe. Ikinamico nziza cyane urimo gukina hano mu buryo

butagaragara ikwiye kugaragara imbere y'isi imaze igihe kinini yibagiwe ibiryo by'imbere mu mutima.

Uwo mutagatifu yazamuye amaso ye akanya gato,

amwenyura atuje. "Baba (papa w'icyubahiro) arabizi neza,"

asubiza yitonze.

Narishimye ko atababaye; nta muntu n'umwe uzi uburyo yoga cyangwa yoga bazakira igitekerezo cyo kwamamaza. Akenshi barabyirinda, bashaka gukurikirana mu ibanga ubushakashatsi bwimbitse bw'ubugingo. Igihano cy'imbere kibageraho iyo igihe gikwiye kigeze cyo kwerekana ubuzima bwabo.

ku mugaragararo kuri i inyungu bya gushaka ubwenge.

"Mama," ndakomeza, "ndakwinginze umbabarire rero, kuko nakubereye ibibazo byinshi. Ndakwinginze usubize gusa ibikunezeza; nanjye nzabyumva."

Yarambuye amaboko ye mu buryo bw'ubugwaneza. "Nishimiye gusubiza, nubwo umuntu udafite agaciro nkanjye ashobora gutanga ibisubizo bishimishije."

"Oh, oya, ntabwo 'Nta gaciro!' Jye barigaragambije mu by'ukuri. 'Wowe ni a byiza cyane roho.'"

"Ndi umugaragu woroheje wa bose." Yongeyeho ati: "Nkunda guteka no

kugaburira abantu." Nibwiraga ko ari ukwishimisha ku muntu utari kurya!

"Bwira njyewe, Mama, kuva ibyawwe kwiha iminwa ikora wowe imbonankubone nta ibiryo?"

"Nibyo koko." Yacecetse akanya gato; ijamba rye rikurikiraho ryagaragaje ko yari afite ikibazo cyo kubara mu mutwe. "Kuva mfite imyaka cumi n'ibiri ameze ane kugeza n'imyaka yanjye mirongo itandatu n'umunani - igihe kirenga imyaka mirongo itanu n'itandatu - sinigeze ndya ibiryo cyangwa ngo nfate ibinyobwa."

"Ese wowe nta na rimwe gushukwa kuri kurya?"

"Iyo numva mfite inyota yo kurya, nagombaga kurya." Mu buryo bw'ukuri yavuze uku kuri kudasanzwe, kuzwi cyane n'isi irya gatatu ku munsu!

"Ariko hari icyo urya!" Ijwi ryanjye ryari rifite akajagari.

"Birumvikana!" Yamwenyuye yihuta.

"Indyo yawwe ituruka ku mbaraga ntoya z'umwuka n'izuba, **46-7** no ku mbaraga zo mu kirere zitanga imbaraga ku mubiri wawe binyuze muri medulla oblongata.

"Baba" abizi." Nanone we yemeye, we uburyo gutuza na nta ndwara ifite umubiri.

"Mama, ndakwinginze umbwire iby'ubuzima bwawe bwo mu bwana. Bishishikaje cyane Ubuhinde bwose, ndetse n'abavandimwe bacu bo hakurya y'inyanja."

Giri Bala shyira ku ruhande we akamenyero ububiko, kuruhuka mu a ibiganiro amarangamutima.

"Nibe bityo." Ijwi rye ryari rito kandi rikomeye. "Navukiye muri utu turere tw'amashyamba. Ubwana bwanjye bwari butangaje cyane uretse ko nari mfite ubushake bwo kurya cyane. Nari narasezeranye nkiri muto ."

Mama yakundaga kumbwira ati: “Mwana wanjye, gerageza kugenzura umururumba wawe. Igihe nikigera cyo kubana n'abantu utazi mu muryango w'umugabo wawe, bazagutekerezaho iki niba iminsi yawe yamaze nta kindi urya uretse kurya?”

"Ibyago yari yarabitekerejeho byaraje kubaho. Nari mfite imyaka cumi n'ibiri gusa ubwo nifatanyaga n'abo umugabo wanjye yari atuye i Nawabganj. Nyirabukwe yankojeje isoni mu gitondo, saa sita na nijoro kubera ingeso zanjye zo kurya cyane. Ariko, gutukana kwe byari umugisha mu buryo buhishe; byankururiye ingeso zanjye zo mu buryo bw'umwuka zitaragera. Umunsi umwe mu gitondo, gushinyagurirwa kwe kwari kutagira impuhwe.

"'Vuba aha ndakwereka,' naravuze nkomeje, 'ko ntazongera gukora ku biryo ukundi igihe cyose nkiriho.'

"Nyirabukwe yarasetse cyane. Ati 'None se!' aravuga ati 'wabaho ute utarya, kandi udashobora kubaho utarya cyane?'"

"Tki gitekerezo nticyasubizwaga! Nyamara icyemezo cy'icyuma cyanfashije cyane. Nashatse Data wo mu ijuru ahantu hiherereye."

"'Mwami,' nasenze ubudasiba nti 'ndakwinginze unyohereze umwarimu, ushobora kunyigisha kubaho nkurikije umucyo wawe aho kunyigisha ibiryo.'

"Ibyishimo by'Imana byarangwiriye. Nayobowe n'ubupfumu bw'ibyishimo, njya muri Nawabganj *ghat* kuri Ganges. Mu nzira nahuye n'umupadiri wo mu muryango w'umugabo wanjye.

"'Uw'icyubahiro Bwana,' Jye yavuze twiringiye, 'Mugiraneza bwira njyewe gute kuri imbonankubone nta kurya.'

"Yaranyitegereje ariko ntiyansubiza. Amaherezo yavuze mu buryo buhumuriza. 'Mwana wanjye,' aravuga, 'ngwino mu rusengero uyu mugoroba; nzagukorera umuhango wihariye *wa Vedic*.'

"Tki gisubizo kidasobanutse neza si cyo nashakaga; nakomeje yerekeza kuri *ghat*. Izuba rya mu gitondo ryarashongesheje amazi; nisukuye muri Ganges, nk'aho ari ugutangira umurimo wera. Ubwo navaga ku nkombe y'uruzi, umwenda wanjye utose uyizingiyeho, mu mucyo w'amanya shebuja yiyambitse imbere yanjye!

"Mukobwa wanjye," yavuze mu ijwi ry'impuhwe z'urukundo, "Ndi umwari woherejwe hano n'Imana kugira ngo ngusohoze isengesho ryawe ryihutirwa. Yakozwe ku mutima cyane n'imiterere yaryo idasanzwe! Kuva uyu muni uzabaho uyobowe n'urumuri rwo mu kirere, atome z'umubiri wawe zigaburirwa n'amazi atagira iherezo."

Giri Bala yaracecetse. Nafashe ikaramu n'agapapuro bya Bwana Wright maze mpindura mu Cyongereza ibintu bike kugira ngo mbimumenye.

Uwo mutagatifu yakomeje kuvuga inkuru, ijwi rye ryoroheje ritumvikana neza. "

Impanuka yari yasigaye, ariko umwarimu wanjye yadukinguye urumuri rw'uburinzi, kugira ngo hatazagira uwoga utembagara uzaduhungabanya." Yatangije mu uburyo bwa *kria* butuma umubiri udashobora kwishingikiriza ku biryo by'abantu. Ubwo buryo burimo gukoresha *mantra* **46-8** kandi imyitoto yo guhumeka igoye kurusha iyo umuntu usanzwe yakora. Nta muti cyangwa ubumaji birimo; nta kindi kirenze *kria* .

Muri i uburyo bya i Umunyamerika ikinyamakuru umunyamakuru, nde yari afite utabizi yigishijwe nnyewe bye

Uburyo bwo gukora, nabajije Giri Bala ku bintu byinshi natekerezaga ko byagirira akamaro isi. Yampaye amakuru akurikira buhoro buhoro:

"Sinigeze mbyara abana; mu myaka myinshi ishize nabaye umupfakazi. Sinsinzira cyane, kuko gusinzira no kubyuka ari kimwe kuri nje. Ntekereza nijoro, nkora imirimo yanjye yo mu rugo ku manywa. Numva ikirere gihinduka buhoro buhoro bitewe n'ibihe. Sinigeze ndwara cyangwa ngo ngire indwara iyo ari yo yose. Numva ububabare buto gusa iyo nakomeretse ku bw'impanuka. Nta gusohora imyanda ku mubiri mfite. Nshobora kugenzura umutima wanjye no guhumeka. Akenshi mbona umwarimu wanjye kimwe n'abandi bantu bakomeye, mu iyerekwa."

"Mama," naramubajije, "kuki utigisha abandi uburyo bwo kubaho nta

biryo?" Ibyiringiro byanjye by'abantu babarirwa muri za miriyoni bicwa

n'inzara ku isi byari byararangiyeye.

"Oya." Yazunguje umutwe. "Nategetswe cyane n'umwarimu wanjye kudatangaza ibanga. Si icyifuzo cye guhindura amateka y'Imana y'irema. Abahinzi ntibanshimira iyo nigisha abantu benshi kubaho batarya! Imbuta nziza zaba ziryamye hasi ubusa. Bigaragara ko imibabaro, inzara n'indwara ari ibiboko bya karma yacu amaherezo bidushishikariza gushaka icyo ubuzima bushaka."

"Mama," Jye yavuze buhoro buhoro, "iki ni i gukoresha bya ibyawe kugira yabaye kimwe hanze kuri imbonankubone nta kurya?"

"Kugira ngo yemeze ko umuntu ari Umwuka." Isura ye yari yuzuye ubwenge.

"Kugira ngo yereke ko binyuze mu iterambere ry'Imana ashobora kwiga buhoro buhoro kubaho ayobowe n'Umucyo Uhoraho atari ibyo kurya."

Uwo mutagatifu yaguye mu mimerere yo gutekerezaga cyane. Yarebaga imbere; ubwimbike bw'amaso ye bwaracitse intege. Yahumekeye gato, ari na yo ntandaro y'ibyishimo byo guhumeka. Yamaze igihe ahungira mu ijuru ry'ibyishimo byo mu mutima.

Umwijima wo mu turere dushyuha wari waguye. Umucyo w'itara rito rya peteroli wacaga ku maso y'abaturage benshi bicaye bucece mu gicucu. Inyoni zigurumana n'amatara y'amavuta yo mu mazu byari bivanze n'amatara meza cyane mu ijoro ry'izuba. Hari isaha ibabaje yo gutandukana; urugendo rurerure kandi ruremereye rwari imbere y'abo twari kumwe.

"Giri Bala," Jye yavuze nka i umutagatifu yafunguwe we amaso, "Ndakwinginze gutanga njyewe a urwibutso agapira bya kimwe bya ibyawe

". saris

Yagarutse vuba afite agace ka hariri ya Benares, akagashyira mu ntoki ze ubwo yahitaga yunamira hasi.

"Mama," Jye yavuze mu bwubahane, "ahubwo reka njyewe gukoraho ibyawwe kwiha umugisha ibirenge!"

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46-1 : Muri mu majyaruguru Bengale.

46-2 : H. H. Bwana Bijay Chand Mahtab, ubu yapfuye. Ye umuryango nta gushidikanya afite bimwe inyandiko bya i Maharaja's iperereza ritatu kuri Giri Bala.

46-3 : Umugore yogi.

46-4 : "Ikuraho bya Inzitizi," i Imana bya byiza amahirwe.

46-5 : Siri Yukteswar byakoreshejwe kuri vuga uti: "Icyo Umwami ifite byatanzwe twebwe i imbuto bya i byiza isi. Twebwe nka kuri reba cyacu ibiryo, kuri impumuro kuyiryo - Umuhindu akunda no kuyikoraho!" Nta kibazo na kimwe umuntu *yagira* iyo atabonye undi muntu uhari ku ifunguro!

46-6 : Bwana Wright na none yafashe kwimuka amafoto bya Siri Yukteswar mu gihe bye icya nyuma Igihe

cy'itumba Izuba ryinshi Iserukiramuco muri Serampore. 46-7: "Icyo turya ni imirasire; ibiryo byacu bifite ingufu

nyinshi cyane," Dr. George W. Crile wo muri Cleveland yabwiye
guterana bya ubuvuzi abagabo ku Gicurasi 17, 1933 muri Memphis. "Ibi ingenzi cyane imirasire, iki ibisohoka amashanyarazi imigezi

kuko amashanyarazi y'umubiri, ni ukuvuga uburyo bwo konka imitsi, ihabwa ibiryo n'imirasire y'izuba. Dr. Crile avugaga ko atome ari sisitemu z'izuba. Atome ni i ibinyabiziga ibyo ni byuzuye hamwe na imirasire y'izuba urumuri nka rero byinshi izungurutse amasoko. Ibi umubare utabarika atome nyinshi ingufu zifatwa nk'ibiryo. Iyo zigeze mu mubiri w'umuntu, izi atome zirimo imbaraga zisohoka mu mubiri, i urumuri ibikoreshe gishya imiti ingufu, gishya amashanyarazi imigezi. 'Uwawe umubiri ni byakozwe hejuru bya nk'ibyo atome,' Dr. Crile yaravuze. 'Ni imitsi yawe, ubwonko bwawe, n'ingingo
''' .zawe z'ibyumviro, nk'amaso n'amatwi

Umunsi umwe abahanga mu bya siyansi ubushake kuvumbura gute umugabo gishobora imbonankubone mu buryo butaziguye ku imirasire y'izuba ingufu. "Chlorophyll" ni i gusa ibikomoka ku kintu bizwi mu bidukikije ibyo buryo bumwe afite i imbaraga kuri igikorwa nka a 'Umucyo w'izuba umutego,'" William L. Laurence yandika muri i *Gishya York Times* .
"Ifata ingufu z'izuba ikabubika mu bimera. Bitabaye ibyo nta buzima bwashoboraga kubaho. Tubona ingufu dukeneye
" .kugira ngo tubeho mu ngufu z'izuba zibitswe mu bimera - ibiryo turya cyangwa mu nyama z'inyamaswa zirya ibimera

Itsinda ingufu twe kubona kuva amakara cyangwa amavuta ni imirasire y'izuba ingufu umutego na i klorofili muri ikimera
" .ubuzima miliyoni bya imyaka ishize. Twebwe kubaho uyobowe n'izuba binyuze mu buhangana bwa chlorophyll

Ingufu ihindagurika indirimbo. Itsinda igisobanuro nyacyo ubusemuzi bya Sanskriti *mantra* ni "igikoreshe bya :46-8
igitekerezo," bisobanura i byiza, ntibyumvikana amajwi iki guhagararira kimwe imiterere bya irema; igihe ijwi nka inyuguti z'amagambo, a *mantra* bigize a Imvugo ikoreshe ku isi yose. Imbaraga zitagira iherezo z'amajwi zikomoka
 .kuri AUM, "Ijambo" cyangwa ijwi ry'ubuhanzi rya Cosmic Motor

IGICE: 47

Jye Garuka Kugeza Itsinda Iburengerazuba

"Natanze amasomo menshi ya yoga mu Buhinde no muri Amerika; ariko ngomba kwemera ko, nk'Umuhindu, nishimiye cyane kuyobora isomo ry'abanyeshuri b'Icyongereza."

Abanyeshuri banjye bo mu mujyi wa Londres basetse cyane; nta mvururu za politiki zigeze zihungabanya amahoro yacu ya yoga.

Ubuhinde bwari urwibutso rutagatifu. Ni muri Nzeri 1936; ndi mu Bwongereza kugira ngo nsohoze isezerano nari narahawe amezi cumi n'atandatu mbere yaho, ryo kongera gutanga ikiganiro i Londres.

Ubwongereza nabwo bwakiriye ubutumwa bwa yoga butazibagirana. Abanyamakuru n'abafotora b'amakuru bateraniye aho nari ndi muri Grosvenor House. Inama Nkuru y'Igihugu y'Ubwongereza ku Isi

Umuryango w'amadini wateguye inama ku ya 29 Nzeri mu Itorero rya Whitefield aho naganiriye n'abari aho ku ngingo ikomeye igira iti "Uburyo Kwizera mu Buvandimwe bushobora Kurokora Isimbukamuco." Amasomo ya saa munani muri Caxton Hall yakuruye imbaga y'abantu ku buryo mu ijoro ribiri abantu benshi bari bategereje ikiganiro cyanjye cya kabiri muri Windsor House saa cyenda n'igice. Amasomo ya Yoga mu byumweru byakurikiyeho yariyongereye cyane ku buryo Bwana Wright yagombaga gutegura uburyo bwo kwimurirwa mu kindi cyumba.

Ubwitange bw'Abongereza bufite isura nziza mu mibanire y'umwuka. Nyuma yo kugenda kwanjye, abanyeshuri ba yoga bo mu muji wa Londres bishyize hamwe mu buryo burangwa n'ubudahemuka mu kigo cyita ku kwigira, bakora amateraniryo yabo yo gutekereza buri cyumweru mu myaka y'intambara ikomeye.

Ibyumweru bitazibagirana mu Bwongereza; iminsi yo kureba ahantu nyaburanga i Londres, hanyuma tunyura mu cyaro cyiza. Jye na Bwana Wright twatumije imodoka yizewe ya Ford gusura amavuko n'imva z'abasizi n'intwari bakomeye mu mateka y'Ubwongereza.

Itsinda ryacu rito ryavuye i Southampton ryerekeza muri Amerika mu mpera z'Ukwakira rikoresheje ubwato bwa *Bremen*. Ishusho nziza cyane y'ubwisanzure iri ku cyambu cya New York yazanye ibyishimo bikomeye, atari ku muhogo wa Madamu Bletch na Bwana Wright gusa, ahubwo no ku bwanjye.

Imodoka ya Ford, yari yarashegeshwe gato n'ibibazo byo mu butaka bwa kera, yari igifite imbaraga; noneho yafashe urugendo rwayo rwo kwambuka umupaka ijya muri Kaliforniya. Mu mpera za 1936, umusozi wa Washington.

Iminsi mikuru isoza umwaka yizihizwa buri mwaka muri centre ya Los Angeles, hagakorwa amahugurwa y'itsinda mu gihe cy'amasaha umunani ku ya 24 Ukuboza (Noheli yo mu mwuka), hanyuma umunsi ukurikiyeho hagakurikiraho ibirori (Noheli y'imibereho). Ibirori by'uyu mwaka byongeweho n'inshuti n'abanyeshuri baturutse mu mijyi ya kure baje kwakira abagenzi batatu bo ku isi.

Ibirori byo ku munsi wa Noheli byarimo ibiryo biryoshye byazanywe n'ibirometero ibihumbi cumi na bitanu kuri uyu munsi mukuru: ibihumyo *bya gucchi* biturutse i Kashmir, *rasagulla yo mu macupa* n'umunyu wa mango, ibisuguti *bya papa*, n'amavuta **y'indabyo** z'Abahinde za *Keora* zari ziryoshye cyane kuri ice cream yacu. Umugoroba twasanze duteraniye hamwe dukikije igiti kinini cya Noheli kirabagirana, umuriro uri hafi aho urimo ucuragura ibiti bya cypress bihumura neza.

Impano! Impano ziturutse mu mfuruka za kure z'isi - Palestine, Misiri, Ubuhinde, Ubwongereza, Ubufaransa, Ubutaliyani. Mbega ukuntu Bwana Wright yakoranye umwete wo kubara ibiti bya buri ihuriro ry'amahanga, kugira ngo nta muntu wiba wakira ubutunzi bwagenewe abakunzi muri Amerika! Ibishushanyo by'igiti cy'umwelayo cyera cyo mu Gihugu Gitagatifu, imigozi myiza n'imitako byo mu

Bubiligi no mu Buholandi, amatapi y'Abaperesi, shawls ziboshye neza za Kashmiri, amasahani y'ibiti bya sandal bihumura iteka ryose byo mu Muji wa Mysore, amabuye ya Shiva "y'ijisho ry'inka" yo mu Ntara yo Hagati, ibiceri bya kera by'ingoma z'Abahinde byahunze kera, amasafuriya n'ibikombe by'imitako, udupira duto, imitako, imibavu yo mu rusengero n'imibavu, ibishushanyo by'ipamba bya *swadeshi*, ibishushanyo bya lacquer, amashusho ya Mysore amahembe y'inzovu, inkweto za Persian zifite amano maremare ashishikaje, inyandiko za kera zishaje zimuritse, velvets, brocades, ingofero za Gandhi, ibibumbano, amatafari, umuringa, tapi zo gusenga - iminyago ya imigabane itatu!

Rimwe na kimwe Jye gukwirakwizwa i Gaily bipfunyitse amapaki kuva i kinini cyane ikirundo munsu i igiti.

"Mushiki wacu Gyanamata!" Nahaye agasanduku karekare umugore w'umunyamerika w'umutagatifu w'isura nziza kandi w'umunyabwenge, wari ushinze kuyobora Mt. Washington mu gihe nari ntahari. Yakuyemo *sari* y'ubudodo bwa zahabu bwa Benares mu mpapuro.

"Murakoze wowe, Bwana; byo izana i amarushanwa bya Ubuhinde mbere yanjye amaso.

"Bwana Dickinson!" Agapaki gakurikiraho kari gakubiyemo impano nari naguze mu isoko rya Calcutta. icyo gihe nari nibwiye nti "Bwana Dickinson azakunda ibi." Bwana Dickinson, umwigishwa ukundwa cyane, yari ahari buri munsu mukuru wa Noheli kuva Mt. Washington yashingwa mu 1925. Muri uyu munsu mukuru ngarukamwaka wa cumi n'umwe, yari ahagaze imbere yanjye, apfundura imigozi y'agapaki ke gato .

"Igikombe cy'ifeza!" Ahanganye n'amarangamutima, yarebye impano, igikombe kirekire cyo kunywa. Yicaye kure gato, bigaragara ko yataye umutwe. Namwenyuye mu buryo bw'urukundo mbere yo gusubira mu mwana wanjye nka Papa Noheli.

Umugoroba wo gusohora intanga wasojwe n'isengesho ryagenewe Utanga impano zose; hanyuma itsinda riririmba indirimbo za Noheli.

Bwana Dickinson na Jye bari kuganira hamwe rimwe na rimwe nyuma.

"Bwana," aravugaga, "ndakwinginze reka ngushimire igikombe cy'ifeza. Sinabonye ijamba na rimwe mu ijoro rya Noheli."

"Jyewe byazanywe i impano cyane cyane kuri wowe."

"Namaze imyaka mirongo ine n'itatu ntegereje icyo gikombe cy'ifeza! Ni inkuru ndende, nagihishe muri njye." Bwana Dickinson yarandebye afite isoni. "Intangiriro yari itangaje: nari ndimo kurohama. Mukuru wanjye yari yashyize mu kinyabupfura mu kidendezi cy'ububere bwa metero eshanu mu mujyi muto wa Nebraska. icyo gihe nari mfite imyaka itanu gusa. Ubwo nari ngiye kwibira ku nshuro ya kabiri munsu y'amazi, urumuri rw'amabara menshi rwagaragaye, rwuzuye ahantu hose. Hagati aho hari ishusho y'umugabo ufite amaso atuje n'inseko ihumuriza. Umubiri wanjye wari uri kurohama ku nshuro ya gatatu ubwo umwe mu bagenzi ba mukuru wanjye yagondaga igiti kirekire cy'umukindo mu mazi make cyane ku buryo nashoboraga kugifata n'intoki zanjye zihebye. Abahungu baranzamuye banjyana kuri banki maze bampa ubufasha bw'ibanze .

"Nyuma y'imyaka cumi n'ibiri, ndi umusore w'imyaka cumi n'irindwi, nasuye Chicago ndi kumwe na mama. Hari mu 1893; Inteko Ishinga Amategeko y'Isi Yose y'Amadini yari irimo guterana. Jye na Mama twari turimo tugenda mu muhanda munini, ubwo nongera kubona urumuri rwinshi. Intambwe nke uvuye aho, nigenderaga buhoro

buhoro, hari umugabo umwe nari narabonye imyaka myinshi mbere mu iyerekwa.
Yegereye icyumba kinini cy'inama maze arabura imbere mu muryango.



Bwana E. E. Dickinson bya Los Angeles; we yashakishijwe a feza igikombe



Siri Yukteswar na jyewe ubwanjye muri Calcutta, 1935. We ni gutwara i impano umutaka - inkoni



Itsinda ry'abanyeshuri n'abarimu ba Ranchi bifotozanya n'umunyacyubahiro Maharaja wa Kasimbazar (hagati, yambaye imyenda y'umweru). Mu 1918 yahaye Ingoro ye ya Kasimbazar na hegitari 25 muri Ranchi nk'ahantu hahoraho ho gukorera ishuri ryanjye rya yoga ry'abahungu.

"Mama,' Jye arataka, 'ibyo yari i umugabo nde yagaragaye kuri i igihe Jye yari kurohama!'

"Jye na we twihutiye kwinjira mu nyubako; umugabo yari yicaye ku rubuga rw'imyitoto. Twahise tumenya ko ari Swami Vivekananda wo mu Buhinde. 47-1 Amaze gutanga ikiganiro gishishikaje, nagiyeye kumusanganira. Yaransekeye neza, nk'aho twari inshuti za kera. Nari nkiri muto cyane ku buryo ntari nzi uko nagaragaza amarangamutima yanjye, ariko mu mutima wanjye nari nizeye ko azanyitangira kuba umwarimu. Yasomye igitekerezo cyanjye.

"Oya mwana wanjye, sindi umwarimu wawe." Vivekananda yarebye mu maso ye meza, anyura mu yanjye. "Umwarimu wawe azaza nyuma. Azaguha igikombe cy'ifeza." Nyuma yo guceceka gato, yongeraho amwenyura ati: "Azagusukaho imigisha myinshi kuruta iyo ushobora kubona ubu."

Bwana Dickinson yakomeje agira ati: "Navuye i Chicago mu minsi mike, sinongeye kubona Vivekananda ukomeye. Ariko ijamba ryose yavuze ryari ryanditse mu mutima wanjye ubudasibangana. Imyaka yarashize; nta mwarimu wahageze. Ijoro rimwe mu 1925 nasenze cyane nsaba ko Uwiteka anyohereza umushumba wanjye. Nyuma y'amasaha make, nakanguwe mu bitotsi n'indirimo zoroheje. Itsinda ry'ibiremwa byo mu ijuru, byari bitwaye imyirongi n'ibindi bikoresho, byaje imbere yanjye. Nyuma yo kuzura ikirere umuziki mwiza, abamarayika barazimira buhoro buhoro.

"Ku mugoroba wakurikiyeho nitabiriye, ku nshuro ya mbere, imwe mu nyigisho zaweho hano i Los Angeles, maze menya ko isengesho ryanjye ryemejwe."

Twebwe yaramwenyuye kuri buri kimwe ibindi muri guceceka.

"Maze imyaka cumi n'umwe ndi umwigishwa wawe wa *Kriya Yoga* ." Hari igihe nibazaga igikombe cy'ifeza; nari hafi kwibwira ko amagambo ya Vivekananda ari ikigereranyo gusa. Ariko mu ijoro rya Noheli, ubwo wampaga agasanduku ka kare kari iruhande rw'igiti, Jye urukero, kuri icya gatatu igihe muri yanjye ubuzima, i kimwe kurabagirana urumuri bya urumuri. Muri ikindi umunota Jye yari

ndeba impano y'umwarimu wanjye Vivekananda yari yarateganyije kumpa mu myaka mirongo ine n'itatu ishize— igikombe cy'ifeza!"

.....
 .Itsinda umukuru umwigishwa bya i Ubusa na Kristo umuhanga Siri Ramakrishna :47-1

IGICE: 48

Kuri Encinitas Muri Kaliforuniya

"Ndatangaye cyane, bwana! Mu gihe udahari mu mahanga, twubakiye iyi Encinitas hermitage; ni impano yo 'kwakira neza!'" Mushiki wacu Gyanamata yanyoboye mu irembo amwenyura maze azamuka inzira y'igiti .

Nabonye inyubako igaragara nk'ubwato bunini bw'inyanja bwerekeza ku mugezi w'ubururu. Ubwa mbere nta cyo navuze, hanyuma nkoresha "Oh's!" na "Ah's!", amaherezo n'amagambo make y'ibyishimo n'ishimwe by'abantu, nasuzumye ibyumba cumi na bitandatu binini bidasanzwe, buri kimwe giteye neza.

Inzu yo hagati ikomeye, ifite amadirishya manini cyane yo hejuru, ireba igicaniro cyuzuye ibyatsi, inyanja, ikirere - indirimbo ya emerald, opal, safiro. Igishura kiri hejuru y'umuriro munini w'inzu gifite ishusho ya Lahiri Mahasaya, iseka umugisha we ku ijuru rya Pasifika riri kure.

Munsi y'icyumba cy'ingoro, hubatswe mu gihome, ubuvumo bubiri bwonyine bwo gutekereza bureba ikirere n'inyanja. Amabaraza, ingobyi zo ku zuba, hegitari z'imirima y'imbuto, igiti cy'ibiti by'imikara, inzira z'amabuye zinyura mu ndabyo z'indabyo n'indabyo zigana ku mabaraza atuje, ingazi ndende zirangira ku mucanga uri ukwawo n'amazi manini! Ese inzozo zarushijeho kuba nziza kurushaho?

"Isengesho ryo guturamo," ryanditswe muri *Zend-Avesta* , rimanitswe kuri imwe mu miryango y'abatagatifu, "kandi bajyane natwe, baduha ibyiza byo gukiza by'impano zabo nziza nk'isi, kure nk'inzuzi, kugera kure nk'izuba, kugira ngo abantu beza barusheho gutera imbere, kugira ngo ubutunzi n'icyubahiro byiyongere."

"Kumvira gutsinda kutumvira muri uru rugo; amahoro atsinda amakimbirane; gutanga umutima wigenga hejuru y'ubugugu, kuvuga ukuri hejuru y'uburiganya,

kubaha hejuru y'agasuzuguro. Kugira ngo ibitekerezo byacu bishimishwe, n'imitima yacu izamurwe, imibiri yacu nayo ihabwe icyubahiro; kandi Mana y'umucyo, tukubone, kandi tukwegere, tuzenguruke, tugere ku bwawe."

byose ubucuti!



Encinitas, muri Kaliforuniya, ireba inyanja ya Pasifika. Inyubako nkuru n'igice cy'ikibuga cy'Ubufatanye bwo Kwibona

Ubu bufatanye bwo kwigira ashram bwashobotse kubera ubuntu bw'abigishwa bake b'Abanyamerika, abacuruzi b'Abanyamerika bafite inshingano zitabarika ariko bakabona umwanya wa buri muni wo gukora *Kriya Yoga yabo*. Nta jambo na rimwe ry'inyubako y'ingoro y'imana ryari ryemerewe kungeraho mu gihe namaze mu Buhinde no mu Burayi. Ndumiwe, ndatangaye!

Mu myaka yanjye ya mbere muri Amerika, nagiye nshakisha ahantu hato ho gusiga ashram ku nkombe z'inyanja; igihe cyose nabonaga ahantu hakwiriye, hari inzitizi zajyaga zimpagarika. Ubu ndeba hejuru y'ubugari bwa Encinitas, **48-1**. Nicishije bugufi nabonye isohozwa ryihuse ry'ubuhanuzi bwa kera bwa Sri Yukteswar: "ahantu nyabagendwa hafi y'inyanja."

Nyuma y'amezi make, Pasika yo mu 1937, nayoboye urugendo mu busitani busesuye i Encinitas ku wa mbere w'iki cyumweru. Amasengesho menshi yo mu ijoro ry'izuba. Kimwe n'abapfumu ba kera, abanyeshuri amagana barebaga igitangaza cya buri muni, umuhango wo mu ntangiriro w'umuriro w'izuba mu kirere cy'iburasirazuba. Mu burengerazuba hari Pasifika itagira amazi, ivuza ishimwe ryayo rikomeye; kure, ubwato buto bw'umweru, n'iguruka ryiherereye ry'inyoni yo mu nyanja. "Kristu, wazutse!" Ntabwo ari wenyine n'izuba ryo mu gihe cy'izuba, ahubwo ni mu museke w'iteka wa Roho!

Amezi menshi y'ibyishimo yarahise yihuta; mu ituze ry'ubwiza buhebuje nashoboye kurangiza muri hermitage indirimbo yari imaze igihe kinini iteganyijwe, *Cosmic Chants*. Natangiye gukoresha amagambo y'Icyongereza n'umuziki wo mu Burengerazuba bw'Isi nk'indirimbo mirongo ine, zimwe z'umwimerere, izindi nahinduye indirimbo za kera. Harimo indirimbo ya Shankara, "No Birth, No Death"; indirimbo ebyiri za Sri Yukteswar zakunzwe cyane: "Wake, Yet Wake, O my Saint!" na "Desire, my Great Enemy"; indirimbo ya Sanskrit yitwa "Hymn to Brahma";

indirimbo za kera za Bengali, "What Lightning Flash!" na "They Have Heard Thy Name"; "Who is in my Temple?" ya Tagore; hamwe n'indirimbo zanjye nyinshi: "Nzahora ndi uwawe," "In the Land Over my Dreams," "Come Out of the Silent Sky," "Your Listen to my Soul Call," "In the Temple of Silence," na "Your art my Life."

Kuri a Intangiriro kuri i igitabo cy'indirimbo Jye byasubiwemo yanjye mbere idasanzwe ubunararibonye hamwe na i kwakira bya

Abanyaburayi bagiye mu bibuga by'iyobokamana byo mu Burasirazuba. icyo gihe cyari ikiganiro rusange; icyo gihe, ku ya 18 Mata 1926; aho hantu, muri Carnegie Hall i New York.

"Bwana Hunsicker," nari nabwiye umunyeshuri w'Umunyamerika, "Ndateganya gusaba abari aho kuririmba indirimbo ya kera y'Abahindu, 'Mana yanjye nziza!'"

Bwana Hunsicker yari yitotombye ati: "Bwana, izi ndirimbo zo mu Burasirazuba ntabwo zizwi n'Abanyamerika. Mbega ikimwaro iyo ikiganiro cyaba cyarangijwe n'ibisobanuro by'inanyanya zihye cyane!"

Nari naranze kwemeranya nseka. "Umuziki ni ururimi ruvugwa ku isi yose.

Abanyamerika ntibazabura kumva icyifuzo cy'umutima muri iyi ndirimbo ikomeye."

48-2

Mu gihe cy'isomo Bwana Hunsicker yari yicaye inyuma yanjye ku rubyiniro, ashobora kuba yari afite ubwoba bw'umutekano wanjye. Ugushidikanya kwe nta shingiro kwari gufite; ntabwo byari byarabuze imboga zitari nziza gusa, ahubwo byari byarangiye isaha imwe n'iminota makumyabiri n'itanu, ijwi rya "O God Beautiful!" ryarumvikanaga nta nkomyi. kuva gatatu igihumbi imihogo. Blase' oya kirekire, mukundwa Gishya Abanya York; ibyawe imitima yari yuzuye ibyishimo! Gukira kw'Imana byari byarabaye muri uwo mugoroba mu bayoboke baririmba n'urukundo izina ry'Uwiteka rihebuje.

Ubuzima bwo kwihisha bw'umucuranzi w'ibitabo ntabwo bwari inshingano yanjye igihe kirekire. Bidatinze natangiye kugabanya buri byumweru bibiri hagati ya Los Angeles na Encinitas. Amasengesho yo ku Cyumweru, amasomo, ibiganiro imbere y'amatsinda na za kaminuza, ibiganiro n'abanyeshuri, amabaruwa ahoraho, inyandiko zo mu *Burasirazuba-Uburengerazuba*, icyerekezo cy'ibikorwa mu Buhinde no mu bigo bito byinshi byo mu mijyi ya Amerika. Hatanzwe umwanya munini wo gutegura inyigisho za *Kriya* n'izindi nyigisho zo kwigira ku bantu bashakisha yoga bari kure, ariko ishyamba ryabo ntiriyari rifite aho rigarukira.

Ibyishimo ubwitange bya a Kwimenya Kiliziya bya Byose Amadini yafashe ahantu muri 1938 kuri Washington,

DC Iri hagati y'ubutaka buteye neza, urusengero rwiza ruhagaze mu gice cy'umuji cyitwa "Friendship Heights." Umuyobozi wa Washington ni Swami Premananda, wize mu ishuri rya Ranchi na Kaminuza ya Calcutta. Nari naramuhamagaye mu 1928 ngo ajye kuyobora ikigo cya Washington Self-Realization Fellowship.

"Premananda," namubwiye ubwo nasuraga urusengero rwe rushya, "iki cyicarwo gikuru cy'Iburasirazuba ni urwibutso rw'ubwitange bwawe budacogora. Hano mu murwa mukuru w'igihugu wafashe urumuri rw'amahame ya Lahiri Mahasaya."

Premananda yanjyanye avuye i Washington mu ruzinduko rugufi mu kigo cya Self-

Realization Fellowship i Boston. Mbega ibyishimo kongera kubona itsinda *rya Kriya Yoga* ryari rikomeje gukomera kuva mu 1920! Umuyobozi wa Boston, Dr. MW Lewis, yacumbikiye jye na mugenzi wanjye mu cyumba gishya kandi gikozwe mu bugeni.

"Bwana," Dr. Lewis yarambwiye amwenyura, "mu myaka yawe ya mbere muri Amerika wabaga muri uyu muji mu cyumba kimwe, nta bwogero. Nifuzaga ko umenya ko Boston ifite amacumbi meza!"

Igicucu cy'ubwicanyi bwari bwegereje cyari kirambuye ku isi yose; amatwi akomeye ashobora kumva ingoma ziteye ubwoba z'intambara. Mu biganiro nagiranye n'abantu ibihumbi muri Kaliforuniya, no mu butumwa bwandikiwe ku isi yose, nasanze abagabo n'abagore barimo bashakisha mu mitima yabo; umutekano muke wo hanze wari waragaragaje ko hakenewe Anchorage Ihoraho.

Umuyobozi w'ikigo cya London Self-Realization Fellowship yanyandikiye mu 1941 ati: "Twamenye agaciro ko gutekereza cyane, kandi tuzi ko nta kintu na kimwe gishobora guhungabanya amahoro yacu yo mu mutima. Mu byumweru bike bishize mu nama twumvise imiburo y'ibitero by'indege kandi twumvise igisasu cya igikorwa cyatinze ibisasu, ariko cyacu abanyeshuri na n'ubu guteranya na neza Ishimire cyacu serivisi nziza .

Indi baruwa nabonye iturutse mu Bwongereza bwari bwarashegeshwe n'intambara mbere gato yuko Amerika yinjira mu ntambara. Mu magambo ateye agahinda, Dr. L. Cranmer Byng, umwanditsi mukuru w'ikinyamakuru *The Wisdom Of The East Series* , yanditse ati:

"Igihe nasomaga *East-West* nabonye ukuntu twasaga n'aho turi kure cyane, bigaragara ko twabanaga mu bice bibiri isi zitandukanye. Ubwiza, gahunda, ituze, n'amahoro biza biturutse i Los Angeles, bijya ku cyambu nk'uko ubwato bwuzuyemo imigisha n'ihumure rya Mutagatifu Ingoma igana mu muji wari mu kaga.

"Ndabona nk'aho ndi mu nzizi igiti cyawe cy'imikindo, n'urusengeru ruri muri Encinitas rufite inyanja n'imisozi, kandi hejuru ya byose, ubufatanye bw'abagabo n'abagore bafite ibitekerezo by'umwuka, umuryango wuzuyemo ubumwe, wiganjemo imirimo yo guhanga, kandi wuzuyemo gutekereza. Ni isi y'iyerekwa ryanjye, nifuzaga kuzagira uruhare rwanjye ruto, none ubu ...

"Wenda mu mubiri sinzigera ngera ku nkombe zawe z'izahabu cyangwa ngo nsenge mu rusengeru rwawe. Ariko ni ikintu gikomeye kurushaho, kuba narabonye iryo yerekwa kandi nkamenya ko hagati mu ntambara hakiri amahoro aguma mu byambu byawe no mu misozi yawe. Ndagusuhuje mwese mu musirikare usanzwe, wanditse ku munara w'abarinzi utegereje ko bucya."

Imyaka y'intambara yazanye ibyuka ry'umwuka mu bantu bari batigeze biga Isezerano Rishya mbere. Ifunguro ryiza ryavuye mu byatsi bibi by'intambara! Kugira ngo bahaze ibyifuzo byinshi, hubatswe kandi ryegurirwa Itorero rito ritanga ibitekerezo ku idini ryigenga. muri 1942 kuri Hollywood. Itsinda urubuga amasura Olive Umusozi na i kure Los Inzu Ndangamurage ya Angeles. Kiliziya, yuzuye mu bururu, umweru na zahabu, igaragara hagati y'ibiti by'amazi bya hyacinths biri mu kidendezi kinini. Ubusitani burimo indabo nyinshi, impongo nke z'amabuye zitunguye, n'ikirahure cy'amabara pergola, n'icyifuzo cyiza. Hamwe n'amasenti n'ibyifuzo bya kera bya muntu, byabaye icyifuzo cyihariye cy'ubutunzi bwonyine bw'Umwuka! Ubuntu rusange buturuka mu duce duto dufite amashusho ya Lahiri

Mahasaya na Sri Yukteswar, n'aya Krishna, Buda, Confucius, Mutagatifu Fransisiko, n'ishusho nziza ya nyina w'amasaro ya Kristo ku Ifunguro rya Nyuma.

Irindi torero ry'amadini yose ryigenga ryashinzwe mu 1943 i San Diego. Ni urusengero rutuje rwo ku musozi, ruhagaze mu kibaya cy'ibiti by'inka, rureba ikigobe cya San Diego giteye ishozi.

Umunsi umwe nicaye muri iki kigo cy'amahoro, nari ndimo nsuka ibiri mu mutima wanjye mu ndirimbo. Munsi y'intoki zanjye hari urucurangisho rw'urusengero rufite ijwi ryiza, ku minwa yanjye hari induru y'icyitwa Bengali cya kera.

umuyoboke nde yari afite byashakishijwe kuri iteka ryose ihumure:

Muri ibi isi, Mama, nta na kimwe gishobora urukundo jyewe;
Muri iyi si ntibazi urukundo rw'Imana. Ni
hehe hari urukundo ruzira uburyarya?
Ni hehe koko ugukunda by'ukuri?
Ni ho umutima wanjye wifuza kuba.

Mugenzi wanjye muri chapelle, Dr. Lloyd Kennell, umuyobozi w'ikigo cya San Diego, yari arimo amwenyura gato abonye amagambo y'indirimbo.

"Mbwira ukuri, Paramhansaji, ese byari bikwiye?" Yarandebye abikuye ku mutima. Nasobanukiwe ikibazo cye cy'ubusa: "Ese wagize ibyishimo muri Amerika? Bite ho ku kwiheba, agahinda, abayobozi b'ibigo batashoboraga kuyobora, abanyeshuri batashoboraga kwigishwa?"

"Hahirwa umuntu Uwiteka agerageza, Muganga! Yibuka rimwe na rimwe kunshyiraho umutwaro!" Hanyuma, natekereje ku bizera bose, ku rukundo n'ubwitange no Kubyumva byari mu mutima wa Amerika. Nkomeje gushimangira buhoro buhoro nti: "Ariko igisubizo cyanjye ni: Yego, inshuro igihumbi yego! Byari ingirakamaro; byagiye bimpa imbaraga zihoraho, kurusha mbere hose, kubona Uburengerazuba n'Uburasirazuba byegeranye mu mubano umwe rukumbi urambye, uw'umwuka!"

Nongeyeho isengesho bucece nti: "Babaji na Sri Yukteswarji nibayumve ko nakoze uruhare rwanjye, ntabwo natengushye icyizere gikomeye bantumyemo."

Jye yahindukiye nanone kuri i urugingo; ibi igihe yanjye indirimbo yari ifite amarangamutima hamwe na a intambara ubutwari:

Uruziga rw'igihe rusya rwangiza
ubuzima bwinshi bw'ukwezi
n'inyenyeri, ndetse n'igitondo
gisekeje cyane - Ariko roho yanjye
iracyakomeza!

Umwijima, urupfu, n'ibinaniyanye
byarahanganye; Kugira ngo babuze
inzira yanjye bageraheje cyane;

Intambara yanjye n'inyamaswa ishari
irakomeye - Ariko roho yanjye
iracyakomeza!

Icyumweru cy'Ubunani cya 1945 cyansanze ndi mu ishuri ryanjye rya Encinitas, nsubiramo inyandiko y'iki gitabo.

"Paramhansaji, ndakwinginze sohoka hanze." Dr. Lewis, ubwo yari avuye i Boston, yaransekeye ari hanze y'idirishya ryanjye anyinginga. Bidatinze twari turimo kugenda mu zuba. Uwo twari kumwe yanyeretse iminara mishya irimo kubakwa ku nkengero z'ubutaka bwa Fellowship buri hafi y'umuhanda munini wo ku nkombe.

"Bwana, mbona impinduka nyinshi hano kuva aho naherukaga gusura." Dr. Lewis aza kabiri mu mwaka avuye i Boston ajya i Encinitas.

"Yego, Muganga, umushinga nari maze igihe kinini ntekerezaho utangiye gufata isura isobanutse neza. Muri ibi bidukikije byiza natangije koloni ntoya y'isi. Ubuvandimwe ni igitekerezo cyiza gisobanuka neza ukoresheje urugero kuruta amabwiriza! Itsinda rito ryuje ubumwe hano rishobora gutera inkunga indi miryango myiza ku isi yose."

"A byiza cyane igitekerezo, Nyakubahwa! Itsinda ubukoloni ubushake nta gushidikanya kuba a intsinzi niba buri wese mu by'ukuri ikora bye igice!"

"'Isi' ni ijamba rinini, ariko umuntu agomba kwagura ubudahemuka bwe, yibwira ko ari umwenegihugu w'isi," nakomeje. "Umuntu wumva by'ukuri ati: 'Isi ni igihugu cyanjye; ni Amerika yanjye, Ubuhinde bwanjye, Filipine yanjye, Ubwongereza bwanjye, Afurika yanjye,' ntazigera abura umwanya wo kugira ubuzima bwiza kandi bushimishije. Ishema rye ry'ibanze rizaba rifite kwaguka kutagira imipaka; azaba afitanye isano n'imigezi ihanga."

Jye na Dr. Lewis twahagaze hejuru y'ikidendezi cya lotus hafi y'aho hantu hatembera. Hasi yacu hari inyanja ya Pasifika idashobora kugaragara.

"Aya mazi amwe anyura ku nkombe z'Iburengerazuba n'Iburasirazuba, muri Kaliforniya no mu Bushinwa." Uwo twari kumwe yateye ibuye rito mu cya mbere cy'inyanja kiri ku birometero kare miliyoni mirongo irindwi. "Encinitas ni ahantu hagereranywa n'ikoloni y'isi."

"Nibyo rwose, Muganga. Tuzategura hano inama nyinshi n'Inteko z'amadini, dutumire intumwa ziturutse mu bihugu byose. Amabendera y'ibihugu azamanikwa mu byumba byacu. Insengero nto zizubakwa hejuru y'ikibuga, zeguriwe amadini y'ingenzi ku isi."

Nakomeje nti: "Vuba bishoboka, ndateganya gufungura ikigo cya Yoga hano. Uruhare rwiza rwa *Kriya Yoga* mu Burengerazuba ntirumaze gutangira. Abantu bose nibamenye ko hari ubuhanga buhamye kandi bwa siyansi bwo kwiyubaka kugira ngo umuntu atsinde imibabaro yose y'abantu!"



Abavuga mu nama y'abantu bo mu moko atandukanye yabereye i San Francisco mu 1945 ubwo hatanywaga inama y'amahoro. (Kuva ibumoso ugana iburyo) Dr. Maneck Anklesaria, John Cohee, nanjye ubwanjye, Hugh E. MacBeth, Vince M.



Itorero ry'amadini yose ryitwa Self-Realizing Church of All Religions riri i Washington, DC, umuyobozi waryo, Swami Premananda, ari hano ku ifoto ari kumwe nanjye.



Ibyanjye icyubahiro papa, yicaye muri i ituze lotus imiterere, Calcutta, 1936

Mu ijoro rinini inshuti yanjye nkunda - *Kriya Yogi ya mbere* muri Amerika - yaganiriye nanjye ku ikenewe ry'amakoloni y'isi ashingiye ku mwuka. Ingorane ziterwa n'ishusho y'abantu yitwa "umuryango" zishobora gushyirwa mu muryango wa Everyman mu buryo bufatika. Utopia igomba guturuka mu mutima wayo mbere yuko ikura indabyo mu mico myiza. Umuntu ni roho, si ikigo; ivugurura rye ry'imbere ni ryo ryonyine rishobora guha ubuzima buhoraho amakoloni y'inyuma. Binyuze mu gushimangira indangagaciro z'umwuka, kwiyumvamo, koloni igaragaza ubuvandimwe bw'isi ihabwa imbaraga zo kohereza imitingito itangaje kure cyane y'aho iherereye .

Ku ya 15 Kanama 1945, Intambara ya Kabiri y'Isi Yose irangiye! Iherezo ry'isi; umuseke w'Igihe cy'Atomike kidasanzwe! Abaturage bo muri icyo kigo bateraniye mu cyumba kinini cy'amasengesho yo gushimira. "Data wo mu ijuru, ntibizongera kubaho ukundi! Abana bawe baragenda nk'abavandimwe kuva ubu!"

Imihangayiko y'imyaka y'intambara yari irangiye; imitima yacu yari yuzuye amahoro. Narebye buri mugenzi wanjye w'Abanyamerika nishimye.

"Mwami," Jye igitekerezo ku bw'amahirwe, "Wowe kugira byatanze ibi umumonaki a kinini umuryango!"

A ntoa umujyi ku Inkombe Umuhanda munini 101, Encinitas ni 100 ibirometero amajyepfo bya Los Angeles, na :48-1

:25 ibirometero Amajyaruguru bya San Diego. 48-2: Aha ngaha ndahindura amagambo y'indirimo ya Guru Nanak

O Imana mwiza cyane! O Imana
Mwiza! Mu ishyamba, Uri icyatsi
,kibisi

Ku musozi, Uri hejuru, Muri i
uruzi, Wowe ubuhanzi Utuje, Mu
!nyanja, Uri imva

Kugeza i serivisi nziza, Wowe
ubuhanzi serivisi, Ku mukunzi, Uri
,urukundo

,Kugeza i ababaye, Wowe ubuhanzi impuhwe

!Kugeza i yoga, Wowe ubuhanzi Ibyishimo

O Imana mwiza cyane! O Imana Ni
byiza! Ku birenge byawe,

!ndapfukama



:Umugereka: na



Cyberspace Ashram kuri Kriya Yoga, Imana
Yoga, Urukundo rw'Imana no Kumenya Imana



Iyi "Autobiography of a Yogi" yakozwe kuva
inyandiko z'umwimerere 1946 - icapiro rya
mbere. Uburenganzira bw'umwanditsi bw'icapiro
rya mbere 1946 bwararangiye muri Amerika
kandi iki gitabo giteye amatsiko cyane ubu ni icya
.rubanda kandi kiboneka ku buntu ku isi yose



Verisiyo ya eBook iri mu buryo bwa PDF yakozwe
ukoresheje Acrobat 7.0 Professional kandi
irakwerekera na [Ashram yo mu ikoranabuhanga
rya Cyberspace](#) - Inyigisho yuzuye y'urukundo
harimo i birambuye gutangira kuri i cyera
siyansi ya Kriya Yoga iraboneka ku buntu kuri
interineti kuri [www. kriyayoga.com](http://www.kriyayoga.com). Ikigo
cy'ikoranabuhanga cyitwa Cyberspace Ashram
cyashinzwe mu 1997 gifite intego imwe rukumbi
yo kugeza ku isi yose inyigisho z'umwimerere
z'urukundo harimo no gutangira mu buryo
bwuzuye kandi burambuye siyansi yera ya Kriya
.Yoga



Urukundo n'ibyishimo bya data bigutere
imbaraga kandi bisukure ubwenge bwawe,
ibitekerezo byawe n'umutima wawe kugira
ngo byoroshye inzira yawe y'urukundo. mu
rugo. Urukundo ni i urufunguzo kuri Imana -
Urukundo ni byose Imana iguha - kugira ngo
wakire urukundo ugomba gutanga urukundo
- nta kindi uretse urukundo



Incamake ya bimwe mu bice
by'ingenzi bya Cyberspace Ashram



1. Kugeza Tangira imyitozo ya Kriya Yoga

neza - Menya neza ko koko umaze gusoma
amapaji amagana menshi yasohotse muri
[Cyberspac e Ashram](#) harimo n'ibice byose:

2. [Kuratangiye ibyawwe amababa bya urukundo - ku ibyawwe
inzira kuri Imana](#)

- 
3. [Imyuka Inyuguti nto](#)
 4. [Imyuka Amakuru y'inkuru](#)
 5. [Ibibazo Bikunze Kubazwa](#)
 6. [Hamwe na Urukundo kuva Imana kuri wowe](#)
 7. Igihe gusoma dosiye zose n'ibice bya
Cyberspace Ashram - uzabibona mu gihe
gikwiye. nyayo urupapuro rwa diksha
hamwe na byose ni ngombwa ibisobanuro
birambuye bya i ikoranabuhanga bya th
eholy siyansi bya Kriya Yoga. Witegure
gusoma byose, kwiga byose kugeza
usobanukiwe byose kandi amaherezo
ushyire mu bikorwa inyigisho z'urukundo mu
bice byose by'ubuzima bwawe bwa buri
munsi kugira ngo ugere ku ntsinzi mu
myitozo yawe ya Kriya Yoga. Kriya Yoga ni
inzira y'Imana - urukundo ni lisansi mu nzira
yawе y'urukundo mu rugo.

Hans afite

urukundo

n'ibyishimo

[Imana ni Urukundo](#) | [Urukundo](#) | [Inyigisho](#)
[z'Urukundo](#) | [Imana umuhungu w'Urukundo](#)
| [Amasomo y'Urukundo](#) | [Wige kuvuga "](#)
[Jyewe ndagukunda"](#) | [Menya kwakira](#)
[urukundo"](#) | [Ibizamini by'urukundo n'ibindi](#)
[Ibisubizo by'urukundo](#) | [Ihuriro](#)
[ry'Iby'Umwuka - Ibisubizo by'ibibazo](#)
[Urukundo](#) | [Amakarita y'urukundo yo](#)
["kuvuga ngo "Ndagukunda](#)

Ubutunzi bw'Ubwenge

Paramhansa Yogananda

Ingingo z'Inyigisho



Incamake y'ubuzima bw'umunyabwenge

Byanditswe na Shri Daya Mata, wahoze ari perezida
w'umuryango wita ku bumenyi bw'umuntu ku giti cye
Byanditse inyigisho z'umwarimu Paramhansa
Yogananda kandi bikabikwa mu bisekuruza byinshi
Ubwo nabonaga Paramhansa Yogananda bwa mbere,
yari arimo gutanga ikiganiro imbere y'abantu benshi kandi
.batangaye cyane mu Muji wa Salt Lake mu 1931
Nari mpagaze mu mfuruka y'inyuma y'icyumba cyuzuye
abantu, ntari nitaye ku kintu cyose cyari kinkikije uretse
.umuvugizi n'amagambo ye
Umutima wanjye wose wari wuzuyemo ubwenge
n'urukundo by'Imana byanturutse mu mutima wanjye,
byuzuzwa umutima wanjye n'ubwenge bwanjye. icyo
nashoboraga gutekerezwa gusa ni uko, "Uyu muntu akunda
Imana nk'uko nanjye nahoraga nifuza kuyikunda. Izi Imana,
kandi nibyo nzakurikiza." Kandi ibyo nibyo nakoze kuva icyo
.gihe
Ubwo numvaga imbaraga z'umwuka z'amagambo ye mu
buzima bwanjye muri icyo myaka ya mbere hamwe
n'umwarimu wanjye w'icyubahiro Paramhansa, natangiye
kumva ko byihutirwa kwandika no kubika amagambo ye
.y'ubwenge ku isi yose no ku bisekuruza byose
Ku bw'amahirwe, mu myaka myinshi namaze nkorana
na Master Paramahansa, nafashe amajwi y'inyigisho ze
n'inama ze bwite—ubutunzi bukomeye kandi bwinshi
.bw'ubwenge butangaje n'urukundo rudasanze rw'Imana
Umwigisha w'abamarayika yahumekewe cyane,
agaragarira mu ijamba rye rihoraho; akenshi yavugaga
iminota myinshi icyarimwe nta guhagarara, cyangwa rimwe
.na rimwe isaha yose
Ubwo abamwumvaga bicaye batangaye kandi
batangaye, ikaramu yanjye yagendaga yihuta cyane! Ubwo
nandikaga amagambo ye nkoresheje inyuguti ngufi, numvise
nk'aho umwigisha udasanze wari waramanutse, ako kanya
.nhindura ijwi ry'umwarimu mu nyuguti ngufi ku mapaji

Kubyandika mu nyandiko isanzwe byari—kandi biracyari
—inshingano yera n'igikorwa cy'umugisha kugeza n'uyu
munsi. Nubwo nyuma y'iki gihe cyose—bimwe mu byo
nabonye bitangira mu myaka irenga mirongo ine—igihe
ntangiye kubyandika, nsanga ari bishya mu mutwe wanjye,
nk'aho byanditswe ejo, ku buryo numva—muri buri nteruro—
ijwi ryihariye ry'ijwi ry'Umwami w'abamarayika, mu bwihisho
.bw'umutima wanjye

Umwarimu ntiyakundaga gutegura ibiganiro bye na gato
Iyo aza gutegura na gato, byashoboraga kuba byaranditse
ibintu bike vuba kandi mu buryo bugufi. Mu nzira tujya ku
rusengero, yabazaga umwe muri twe—mu modoka—ati
Ni iyihe ngingo y'inyigisho yanjye uyu munsi?" "

Yashyiraga ubwenge bwe ku ngingo hanyuma agatanga
ikiganiro mu buryo butaziguye, akuramo isoko y'umwuka
.w'Imana

Ingingo z'inyigisho z'umwarimu zatangazwaga mbere
y'igihe mu nsengero, ariko ubwonko bwe rimwe na rimwe
bwakoreraga mu ishambi ritandukanye rwose igihe
.yatangiraga kuvuga

Uko byari bimeze kose ku ngingo y'umunsi, mwarimu
yavugaga ukuri kwari kwihishe inyuma y'ubwenge bwe muri
ako kanya, asuka ubumenyi bw'agaciro kenshi mu muyoboro
we w'ubunararibonye mu by'umwuka no mu buryo
bwumvikana, kandi bufatika. Hafi buri gihe, mu mpera
y'inyigisho, abantu benshi bazaga kumushimira ku
bw'ubumenyi yabahaye ku kibazo cyari kibabangamiye,
cyangwa wenda ku bw'igisobanuro cy'igitekerezo cya
.filozofiya cyari kibashishikaje cyane

Hari igihe, mu gihe cyo gutanga inyigisho, ubwenge
bw'umwarimu bwazamukaga cyane ku buryo yibagirwaga
abari aho akanya gato maze agasabana n'Imana. Umubiri we
.wose wuzuye ibyishimo n'urukundo rw'Imana
Muri iyo mimerere yo kumenya ibintu byo hejuru,
ubwenge bwe bwari buhuye neza n'ubwenge bw'Imana,

bityo yabonaga ukuri muri we maze asobanura ibyo yabonye
.n'ibyo yabonye

Abandi bashobora kuba baratewe ubwoba n'ubwiza bwa

Paramhansa Yogananda, ariko ubushyuhe bwe, kwicisha
bugufi kwe no kwicisha bugufi bye byahise byongera
amahoro n'ituze mu bari aho bose. Buri wese yumvaga
.nk'aho amagambo y'umuyobozi yari abwirwa we ubwe

Urwenya n'umwuka woroshye byari ibintu bishishikaje

byarangaga imico ya mwarimu. Akoresheje interuro
yatoranijwe neza, ikimenyetso gifite ishingiro, cyangwa isura
nziza, yashoboraga gutuma umuntu asubiza neza kandi
agaseka cyane mu gihe gikwiye kugira ngo asobanure
ingingo runaka cyangwa kugira ngo aruhure abamuteze
amatwi nyuma yo kwibanda ku ngingo runaka cyangwa
.ikibazo gikomeye kandi kidasobanutse neza

Umuntu ntashobora kwandika mu gitabo imitungo

yihariye Imiterere rusange ya Paramhansa Yogananda
irabagirana, irabagirana, kandi irarangwa n'urukundo. Ariko,
icyizere cyanjye cyo gutanga ubu buhinduzi bugufi ni
ugutanga ishusho bwite izatuma umusomyi yishimira kandi
.agashima inyigisho ze

Namaze kwibonera umwigisha wanjye w'abamarayika
mu bwumvikane busesuye n'ubwumvikane bwe butagatifu
n'Imana, kandi numvise ukuri kwinshi n'umwuka we mwinshi
kandi wuzuye; maze kwandika inyigisho ze zikomeye mu
bisekuru byose; none nkaba nazishyize mu maboko
y'abasomyi, sinabura kuvuga nti: "Yewe, ibyishimo byanjye
"!bikomeye

Ndasaba Imana Ishoborabyose ngo amagambo meza
y'umwarimu afungure amarembo y'ukwizera gukomeye mu
.Mana n'urukundo rw'Imana kuri Yo mu mitima y'ababyifuza

Inyigisho yo kwisubiraho mu bundi buryo ishobora kwemezwa na siyansi

Iyo umuntu yizeye Imana ikiranuka mu isanzure,
igitekerezo cyo kwisubiramo kirarushaho kumera neza, kuko
ibyo bitekerezo byombi bifitanye isano. Ariko se bite ku
batemera Imana n'abatemera Imana? Ese ukuri ko
kwisubiramo mu mubiri gushobora kwemezwa na siyansi
kugira ngo babishime? Kandi se inyigisho yo kwisubiramo
mu mubiri ishobora gukorerwa isesengura rikomeye rya
siyansi, atari ukugira ngo itange ibyiringiro gusa ahubwo no
?gutanga igihamya cy'ukuri kwayo

Abahanga mu bya siyansi b'ibintu bavuga ko
batarabona gihamya nyayo y'uko Imana ibaho, bityo
ntibashobora gutanga gihamya y'uko itegeko ryayo
rikiranuka rihari riha abantu bose amahirwe angana yo
.guhinduka no gutera imbere bagarutse mu kwigira umuntu
Imibabaro y'abana b'inzirakarengane, akarengane,
n'akarengane k'ubuzima, byose kuri abo bahanga mu bya
siyansi bisa nkaho ari ibintu bidasobanutse neza kandi
bidasobanutse, bigaragaza ko nta muremyi w'intungane
.uhari

Ku rundi ruhande, abenshi mu bemera Imana ikiranuka
kandi itunganye bashingira ukwemera kwabo ku kwemera
gusa, badafite ibimenyetso byo gutanga ku batizera. Akenshi
batinya gusuzuma ukwemera kwabo cyangwa bakakubaza
ibibazo byumvikana kubera gutinya ko bazabitakaza
cyangwa guteza imvururu mu mibereho yabo. Mu yandi
magambo, ntibazi amategeko ya siyansi cyangwa
.ay'umwuka ashobora kwemeza ukwemera kwabo
Ariko kuki amategeko y'umwuka adakorerwa iperereza
rikomeye nk'uburyo bw'igerageza bukoreshwa n'abahanga
mu bya siyansi mu kuvumbura ibintu karemano? Iki kibazo

cyabajijwe mu binyejana byinshi bishize n'abahanga mu by'umwuka bo mu Buhinde, bitanze kugira ngo bakisubize.

Ubushakashatsi bwabo bwatanze uburyo bwa siyansi umuntu wese ashobora gukoresha mu guhishura amategeko y'umwuka, bityo, gusobanukirwa kwisubiramo mu mubiri .n'ukuri kose kw'isi

Igihe cyose uburyo bwo gutanga ibimenyetso bukiriho, nta muntu ufite uburenganzira bwo kuvuga ko gusubira mu mubiri n'andi mategeko y'umwuka atari byo keretse .yagerageje uburyo kandi akabona ukuri n'amaso ye Umuntu ushidikanya ku bidukikije afite uburenganzira bwo kugaragaza igitekerezo cye, ariko bikomeza kuba igitekerezo gusa ntabwo ari ukuri

Mu bumenyi bw'ibinyabuzima, hagomba gukurikizwa uburyo bwihariye kugira ngo hagaragazwe inyigisho iyo ari yo yose iri gukorwaho ubushakashatsi. Udukoko ntitwitagaragara ku maso, bityo mikorosikopi ni ngombwa kugira ngo tuyirebe. Iyo umuntu yanze kureba muri mikorosikopi, ntabwo byavugwa ko yasuzumye kandi akagenzura inyigisho y'uko mikorosi zibaho. Kubera iyo mpamvu, igitekerezo cye nta gaciro gifite kuko atakurikije .amategeko yasabwe yo kugaragaza ko inyigisho ari iy'ukuri Ibi ni ko bigenda no ku by'umwuka Uburyo bwateguwe, amategeko ashyirwaho, n'ibisubizo byatanzwe ku muntu wese wifuza kugerageza. Ariko, mu bihugu by'iburengerazuba, kutagira uburyo bwa siyansi bwo gusuzuma amategeko y'umwuka byagabanyije cyane agaciro k'idini nk'imbaraga y'ingenzi mu buzima bw'umuntu. Inyigisho z'umwuka zemerwa cyangwa zikangwa hakurikijwe imyemerere ya buri muntu aho gufatwa nk'umusaruro uhamye w'ubushakashatsi bwimbitse n'ubushakashatsi .buhamye bw'iby'umwuka

Ni gute abanyabwenge ba kera b'Abahinde bavumbuye aya mategeko adahinduka y'isanzure? Mu gukora igerageza ku buzima bw'abantu n'ibitekerezo byabo muri laboratwari

z'aho batuye Kugira ngo dusobanukirwe imiterere y'ibintu karemano, tugomba kugerageza ibikoresho karemano. Mu buryo nk'ubwo, kugira ngo tuvumbure ukuri ku byerekeye kwisubiramo mu bundi bushya, cyangwa kwimuka kw'ubugingo bumwe mu mibiri myinshi, ni ngombwa gukora .igerageza ku bwenge bw'abantu

Aba bahanga ba kera basanze kamere muntu iguma idahinduka mu buzima bwe bwose, nubwo hari ibintu bitandukanye byamubayeho n'ihindagurika ry'ibitekerezo mu gihe cyo gukanguka, kurota, no mu gihe cyo gusinzira.

Bavumbuye ko ibitekerezo by'ibyumviro, ibidukikije, ibitekerezo, n'imiterere y'umubiri byose bihinduka, ariko kumva uri we, cyangwa ubwikunde, ntibihinduka na gato .kuva avutse kugeza apfuye

Abahanga mu bya siyansi b'Abahinde bagerageje bemeje ko iyo umuntu yitaye cyane kuri we ubwe binyuze mu kumukurikirana buri gihe, abyitayeho kandi yigenga, atitaye ku miterere ihindagurika yo kuba maso, inzosi, no gusinzira mu buryo butari ubwo kurota, ashobora kumenya .imiterere ihoraho kandi ihoraho y'umuntu ubwe

Umuntu akunze kumenya imwe muri izi mimerere. Aba azi neza iyo ari maso, kandi rimwe na rimwe ashobora no kumenya uko arota. Si ibisanzwe kumva ko arimo kurota iyo ari

Binyuze mu buryo n'imikorere imwe n'imwe, umuntu ashobora gukomeza kumenya buri kimwe muri ibyo byavuzwe haruguru. Ashobora no kugera ku rwego rwa kane .—imimerere myiza yo kumenya ibintu byo hejuru

Mu gihe cyo gusinzira, kuruhuka ku bushake bibaho uko ibikorwa mu mitsi n'amatwi bishira. Mu myitozo, umuntu ashobora gutuma uyu muruhuko ari maso kandi binyuze mu gushyiraho imihati. Mu gusinzira cyane cyangwa gupfa, kuruhuka burundu bibaho uko imbaraga z'ubuzima zigenda ziva mu mutima no mu ruti rw'umugongo. Binyuze mu gutekereza cyane, uku kuruhuka ku buryo bwuzuye

bishobora guterwa no kumenya igihe ari maso. Mu yandi
magambo, buri gikorwa cy'umubiri kidakozwe ku bushake
gishobora kugenzurwa no ku bushake binyuze mu myitozo
.yihariye

Abanyabwenge ba kera b'Abahinde bafashe umwanzuro
ko urupfu ari ugukura imbaraga z'ubuzima mu itara
ry'umubiri w'umuntu, harimo imitsi yawo, ibyumviro,
n'imiyoboro myinshi y'ingufu z'ubuzima Nk'uko
amashanyarazi adapfa iyo akuwe mu itara ryamenetse, ni ko
n'imbaraga z'ubuzima zidapfa iyo akuwe mu mitsi idakora ku
bushake. Ntibishoboka ko ingufu zangirika. Ziva mu mubiri
.iyo umuntu apfuye zigasubira mu mbaraga z'ikirere
Mu gihe cyo gusinzira, ubwenge bw'ibyumviro
buhagarara gukora uko amashanyarazi ari mu mitsi
ahagarara by'agateganyo. Mu rupfu, ubwenge bw'umuntu
buhagarara burundu mu mubiri, hanyuma bugasa n'ukuboko
kwamugaye; nyirako aba azi ko kuriho ariko ntashobora
kukwigenzura cyangwa ngo akore ku byo atekereza
Inyandiko z'abaganga zivuga ku byabaye ku mupadiri winjiye
muri koma yumva abari bamukikije baririra urupfu rwe,
nyamara ntiyashoboye kugaragaza amarangamutima ye
binyuze mu mikorere y'umubiri we. Imiterere ye y'umubiri
yari yahagaze mu buryo butunguranye kandi yanga gusubiza
amabwiriza ye yo mu mutwe. Nyuma yo kumara amasaha
makumyabiri n'ane muri iyo mimerere, kandi ubwo yari
agiye kujyanwa gushyingurwa, yakoze ibishoboka byose
maze abasha kwimuka. Iki kibazo kigaragaza ko umuntu
yumva ameze neza nubwo umubiri we wasaga n'aho udafite
.ubuzima

Abanyabwenge bavuga ko umuntu agomba
gutandukanya ibikorwa n'ubwenge n'umubiri, akitegereza
uko ibitotsi bigenda, kandi akitoza gukura ibikorwa
by'ubwenge mu mutima no mu ruti rw'umugongo ku
bushake. Mu kubikora, umuntu yiga kwemera ibyo urupfu
.ruzamutera atabizi kandi atabishaka

Ingufu z'ingenzi zinjira mu mubiri zinyuze muri medulla oblongata zikabikwa mu kigega cy'ubwonko. Hanyuma zikamanuka mu bindi bice bitanu by'ubuzima n'ubwenge mu ruti rw'umugongo, aho zikwirakwizwa mu ngingo z'umubiri .n'ibindi bice by'umubiri

Iyo umuntu apfuye, imbaraga z'ingenzi zijya mu mugongo burundu kandi burundu, zigasohoka mu mubiri binyuze muri medulla oblongata. Umuhanga muri yoga ashobora, binyuze mu bushake no kumenya, gukura izi mbaraga z'ingenzi mu mubiri no kumva mu mugongo, akazishyira mu myanya yo hejuru y'ibitekerezo byera, aho yumva ibyishimo byo kuba "yarapfuye" - ni ukuvuga ko yibohoye ku bitekerezo bidafite ishingiro bituruka ku .kwiambira ku bwenge buke bw'umubiri

Hari urubanza rwanditse mu nyandiko z'abaganga b'Abafaransa n'abandi b'i Burayi rurebana n'umugabo witwa Sadhu Haridas, mu rukiko rw'Umwami w'Ubuhande Rajneet Singh. Uru rubanza rugaragaza ko Sadhu Haridas yashoboye gutandukanya ibikorwa bye by'ingenzi n'ubwenge bwe, hanyuma akongera kubihuza nyuma y'amezi menshi. Umurambo we washyinguye muni y'ubutaka, kandi ako gace kari gakurikiranwe cyane amasaha yose mu gihe cy'amezi menshi. Mu mpera z'iki gihe, umurambo we warakuwemo ukanasuzumwa n'abaganga b'i Burayi batangaje ko yapfuye. Ariko, nyuma y'iminota mike iri tangazo, yafunguye amaso ye yongerera kugenzura imikorere ye yose y'umubiri, abaho imyaka myinshi nyuma yaho. Yari yarize binyuze mu myitozo uburyo bwo kugenzura imikorere yose y'umubiri we n'ubwonko bwe. Yari intiti mu by'umwuka yari yarakoze igerageza ry'iby'umwuka ryasabwe n'abanyabwenge kugira ngo basobanukirwe imiterere nyayo y'amategeko y'isi. Kubera iyo mpamvu, yashoboye kugaragaza ko kubaho kw'umuntu nyuma y'urupfu no .kudapfa kw'ishingiro ry'ubugingo budapfa

Abifuza kwiyerekana ukuri kwa siyansi ku byerekeye
kwisubiramo mu mubiri bagomba kubanza kugaragaza ko
ubwenge bukomeza nyuma y'urupfu binyuze mu
gutandukanya umubiri n'ubugingo mu buryo buziguye. Ibi
bishobora gukorwa bakurikije amategeko yashyizweho
n'abahanga mu by'umwuka b'Abahinde mu binyejana
byinshi bishize. Iyo umuntu yiga kuba maso mu gihe cyo
gusinzira, gurota inzosi uko abyishakirye, no gutandukanya
ibyumviro bitanu mu buryo buziguye—atari nk'uko bibaho
mu gihe cyo gusinzira—kandi icyo gihe kugenzura imikorere
y'umutima, icyo gihe azabasha gupfa mu buryo buziguye
cyangwa mu gihe cyo kutamenya umubiri (atari mu gihe cyo
kutamenya)

Abahanga bacu bavugaga ko umuntu ubwe yiyizi neza mu
byiciro byose by'ubwana, ubuto, no gusaza. Roho isanzwe
ihora izi uko umuntu ahagaze, harimo no kwakira undi mubiri
nyuma y'urupfu no kugenda hagati y'isi ifatika n'iy'isi. Uku
.kuri ntigushidikanywaho n'abazi neza siyansi y'umwuka
Mu gushyira mu bikorwa uburyo butuma habaho izo
nzego enye zavuzwe haruguru, dushobora gukurikirana uko
umuntu amaze mu miterere ye y'ubuzima. Dushobora
kuyikurikirana mu buryo buzwi mu gihe cy'urupfu, igihe
.izerera mu kirere, no kugaruka kwayo mu mubiri mushya
Abatigishijwe ibi bintu ntibashobora kugumana ubwenge
mu gihe cyo gusinzira cyane: urupfu Bityo, ntibashobora
kwibuka uko babayeho mbere, ndetse n'ibihe byo "gusinzira
.cyane" mu buzima bwabo bwose
Mu gukoresha uburyo bw'abahanga ba kera b'Abahinde
bagerageje kandi bagahamya aya mategeko, kandi bagaha
isi ubumenyi bw'agaciro kandi bushobora kwemezwa,
umuntu ashobora kumenya ukuri kwa siyansi ku byerekeye
.kuvuka mu mubiri n'ubundi kuri kose kw'iteka

Inseko nyayo ni inseko y'ibyishimo byo mu mwuka,
ikomoka ku gutekereza, gutekereza ku Mana, no kumva ko
iriho. Inseko yanjye ituruka ku byishimo bikomeye biri muri
njye—ibyishimo bigerwaho na bose. Ni nk'impumuro nziza
iva mu mutima w'indabyo z'indabyo. Ibi byishimo bikomeye
.bitumira abandi kwibira mu mazi matagatifu y'ibyishimo

Hari imiterere ine umuntu usanzwe azi: ibyishimo iyo
arangije icyifuzo cye, kubura ibyishimo iyo abihakanye,
kurambirwa iyo adafite ibyishimo cyangwa agahinda,
n'amahoro iyo atsinze ayo marangamutima cyangwa
imiterere yo mu mutwe y'ibyishimo, ububabare, no
.kurambirwa

Amahoro ni imimerere ishimishije cyane iterwa no
kutagira agahinda n'ibyishimo, no kubura umunaniro. Ibi
bihe bihora bizenguruka hejuru y'ubugingo. Nyuma yo
kugendera mu miraba y'ububabare n'ibyishimo, harimo no
kwiroha mu munaniro ukabije, hari ibyishimo mu kureremba
mu nyanja ituje y'amahoro. Ariko amahoro aruta ibyishimo
byo mu mwuka - ibyishimo by'ubugingo - ibyishimo
by'ikirenga. Ni ibyishimo bidashira ariko bigumana
n'ubugingo iteka ryose. Ibi byishimo by'ikirenga bishobora
.kugerwaho gusa binyuze mu kumenya ko Imana iriho

Iyo ushyize igikombe cy'amazi muni y'urumuri
rw'ukwezi hanyuma ukagikangura, uzaba ukoze ishusho
idahwitse y'ukwezi Iyo amazi aguye mu gikombe, ishusho iba
isobanutse neza. Igihe amazi ari mu gikombe aba atuje
kandi agaragaza isura y'ukwezi mu buryo busobanutse neza
gishobora kugereranywa n'imimerere y'amahoro yo
gutekereza no gutuza cyane. Mu mahoro yo gutekereza,
imiraba yose y'ibiyumvo n'ibitekerezo irahagarara kuva mu
bitekerezo. Kandi muri iyi mimerere y'amahoro yimbitse,
umuntu utekereza, muri iyo ituze, abona ukwezi kuzuye
.k'ubumwe bw'Imana kugaragarira mu kiyaga cy'ubugingo

Amahoro ni imimerere yo kudakora, ikaba idafite
imiraba y'ibyishimo, ububabare, no kutitaho. Bityo, umuntu
utekereza akururwa, nyuma y'igihe gito, kugira ngo yongere
agire imiraba y'amarangamutima. Ariko uko amahoro yo
gutekereza arushaho kuba maremare, ni ko ahinduka
umutuzo wo mu mwuka, bityo akaba ibyishimo byiza, ku
buryo umuntu utekereza yumva ibyishimo bihora
.bivugururwa kandi binyuzwe rwose

Iyo usinziriye, utekereza ibintu bitoroshye kandi bitagira
icyo bitwaye. Ariko iyo ucecetse ibitekerezo
n'amarangamutima binyuze mu gutekereza, ikintu cya
mbere ubona ni amahoro, kandi imitsi yo mu maso yawe
ikora inseko igaragaza amahoro yo mu mutima. Ariko
ugomba kureba hirya y'iyi mimerere y'amahoro kugira ngo
ubone ubuziranenge bw'ubugingo bwawe—ubuziranenge
butandujwe n'ibintu bitera kumva cyangwa uburyo bwo
kwihutira gutekereza ku bitekerezo bifitanye isano
n'amarangamutima. Imiterere uhura nayo ni iyo kwishima
.iteka ryose, guhora uvugururwa

Abahanuzi n'abera bagira ibi byishimo mu mitima yabo
bahora bumva umutekano n'ituze bihebuje, ntibahungabana
kandi ntibatsindwa n'inkubi y'uburakari, kandi impungenge
n'ubwoba ntibibakoraho. Bakoresheje ubwenge cyangwa
ubwenge, bashobora gusesengura ibitekerezo byabo
cyangwa ibitekerezo by'abandi ku meza y'imikorere
y'ubwenge mu gihe bagumana ituze n'ituze. Muri ubu buryo
bwiza, agahinda kose karashira, kandi ubushishozi
bw'umwuka bugaragara mu mubiri w'umuntu ushaka
.wishimye, bugakomeza isano ye n'Imana

Inseko nyinshi zituruka ku byiyumvo byiza bikomoka ku
bikorwa by'ubugwaneza, cyangwa ku byiyumvo by'ubucuti,
urukundo, ubugwaneza, cyangwa impuhwe. Ariko uburyo
bwiza cyane bwo kumwenyura ni igihe umutima w'umuntu

wuzuye urukundo rw'Imana. Hanyuma umuntu azabasha
gukunda buri wese kandi azabasha kumwenyura buri gihe.
Izindi nseko zose zirahita kuko amarangamutima, uko yaba
meza kose, arashira, agashira, hanyuma agashira. Ikintu
cyonyine kiramba ni ibyishimo by'Imana. Iyo ufite ibyo
byishimo, ushobora kumwenyura igihe cyose; bitabaye ibyo,
ntuzashobora kumva ufiteye umuntu ugusubiza ineza yawe
.nabi

Nzi umugabo wagaragaje agahinda kenshi ubwo
umugore we yapfaga. Nasuzumye amarangamutima ye
y'ubuswa, ndamubwira nti: "Uzongera gushaka mu kwezi
kumwe" Yararakaye yanga kongera kumbona, ariko yongera
gushaka mu kwezi kumwe umugore we apfuye. Yibwiraga ko
urukundo yakundaga umugore we wa mbere rwari runini
!cyane, ariko amwibagirwa vuba cyane

Sinzibagirwa isomo rikomeye nize ku mwarimu wanjye,
:Sri Yuktswarji, ubwo yambwiraga iyi nkuru nto

Nkiri umwana muto, natangiye gutwarwa n'igitekerezo"
cyo gutunga imbwa nto, isa nabi y'abaturanyi, maze nteza
akaduruvayo mu nzu mu gihe cy'ibyumweru byinshi kugira
ngo mbone iyo mbwa. Nanze cyane amatungo yose asa neza
".cyane, nifuzaga iyo mbwa gusa nta yindi

Ukuntu abantu bakundana kimwe ni ko bifatanyaga
n'abandi mu byo bita urukundo rw'agahararo. Abakundana
bakururwa cyane n'isura runaka ku buryo badashobora
kubona ihumure ahandi. Ariko ubwiza twagombye gushaka
mu bandi ni ubwiza bw'ibikorwa byiza, imico myiza,
.n'ibyifuzo by'umwuka, si ubwiza bw'umubiri

Iyo roho yawe yuzuye ibyishimo, uba mwiza cyane. Nta
kindi nkunda uretse inseko y'ukuri kandi idahumanye kuko
ityo idafite, abantu ntibatandukanye n'ibipupe. Uyu munsu
bavugaga ko bazagukunda iteka ryose, ejo bagashyingurwa.

None se urukundo rwabo rukomeye ruri he? Kandi se koko,
"?"Uri ubuzima bwanjye, nanjye nzagukunda iteka ryose

Ariko niba wemereye Imana kukubwira, nubwo yaba
rimwe gusa iti "Ndagukunda," urwo rukundo ruzahoraho
by'ukuri Kuki wapfusha ubusa igihe ushakisha uduce
tw'urukundo rw'abantu, amafaranga make, cyangwa ibi
cyangwa biriya, mu gihe ushobora kubona byose mu Mana:
urukundo rwose ruri ku isi, imbaraga zose ziriho? Ntidukwiye
gushaka Imana kubera umururumba w'ububasha, ahubwo
kubera icyifuzo cy'urukundo. Hanyuma tuzabona ubutunzi
bukomeye cyane. Kandi iyo dukunda Imana n'urukundo
rwimbitse kandi ruvuye ku mutima, izadusubiza, kandi
.tuzumva urukundo rwayo rukubita mu mitima yacu

Umuntu ushakisha agomba gutekereza kenshi, kuko
ubuzima buryoherwa no gutekereza ku Mana. Gutekereza
biruta cyane kumara amasaha menshi ashakisha
amafaranga, urukundo rwa muntu, cyangwa ikindi kintu
cyose gishobora kuza mu mutwe. Uko umuntu arushaho
gutekereza, kandi uko ubwenge bwe bukomeza gukomera
mu mwuka mu gihe akora, ni ko umuntu arushaho kugira
ubushobozi bwo kumwenyura. Ndi muri ubwo bwami ubu
n'iteka ryose—mu bwenge bw'Imana. Nta kintu kingiraho
ingaruka. Yaba ndi njyenyine cyangwa ndi kumwe n'abandi,
ibyishimo by'Imana bihora bintemba muri njye. Nashoboye
kugumana inseko yanjye. Ariko gutsinda iyo nseko byari
akazi katoroshye! Izo nseko zimwe na zimwe na zo ziri muri
wowe—ibyishimo bimwe n'ibyishimo by'ubugingo biba muri
wowe. Ntabwo ukeneye kuzigaraho, ahubwo kuzigarura.
Wazitakaje by'agateganyo binyuze mu kwinezeza hamwe
.n'ibyumviro, kandi ushobora kuzigarura

Umuntu wese wemera ko ibintu bifatika, bishobora
kwishimirwa binyuze mu kubona, kumva, kuryoherwa,
guhumurirwa no gukoraho, bizana ibyishimo gusa, yibeshya

cyane. Ibyumviro ntibitanga ibyishimo; ahubwo, birabitubuza. Iyo ushyizeho amategeko ku byishimo byawe, nko kuvuga uti "Sinshobora kwishima keretse mbonye iyo sura," ntuzigera uryohereza n'ibyishimo bitunganye, kuko ibyishimo by'amarangamutima ari iby'igihe gito. Iminsi n'imyaka bigira ingaruka ku bwiza bw'umubiri. Ibintu byose biri mu isi bigengwa n'itegeko ry'impinduka. Bityo, nubwo umuntu yabona isura nziza yose ku isi, akumva amajwi yose, kandi agakora ku byo yifuzaga byose, ntabwo yabona ibyishimo nyakuri. Nyamara, ashobora kwishuka akibwira ko yishimye. Hari igihe, nyuma yo gukoresha imbaraga nyinshi kugira ngo agere ku kintu, avumbura ko nta byishimo biri muri icyo kintu ubwacyo. Nyamara, babona ibyishimo bimwe na bimwe bivuye mu mbaraga bakoze, bityo bakibwira ko bishimye. Ariko ubwo bwoko bw'ibyishimo ni ubw'igihe gito .kandi ni ubw'igihe gito

Bityo rero, gushaka ibyishimo mu buryo bw'umwuka ni ubusa. Ibyishimo byo mu mwuka bigomba kuboneka no kugaragazwa mu magambo no mu maso. Iyo umuntu abikoze, ndetse n'inseko ntoya izatwikira abantu bose bamukikije imbaraga zayo z'icyubahiro, kandi abandi .bazumva bishimye

Ariko Imana yonyine ni yo ishobora guhindura imitima Ntitugomba kwiwitirira ubushobozi bwo gukora ibyiza. Imana ni yo yonyine ikora ibyiza. Iyi si ni iyayo. Niba wumva ko iriho kandi ukamenya ko ari yo igenga byose, kandi niba uyihaye byose—ibikorwa byiza ndetse n'ibibi—uzatangazwa no .gusanga ibikorwa byawe byose bizahinduka ibikorwa byiza

Iyo kumenya Imana kuri muri wowe, ntuzashobora gukora ikintu icyo ari cyo cyose kitayishimisha Tugomba kuyiyegurira ubuzima bwacu kandi tukamenya ko ari Imana iduhumekera ibitekerezo byiza kandi ikadushishikariza gukora ibikorwa byiza Tugomba gukuraho ubwo "bwirasi," ari

na bwo nzitizi ikomeye kuri ubu bumenyi bubohora Umuntu
ntiyabasha kuzamura ukuboko kwe iyo Imana izimya akantu
gato k'ubuzima muri medulla oblongata ye! [Ingingo
y'ibanze imbaraga z'ubuzima zinyuramo]

Hari igihe nicaye hanze, kandi hari hakonje cyane nahise
nshyira ubwenge bwanjye imbere, maze mu kanya nk'ako
guhumbya, sinashoboraga kongera kumva ubukonje na gato
numvaga mfite ibyishimo byinshi, kandi rimwe na rimwe,
nabonaga umubiri wanjye n'ibintu byose binkikije bishonga
mu mucyo umwe. Nashoboraga kubona imiterere yanjye iyo
nyibanzeho, kandi isi yazimira iyo nyibanzeho mu mucyo.
Nta kintu na kimwe gishobora kugaragara udafite ubumenyi.
Niba ufite ububasha bwuzuye ku bwenge bwawe kandi
ukireba imbere yawe, uzabona uwo mucyo ukomeye
.w'Imana, nubwo amaso yawe yafunguye

Iyo urebesheje amaso yawe inyuma unyuze mu maso
yawo, ubwenge bwawe bubona isi yo hanze. Ibintu byose
biriho ni ishusho ikora ku mutima muri filime y'Imana yo mu
kirere. Uwo munsu, nashoboye kubona amarangamutima
n'ibitekerezo byari inzozo ku bwenge bwanjye buturuka ku
Mana. Nashoboye kandi kumva ibyishimo bitagira
amarangamutima ubwo nashyiraga ubwenge bwanjye
imbere. Nubwo nari nicaye muri ubwo bukonje bukabije,
nambaye imyenda yoroheje gusa, numvaga ubukonje
n'ibintu bibura, kandi ibyishimo gusa ni byo byantwaye.
Nyuma, nagize amarangamutima amwe n'amwe ubwo
.nabonaga ibyo byishimo bikomeye

Tugomba kwitoza kumva Imana Ntidukwiye kunyurwa
no kuvuga isengesho rigufi cyangwa kubona urumuri
rworoshye Umuntu wese ushobora kugenzura irari rye
ry'imibonano mpuzabitsina mu buryo bushyize mu gaciro,
gucunga ibyumviro bye ku rugero runaka, no gukurikira
Imana n'imbaraga ze zose nta gushidikanya ko azagirana

n'Imana niba abyifuza Nubwo umuntu yaba ashyigikiye
cyane amahame mbwirizamuco kandi akaba afite ubushake
n'imyitwarire by'umwuka, ibi ntibihagije adafite ubushishozi
.nyakuri bw'Imana

Umuntu ntagomba kwibeshya Niba yifuza
ubunararibonye bwo mu mwuka, agomba gutekereza neza
akabwira Imana ati: “Mwami, nzi intege nke zanjye, ariko
ntabwo zizambara inzitizi hagati yanjye nawe. Ndashaka
kugumana nawe gusa kuko ari wowe wandemye kandi
”.inshingano yanjye ya mbere ni wowe

Umunyabwenge agira inama umuntu ushaka ko atifata
nk'umunyabyaha, cyangwa ngo yiyite umukiranutsi ngo
yibone, ahubwo amenye ko Imana iri kumwe na we kandi
ikorera muri we. Hanyuma azabona isi nshya. Nta bumenyi
bw'Imana, iyi si isa n'iyuzuyemo amakimbirane, urugomo,
n'ibibabaje kandi biteye ubwoba. Nta buhungiro buhari
.keretse muri ubwo bumenyi bw'Imana buhebuje

Mu isegonda rimwe, Imana ishobora kurema ishusho
nyayo y'umuntu wese wavuye kuri iyi si binyuze mu rupfu
Tugomba kumenya uku kuri Imana ishaka ko dusobanukirwa
ko iki cyaremwe ari ikintu cy'iyerekwa gusa. Niba dufashe iki
gitaramo nk'ikintu gikomeye cyane, tuzababara kandi
tugatakaza ibyishimo byacyo, kandi ntituzashobora
kwihangana ubuzima hamwe n'indwara zacyo, imibabaro,
.agahinda n'imitwaro

Iyo ikintu icyo ari cyo cyose kintera ububabare
bw'umubiri, nshyira ubwenge bwanjye ku kintu cy'umwuka
kiri hagati y'amaso yanjye, kandi nta bubabare numva na
buke. Ariko iyo nibanda ku isoko y'ububabare, mbibona
nk'impimbano. Niba ushobora gukomeza kumenya
iby'umwuka, ntuzababara igihe igicucu cy'agahinda kinyura
imbere y'ubugingo bwawe. Senga Imana ubudasiba kugira

ngo yigaragaze nk'ukuri kwihariye kandi kwishimye kuri
.wowe

Abantu bapfusha ubusa igihe kinini, urupfu rukabatwara
umwe umwe. Intego y'ubuzima ni ukumenya Imana, kandi
umuntu ntagomba kuva muri uyu mubiri atageze kuri iyo
.ntego

Imana ishaka ko twongera ubumenyi bwacu kandi
tukarenga ibintu bibiri by'iyi si, ariko ntizemera ko umuntu
ava burundu muri ubu buhungiro bw'ibitekerezo bibi keretse
.yivuje indwara y'irari

Tugomba gukora ibyo dukora byose ku bw'Imana.
Gukorera Imana ni ingenzi kimwe no gutekereza ku
.iterambere ry'umwuka

Mu ijoro, iyo umwigishwa atekereza ku Mana, umwuka
we urazamuka kandi yumva yinjijwe mu byishimo byayo Iyo
akora akazi ke ku manywa, azana n'urwibutso rw'iyi
mimerere kandi agakomeza kugira ibyishimo byayo, bityo
agakomeza kugirana ubumwe n'Imana, kandi azahora
abasha kumwenyura agira ati: "Akababaro gato cyangwa
ibyishimo bike, cyangwa amahoro make, ntibishobora gutera
urusaku cyangwa impagarara mu byishimo bihoroaho byo mu
"mutima wanjye

Tugomba gushinyagurira ibitekerezo bishukana
by'ubuzima no kubibona nk'uruhererekane rw'ishusho zihora
zihinduka kandi z'igihe gito zo mu isanzure. icyo gihe ni bwo
tuzarokoka ubupfumu bw'ibitekerezo bishukana byo mu
isanzure. Tugomba kubaho mu buntu bw'Imana. Iyo
dushobora guhagarara dushikamye kandi dushikamye mu
buntu bitandukanye by'ubuzima, tuzamenya ko Imana ari yo
yonyine nyakuri mu isanzure. Imana ntishaka kutugirira nabi
kuko yaturemye mu ishusho yayo. Tugomba kureka
kwitekerezaho nk'abantu b'intege nke no kumenya

ubushobozi bunini bw'isanzure muri twe, dutegereje
.kurekurwa

Iyo umuntu arwaye kanseri cyangwa indi ndwara iyo ari
yo yose, ntabwo ari ikintu cyoroshye. Nyamara, abahanuzi
n'abera bihanganiye byinshi, bakiza abarwayi ndetse bamwe
bazura abapfuye, kandi ibyishimo byabo by'Imana
byagumanye na bo mu buzima bwabo bwose. Mu buryo
nk'ubwo, tugomba kugarukira Imana n'imitima yacu,
ubwenge bwacu, n'imigambi yacu. Ariko ntabwo tuzashobora
.kuyigeraho keretse twemeye ko tuyifuza kuruta ibindi byose

Umuntu ntakwiye kubaza Imana, kuko iyo abibajije,
azasarura gushidikanya gusa. Ntabwo azashobora kumenya
amategeko yayo kugeza igihe azahurira na yo None se kuki
watakaza umwanya ugerageza gusobanukirwa ayo
?mategeko mu buryo bushyize mu gaciro gusa

Iyo usoma igitabo aho intwari ifatwa nabi maze umugizi
wa nabi agasa n'utsinda, kandi aho buri gice kivuguruza
icyabanjirije icyo, wakumva ubabaye kandi urakariye
umwanditsi. Ariko iyo usomye igice cya nyuma, wakumva
uruhutse kandi ukagifata nk'igitabo cyiza cyane kubera
uburyo kigoye n'inkuru igoye. Mu buryo nk'ubwo, Imana ni
yo mwanditsi w'igitabo gikomeye cyane mu kubaho, kandi
ivuguruzanya n'ingorane z'ibyaremwe byazabangamira
ndetse n'ubwenge bw'umuntu buhambaye. Ariko
nitumubona mu gice cya nyuma, azahishura ibisubizo
by'amayobera yose y'ubuzima bw'abantu, kandi nta
gushidikanya ku butabera bwe n'ubwenge bwe nitubona
!igisubizo kivuye kuri we. Mbega ukuntu ari byiza cyane

Kubaho kw'Imana bikuraho gushidikanya, agahinda,
n'ubwoba Abafite Imana mu mitima yabo batsindwa
n'ubwoba, bahunga kandi bakibohora mu binyoma byo mu
kirere. Hanyuma bazamwenyura bavuga bati: "Amaherezo,
nzi ibanga ry'ubuzima n'amayobera yo kubaho." Ariko

ntitugomba kubanza gushaka ubumenyi Tugomba gukunda
Imana mbere na mbere, hanyuma ikaduhishurira byose
twifuza kumenya. Ibi bibaye, nshuti yanjye, uzamwenyura
inseko ihoraho. Ibitekerezo byawe, amagambo, inyandiko,
n'ibyo ukora byose bizarangwa n'ibyishimo by'iyi nseko. Aho
utekereje hose, uzasiga impumuro y'inseko, kandi abasura
.aho hantu bese bazamwenyura hamwe n'Imana

Ushobora guhora umwenyura iyo ubayeho mu byishimo
bye bitavugwa, kuko ari byera cyane ku buryo bitavugwaho
.rumwe

Amahoro abe kuri mwe

Ubwikunde n'ubwitange

Ibyo umuntu ateganya cyangwa yoherereza abandi—mu
magambo, mu bikorwa no mu bitekerezo—bizabakurura mu
buryo bumwe no mu rugero rumwe Imiterere yabo nyakuri
izagaragazwa binyuze mu miterere y'isura yabo n'ibikorwa
byabo Abandi bazumva imihindagurikire cyangwa imiraba
yabo yo mu mutwe, kandi uko babyitwaramo bizaba bihuye
n'imiterere y'iyi mihindagurikire—imeze nabi cyangwa nziza

Umuntu wese ufata inzira y'ubwikunde bubi, abandi
bazagerageza kumwambura ibyo afite byose, ariko niba atari
.byo, abandi bazamwereka ubuntu n'impuhwe

Ntidushobora gutunga byose icyo dufite ni impano
ituruka ku Mana, yagenewe gukoreshwa by'igihe gito mu
gihe tukiri kuri iyi si. Bitebe bitebuke, tuzaba tugomba
gutandukana n'ibyo dutunze, byaba binyuze mu mpanuka,
ubujura, kwangirika, cyangwa urupfu. Bityo rero, iyo

tugerageje kwihambira ku kintu icyo ari cyo cyose kugira
.ngo twibonere umutungo, tuba twibeshya

Ndetse n'iyi mibiri tumaze imyaka myinshi tubamo
umunsi umwe izarekurwa. Bityo rero, ni ikosa kwihatira
kwizera ko dufite ibintu bidashobora gutunganwa by'ukuri.
Iyo duhawe ikintu, tugomba kumva ko ari icyacu gusa mu
.gihe gito, kandi tugomba kwitegura kugisangiza abandi

Iyo umuntu yifuza ibirenze ibyo akeneye, hari ibibazo
bikomeye bimutegereje
Umuntu wicisha bugufi ukunda Imana ni we uruta
bose

Imana ntabwo itwihishe Ituvugisha binyuze mu
ndabyo, mu bitekerezaho byacu, no mu byaremwe byose
Intego yonyine yo kubaho ni ugutuma umuntu
akemurira ikibazo cye kandi akamenya ko Imana iri
inyuma ye

Abantu bumva ubwumvikane n'ubwumvikane muri
.bo bazi ubwumvikane n'ubwumvikane muri kamere yabo

Nta gushidikanya ko tugomba kugira ibyo dukeneye
by'ibanze nko kurya, kwambara no kugira umutekano mu
by'amafaranga, ariko mu gushaka ibyo bintu tugomba
kwikuramo ibyo dukeneye bitari ngombwa, kandi ibyo
ndashaka kuvuga ibyifuzo bifatika n'irari rikomeye ryo kugira
.ibirenze ibyo dukeneye

Tugomba kuzirikana ko mu gihe duharanira guhaza ibyo
dukeneye, tugomba no gufasha abandi mu byo bakeneye no
.gusangira ibyo twinjiza n'abatishoboye

Twibuke ko turi igice cy'ingenzi cy'umuryango w'isi yose
kandi tudashobora kubaho tudafite uwo muryango. Ubuzima
bwaba bumeze gute tudafite umubaji, umuvumbuzi,
cyangwa umuhinzi? Binyuze mu guhanahana serivisi

n'ubuhanga, Imana ishaka ko dutekereza ku bandi, kuko
.kubaho ku giti cyacu ari ikosa rikomeye

Iyo dutekereje ku byishimo byacu, tugomba no
gutekereza ku byishimo by'abandi. Si ngombwa guhara
byose kubera umuryango mpuzamahanga, kuko ibyo
bidashoboka. Ariko tugomba kwishyira mu mwanya w'abandi
no gutekereza ku byo bakeneye nk'uko ibyacu Imana ishaka
ko duha abandi ibyo dukenera. Abandi ni bo bakomeye kuri
twe. Ariko umuntu usanzwe yitekerezaho gusa, mbere ya
.byose

Nta gushidikanya ko kamere yo kubaho ikomeye Ariko
isi yongera iyi mitekerereze muri twe kandi ikagaragaza ko
ari ngombwa kwihambira ku byose byacu. Ariko, tugomba
kwibuka ko abagaragu b'Imana bose ari umuryango wayo
.kandi ko twese turi abavandimwe kuri iyi si

Imana yahaye abantu ubwenge n'ubushishozi, bigatuma
bashobora kugira inzara n'ubukonje. Tugomba kumenya ko
abandi badukikije nabo bagira inzara n'ubukonje. Iyo
dushaka ihumure ryacu, tugomba no kwihatira gufasha
abandi kubona ihumure. Kubera ko tudakunda ububabare
n'imibabaro, tugomba gufasha abafite ibibazo badukikije
kugira ngo tugabanye imibabaro yabo kandi tubakureho
imibabaro. Bababara nkatwe, kandi bamwe bashobora
.kubabara kurusha twe

Iyo impuhwe z'umuntu zigarukira ku muryango we
n'inshuti ze gusa, nta wundi muntu uhari, yishyira mu kaga,
maze ibyishimo bikamuhunga bigasimburwa n'ibibazo
.bitunguranye

Tugomba kwitegura gufasha abandi uko dushoboye
kose, kandi tukabona ibyishimo mu gufasha abo duhura
nabo. Ntidukwiye kubitekereza nk'igitambo, kuko turamutse
tubifashe, gufasha byaba umutwaro. Ahubwo, twagombye

kumva ibyishimo byo mu mutima, kuko gutanga ari
umugisha, kandi hari ibyishimo bizwi n'abagerageza gufasha
abandi, haba mu buryo bw'umubiri no mu buryo
bw'amarangamutima, kandi bagasana imitima yabo
.yangiritse

Isi iramutse iretse ubwikunde bwayo bubi, twabona
paradizo kuri iyi si

Imbuto z'intambara ziri mu mutima w'ubwikunde bubi
Abantu ba mbere bakoresheje inkoni z'amabuye bwa mbere,
nyuma zikaza guhinduka imiheto n'imyambi, kugira ngo
birinde ubwikunde bwabo ku bandi. Nyuma yaho, imbunda
n'amasasu byaravumbuwe, hanyuma havumburwa imbunda
za mashini, hanyuma ibisasu n'imyuka y'uburozi—byose
kugira ngo birinde ubwikunde bw'itsinda rimwe ry'abantu ku
.bwikunde bw'irindi tsinda

Kubera ubwo bwikunde buteye ishozi, intambara
ziratangira, ubukungu burahungabana, hanyuma
.ihungabana ry'ubukungu rigatangira

Ubushobozi bwo gusenya bw'ikiremhamuntu
bwariyongereye kandi butera imbere kurusha ubushobozi
bwacyo bwo kubaka. Iki gisebe kibi—igisebe cy'ubwikunde
bubi—kizagera aho kigasakuza. Ariko ikibabaje ni uko abantu
benshi bazarimbuka mbere yuko abantu bakanguka
bakamenya ko ubwikunde bw'igihugu butari bubi cyane
nk'ubwikunde bw'umuntu ku giti cyo. Igihugu kigizwe
n'amatsinda mato, kandi ayo matsinda agizwe n'abantu ku
.giti cyabo; umuntu agomba gutangirira kuri we ubwe

Imipaka hagati y'ibihugu ntabwo ihamye, kandi za
guverinoma z'isi zishobora guhinduka buri gihe

Ubwikunde bushakira ibyishimo butitaye ku burenganzira
n'ibyishimo by'abandi, cyangwa bukandagira uburenganzira

n'inyungu z'abandi ku nyungu zabwo bwite, butera ubukene,
imibabaro, n'agahinda Gukungahara ku gihombo cy'abandi
ni ikosa rikomeye Abantu bakomeye bashyigikira ubwitange
bushingiye ku cyifuzo nyacyo cy'umwuka cyo gusangira no
gutanga

Ubukomunisiti, busezeranya imbaga y'abantu
uburumbuke n'iterambere, ntabwo buzageraho kandi
umunsi umwe buzasenyuka kuko bushingiye ku gahato no
gukandamiza ubwisanzure bw'umuntu ku giti cye
(Icyitonderwa: Iyi nyigisho yatanze na Master Paramhansa
mu 1937 kandi uwo mwanzuro koko wabaye impamo!)

Iyo umuntu yibanda ku maboko n'ibirenge bye gusa
kandi akirengagiza umutwe we, ubwonko ntibuzakora ngo
buyobore ubuhanga bwo gukora. Imikorere yose y'umubiri
igomba guhuzwa. Mu buryo nk'ubwo, ubwenge (abafata
ibyemezo) mu bihugu no mu miryango igomba gukorana
n'amaboko n'ibirenge (abakozi), kuko niba inyungu zihura,
gahunda izasenyuka, akajagari kaganze, kandi imibabaro
.igatera

Hari abigisha babiri ku isi Ufata Imana nk'umuyobozi
n'umujyanama we nta cyo agomba gutinya Ufata Satani
nk'umuyobozi n'umujyanama we azababara cyane

Ijambo ry'ingenzi ku bantu benshi muri ubu buzima ni
"njyewe" Abafite imyifatire n'imatekerereze yo mu mwuka
batekereza ku bandi nk'uko bitekereza ku bwabo
Abatekereza ku bwabo gusa bikururira urwango n'umujinya
by'ababakikije. Ariko abatekereza ku byiyumvo n'inyungu
z'abandi basanga abandi babatekerezaho kandi bakazirikana
.ibiyumvo byabo

Niba hari abantu ijana mu muji, buri wese akagerageza
kwigarurira abandi, buri wese azaba afite abanzi mirongo
icyenda n'icyenda. Ariko buri wese aramutse agerageje

gufasha abandi, buri wese azaba afite inshuti mirongo
.icyenda n'icyenda

Nabayeho gutyo kandi ntacyo natakaje mu gutanga ku
bandi. Mu by'ukuri, byose natanze byangarutseho byikubye
ubuntu bw'Imana. Ubu ndifuza ubusa kuko icyo mfite imbere
muri njye ari kinini kandi gifite agaciro kuruta ikindi kintu
cyose isi yatanga. Icyo umuntu ashaka by'ukuri ni ibyishimo,
kandi iyo ibyishimo bimaze kugerwaho, gukenera ibintu
.biyigezaho birashira

Simfite konti ya banki kuko garanti yanjye yonyine muri
iyi si ni amarangamutima meza abantu banfitiye Sinemera
indi ngwate yo ku isi Ubutunzi nyakuri buri mu kuba mu
mitima y'abavandimwe n'inshuti z'umuntu

Iyo dukunda abandi, tuba twishimye. Kandi nidukoresha
ubu buryo, abandi badukikije bazagengwa n'imyitwarire yacu
kandi bakagerageza kutwigana. Tugomba kurandura
ubwikunde, ari na bwo ntandaro y'ibibi byose ku giti cyacu
.no ku gihugu

Ubufasha bwongereye ubumenyi

Iyo woherereje abandi imigambi myiza, ubumenyi
bwawe buragenda bwi Yongera Iyo utekereje kuri mugenzi
wawe, igice cy'umubiri wawe gishyirwa mu bikorwa hamwe
n'icyo gitekerezo. Ariko gutekereza byonyine ntibihagije;
tugomba kuba twiteguye gushyira ibitekerezo byacu mu
.bikorwa

Ubukwe butanga isomo mu kwitanga Abantu babiri
baharanira gusangira ubuzima bwabo Hanyuma abana
baraza, ababyeyi bagasangira ibyo bafite nabo. Ariko

gutekereza ku muryango wa hafi gusa (ni ukuvuga wowe nanjye gusa, cyangwa twe gusa) ni ubwoko bw'ubwikunde. Igihe kizagera aho abakunzi bacu badusiga, kandi ni bwo buryo bw'ubuzima. Ibi bitwibutsa ko intego nyamukuru y'ikiremnamuntu ari ukwagura imbibi z'ubumenyi bwacu .dukorera abandi no gusangira nabo imigisha y'ubuzima

Ubufasha buzanira nyirabwo imigisha myinshi n'ibyishimo byinshi, kuko binyuze mu bufasha umuntu agumana ibyishimo bye. Intego yanjye ni ugushimisha abandi, kuko ibyishimo byanjye bikomoka ku byishimo .byabo

Ntidushobora kwishimira uburyohe bw'ibyo twagezeho keretse gusangira ibyishimo byacu n'abandi. Simvuga abagize umuryango gusa, ahubwo mvuga abantu bose. Tugomba gutekereza ku bandi no kubafasha uko dushoboye kose. Ibi ntibivuze kwikenura, ahubwo bivuze kugaragaza ko twitaho by'ukuri kandi by'ubucuti n'ubushake bwo gusangira. Tugomba gushyira mu bikorwa amahame y'ubutabera. Ntidushobora kwigisha abandi kwitanga niba tudatanga. Duhereye kuri twe ubwacu, tuba icyitegererezo cyiza ku .bandi

Nahaye ubuzima bwanjye gukorera abandi no kubagirira akamaro. Nagenze ingendo nyinshi kandi ngira inama ku bantu benshi. Ariko nzi ko nkorera abandi neza binyuze mu .nyandiko zanjye no mu nyigisho zanjye

Abantu benshi baza kumva inyigisho, atari ngombwa ko babitewe n'urukundo nyakuri. Abantu baza bashaka guhumurizwa no guhumurizwa mu buryo bw'umwuka. Ariko ndashaka abantu bashaka ukuri, bakunda Imana. Niyo mpamvu nibanda ku kamaro ko gutekereza ku Mana, kandi .nkomeje kuyibandaho

Abantu bose bashishikajwe kandi badahwema gushaka
ibintu by'umwuka bazatsindira ikamba ry'intsinzi
.nibakomeza gukorana ibyifuzo n'umurava

Tugomba gukunda Imana n'imitima yacu yose, ubwenge
bwacu bwose, ubugingo bwacu bwose, n'imbaraga zacu
zose, kandi tugakunda bagenzi bacu nk'uko twikunda

Gukunda Imana n'umutima wawe wose, ubwenge
bwawe bwose, ubugingo bwawe bwose, n'imbaraga zawe
zose bisobanura iki? Umutima usobanura kumva, ubwenge
busobanura kwibanda ku kintu kimwe, ubugingo busobanura
guhuza mu buryo bw'umwuka mu gutekereza cyane, naho
imbaraga zisobanura kwerekeza imbaraga zacu zose ku
Mana. Ibi bivuze gukunda Imana n'ibyiyumvo byawe byose,
kwibanda ku kintu kimwe mu gutekereza cyane, no
kwerekeza imbaraga z'ubuzima cyangwa imbaraga kuva ku
bintu bifatika ukajya ku by'umwuka, ukava ku mubiri ukajya
.ku Mana

Ntibishoboka gukunda Imana tudafite gutekereza, kuko
binyuze mu gutekereza gusa niho dushobora gusobanukirwa
kamere yacu y'umwuka nk'ubugingo buhoraho kandi
buhoraho bufitanye isano n'Imana yayiremye mu ishusho
.yayo

Tugomba kwiubakira intebe y'ubwami ku bw'urukundo
rw'Imana ruhebuje Nta kintu cy'ingenzi mu buzima Nta ntego
iruta kuyikunda, kuyivuga, no kumurikira abandi kugira ngo
bayimenye Nta kindi nshaka ku bantu

Ni ibyishimo gusangiza ubunararibonye bwanjye bwo
mu mwuka n'ababushaka by'ukuri Nta kintu kintera
ibyishimo nko kubaganiriza ibyerekeye Imana no kubafasha
.kubona ko iriho

Ni byiza gukunda Imana no gukunda abagaragu bayo
Iyo tuyibonye, twumva urukundo rwayo muri buri wese. Nta
.mbaraga ziruta imbaraga z'urukundo mu isanzure

Mbona Umwami Usumbabyose yicaye ku ijuru no ku
nyanja no ku ntebe y'ubwenge bwanjye Mbona ari muri njye
no mu bugingo bwa bose kandi ndamuhobera mu miterere
ye yose itagira ingano n'ibyerekanwa bye mu byo yaremye

Abantu bahora bashaka icyo "kindi kintu" bifuza ko
kizabazanira ibyishimo byuzuye kandi birambye. Ku bantu
bashatse Imana bakayibona, gushaka birarangiye, kuko
"Imana ari yo "kindi kintu

Imana ibahe umugisha, kandi amahoro abe kuri mwe

Imyuka n'Abazimu

Ukuri kwayo n'ishingiro ryayo

**Hariho ubwoko bwose bw'inkuru n'imigani ivuga
ku myuka, imizimu, ibihumyo bishakisha ubutunzi,
abapfumu, imizimu irya imirambo, n'abavampire.
Kandi umubare w'abantu bavuze ko bahuye n'ibi
biremwa si muto.**

**Mu ndwara nyinshi nahuye nazo, abenshi muri bo
bari bafite ibibazo bikomeye byo mu mutwe. Umwe
muri abo bagore yari yarasomye igitabo kivuga ku
biremwa by'amaraso, kandi ibyo yabonaga byari
bitangaje ku buryo yumvaga umuzimu arimo kumonka
amaraso buri joro. Yakiraga buri gihe yansuraga,
ariko igitekerezo cy'umuzimu wo mu ijoro cyakomeje
kuba mu mutwe we kuko indwara yagarukaga.
Yapfuye imburagihe, atwarwa n'ibitekerezo bye
bwite.**

**Imyizerere y'ubupfumu yari ikwirakwiriye mu
kinyejana cya 16, kandi abantu amagana
bakekwagaho kuba abapfumu bashinzwaga ibinyoma**

ko bafitanye isano na shitani maze barapfa, ibyo bikaba byaratumye Joan wa Arc aboherwa ku giti maze atwikirwa ku giti kuko yafatwaga nk'umupfumu.

Hari indi si, ubwami bw'isi, bwihishe inyuma y'iyi si Abayituye bashyizwe mu miterere y'imibumbe igizwe n'urumuri. Ibi biremwa, cyangwa "imizimu," ntibiboneka ku maso yacu kandi akenshi biguma mu isi yabyo, nk'uko natwe dufungiyemo mu isi yacu ifatika. Iyo biba byoroshye ko abatuye isi y'abagizi ba nabi binjira mu isi yacu kugira ngo batugirire nabi, twabaho mu bwoba n'iterabwoba bidashira.

Igihugu cyacu kimaze kugira ubwoba n'iterabwoba bihagije. Nta gushidikanya ko Imana idashaka kongera ku mibabaro yacu ukwivanga kw'abazimu n'abadayimoni!

Ariko, hari bimwe mu biremwa byo mu mibumbe bizwi nka roho zizerera. Izi roho zihambira ku Isi bitewe n'imibanire ikomeye n'icyifuzo cyo kwinjira mu mubiri w'umuntu kugira ngo ziwukoreshe nk'uburyo bwo kwishimisha. Izi roho akenshi ntizigaragara kandi nta bubasha zifite bwo kugira ingaruka ku bantu basanzwe. Rimwe na rimwe, imyuka mibi igeraho ikinjira mu mubiri n'ubwenge bw'umuntu. Ibi bibaho gusa iyo uwo muntu adahuje ubushishozi mu mutwe, iyo ubwenge bwe bwacitse intege kubera gusigara ntacyo akora cyangwa kudatekerezwa, nk'umuntu usiga imodoka ye idakinguye imfunguzo imbere. Mu gihe nk'icyo, umuntu utembera mu modoka ashobora kwinjira mu modoka agahita agenda.

Imyuka izerera ni roho zatakaje imibiri yazo binyuze mu rupfu ariko zigakomeza kuyifatanya na yo cyane. Bityo, zigerageza mu buryo bwose gukoresha umubiri w'umuntu uwo ari we wese kugira ngo zigere ku ntego zazo. Ku bw'amahirwe, imyuka izerera ntishobora kwihanganira gutigita gukomeye

kw'ibitekerezo by'umwuka n'ubwenge. Abashaka Imana by'ukuri bayitekerezaho kandi bakayitekerezaho nta cyo bafite cyo gutinya ibi biremwa byazimiye kandi byayobye. Kuko Imana ari yo Mwuka Usumba byose, kandi nta mwuka, nubwo waba mubi gute, ushobora kugirira nabi abakunda Imana kandi bahora bayizirikana.

Kugira ngo dusobanukirwe imiterere y'ibiremwa byo mu isi, tugomba kubanza kwiyumvamo ubwacu Igihe Imana yaturemaga, yabanje kuturema nk'ubwenge Ihereye ku bwenge bwayo busesuye, ni yo yaturemye, kandi muri uru rwego, turi ibiremwa byo mu mutwe cyane cyane. Ese si ukuri ko iyo uremye ikintu gishya, intambwe ya mbere ari ugutekereza icyitegererezo cyacyo mu bwenge bwawe? Hanyuma ukusanya ibikoresho bikenewe hanyuma ugashyira icyo gitekerezo mu buzima. Ibi kandi bireba imiterere yacu n'imiterere y'ibiremwa byose. Dufite kamere eshatu: imiterere y'ubwenge (igitekerezo), imiterere y'isi (ibikoresho by'irema), na imiterere ifatika (ibikomoka ku bintu byinshi)

Umubiri ugizwe n'ibintu 16. Ariko ukuntu ibi bintu bya shimi bigize ibintu byahujwe kugira ngo umubiri ube igikoresho cy'ubwenge biratangaje cyane!

Hari abantu bashaka kugura imodoka nshya buri mwaka Ariko bahatirwa kugumana imiterere yabo ya kera mu gihe cy'imyaka mirongo itandatu, mirongo irindwi, cyangwa irenga! Nubwo umubiri washaje, icyifuzo cyo kuwugumana gikomeza kuba gikomeye kugeza igihe Imana ivuze iti: "Birahagije! Mbohora uyu mubiri!" Hanyuma, umuntu asimbuka ava mu mubiri we urimo kubora agasanga mu mubiri ugizwe n'urumuri n'imbaraga. Bishimira gusanga afite ubushobozi bwo kumva, kubona no gukoraho binyuze

mu mubiri we mushya, kandi ko nta magufwa afite yo kumena cyangwa inyama zo kwangirika.

Iyo umuntu apfuye, umubiri we usanzwe urabora, ariko umubiri we ukomeza kuba mu buryo bwawo bwa mbere uko wakabaye.

Izo roho zavuye ku Isi ziri he? Zizerera muri ether Ushobora kuvuga uti, "Ibyo ntibishoboka," ariko reka tugereranye:

Iyo mbwira umuntu wo mu bwoko bwa kera ko umuziki uri muri eteri kandi ko ushobora gufatwa ukamvwa, yanseka, cyangwa wenda akanagira ubwoba. Ariko iyo nzanye radiyo nkayishyira kuri radiyo itangaza umuziki n'indirimo, ntibashobora guhakana ibyo navuze. Mu buryo nk'ubwo, nshobora kwereka abandi ko ibiremwa byo hanze y'isi binyura muri eteri, kandi ntibazagira imbaraga zo kubihakana. Isi yo hanze y'isi iri hano, hirya y'imitingito myinshi y'isanzure rifatika.

Iyo abantu babona ibiremwa byinshi byo mu kirere bibakikije, benshi bari kugira ubwoba, kandi bamwe bagerageza gushakisha ababo bapfuye.

Iyo wibanda cyane ku jisho ry'umwuka, ushobora, binyuze mu kureba imbere, kubona isi irabagirana aho roho zose zagiye mu isi y'umwuka ziba mu bantu, umutima ukora nk'uwakira, kandi ijisho ry'umwuka ritanga urumuri Nubwo udashobora kubona abakunzi bawe bapfuye, niba wibanze ku mutima utuje, uzumva ko abagukunda bari mu mibiri irabagirana, bishimira umudendezo wabo bava mu bubata bw'umubiri usanzwe.

Mbona ibiremwa byinshi byo mu isi byavuye mu kirere, ariko ntibishobora kumbona. Simbiyereka, ariko ndabibona iyo nshaka.

Bityo rero, ntabwo tuba dufite umudendezo wuzuye iyo tuvuye mu mubiri mu rupfu. Roho zacu

ziguma mu buryo bubiri butagaragara: umubumbe (umubiri w'ingufu) n'impamvu (umubiri w'ibitekerezo)

Iyo umuntu yihinduye ishusho y'umubiri, aba ikiremwa kigaragara muri iyi si Nyuma y'urupfu rw'umubiri we, aguma mu isi y'umubumbe nk' "umuzimu," ni ukuvuga nk'ikiremwa kitagaragara gifite ubushobozi bwo gutekereza n'imatekerereze n'imico bimwe byamutandukanyaga mu gihe cy'ubuzima bwe bwo ku isi.

Birumvikana ko abatuye isi y'umubumbe bashobora kubonana mu mibiri yabo irabagirana, ariko ibiremwa byo mu isi akenshi ntibigaragara kuri twe ku Isi keretse tuzi uburyo bwo kwinjira mu isi y'umubumbe binyuze mu jisho ry'umwuka. Iyo roho zisekuye imibiri yazo y'umubiri zikinjira mu mitekerereze y'isi y'impamvu, ntizishira burundu, ahubwo ziba zitagaragara rwose, nk'uko ibitekerezo bitagaragara.

Iyo roho zibohowe ku byifuzo by'umubiri, ntiziba zigikeneye kongera kwigira ku Isi. Izo roho zihita zigenda hagati y'isi y'umubumbe n'iparadizo y'impamvu, zigakomeza kwigira ku isi kugeza igihe kubohorwa mu buryo bw'umwuka kuri iyo mimerere nabyo bigerwaho. Iyo ibyifuzo byose by'impamvu birangiye, umuntu aba afite umudendeko nyakuri, cyangwa roho yigenga.

Niba roho yavuye mu buzima bwayo bwo ku isi igifite ibyifuzo bitaragerwaho, izakomeza kumva ibyo byifuzo mu isi kandi ikifuza kwigaragaza mu mubiri. Bityo, iyo roho isubizwa inyuma, hamwe n'umubiri wayo wo mu isi, ku karemangingo (intanga ngabo) kakozwe mu ntanga ngabo n'igi, maze ikongera kuvuka ari umwana ukiri muto.

Ntabwo ari byiza ko umuntu yishyira burundu ku ntege nke z'umubiri. Tuvuge ko umuntu yatakaje

ukuboko muri ubu buzima, maze igitekerezo cy'uko gutakaza kikajya mu bwenge bwe, akiyemeza ko atazongera kubikoresha. Iyo asubijwe mu mubiri, azazana n'icyo kimenyetso cy'ukuboko kubura. Niba iki gitekerezo kibi gikomeye bihagije, gishobora kubangamira umurimo wo guhanga w'ibikorwa by'ingenzi by'ubwenge birema amaboko y'umubiri mushya. Bityo rero, umuntu ntagomba kwisobanura akurikije inenge n'intege nke z'umubiri. Inzitizi nk'izo ntizireba roho, ari yo ishusho itunganye kandi itunganye y'Imana.

Bityo, urabona ko mbere yuko ufata ishusho y'umubiri, wari umwuka, kandi nupfa, uzasubira kuba umwuka wongeye kuba. Turi imyuka nubwo dusinziriye, kuko mu gihe cyo gusinzira tuba tutazi ko turi imibiri y'umubiri na gato. None se, kubera ko uri umwuka iyo usinziriye, kandi uzaba umwuka nyuma y'urupfu, kuki imyuka igomba gutinya? Uku ni ko wahoze uri—umwuka—kandi uzakora uri—kandi ni ko uzabaho iteka ryose

Itandukaniro ryonyine ni uko iyo winjiye mu isi y'umubumbe mu gihe cy'urupfu, ntushobora kurema umubiri ufatika uko ubyishakiye nk'uwo ufite ubu. Ni bo bonyine bahuje n'Umuremyi Usumba byose bashobora kubikora. Imitima iteye imbere mu by'umwuka ishobora kongera imbaraga z'imashini y'umubumbe mu mubiri ufatika.

Dutinya urupfu kubera ububabare n'igitekerezo cyo kurimbuka. Ibyo ni ukwibeshya. Yesu Kristo yiyeretse abigishwa be mu ishusho y'umubiri nyuma y'urupfu rwe. Lahiri Mahasaya yagarutse mu mubiri n'amaraso umunsi umwe nyuma y'urupfu rwe. Twagaragaje ko batapfuye.

(Kandi Intumwa, Imana imuhe amahoro, yaravuze iti: “Uw'ukuri kurusha abandi muri mwe mu nzozi ni

**we w'ukuri kurusha abandi mu mvugo" Kandi iti:
"Uwo wese umbona mu nzosi aba ameze nk'aho
yambonye mu by'ukuri")**

**Nubwo imanza z'inkingi z'umwuka ari nkeya,
ntabwo bikwiye kuvugwa ko ubuhamya bwabo atari
bwo**

**Nabonye ubwanjye umwarimu wanjye, Sri
Yuktsuwar, wazutse nyuma y'amezi atatu apfuye
(Reba Isi z'Umwuka: Ukuri Kwayo n'Imiterere Yayo
kuri uru rubuga)**

**Ibitabo byera by'ubwenge bivuga ko roho
y'umuntu ari ishusho y'umwuka w'Imana. Ntiyigera
ihura n'ububabare bw'urupfu cyangwa ububabare
bwo kuvuka, kandi ko ibaho iteka ryose igihe cyose
kubaho ubwabyo bikiriho. Iyi roho ni nzima iteka
ryose kandi ntihinduka, ntihinduka kubera kubora
kandi ntigira ingaruka ku kurimbuka.**

**Incuro nyinshi, umwigishwa urwaye wari utuye
kure yakuruye umubiri wanjye w'isi kuri we binyuze
mu mbaraga z'ubwitange bwe n'urukundo rwe.
Urugero nk'urwo rwabaye hano ku mwigishwa
witwaga Seva Devi. Yari umwigishwa wiyeguriye
Imana cyane. Igihe kimwe, yararwaye cyane ariko
abihisha buri wese. Ubwo namusuraga mu bitaro,
yarambwiye ati: "Ndakwinginze usabe Imana ko
itazongera kunshyira muri uyu mubiri ukundi."**

**Nyuma, nasubiye mu gace k'inyanja ya Encinitas
ku nkombe ya Pasifika, maze mu gitondo kimwe
numva umwuka ugaragara wa Seva Devi. Binyuze mu
bwitange bwe n'urukundo rwe rwo mu mwuka,
yakuruye umubiri wanjye w'umubiri kuri we. Ako
kanya, umubiri wanjye warakonje, nk'aho ubuzima
bwari bwawuvuyemo. Nyuma nabwiye ko Seva Devi
yatakaje cyane ati: "Swamaji ari hano!" mbere gato**

**yuko ava mu mubiri wanjye, kuko yari azi neza ko
ngiye kujyanwa mu yindi si.**

**Nyuma, namubonye, umubiri we urabagirana,
yicaye mu ishuri rimwe, nk'uko yagaragaye mu
buzima bwe Iyo umuntu aba yankozeho icyo gihe, na
we yari kubasha kumubona, nubwo abari muri ubwo
buryo bwo kumenya iby'umwuka batemera ko abandi
babakoraho.**

**Twarenze umupaka w'urupfu tukagaruka mu
buzima incuro nyinshi, none kuki dutinya urupfu?
Ruza kutubatura Birumvikana ko tudakwiye kwifuza
urupfu, ahubwo tugomba kuruboneramo ihumure—iyo
ruje ubwarwo—kugira ngo rudukize ibibazo
bitandukanye.**

**Abantu batinya urupfu kubera kumara igihe
kirekire muri iyi gereza isanzwe, ku buryo batinya
kuyivamo. Ariko ni ubupfapfa ko umuntu agira
ubwoba.**

**Kubera ko ari ubushake bw'Imana ko tugira iki
gishushanyo mbonera cya kera kugeza ku rupfu,
tugomba kukibungabunga no kukiyitaho uko bikwiye.**

**Hari inkuru mu Buhinde ivuga ku musore wari
ugiye gupfa wataka cyane ubwo yumvaga amarira
y'agahinda n'umubabaro wo gutandukana na we:**

**Ntugatuke umutima wanjye utaka impuhwe zawe
Iyo winjiye mu isi y'umucyo n'urukundo iteka
ryose**

**Ni njye wagombye kubagirira impuhwe no
kubagirira impuhwe kubera imimerere urimo**

Ku bwanjye

Nta ndwara zizongera kubaho nyuma y'uyu munsi

Nta n'igufwa ryavunitse

Nta gahinda, nta bubabare bukabije

**Kuko nrota ibyishimo kandi nkigera mu nyanja
y'ibyishimo**

**Kandi ndahumeka ibyishimo
Amasaha y'akazi yongerewe!**

Umuntu ntazi ikizamubaho muri iyi si Abatuye mu bwoba n'imihangayiko yo mu mutwe Abamupfiriyeho impuhwe kandi bamuhe umugisha mu isi yabo Nabwiye umubyeyi wapfushije umuhungu we ibi, maze nkimara kurangiza gusobanura, yahise yihanagura amarira maze aravuga ati: "Sinigeze numva amahoro nk'aya, nishimiye kumenya ko umuhungu wanjye afite umudendezo nibwiraga ko hari ikintu kibi cyamubayeho"

Abantu benshi bakuze mu buryo bw'umwuka bashobora kubona imibiri yabo ifite ubukana

Iyo umubiri udafite icyo uvuze uzamutse cyangwa uvuye mu mubiri usanzwe igihe cy'urupfu, umuntu ugiye abona umubiri we nk'uwapfuye. Ibi bibaho iyo yoga igeze mu zabukuru irenga umubiri usanzwe binyuze mu bushake, ikabashoboza kuva no gusubira mu mibiri yabo uko babyifuza. Ariko, abantu benshi bizera ko bashobora kubikora baribeshya Gutekereza gusa ku byo umuntu ashobora guhura na byo ntibivuze ko bizagenda Kumenya uburyo ni ngombwa

Hari umugabo wo muri New York waje kunsanga ambwira ko ashobora kugenda mu buryo buzira umuze (avuye mu mubiri we) Naramubwiye nti "Simbizi; uri gutekereza ko ufite ubwo bushobozi" Ariko yansabye kungerageza Narabyemeye maze ndamubwira nti "Sawa, hanyuma genda mu buryo buzira umuze hanyuma umanuke unyibwire ibirimo kuba muri resitora iri hepfo"

Yagumye acecetse akanya gato, hanyuma aravuga ati: "Hari piyano nini mu mfuruka y'iburyo"

Nari nizeye ko yabyiyumvishaga kuko guhumeka kwe n'umutima we byari bisanzwe

Nuko ndavuga nti "Ahubwo ndatekerezwa ko uzasanga abagore babiri bicaye ku meza."

Yaransekeje Hanyuma twagiye hamwe muri resitora, kandi nta piyano yari iri mu mfuruka, abagore babiri gusa bicaye ku meza Amaherezo, inshuti yacu yasobanukiye ko yari yashutswe n'ibitekerezo bye bwite

Mu byo neretswe ku isi, nkunda kubona ibintu biteye ubwoba, ariko kuri njye bisa nkaho ari filime. Isi yagenewe kudushimisha, ntabwo ari ukudubabaza cyangwa ngo idutere ubwoba. Imana Ishoborabyose yatumye ikinamico y'ibyo yaremeye irushaho kuba igoye cyane, yuzuyemo impaka hagati y'icyiza n'ikibi.

Tugomba kwitoza gusobanukirwa kamere yacu y'umwuka ihishe Ariko ibi ntibishoboka igihe cyose duhora dushyira ibitekerezo byacu ku mubiri. Guhora dushishikajwe n'ibintu bifatika bituma dukunda ibintu bifatika kandi bikatubuza ibyifuzo byacu by'umwuka. Tugomba gushyira Imana mu mwanya w'ingenzi mu buzima bwacu. Niba tuyishyize mu mwanya wa kabiri, ntabwo izatugeraho, kandi ntituzayimenya. Ibishuko by'isi ni byinshi kandi birahari Abashaka iby'umwuka bagomba gushyira mu bikorwa ubushake bwabo kandi bagaca mu ishyamba ry'ibishuko kugira ngo bagere mu isi ifite umutekano n'ituze.

Kuzamuka kw'isi ku isi bishobora kugaragara mu buryo buzwi gusa iyo umuntu yinjiye mu bihe bikomeye by'ibyishimo byo mu mwuka, akagura ubwenge bwe akagera ku rwego rwo hejuru rw'ubumenyi. Binyuze mu jisho rye ry'umwuka, ashobora kubona ahantu hose mu kirere, haba muri iyi si cyangwa mu isi. Bashobora kandi kurenga imipaka y'igihe n'umwanya. Bamwe mu bantu bakuze mu mwuka bafite ubushobozi bwo gushyira imibiri yabo y'ibintu ndetse n'iy'umubiri ahantu hose. Iyi

mimerere yitwa bilocation, cyangwa kubaho kabiri, aho umuntu ashobora kuba ahantu habiri cyangwa henshi icyarimwe. Muri iyi mimerere, umubiri w'umuntu uba uri mu mimerere yo guhagarara, nk'iyerekwa. Iyo umwarimu ageze ku rwego rwo hejuru rw'ibyishimo byo mu mwuka (urwego rw'ubumenyi bw'Imana), bashobora gukora imirimo yabo yose mu buryo busanzwe mu gihe bakomeza kwinjizwa mu mimerere yera yo kuzamurwa mu ijuru.

Ushaka ubuhungiro ku Mana ntashobora kwangizwa n'umuntu uwo ari we wese, kandi nta cyo afite cyo gutinya mu gihe cyose yizeye Imana kandi agakomeza ubuyobozi bwayo. Ariko iyo umuntu yemereye ibitekerezo bibi kwinjira mu mutwe we akizera ko hari umuntu ugerageza kumugirira nabi, aba amuhaye ububasha bwo kubikora.

Tekereza umuntu agutumye igitekerezo kitari cyo, ukacyemera Nta gushidikanya ko uzagikomereetswa nacyo Ariko ufite ububasha bwo kwanga ibitekerezo bibi. Ntugatinye abantu bafite imigambi mibi, kuko nta muntu ushobora kukugiraho ingaruka keretse ufite intege nke mu mutwe. Ubwoba n'ubwenge bufunze byemerera ikibi kwinjira. Ariko iyo wiyemereye uti: "Imana iri kumwe nanjye kandi irankingira," ibyiza gusa ni byo bizakugeraho bivuye mu bitekerezo by'abandi. Nubwo umuntu yagutumaho ibitekerezo bibi, ntabwo bizakugeraho; ahubwo bizasubira ku muntu wagutumye, bimugirire nabi mu buryo azi cyangwa atazi. Gira Imana kandi ushake ubuhungiro mu izina ryayo ry'icyubahiro, imbaraga zikomeye mu isanzure. Ni urukuta rudacikamo imyambi yose y'ikibi, ikinyoma, n'uburyarya iracikamo, kandi ibitekerezo bibi byose bigakurwaho bigasubizwa ku isoko yabyo n'uwabitangije!

Ntukite ku mbaraga z'abazimu bazerera n'imyuka itembera, cyangwa abakora ubumaji bw'umukara Hari imbaraga nyinshi zikomeye kandi zihoraho zo mu kirere zigaragara mu buzima Hariho intambara yo mu kirere hagati y'icyiza n'ikibi Aiko nta bwoba ku bizera b'ukuri bakora ibihuje n'ukwizera kwabo n'imigambi yabo myiza, kuko ibyiza bizatsinda amaherezo

Iyi si iyobowe n'ibiremwa bitagaragara n'imbaraga: Imana, abahanuzi bayo, n'abera bayo ku ruhande rumwe, na Satani, abakozi bayo, n'ubufatanye bwayo bubi ku rundi ruhande Hariho intambara ikomeye hagati y'Imana n'abamarayika bayo na Satani n'abafasha bayo Ikibazo ntigishobora kwirengagizwa nk'ikinyoma gusa Iyo Satani atabaho, ntitwari gushaka ubufasha bw'Imana mu kumurwanya. Ikibi kirahari kandi kigomba kurwanywa n'uburyo bwose n'uburyo bwose.

Igihe Imana yaremaga abantu, yanaremye Satani Satani, akoresheje imbaraga ze z'uburiganya, abaho kugira ngo agerageze abantu keretse umuriro ushongesheje icyuma, icyuma ntigishobora gucurwa cyangwa ngo gicurwe. Iyo indwara cyangwa ububabare bigeze, ibuka ko ari ikizamini kigomba gutsindwa. Ntukinubire cyangwa ngo uhangayikishwe n'ibigeragezo nk'ibyo. Abantu benshi bakomeye bagiye bapfa bazize indwara zikomeye kandi bihanganyira imibabaro ikomeye. Bamwe bahuye n'ubumuga bukomeye, nyamara bakomeje kwizera kwabo kandi bakomeza kunyurwa n'icyubahiro cyo hejuru.

Umubumbe wacu w'Isi ni umwe mu miterere y'abantu benshi. Hari isi nziza cyane kurusha iyi Isi, yuzuyemo ibibazo n'ingorane z'ubwoko bwose. Nyamara, Imana ntitwibagirwa mu mbabazi zayo; ahubwo igerageza kudufasha mu buryo bwinshi

kugira ngo dutsinde imibabaro yacu n'imbogamizi zitubuza.

Imana, abamarayika bayo, n'imyuka myiza ya za miriyoni baharanira gushyiraho gahunda ndende y'ubwumvikane ku Isi Buri muco mwiza n'akamaro keza bikomoka ku mwuka mwiza, kuko imyuka myiza ihora itera imbuto z'ibitekerezo byiza n'imigambi myiza mu butaka bw'ubwenge bwacu. Ariko, icyo gihe kimwe, umwami w'umwijima - Satani - abifashijwemo n'abayoboke be b'imyuka mibi, ateza akaduruvayo n'ibibazo ku isi. Ni nde uretse Satani waremye mikorobe z'indwara? Yazanye ubwoko bwinshi bw'ibyorezo, hanyuma igituntu, n'indi ndwara yica, kanseri, n'izindi - zose ni uburyo bw'abadayimoni bwo kubabaza abantu Ariko Imana ihumekera abashakashatsi benshi guhimba uburyo bushya kandi bw'ingirakamaro bwo kurandura indwara

Ibyishimo by'imibonano mpuzabitsina ni ikintu gishukana n'ibyishimo by'Imana Iyo imibonano mpuzabitsina itandukanijwe n'urukundo rw'indahemuka kandi igakoreshwa mu guhaza irari ry'inyamaswa, iba igikoreshe mu maboko ya Satani cyo kugumana ubwenge bw'abantu mu bubata bw'ibyumviro, badashobora kubona ubwenge bw'Imana.

Hariho ubutatu bw'ikinyoma bwaremwe na sekibi nk'igisimbuzo cy'ibyishimo byo mu mwuka. Ubwo butatu ni irari ritagira umupaka, irari ry'inzoga, n'umururumba w'amafaranga

Ubwo Adamu na Eva baturaga n'imibonano mpuzabitsina, baguye muri Paradizo, batakaza ubwenge bw'Imana bwari bwarabafashije kugira ubumwe n'Imana mu byishimo by'umwuka. Bityo, birukanwe mu busitani bwa Edeni Kuva icyo gihe, abantu bahatiwe kubyara, nk'ibindi biremwa byose.

Umugore abyara mu buryo bubabaza kandi bugoye. Nyuma yaho, umugabo n'umugore bagomba kwemera ibyo bafite. Niba bafite umwana wikunda kandi ufite inenge, bagomba kumurera. Mbere na mbere, bari bafite ububasha bwo kurema icyo bifuzaga cyose binyuze mu mbaraga z'ubwenge, nk'uko Imana ibikora. Hahirwa iyo minsi ya mbere y'ubunyangamugayo. Mu by'ukuri, yari iminsi y'ibyishimo n'icyubahiro.

Nyuma y'ibi byose, amaherezo, Satani ubwe azaba igikoresho mu biganza by'Imana Satani ntasohozza amasezerano ye ku bantu, bityo, abacitse intege kandi bacitse intege bahindukirira Umwami wizerwa kugira ngo abafashe kandi abasohoze ibyiringiro byabo.

Ariko ntabwo tugomba gutegereza ko dutenguha kugira ngo duhindukirire Imana. Ntidukwiye gushyira amagi yacu yose mu gatebo kamwe.

Ntitugomba kwishingikiriza ku byiringiro byacu by'ibyishimo ku gitebo cy'umubiri gito n'ibinezeza by'igihe gito by'isi

Nimureke, nshuti zanjye, twumve ijwi ry'Imana rituvugisha binyuze mu bitekerezo byacu byiza Imana, abahanuzi bayo, n'imyuka yayo y'abamarayika irema ibi bitekerezo byiza Satani n'abagaragu be barema ibitekerezo n'ibishuko mu ishusho yabo bwite.

Igihe cyose igitekerezo kibi kikugeze mu mutwe, kivane uticuza, maze sekibi ntazongera kukwigarurira no kukugirira nabi Wibuke ko iyo utekereje nabi, uba utera intambwe yegereye sekibi.

Umuntu ahora mu ngendo, agenda agaruka hagati y'icyiza n'ikibi

Kugira ngo umuntu ahunge iyi gahunda y'ubuhanzi, agomba kujya aho ukuboko kwa sekibi

**n'abambari be badashobora kugera ku mutima
w'Imana , kandi amahoro abe kuri mwe.**

Guhuza ibitekerezo hagati y'impinduka

Abanyaburayi bashimangira ihumure ry'umubiri Iyo
ikirere gishyushye cyane, bababara kubera kubura ubukonje,
kandi iyo hakonje cyane, bumva batameze neza bitewe no
kutagira ubushyuhe bw'ubukorano. Ariko abarimu
b'Abahinde batanga filozofiya itandukanye. Bavuga ko
kumva ubushyuhe n'ubukonje, ibyishimo n'ububabare,
bituruka ku bitekerezo by'ubupfu by'ibyumviro bishukana no
ku kwifatanya n'umuntu n'ibyo asaba bidashira. Ariko,
umuntu w'umunyabwenge ni we ucika ku bushobozi
.bw'ibyumviro kandi akarenga ibintu bibiri byose
Abahanga mu gutekereza cyane ntibavuga ko umuntu
agomba kwitoza kugeza aho yangiza umubiri we. Ahubwo,
bakugira inama yo kwikura mu bitekerezo ku bushyuhe
cyangwa ubukonje iyo ubushyuhe cyangwa ubukonje bubaye
.bubi, ariko icyarimwe bagashaka umuti ufatika w'iyi ndwara
Gita agira ati: “Ababoshywe n'ibinezeza by'umubiri
ntibashobora kugera ku burunganire bw'ubwenge bukenewe
mu gutekereza, kandi ntibashobora kwiyinga n'Imana
binyuze mu byishimo by'ibyishimo byo mu mwuka bya
” Samadhi

Iyo umuntu ashoboye kwitandukanya n'ibibazo
by'ibyumviro, agira amahoro yo mu mutima. Mu kuguma
adahungabanyijwe n'iby'ibyumviro biza n'ibigenda,
agaragaza ituze ry'ingenzi kandi ridahinduka ry'ubugingo.
Muri ubwo bwenge buhamye kandi budahinduka, aba umwe
.n'umuntu utagira umupaka, udahinduka
Igisubizo kidakora ku byikumvo byose by'umubiri
gihungabanya ubwenge n'ubugingo Iyo roho ihungabanye,
umuntu atakaza kamere ye nyayo, ari yo ituze Imana iba
ahantu hashyushye kandi hakonje cyane ku Isi. Iba muri
Arctique no mu gace k'Ubusa, idakorwaho n'imimerere
n'ubushyuhe bukabije bw'ibiremwa byayo byo ku isi. Abantu,

baremwe mu ishusho yayo, bagomba kwihatira kwigana imyitwarire yayo. Imana yadushyize muri uyu mubiri, duhura n'ubushyuhe n'ubukonje, ibyishimo n'ububabare, ariko ishaka ko tubona ibi bintu bibiri mu bwenge buringaniye. Irashaka ko turenga ubwoko bwose bw'ibintu bibiri. Tugomba kwihingamo imbaraga no kwihangana tudafite uburangare cyangwa kubura ubushishozi. Iyo tudashobora kwirinda ubushyuhe bukabije cyangwa ubukonje, tugomba kwitandukanya n'ubwenge bwacu. Uko dushyiraho imihati myinshi kugira ngo tubikore, ni ko ubwenge bwibohora, ku buryo ibyiyumvo tudashaka bitagira ingaruka mbi ku bwenge .bwacu cyangwa ku byiyumvo byacu

Uruhu ntirubona gukoraho; ibi byiyumvo bikorerwa mu bwonko Umuntu ashobora kuryohereza, gukoraho, guhumurirwa, kumva, cyangwa kubona binyuze mu bwonko. Dusa nkaho twumva uburyohe ku buso bw'ururimi, ariko mu by'ukuri ni bwo bworoshye. Mu buryo nk'ubwo, iyo igice cy'umubiri cyakomeretse, ububabare bwumvika cyane cyane mu bwonko, ntabwo ari mu ngingo yafashwe. Dufite uburyo bubiri bwo kumva ububabare: imitsi n'ubwonko. Ibyiyumvo bibaho iyo ubwonko bwemerera itumanaho hagati y'imitsi n'ubwonko. Keretse ubwonko bumenye ububabare, nta bubabare bubaho. Iki ni ikintu gitangaje cyavumbuwe n'abahanga bakomeye b'Abahinde. Iyo umuntu akoreshejwe chloroform cyangwa ikinyabutabire, ntabwo yumva ububabare kuko ibyo byiyumvo bitagera mu bwonko. Ku mpera z'imitsi hari utwoya duto aho ibimenyetso by'ububabare binyuzwa mu bwonko. Ikinyabutabire kibuzwa .kohereza ibyo bimenyetso by'ububabare

Ubwonko ni urugingo rw'ibyumviro rw'ubwonko, kandi ibyumviro byose by'umubiri bigezwa kuri bwo binyuze mu mitsi no mu bwonko ubwabwo Kubera ko ubwonko bufitanye isano n'ubwonko, bwakira kandi bugasobanura ibyo byiyumvo. Ubwenge bukomejwe n'ibitekerezo byiza ntibugira ingaruka cyane ku byiyumvo by'ibyishimo

n'ububabare. Buzi ibyo byiyumvo ariko ntibuboshywe na
.byo

Abantu bahawe ibyiyumvo byo kurinda imibiri yabo Iyo
umuntu atabikoze, yashoboraga gukomereka cyangwa
gushya cyane atabizi. Inyamaswa ntizakuraga ubwo
bushobozi, bityo kumva ububabare ntibigaragara cyane;
bitabaye ibyo, ubugome bakorewe binyuze mu buryo bumwe
na bumwe bwo kwica no kwica ntibwaba bukihanganirwa.

!Urugero, ibikara bijugunywa mu mazi abira bikiri bizima
Kubera ko ububabare n'ibyishimo byombi ari ibyaremwe
n'ubwenge, ububabare bw'umubiri bushobora kugabanuka
binyuze mu kwitoza kugenzura ubwenge. Hanyuma, umuntu
ashobora kumva ikintu nk'ikimenyetso cy'indwara idasanzwe
atiriwe yumva ububabare. Bhagavad Gita ibivugaho mu
buryo bwimbitse. Kumva ko umuntu yishimye cyangwa
ababara birushaho kwiyongera ingaruka zabyo, mu gihe
kugabanuka k'ububabare bituma umuntu adafatwa
n'ububabare kandi ntabe imbata y'ibyishimo
by'amarangamutima. Natoje umubiri wanjye n'ubwenge
bwanjye kutagira icyo byumva ku bintu bituma numva ibintu
kandi nsanga nta kintu kimbuza amarangamutima. Iyi
myitozo ni inzira yo kwibohora mu maboko
.y'amarangamutima n'ibyo asaba bidashira

Umuganga umwe yari afite imbaraga zo mu mutwe ku
buryo yashoboye kubagwa mu buryo buteje akaga!
Birumvikana ko ibi bidashoboka ku bwenge bugizwe imbata
z'umubiri. Ariko iyo umuntu ahuguwe, ubwenge bushobora
gukomera cyane. Uko umuntu arushaho kwitoza no
gutunganya ubwenge bwe, ni ko ashobora kubugenzura.
Umwana wangiritse ababazwa cyane n'ibyago bike, mu gihe
umwana watojwe kwihangana no kwihangana adakunze
guhuhuka cyangwa ngo asubire inyuma kubera ububabare
.ndetse n'ibikomere bikomeye

Muri urwo rwego, uburyo bwo gutoza bushyigikiwe
n'abahanga bakomeye b'Abahinde butandukanye cyane

n'ubwo abarimu b'iby'umwuka bo mu Burengerazuba bw'Ubuhande bitoza abigishwa babo kwibohora burundu mu bucakara bw'umubiri n'ibyo umva. Ihumire ryatewe mu Burengerazuba ritera kwishimisha mu mubiri, kandi kubera icyo mpamvu, imbaraga zishyirwa mu guteza imbere ubushobozi bwo gutekerezwa ni nke cyane kandi ntizikenewe cyane. Mu Buhinde, twiga (mu bwiherero bw'abayobozi bacu) uburyo bwo gukata imbaraga z'ibyo umva kugira ngo tutabwira imbata. Mu ishuri ryanjye i Ranchi, muri Bihar, rimwe na rimwe twaryamishaga abana bato ku dutanda duto ku butaka bukomeye, kandi bakuraga bafite ubuzima bwiza .kandi bakomeye, haba ku mubiri no mu mutwe

Abanyaburayi bamenyereye uburyo bwinshi bwo kuruhuka no gusinzira neza Mu Buhinde, twakundaga kwicara ku mucanga ushyushye kugira ngo dutekereze buhoro buhoro. Buhoro buhoro, twashoboye kwicara mu bushyamba umunsi wose, no mu bukonje. Kubera iyi myitozo, nagize ubushobozi bwo gutekerezwa ku buryo nta kintu na kimwe cyashoboraga kubangamira cyangwa kugira ingaruka ku bwenge bwanjye. Iyo nkuye ubwenge bwanjye ku bwenge .bwanjye, nta kintu na kimwe kimbabaza na gato Mu myaka yashize, ikirere cyari gishyushye cyane, kandi buri wese yari arimo guhumeka. Binyuze mu guhuza ibitekerezo, kumererwa nabi kwabo kwari kwaranyimuwe, bimbuza kwibanda ku ngingo no kwandika ingingo. Hanyuma .nitotomba nti "Kuki ibi byose?" maze nsenga Imana Mana yanjye, amashanyarazi amwe atera ubushyamba

"!mu ziko n'urubura muri firigo. Bityo ikirere ni gito Ako kanya ikirere cyahise kiba cyiza kuri njye, nk'aho urubura rwari rukikije umubiri wanjye, maze ntangira kumva .mfite umwuka mwinshi kandi nandika nta ngorane Hari igihe, mu myaka yashize, nari mu rugendo rwo kwambuka intara mu modoka ifunguye hamwe n'itsinda ry'abanyeshuri bakiri bato biga kwivumbura, umwe muri bo akaba yari umunyamabanga wanjye. Jye na we twasinziriye

mu modoka, dusangira igitambaro gito. Ijoro ryari rikonje cyane. Igihe nari nsinziriye cyane, yankuruye igitambaro, maze ubwo nari ndi mu kanguke, namukuyemo igitambaro ntabizi! Ibi byakomeje igihe gito. Hanyuma ubwenge bwanjye buravuga buti: "Kuki umeze utya? Byose bimeze
"!neza Uri umushyushye

Hanyuma najugunye igitambaro, ndicara, maze ntangira gutekereza kugeza ubwo umubiri wanjye wumvise ushyushye nk'umugati. Abigishwa bakangutse nyuma y'amasaha abiri, bahinda umushyitsi kubera ubukonje, basanze ntakigenda. Nari narazimiye mu byishimo byera, kandi bibwira ko napfuye, bagerageje kunkangura mu byishimo byanjye byo mu mwuka n'induru zabo. Ariko naramwenyuye ndavuga nti: "Kuki urusaku rungana rutyo, basore? Reka dukomeze urugendo rwacu" Barabyamaganye bati: "Wari wicaye mu bukonje bukonje nta mwambaro cyangwa igitambaro!" Nyamara sinafashwe n'ubukonje, ni
!jye wenyine wari ushyushye

Igikenewe gukorwa ni ugutoza ubwenge kugira ngo burushaho kuba bwiza Iyo wiyemeje ko utazafatwa n'ibicurane, amahirwe yo gufatwa na byo azagabanuka. Ubwenge bugomba kandi gutozwa gutsinda ububabare. Gusobanukirwa mu mutwe byongera ububabare, kandi gushimangira ububabare bivuze kwibagirwa ishusho y'Imana muri wowe—iyo shusho yera kandi idatsindwa Abahanga ba kera b'Abahinde bavuze ko ingeso zose zitangira kumera mu muntu afite imyaka itatu Biragoye cyane guhindura izi ngeso iyo zimaze gushinga imizi no gushinga imizi mu bwenge bwawe Niba umuryango wawe n'ibidukikije byarashyize mu bwenge bwawe ibyo ukunda n'ibyo wanga, ibi bitekerezo bishobora kugumana nawe ubuzima bwawe bwose. Ikintu cya mbere nize ku mujyanama wanjye w'umunyabwenge, Sri Yuktiswar, kwari ukunesha ibyifuzo byo mu mutwe bifitanye isano n'ibyiyumvo. Igihe najyaga kumushakira amahugurwa bwa

mbere, nafatwaga n'ibicurane iyo ntakoresheje igitambaro
gishyushye mu gihe cy'ubukonje. Ariko mwarimu wanjye
yanyigishije uburyo bwo gukoresha imbaraga z'ubwenge
bwanjye kugira ngo ntsinde iyi ngeso. Ingaruka zabyo ni uko
navuye mu bicurane byari byarambayeho kuva mu bwana
!kugeza igihe nahawe amahugurwa ya masters
Hari abantu bavuga ko tugomba kwishingikiriza ku
mpamvu zumvikana gusa. Abandi bemera ko tugomba
.guhaza ibyumviro byacu. Imyanya yombi irakabije
Dukurikije inyigisho imwe, ni byiza kujya kwisuzumisha
kwa muganga buri gihe kugira ngo urebe neza ubuzima
bw'umubiri n'imibereho myiza yawo, kimwe no gusuzumisha
imodoka yawe rimwe na rimwe. Ibi bifite ishingiro Ariko
abantu si imashini. Niba ubuzima bwo mu mutwe wawe
bushingiye ku miterere y'umubiri wawe, vuba cyangwa
nyuma ubwonko buzahinduka imbata y'ibyo umubiri
ukeneye, bigatuma ubwoko bwose bw'imiti n'ubundi buryo
bwo kuvura umubiri budakora. Ibi bisobanura impamvu
turwara indwara zidakira. Intege nke z'umubiri zarashinze
.imizi kuko ubwonko bwanze kuba umutware w'umubiri
Gushyira mu gaciro ni byiza mu ntangiriro Niba ugize
imvune nto, shyiramo iyode nkeya, ariko ntukishingikirize ku
miti gusa. Fata ingamba zikwiye kandi zikwiye kugeza igihe
ubasha gukomeza kwiringira ubwenge. Abarimu bakomeye
ubwabo bakoreshaga imiti yakozwe mu bimera n'imiti
byaremwe n'Imana. Imiti n'imiti si ngombwa ku mwarimu
w'umwuka, ariko kugira ngo bagaragaze ko imbaraga
z'Imana zikora mu buryo bwinshi, rimwe na rimwe bashobora
guhita gukoresha imiti imwe n'imwe. Uko byagenda kose,
intsinzi iri mu mbaraga z'ubwenge. Iyo ugeze ku kwemeza ko
ushobora kubaho nta miti yose nta ngaruka mbi, uratsinda
.kandi ukaganza umubiri
Igihe kimwe, umwarimu yavunitse ukuboko kwe maze
arempera ko kuvurwa no gupfukwa Ubwo umugabo
w'umukire yazaga kumusura nyuma gato y'impanuka,

abanyeshuri bari bafite ubwoba bibwiraga ko umushyitsi azababazwa no kubona ukuboko k'umwarimu mu mugozi (kumumanika mu ijosi) Umwarimu yabwiye umushyitsi ati:

"Nkuko mubibona, ukuboko kwanjye kwavunitse kandi ndi mu bubabare Abanyeshuri batekereza ko mubonye ukuboko kwanjye kwavunitse, muzatekereza ko Imana yantaye kandi ".ko itakinyitaho. Ntimubitaho na gato

Ikindi gihe, uwo mwarimu yari arimo kuririmbira Imana mu buryo bw'ibyishimo bikomeye ubwo yagwaga ku kirundo cy'amakara yaka cyari hafi aho. Nyamara, yakomeje kuririmba. Igihe abanyeshuri bamuzamuraga, basanze amwe mu makara yaka yari yamufashe mu mugongo kandi arimo kumutwika. Batewe ubwoba n'ibyo yabonye biteye ubwoba, ariko mwarimu yaramwenyuye maze aravuga atuje ati:

"Erega, kuramo amakara aho kugira ngo ugire ibi byose!"

Ntiyigeze yinubira ububabare ubwo aribwo bwose. Ubu ni ukwishyira hejuru mu bwenge abarimu bagaragaza. Kuri iyi nshuro, mwarimu yagaragaje ko koko yari hejuru y'ububabare. Ku nshuro ya mbere, yagaragaje ko yagizweho ingaruka n'ububabare ariko yabuhanganye yihanganye kandi .yicishije bugufi

Hagomba gufatwa icyemezo gihamye ku birebana n'umubiri n'ibyo ukeneye. Ibyanditswe bivuga ko ibitekerezo by'ubushyuhe n'ubukonje, ibyishimo n'ububabare bituruka ku guhuza kw'amarangamutima n'amasoko y'ibyo byiyumvo cyangwa ibyo byiyumvo. Ariko, ibyo byiyumvo n'ibyo byiyumvo bigengwa n'intangiriro n'iherezo. Ni iby'akanya gato kandi ni iby'igihe gito, bityo bikaba bikwiye kwihanganirwa no kwihangana. Kuki wagirwaho ingaruka n'ubukonje cyangwa ububabare buto? Ubutwari bukomeye bwo mu mutwe bugomba guhingwa binyuze mu gutoza ubwenge kwihangana kugeza igihe bushobora kuzamuka .hejuru y'ubundi bwoko bwose bw'ububabare n'imibabaro Umubiri ni nk'akazu kuzuye inyama, aho inyoni y'ubuzima iba igihe gito. Ubuzima ubwabwo buba buri mu

mubiri burundu, ariko ubuzima bwahujwe kandi buhambiriwe
ku miterere y'umubiri ifite imipaka, kandi kubera iyo
.mpamvu bubabara

Mu masaha yo kubyuka, uba uzi ibyo umuntu yumva.
Ariko mu gihe cyo gusinzira, iyo ubwenge bwawe butarimo
umubiri, ntuba uzi ibyo bintu, ahubwo uba ufite amahoro
.akomeye

Kubera ko umuntu yaremwe mu ishusho y'Imana,
ashobora kubaho mu mubiri atavangiye rwose
amarangamutima y'umubiri. Ahubwo, afata imiterere
.y'umubiri we akayihindura iy'ukuri kurushaho
Kugira ngo umuntu agire ibyiyumvo, agomba
kwitandukanya n'umubiri mu mutwe. Niyo mpamvu
abatagatifu bagira inama yo kurenga ku byishimo
n'ububabare mu mitekerereze, kandi ibi bishobora
kugerwaho gusa binyuze mu bikorwa. Nagaragaje uku kuri
kuri nje ubwanjye kandi nzi ko ubushishozi bukabije butera
ingaruka mbi nyinshi. Kubahiriza ibyo ibyifuzo by'ibyumviro
ari wo nkomoko y'ububabare n'umubabaro wose Imana
ntiyadutegetse kubabara. Yaremye ibitekerezo by'ibyumviro
kugira ngo bituyobore kandi bidushimishe, kandi
yagambiriye kandi iracyafite umugambi wo gukoresha
umubiri w'umuntu mu buryo bw'ubwenge, tudakunda cyane
ku buryo tuba abanyamibabaro kandi tubabaye. Iyo umuntu
akunda itungo cyane, azakira ibyiyumvo by'iryo tungo,
nubwo ritahujwe naryo mu buryo bw'umubiri n'imitsi. Mu
buryo nk'ubwo, ububabare bwacu bw'umubiri buturuka ku
.kwiambira cyane mu mitekerereze ku mubiri
Ubwenge bugomba kugira ububasha ku mubiri. Ni byiza
cyane kubasha kubaho ukoresheje imbaraga z'ubwenge,
kuko ubwenge bushobora gukora icyo busabwa cyose. Ni
gute umuntu yarushaho kwishingikiriza ku bwenge? Mu
kumenyera buhoro buhoro ubushyuhwe n'ubukonje, kuryama
kuri matelas ikomeye, no kugabanya kwishingikiriza ku bintu
.bisanzwe

Ubwo navugaga, ntari nitaye ku bushyuhe buri hejuru
uyu muni, ariko kuvuga gusa ubushyuhe, natangiye
kubyumva

Igihe kimwe natangaga inyigisho mu gihe cy'ubushyuhe
bwinshi. Byongeye kandi, ubushyuhe mu mubiri wanjye
bwariyongereye, nk'uko bigenda igihe cyose natangaga
inyigisho ku bintu by'umwuka. Ubwenge bwanjye bwaravuze
buti: "Ntushobora kurangiza inyigisho udahanaguye ibyuya
".mu maso

Nashatse igitambaro mu mufuka wanjye ariko
sinakibona. Hanyuma narebye mu jisho ry'umwuka ndavuga
nti: "Nta bushyuhe na buke buhari" Ubwo nyene ubushyuhe
bwari bumaze kurangira maze nkomeza ikiganiro ntujye kandi
.mu buryo bushimishije mfite ubukonje butujye

Witoze ibi bintu ubwawe urebe niba ibyo mvuga ari
ukuri. Ushobora kongera ububabare ukoresheje uburyo bwo
kumva no kubugabanya ukoresheje ubwisanzure bwo mu
mutwe. Iyo umuntu ukunda apfuye, aho kugira agahinda
gakabije, twagombye kwemera ko yagiye mu ijuru nk'uko
Imana ishaka, kandi ko Imana izi icyababera cyiza. Tugomba
gushimira Imana kubabohoye no kubohereza ibitekerezo
by'urukundo n'ibyifuzo byiza , tugasaba Imana ko yabyakira
no kubaha imbabazi zayo n'ubuntu bwayo mu buturo
.buhoraho aho batazagira ubwoba cyangwa agahinda

Ni ibisanzwe kubabara iyo umuntu apfushije abakunzi
be; bitabaye ibyo, ntitwaba turi abantu. Ariko, ibyiyumvo
by'agahinda bigira ingaruka mbi kuri bo, bigatuma begera isi
kuruta ijuru. Guhangayika cyane bibuza roho yapfuye gutera
.imbere igana ku mahoro n'umudendezo

Abenshi mu batuye isi muri iki gihe ntibari hano mu
myaka ijana ishize Abandi bari hano mbere yacu. Natwe,
ntituzaba turi hano mu myaka mike. Igihe cyacu kizarangira,
kandi abazabakomokaho ntibazatwibuka. Ahubwo, abantu
bazumva icyo gihe, nk'uko twumva ubu, ko iyi si ari yo isi
yabo, ariko izakurwaho, kandi bo bayivamo, umwe umwe.

Urupfu rugomba kuba ikintu gikenewe n'abantu; bitabaye ibyo, Imana Nyirimbabazi ntiyari kwemera ko bibaho ku muntu uwo ari we wese. Bityo rero, tugomba gukomeza .ukwizera kwacu mu Mana no kudatinya urupfu Abatinya urupfu ntibashobora kumenya kamere yabo nyakuri Shakespeare yagize ati: "Abanyabwoba bapfa kenshi "mbere y'uko bapfa; intwari ntizigera zipfa rimwe gusa Umunyabwoba amara iminsi ye mu bihe by'umubabaro wo mu mutwe no gupfa buhoro buhoro. Umugabo w'intwari apfa urupfu rwa nyuma gusa, vuba kandi nta bubabare. Iyo umuntu apfuye urupfu rusanze cyangwa agize iterambere mu buryo bw'umwuka, ubwenge bwe bwo mu mwuka buhita bubyuka umubiri ukimara gupfa, maze akisanga mu bundi buryo bw'ubuzima—ikirere gifite amarangamutima yose .ariko kidafite umubiri Ubwenge bushingiye ku bitekerezaho. Mu urupfu, umuntu atakaza umubiri we wuzuye, ari wo ishusho y'ubwenge bw'umuntu wo hasi kandi ari na wo nyirabayazana w'ibibazo .byose bya roho Hari ubwoko bubiri bw'abantu: abahora binubira kandi baririra ibibazo by'isi, n'abatsinda ingorane z'ubuzima baseka, bagakomeza kugira icyizere nubwo bahura n'ibibazo. Nta mpamvu yo gufata ibintu nk'ibikomeye cyane. Iyo abantu bose baba bafite icyizere kandi bumvikana, isi .yari kuba nziza cyane kurusha uko iri ubu Mu mashyamba y'umuco, hagati y'ingorane n'ingorane z'ubuzima bwa none, hari ikizamini nyakuri. Ikintu cyose umuntu akora kizamugarukira, icyiza kizamugarukira, n'ikibi kizamugarukira ikibi. Abanga abandi bazangwa. Abiyuzuramo ibitekerezaho bibi n'amarangamutima avuguruzanya, bangiza imico yabo kandi bakazimya ibyishimo byabo. Niba wumva urakaye, genda ubare kuva kuri rimwe kugeza kuri cumi na gatanu, cyangwa uhindure intego yawe ku kintu cyiza kandi gishimishije. Iyo abandi bagufashe nabi, si byiza gushaka kubafata kimwe. Iyo

urakaye, ubwenge bwawe burabira, imitima yawe irababara,
umubiri wawe ukumva unaniwe. Ohereza imiraba y'amahoro
n'ineza igaragaza neza imiterere nyayo y'ubugingo bwawe,
ishusho y'Imana iri muri wowe. Hanyuma, nta muntu
.uzashobora kuguhungabanya cyangwa kuguhungabanya
Muri make, byose bitangirira mu mutwe icyaha ni irema
ry'ubwenge Abana bato bagenda bambaye ubusa nta cyaha
bafite. Byose ni byiza ku muntu ufite ubwenge butunganye
kandi busobanutse, ariko
Ku bantu batagira umuco, ibintu byose bisa n'ibibi kandi
bibi

Niba ibikorwa by'umuntu ari bibi, ibyo akeka bizaba)
(bibi, kandi azemera ibyo amenyereye gutekerezwa
Ubwenge butagira imyitwarire butera akajagari mu
buzima bwacu. Abo ubwenge bwabo bwabaswe n'ibyumviro
byabo ni bo bateza amakimbirane n'intambara, kandi ni bo
.nkingi z'akarengane n'umwijima
Imana yashyize ubugingo bwacu muri iyi mibiri yahawe
ubushobozi bwo kumva kugira ngo tubashe kubaho muri iyi
si kandi twigire ku byo twanyuzemo n'iby'abandi, tudaretse
ngo ibyishimo byacu bigengwe n'ibintu bihora bihinduka
n'imimerere idukikije Imana ishaka ko tugenze ibyifuzo
byacu aho kubyemera ngo biduyobore, kandi tugire
uburinganire mu bitekerezo atari gusa iyo ibintu byose
bitangaje kandi bishimishije, ahubwo no hagati y'ingorane
n'ingorane Kwimenya ku giti cyacu biduha ubu bushobozi
Imbyino y'ubuzima n'urupfu ntizigera ihagarara, ariko
umuntu afite ubushobozi bwo mu mutwe bwo kurenga ibyo
yumva byose kandi ntagire ingaruka ku bivuguruzanya
.by'ubuzima
Abantu bashobora gutsinda inzitizi z'ubuzima baramutse
barebye ibintu n'ibyabaye mu buryo buri ku rugero. Mu
.kubikora, bagaragaza kamere yabo y'umwuka idacogora

Abageze kuri iki cyiciro cy'igihano babaho nk'abami mu bantu kandi bagahuza n'ikintu kidashira kidashobora .guhinduka cyangwa ngo gihindurwe Inyigisho z'umwuka za yoga zivuga ku buzima mu buryo bunonosoye, zigisha uko umuntu agomba kwitwara mu bihe byose. Abantu baremwe mu ishusho y'Imana, ariko ntibagishoboye kumenya iyo shusho y'umugisha kandi .bagomba kongera kuyivumbura muri bo Zahabu iboneye itwikiriwe munsu y'ibirundo by'ubutaka ikomeza kuba zahabu iboneye, igumana imitungo yayo yose nubwo ihishe. Kugira ngo umuntu ayivumbure, agomba gucukura cyane mu butaka no gushakisha kugeza abonetse. Mu buryo nk'ubwo, imiterere myinshi isa n'ibumba n'amarangamutima y'ubutaka bitwikira ubugingo bwiza, bwa zahabu. Iri "bumba" ni ryo shingiro ry'ibibazo by'imitekerereze y'abantu nko kugira ubwoba, ubwoba, urwango, ishyari, kwiyoroshya, n'imyumvire idahwitse, kandi ni ryo shingiro ry'indi mico yose iteye isoni. Kugira ngo umuntu yikureho iri bumba ritesha agaciro, agomba kwihingamo umwuka ukomeye kandi uhamye mu biyanye n'umubiri n'ibyumviro. Kwifatanya n'umubiri bitera ubwoba butandukanye. Natekereje mu mutwe wanjye ubwoko bwose .bw'ububabare kandi nkabutsinda bwose Kugira ngo umuntu amenye ko yaremwe mu ishusho yera y'Imana, agomba kurenga ubwoba n'uburakari no gutsinda ubushishozi bukabije. Hari abantu bagorwa no gushimisha kuko bafunzwe kandi baremerewe n'ingeso zidafite akamaro n'ibintu bidafite akamaro mu buzima. Ariko umuntu ufite ubwenge bukomeye ashobora kuvuga ati: "Uyu munsu nshobora kuryama ku buriri bworoshye, ejo nkiryamye hasi; kuri njye ni kimwe." N'ibindi. Uku kutagira aho kubogama mu mitekerereze gutoza ubwenge, bigatuma bwumvira amategeko yawe kandi bugashobora gusohoza .ibyo usaba

Nshuti zanjye, ubwonko burashukana cyane Ariko
binyuze mu kuvugurura, bwiga imyitwarire myiza
n'imyitwarire myiza Iyo uvuze uti "Sinshobora kubaho ntari
muri ubwo bwoko bw'ibiryo," ubwonko busubiza buti
"!Kubaho ntari muri ubwo bwoko bw'ibiryo ntibishoboka
Ariko umwuka wawe urenze ubwenge. Iyo uvuze uti:
"Sinzemera ko umuntu uwo ari we wese cyangwa ikindi kintu
cyose kimfata nk'imbata," ubwenge kwasubiza, mu gihe iyo
mvugo ihamye kandi igitekerezo gikomeye. Uri umutware
w'ubwenge n'umubiri; ntukabe imbata yabo, cyangwa ngo
.ubyine ukurikije indirimbo yabo
Kubohoka ku ngoyi z'amarangamutima ni yo nzira
yonyine igana ku mahoro n'ibyishimo Uko ibintu byaba biri
kose, haranira kurenga ibintu byose bibabaza kandi
!wishimire, kuko urabishoboye
:Inyandiko z'ubwenge bwo mu Burasirazuba zivuga ziti
Imiterere y'amahoro y'umutima yuzuye igerwaho"
"binyuze mu gutekereza kuri yoga
Ni cyo gituma roho yishimira kubona Imana Isumba
byose irabagirana nk'izuba ku manywa y'ihangu
Aho ubushishozi bw'umutima bubona kandi bugatanga
uburyohe bw'ibyishimo byinshi
Umukozi wa yoga yishimira kumenya ibanga ryihishe
Umuntu wese ugeze muri iyo mimerere myiza yishimira
ko yabonye ubutunzi bw'ubutunzi
Agumana umutekano mu bihe n'ibintu bitunguranye
by'ubuzima yizeye muri we
Iyo mimerere izwi nka yoga, ni iyo kwibohora agahinda
n'ububabare
Hahirwa abaharanira kubigeraho bafite umutima
w'ubutwari n'ubushake budacogora
Kandi ndashimira umuntu wese uyibonye kandi
akishimira ibyishimo byayo biruta ibyo umuntu yatekerezaga
.byose
Ntibisobanuwe neza

Amahoro abe kuri mwe
Kugenzura uburakari

Hari abashobora gutekereza ko iyi ngingo ari iy'abantu barakara vuba cyangwa bakarakara. Ariko iyi mitekerezwe iri kure cyane kuruta uko igaragara ku isura. Umuntu ashobora kugenzura uko asa cyangwa kugaragaza uburakari mu buryo bukabije, ariko agakomeza kugira uburakari buhishe no kubura inzika. Ubu burakari bugaragarira mu buryo bwinshi: uburakari bwihuse, kurakara vuba, kurakara vuba, kutihangana, kubura amahoro, kutagira icyo umuntu .ageraho, ishyari, ihungabana, no kubura ibyishimo

Mu by'ukuri, buri wese ababazwa, ku rugero runaka, n'ikibazo cy'uburakari, keretse ageze ku rwego rwo hejuru rwo kumenya, urwego rwo kwishima mu buryo bw'umwuka .cyangwa imimerere y'ituze

Uburakari - uko bwaba buri kose - buturuka ku kudashobora gusohozza icyifuzo. Mu gihe nta byishimo byo mu mutima bituruka ku isano iri hagati y'ubugingo n'isoko yabwo y'Imana, umuntu agerageza gusohozza ibyifuzo bye binyuze mu binezeza by'umubiri bidashimishije bitewe n'uko .bihoraho kandi akenshi ingaruka mbi ziterwa n'ibyo

Ibyo byifuzo akenshi bitera umujinya hanyuma bigatera .kwangirika k'ubwenge bw'umwuka

Uburyo bwiza bwo gutsinda uburakari ni ugukemura impamvu nyamukuru: ibyifuzo Uko ibyifuzo byinshi birushaho kuba byinshi, niko ibibazo birushaho kwiyongera. Ntibishoboka gusohozza buri byifuzo kuko ibyifuzo ntibishira kandi nta mupaka. Uko dukomeza kwihatira gusohozza icyifuzo, niko turushaho kugikomera, kandi uko turushaho gukomera, niko turushaho kubabara bitewe no kubuzwa kugera ku cyaduhaza ibyifuzo byacu no gusohozza ibyifuzo .byacu

Urugero, kamere yaduhaye kumva dushonje kugira ngo
tumenye igihe umubiri ukeneye ibiryo. Ariko kwishyira
hamwe byongera iyo ibyiyumvo kandi bikayihindura
ububabare bwo mu mutwe. Iyo umuntu ukunda ibiryo
ahatiwe kwiya kurya iminsi itatu—byaba ari ku
bw'ubuzima cyangwa impamvu z'umwuka—uko kwiyiriza
.ubusa bishobora kujyana n'umujinya runaka

Ku rundi ruhande, hari abantu bashobora kwiya ibiryo
iminsi myinshi batabangamiwe no kubura ibiryo, kuko
bakoze imyitozo kandi bakanatsinda ntibakomeze
.kwiambira ku byifuzo by'umubiri

Iyo tumaze gusobanukirwa ko ibyifuzo ari byo ntandaro
y'uburakari, twifuza kumenya uburyo bwiza bwo guhangana
n'ibyo byifuzo mu buryo bwubaka. Hari uburyo
:butandukanye bwo kubigeraho

Icyamba mbere: Gusohozwa ibyifuzo

Ku byifuzo byoroshye kandi bitagize ingaruka mbi, inzira
ifatika yo gukora ni ukubishyira mu bikorwa. Ariko, ikibazo
kivuka iyo ibyifuzo bishya bivutse bitewe no gusohozwa ibyo
.byifuzo

Amahoro aho kuri mwe

Gutegura neza ejo hazaza heza

Niba ugenda mu buzima utegereje amahirwe yo
gutsinda, ayo mahirwe ntazagutera imbaraga, kandi
ntuzabona intsinzi. Ariko niba ari wowe ushushanya ahazaza
hawe kandi ugashushanya ikarita y'ejo hazaza hawe
n'amaboko yawe, jya wishimira kugera ku ntego yawe, kuko
.uri hafi cyane kugera ku ntego wifuza

Kugira ngo ushushanye ikarita nziza, ugomba kubanza
gusobanura intego yawe. Intsinzi bivuze iki kuri wewe?
Urashaka iki mu ntsinzi? Niba igisubizo cyawe ari
icyamamare, ubutunzi, cyangwa ibyifuzo by'ibintu
by'ubwikunde, noneho ugiye kubabara cyane no gutsindwa
.burundu

Abantu batsindwa cyane ni abafite amazina yabo ari ku
kanwa ka buri wese, abafite ubushobozi bwo kugura icyo
bashaka cyose - hakurikijwe ibipimo by'umubiri - byose roho
zabo zifuza, ariko nyamara badafite ibyishimo! None se kuki
?bakomeza inzira imwe idasobanutse

Kuba icyamamare n'amahirwe bishobora kuba imbuto
z'intsinzi nyayo, ariko si byo shingiro ry'intsinzi, cyangwa ngo
bibe ari byo biranga ingenzi cyane. Mu by'ukuri, si ngombwa
.na gato kugira ngo umuntu agere ku ntsinzi

None se intego ni iyihe? Ni iki umuntu akwiye gushaka
mu buzima? Hari intego imwe ikwiye gukurikira no
guharanira: ibyishimo. Ibi bisaba gukुरamo ubutunzi
bw'ubuzima buhishe buri kanya, ku bantu bafite ubuhanga
.mu gushakisha no kumenya aho ubwo butunzi buri

Kandi umenye, wowe ushaka ibyishimo, ko niba ushyira
imbaraga zawe ku munsu wawe gusa

Kandi niba urushaho kunoza umunsu wawe n'amagambo
yawe meza, ibikorwa byiza, n'ibitekerezo byiza

Umunsu wawe uzaba inshuti yawe y'indahemuka
n'amahirwe yawe y'agaciro

Pasiporo yawe na viza bizagufasha kwinjira mu hazaza
heza kandi heza huzuyemo intsinzi

Kubwibyo, intambwe ikurikiraho mu gushushanya
ahazaza hawe ni ukwitegereza witonze ibikubiye muri buri

munsi w'ubuzima bwawe no kugumana ibyiza n'ibyiza. Niba
.unaniwe kubikora, ugomba guhagarara gato ugasuzuma

Kugira ngo umuntu agere ku ntsinzi, ibintu by'ingenzi
bikurikira bigomba kwitabwaho, kandi iyo bitabayeho nta
:ntsinzi bidashobora kugerwaho

Mu gitondo iyo ubyutse, ntugahite uva mu buriri ngo
.utangire imirimo y'umunsi

Humura umubiri wawe wose inshuro nyinshi kugira ngo
wongere imbaraga zawe buhoro buhoro Mbere yo gutangira
gahunda yawe ya buri munsi, fata umwanya wo kwiyeemeza
ko uyu uzaba umunsi mwiza mu buzima bwawe. Izere ko uko
byagenda kose, umunsi wawe uzaba umeze gutya.
Gutangira gusenga no gutekereza bizashimangira ukwemera
.kwawe kandi biguhe imbaraga ukeneye

Oroshya ubuzima bwawe Ntukishyikirize ku bihangano
by'abantu kugira ngo ubishimishe Niba wibanda ku byishimo
by'akanya gato, uzarakara, uzangaye, kandi ugire
amarangamutima. Nta mpamvu yo guhora ukunda
televiziyo, ibiterane byo mu gicuku, n'ibirori, byahindutse
.umuco w'imibereho myiza

Hari umuntu wigeze kuvuga—kandi ukuntu amagambo
ye ari ukuri—ko atari akazi kacu katwica, ahubwo ni uko
dukoresha igihe cyacu cy'ikiruhuko! Uzabaho igihe kirekire—
Imana nibishaka—kandi urusheho kwishimira ubuzima
niworoshya ubuzima bwawe kandi ntiwihambire ku ngoyi
z'umuryango Shakisha ibyishimo biboneka mu tuntu duto

Kora uko ushoboye kose kugira ngo urangize umurimo
ufite uko ushoboye kose

Niba utanyuzwe n'akazi kawe ubu, guhangayika no
gukora nabi ntacyo bizahindura. Gerageza guhangana
n'ikibazo ufite imyumvire myiza, uko cyaba kiri kose, maze

kimwe mu bintu bibiri kizaba: uzasanga waratakaje
amahirwe y'agaciro, cyangwa urugi rushya ruzagukingura
mu buryo butunguranye, rukwemerera kwinjira no gushaka
akazi gahuye neza n'ibyo ukeneye kandi gasohoza ibyifuzo
.byawe

Ubuzima ni inzira ihoraho yo gutanga no kwakira

Gira uburimbane kugira ngo udafata ibirenze ibyo
utanga, cyangwa ngo wiyibagize mu gutanga udafashe

Ongerera uburyo ubona ibintu mu buryo bwagutse

Garagaza ko ushishikajwe n'ubuzima n'ibikorwa
by'abandi. Reba kure yawe ubwawe—ku muryango wawe, no
kure y'umuryango wawe ku nshuti zawe, no kure y'inshuti
zawe ku bantu bose. Siyansi yemeza ko uri igice cy'ikintu
.cyose, bityo ntukibagirwe ko uri umuntu ukomeye

Kuringaniza ubuzima bwawe

Buri muni ugomba kuba urimo akazi, ikiruhuko,
kwidagadura, kwigira no gutekereza. Uri ikiremwa gifite
umubiri, ubwenge, n'umwuka. Kura ibi bintu by'ingenzi mu
buryo buringaniye kandi bunoze kugira ngo ugere ku buzima
.bwiza, imbaraga n'ubumenyi

Gira vuba kumwenyura

Gutinda gukangura isura

Biterwa n'icyifuzo cyo gufasha

Witeguye gutegereza no guhinduka, kandi umenye
amahirwe

Reba konti mu mpera z'umunsi

Ishimire intambwe wateye. Ntuzahinduka mu ijoro
rimwe, bityo ntutinye guhangana n'amakosa ufite ubushake
.bwiza n'icyerekezo gisobanutse neza

Mbere yo kuryama, shyira Imana ibyaweho mu maboko
yaweho, uzi neza ko itazakureka wenyine, ahubwo ko izaguha
amahirwe kandi ikagukingurira amarembo igihe cyose
ushyizeho imihati kandi ugashaka ubufasha n'ubuyobozi
.bwayo

Iyo urembejwe n'ibitotsi mbere yuko uryama, menya
neza ko ejo hazaza hazaba heza kurusha uyu munsi,
.ubifashijwemo n'Imana

Niba uri umuhanga mu gutegura igenamigambi kandi
ukaba n'umwubatsi w'umuhanga

Niba ukurikije ibisobanuro birambuye ku ikarita yaweho

!Ntibishoboka gutsindwa

Iyo ugerageje gusuzuma imyizerere yaweho yo mu
mwuka, isi nshya irafunguka Kwisuzuma ni ingenzi kugira
ngo umenye wowe ubwawe n'Imana Ushobora kumva ufite
idini rikomeye, kandi ubwenge bwawe bushobora kunyurwa
na byo Ariko keretse niba umubiri wawe ubwawe wemeza ko
amasengesho yaweho asubizwa mu buryo butaziguye, nta
buryo bwo gukurikiza idini bushobora kugufasha Nubwo
kwakira igisubizo cy'Imana bishobora kugorana, birashoboka
Kugira ngo umenye neza ko ugera mu ijuru, ugomba
kwibonera imbaraga z'amasengesho yaweho kugira ngo
ubashe kuyakoresha by'ukuri

Nkiri muto, niyemezaga ko amasengesho yanjye
azasubizwa igihe cyose nerekeje Imana mu nsengeru.
Ubwumvikane budacogora ni bwo nzira. Ikigeragezo cyose
kizaza kugira ngo kiguce intege kandi kiguce intege mu
bushake bwawe, ariko imbaraga z'Imana zo gusubiza nta

mupaka. Ukwihangana no gukoresha imbaraga z'ubushake
.buri gihe bizazana igisubizo cy'Imana

Ni ngombwa kwiga uburyo bwiza bwo gushyira ubwenge
ku murongo. Ni ngombwa kandi kugira umwanya uhagije wo
kwiherera no gutekereza wiherereye. Guhora ukorana
n'abandi bibangamira iterambere ry'umwuka. Abantu benshi
bameze nk'ibisuguti; bikuramo byose, kandi ni gake ubona
ikintu nk'icyo. Birumvikana ko ari byiza kuba uri kumwe
n'abandi bafite umutima w'ukuri kandi bakomeye mu
mwuka. Iyo buri wese azi imbaraga, ukuri, n'ubushake
bw'undi, imico myiza mu by'umwuka ishobora gusangirwa
.hagati yabo

Umwanya ntugomba gupfushwa ubusa mu bintu bidafite
akamaro Abantu benshi bihugira mu bintu bidafite akamaro,
kandi ubajije umwe muri bo icyo yakoraga, asubiza ati "Nari
mfite akazi kenshi!" Ariko ntibashobora kwibuka ikintu na
kimwe kuri iyo "kazi"! Byongeye kandi, imyidagaduro ikabije
n'imyidagaduro bigabanya imibereho myiza yo mu mutwe
Iyo ureba filime buri munsi, zizatakaza igikundiro cyazo
kandi uzarambirwa. Filime ni zimwe, gusa zifite abantu
batandukanye: abakunzi, abakunda ibintu bidasanzwe,
intwari, abagizi ba nabi, n'ibindi. Dushobora kwishimira
kureba inkuru ya filime, ariko ubuzima ntibukunze kumera
.gutyo

Ubuzima burashukana cyane, kandi tugomba
kubwegera uko bumeze. Niba tutabanje gutsinda
ubushukanyi n'amayobera yabwo, nta wundi tuzashobora
gufasha. Mu bwigunge bw'ubwenge bwibanda ku bintu
byose, niho hari uruganda rw'ibintu byose bikomeye
byagezweho. Wibuke ibi kandi muri uru ruganda rutangaje,
komeza kuboha imiterere y'ubushake bwawe kugira ngo
.utsinde imbogamizi zose mbi

Toza kandi ukomeze ubushake bwawe buri gihe. Ufite amahirwe menshi yo gukorera muri uru ruganda amanywa n'ijoro mu gihe cyose udapfusha ubusa umwanya wawe .cyangwa imbaraga zawe

Mu ijoro, ndikura mu byo nsabwa n'isi kugira ngo mbe ndi wenyine, ndi kure y'isi, ndi wenyine mfite ubushake bwanjye mu bwiherero bwanjye bwo mu mwuka, aho nyobora ibitekerezo byanjye mu cyerekezo nifuza kandi nkafata ibyemezo muri njye Iyo nshishikarije ubushake bwanjye gukora ibikorwa byiza kandi by'ingirakamaro, bintera intsinzi Muri ubu buryo, nakoresheje ubushake bwanjye neza inshuro nyinshi Ariko ibi ntibigerwaho keretse iyo gukoresha ubushake bikomeje

Mbega ukuntu bizaba ari ibyiyumvo byiza cyane kuba ushobora kuvuga no kwemeza uti “Ubushake bwanjye, bwuzuyemo ubushake rusange, buzasohoza icyo nifuza!” Niba wishyira mu mwanya wawe ukabishyira byose ku bushake bw’Imana udakoresheje ubushake bwawe, wahawe n’Imana, ntuzagera ku musaruro wifuza. Imbaraga z’Imana zirashaka kugufasha ubwazo. Nta mpamvu yo kwinginga cyangwa gusaba; ahubwo, ugomba gukoresha ubushake bwawe kugira ngo usabe kandi usabe—nk’umuragwa ukwiye —kandi ukore ibikwiriye. Ugomba kwirukana mu bwenge bwawe igitekerezo cy’uko Imana, mu mbaraga zayo n’imbaraga zayo zirenze urugero, iri kure kandi yihishe mu ijuru, kandi ko uri wenyine hagati y’imihangayiko n’ingorane zo kuri iyi si. Wibuke ko ubushake bw’Imana buri kure y’ubushake bwawe bw’umuntu, ariko ubwo bubasha bunini, nk’inyanja itagira imipaka, ntibuzakugeraho keretse .ubwenge bwawe bufunguye kandi umutima wawe ukakira

Amahoro abe kuri mwe

Gutsinda ibitekerezo bikabije

Sekibi, cyangwa uburiganya bw'isi yose, ahora adutega imitego ye, akoresha ubujiji bwacu n'ubujiji bwacu, bityo akabangamira imigambi y'Imana. Imana, hamwe n'imbaraga zayo zose zo mu isi, ishobora gutsinda sekibi byoroshye, ariko ikunda ko abantu bakoresha ubwenge bwabo, ubushake bwabo, n'umutimanama wabo kugira ngo bahunge ibibi. Uko turushaho guhitamo ibyishimo byo mu mwuka aho guhitamo ibinezeza by'akanya gato, ni ko imbaraga ziturwanya zirushaho kwamburwa imbaraga zazo z'umwijima. Bityo rero, ni twe tugomba gufatanya n'Imana kugira ngo dutsinde Satani n'imatego ye.

Iyo umuntu ari umunebwe, atagira icyo akora cyangwa atinda gukora, bafasha Satani kumwegera Yesu yasabye abigishwa be gusenga ati: "Ntudushyire mu bishuko, ahubwo udukize ikibi" Kandi muri Korowani Yera, dusoma ngo: "Vuga uti: 'Ndashaka ubuhungiro ku Mwami w'abantu ku bubi bw'umuvuga amagambo mabi witandukanya'" Uyu muvuga amagambo mabi ntabwo ari twe twabiremye; ahubwo ni uw'isi ifatika, kandi abantu bose baramugandukira. Ariko kugira ngo Imana idufashe kwibohora, yaduhaye ubwenge, umutimanama, n'ubushobozi bwo gushaka

Gukunda ibikorwa by'icyaha bivuze kwishyira mu kaga, mu mihangayiko, no mu bibazo bitoroshye Iyo tuguye cyangwa tunyerera kubera ibitekerezo byacu bibi, twagombye gusenga tuti: "Mwami, ntudutererane hano, ahubwo udushyire hejuru ku bw'imbaraga z'ubwenge n'ubushake. Kandi nyuma yo kutubohora mu nzara z'ikibi, niba ushaka kutugerageza, banza wiyereke kugira ngo tumenye ko ukurura kurusha ibishuko byose kandi ko ushimisha

**roho n'ibitekerezo kuruta ibishuko cyangwa ibyo
kwihambiraho byose"**

**Igihe cyose umuntu yumva adashaka kwiyima
ibinezeza bimwe na bimwe byangiza imibereho ye,
aba ari munsu y'ubuyobe bwa Satani kandi amaherezo
azahura n'ingaruka mbi zo kugwa mu bishuko bibi
by'imibonano mpuzabitsina. Ariko, niba yizeye ko
ibishuko cyangwa gushukwa ari bibi kandi byangiza
kuko bisezeranya ibyishimo byinshi ariko amaherezo
bigatanga gusa kwicuza, kwicuza, no kugira
umutimanama ubabaza, icyo gihe ashobora gutsinda
Satani.**

**Nta gushidikanya ko ikigeragezo gifite igikurura
Ibyumviro byacu byerekeje ku isi yo hanze Umugezi
w'ingufu z'ingenzi uva mu bwonko unyuze mu mitsi
ukagera mu maso, mu matwi, mu mazuru, mu rurimi
no mu ruhu Ibyumviro tubona binyuze muri izi ngingo
ni ingaruka z'uyu muyaga usohora, niyo mpamvu
twishimira ibyiyumvo Uku niko ibyumviro bikora
Ariko, kwiyingizamo cyane bifite akaga n'akaga
Keretse umuntu ashingiye ku gusobanukirwa no
kumenya, iyi ngufu isohora (inyura mu ngingo
z'ibyumviro) imugira imbata y'ibyumviro**

**Ibyumviro bitanu bimeze nk'urumuri rw'imirasire
itanu. Binyuze muri uru mucyo, tubona kandi
tukabona isi ifatika. Tumenyera kwishimira ibintu
bishimisha amaso, amatwi, impumuro, uburyohe, no
gukoraho. icyifuzo cyo kubona ikintu gikunze kuba
ingeso ikomeye. Ikibazo ni uko abantu benshi
batigeze babona umwuka w'Imana wihishe inyuma
y'ibintu, bityo bakaba badafite urugero rwo
kugereranya ibitekerezo bishimishije kandi
bishimishije by'ibyumviro n'ibyishimo bitavugwa**

by'umwuka wihishe. Nta buryo bwo kugereranya nk'ubwo keretse umuntu arenze mu bwenge ibintu bimutera kumva kugeza aho adashobora kubikurura cyangwa kubihindura. Uburyo bwonyine bwo kwirinda uyu mutego ni ukumenya, haba mu bwenge cyangwa binyuze mu bunararibonye bwe bwite, ko ibyishimo n'ibinezeza biriho koko.

Amabwiriza n'inama zo kwirinda gukora ibibi bishobora kubangamira ubuzima bw'umuntu akenshi ntacyo bimaze, kuko iyo usabye umuntu kudakora ikintu runaka, ahita ashaka kugikora.

Imbuto zibujijwe ziraryoshye kandi ziraryoshye mu ntangiriro, ariko uburyohe bwazo burasharira nk'umuravumba. Nyamara, nubwo abantu bababara cyane, ntibiga cyangwa ngo bihane, ahubwo bakomeza gukora ibintu bimwe, uko byagenda kose ingaruka mbi z'umubiri n'iz'umuco zaba zikomeye.

Iyo gukunda ibintu bifitanye isano n'amarangamutima bitangiye gukomera, iyo ngeso ifata ubwonko igahinduka umutegetsu w'igitugu, itegeka nyirayo gusesagura irari no guhaza ibyifuzo bitazigera binyurwa cyangwa ngo bishire, nubwo ibi bivuguruza inyungu z'umuntu kandi bivuguruza amahame ye.

Umuntu ashobora kudashaka gusubiramo igikorwa, nyamara agasanga ahatiwe kugikora. Gerageza kutiyemerera kugera aho urengerwa n'ingeso mbi, zangiza kandi ukaba imbata y'ibitekerezo bibi n'ibintu bibi. Ugomba kuba umugenga wawe n'iherezaho ryawe. Ntukemere ko umuntu uwo ari we wese cyangwa ikindi kintu cyose kikugenzura. Iyo icyifuzo cyo kugira ikintu runaka kibaye ingeso isanzwe, iyo ngeso igomba guhagarara.

Nakundaga cyane ikinyobwa gisa n'indimu Bamwe mu banyeshuri bampaga icyo kinyobwa gihumura aho najyaga hose, bityo buri gihe nakibonaga hafi yanjye. Ariko umunsi umwe nasanze icyo kinyobwa cyanjye cyarangiye kandi ndakibura, ariko ndavuga nti: "Oh, ikinyobwa gihumura, warenze imipaka yawe, bwana, kandi igihe kirageze ngo dutandukane, muraho!"

Umunsi wakurikiyeho nagerageje kugerageza icyo kinyobwa nkana, maze nsanga gifite uburyohe bubi. Impamvu yabyo ni uko ibitekerezo byanjye ku munsi wabanje byari bikomeye cyane ku buryo icyifuzo cyo kucyifuza cyahise kirangira.

Nta kintu na kimwe natakaje cyanyazwe, kandi sinigera ndeka ikintu na kimwe Nta kiruhuko cy'umubiri gishobora kumpambira Tugomba kuba dushobora kunyura mu byo duhura na byo byose mu buzima tudashyizemo imbaraga cyangwa ngo twishingikirize ku byo twiringira Mu by'ukuri, umuntu wigenzura agenda mu isi y'ibintu afite ubwenge buhamye, nta bwoko bwose bw'irari, kandi abona amahoro yo mu mutima.

Ni byiza kugira uburyo n'imibereho myiza, ariko uko umuntu yumva akeneye kubona ibintu by'agaciro bitari ngombwa, ni ko arushaho kwifungira mu bucakara. Iyo ubushake bwe n'ubushishozi bwe biba imbohe y'iminyururu y'imibonano mpuzabitsina, batakaza ubumenyi bwabo bwo mu mwuka kandi ntibabashe kwihuza n'ubwenge bwo hejuru. Abahanuzi n'abatagatifu b'intungane babayeho ubuzima bworoshye, nyamara bari bishimye kandi banyuzwe n'imibereho yabo. Babagaho bishimye kandi bagumana n'Imana mu ijuru. Ku bijyanye n'ababaho munsi y'ubujiji, bagengwa n'ibishuko

by'irari, bazakomeza kubaho muri ubwo buzima nyuma y'ubuzima kugeza igihe bazarwanya ibishuko byo ku isi n'ibibarangaza.

(Kugira ngo hatagira ikintu cyangiza ibyishimo byacu by'ukuri. Amarangamutima asenya nk'uburakari, ubugugu, umururumba, kwifuza, ishyari, irari ry'imibonano mpuzabitsina rikabiye, inzoga, n'ibiyobyabwenge byose ni bibi ku buzima bw'umuntu no mu bwenge bwe kuko bibuza umuntu kugira ibyishimo byo mu mwuka. Ibyumviro ntibigomba gukoreshwa nabi binyuze mu kwinezeza cyane niba wifuza kwishima. Ibyumviro bibi)

Irinde mu gihome cy'ubwenge, kuko ari bwo buhungiro bukomeye Gusobanukirwa by'ukuri bizatuma udatsindwa, ku buryo nta kintu na kimwe gishobora kukugirira nabi. Ariko keretse umuntu abonye ubwenge, inshingano ye ya mbere ni uguhagarika igikorwa cyangwa icyifuzo gikomeye iyo ibitekerezo bikaze bivutse. Icyo gihe ni bwo umuntu ashobora gutekereza kuri icyo kibazo mu buryo bw'ubwenge no mu buryo butekereza. Iyo umuntu agerageje gutekereza mbere na mbere, azahatirwa kandi ubushake bwe buzategekwa n'ubushake bwe bwo gukora icyo adashaka gukora, kuko ibitekerezo bikaze bizafata ubwenge bw'umuntu kandi bikamuhuma amaso.

Mu bihe nk'ibi, umuntu agomba kuvuga ati "Sinzabikora urupfu aho kubikora kubera isoni," kandi akava aho hantu nta gushidikanya. Ubu ni bwo buryo bwizewe kandi bufite akamaro bwo guhunga imitego ya Satani mubi. Uko umuntu arushaho kwihingamo imbaraga zo kudasubiza mu gihe cy'ibishuko bya Satani, ni ko ibyishimo bye birushaho kwiyongera,

kuko ibyishimo nyakuri biri mu bushobozi bwo gukora ibyo umutimanama udutegeka gukora kandi ukatubuza kwegera cyangwa gukora.

Ntukemere ko ibidukikije cyangwa ibyifuzo by'umubiri bikubangamira cyangwa ngo bikuyobore, nshuti yanjye Menya ko imico myiza n'ubuzima bw'umwuka ari ibintu bihebuje cyane kuruta kwishora mu rari. Iminyururu y'ibishuko iboha abantu amaboko n'ibirenge; ntureka ngo bikubohe. Niba wasenga Imana ngo ikureke uryohere n'urukundo rwayo, nubwo byaba rimwe gusa, kandi ukaba warabonye urwo rukundo rw'Imana ruhebuje, nta kindi wakwifuza nyuma yaho, kandi ibyifuzo bibi ntibyakwigarurira ubwenge n'umutima wawe.

Iyo wizeye ko Imana ari yo ikurura abantu cyane mu isanzure kandi ko ari yo butunzi buruta ubundi bwose, nta kindi kizashobora kukugerageza cyangwa gutsinda imbaraga zawe zo gushishoza.

Kumenya Imana ni cyo cyifuzo gikomeye kandi ni icyifuzo gikundwa cyane, kuko ni ibyishimo by'iteka bitagira iherezo! Tugomba gushaka Imana kuko ari yo mavuta akiza n'umuti mwiza ku bubabare bwacu bwose n'indwara zacu, kandi ni yo gisubizo nyakuri ku byo dukeneye byose.

Ibyo imitima yacu yifuza byose, ibishyushye, kandi birira—urukundo, icyubahiro, ubwenge, ubutunzi, n'ibindi byose—tubibonera mu bwumvikane busesuye bw'umwuka n'inyanja y'ibyishimo n'ubutunzi.

Urupfu ruzaba iherezo ry'uko umuntu azi neza urwego n'icyubahiro, kabone n'iyo yaba ari we muntu uzwi cyane kandi ukomeye muri iyi si, kandi

ntazongera kumenya ko abantu bamusenga. Ariko abahanuzi n'abantu bakomeye, ndetse na nyuma yo kuva kuri iyi si, bazi neza urukundo abayoboke babo babafitiye kuko ubwenge bwabo buhujwe n'ubwenge bw'Imana, Izi byose, iba muri buri atome y'ubuzima, yaba igaragara n'itagaragara.

None se kuki wakora cyane kugira ngo ubone ikintu uzatakaza ukimara kuva kuri iyi si?

Amafaranga, icyamamare, icyubahiro, urwego, guhaza ibyifuzo, n'imibereho myiza y'ibintu byose ni ibintu by'igihe gito kandi bifite aho bigarukira bitasimbura ibyishimo nyakuri byo guhuza umwuka n'umucyo w'Imana.

Ibishuko bifite imbaraga gusa kuko abantu badafite ubushobozi bwo kubigereranya n'ikiruta ibindi

Iyo umuyaga w'ibishuko uhushye, ubwenge bwawe buba umutwaro w'ibyifuzo n'ingeso by'agateganyo. Ariko inzira iruta izindi zose igana ku mudendezo ni ukwinjira mu byishimo bitarangira by'Imana, bityo uzarokoka byoroshye imbaraga zitagaragara z'ibishuko hamwe n'ingaruka zabyo mbi, umenye ko ibinezeza byo mu mwuka ari byiza cyane kuruta ibinezeza by'isi kandi bihuye cyane na kamere y'ubugingo.

Nubona ibyishimo nyakuri muri ubu buzima, uzabigira ubu no mu bihe bizaza. Amahitamo ni ayawe, ushaka: ibyishimo by'Imana bidashira, ushobora kugeraho ubu wiyima ibinezeza bimwe na bimwe byo mu isi, cyangwa ibyishimo by'igihe gito byo mu isi? Iyo ubwenge bwawe bufungukiye ukuri ko hejuru kandi umutima wawe ugakingurirwa urumuri,

uzamenya itandukaniro riri hagati y'ibyo bibiri kandi uhitemo icyiza kurusha ibindi.

Imbaraga zose ushyiraho kugira ngo ugere ku mpinga z'umwuka no kuzamuka mu mpinga z'umwuka Imana izazibona, kandi izaguha ingororano nziza kurusha izindi.

Nshuti yanjye, ntugatekereze ko uri umunyabyaha Uri ishusho y'Imana iboneye Nubwo waba uri abanyabyaha bakomeye, ntacyo bitwaye, mu gihe wihannye ugahindura inzira yawe mbi kandi ntuzongere kuyisubiramo. Niba wiyemeje kugendera mu nzira z'imico myiza, ntabwo uri mu banyabyaha.

Ndetse n'umunyabyaha ureka inzira ze zigoramyeye agasenga Imana yonyine mu buryo bw'ukuri ashobora kubarwa mu bakiranutsi. Binyuze mu cyemezo cye cyo mu mwuka, azaba umunyangeso nziza, akure mu bwenge no mu bumenyi, agere ku mahoro yera ahoraho, kandi agire uburinzi bw'Imana, umutekano n'umutekano.

Hindura agapapuro gashya wiyibutse ko wahoraga uri mwiza kandi ko warotaga gusa ko wibeshye. Umutima w'Imana ni munini, kandi amarembo yayo ahora akinguye ku bizera bifuza guhindura ubuzima bwabo bukarushaho kuba bwiza. Ikibi ni inzozo mbi cyangwa inzozo ziteye ubwoba zidafite aho zihuriye na kamere y'ubugingo.

Ibishuko ni nk'uburozi buryoshye cyangwa ubuki buroze, biraryoshye mu buryohe, ariko bitamba mu maraso bigasenywa ingingo z'umubiri, bityo rero kubireka ni byiza

Ibyishimo abantu bashaka kandi bashakisha muri iyi si ni imburamumaro kandi ni iby'igihe gito Ibyishimo by'Imana ni iby'iteka ryose Wifuze ibihoraho kandi komera mu kwanga ibinezeza n'ibinezeza by'igihe gito byo muri iyi si, bitagira igihe kirekire Ugomba kugira iyi myumvire Ntukemere ko isi ikuyobya cyangwa ngo ikuyobore n'inkoni yayo, kandi ntukibagirwe ko Imana ari yo kuri yonyine Ibyishimo nyakuri biboneka gusa mu kumva ko Imana iriho no kwishimira ibyishimo byayo bihebuje

Umuntu yinjijwe mu nzozi z'ubujiji, yibwira ko ababazwa n'indwara, agahinda n'ubukene Igihe umwe mu bagabo b'Imana bakomeye yasengaga, yahise avuga ati: “Nibwiraga ko ndi jyeneyine utuye muri iyi nyubako ifatika, ariko ubu mbona Ikiremwa cy'iteka cyose kigaragara muri yo. Iyi mitekerereze mito, itari ikintu kirenze urugero, ni umubiri n'amagufwa, si njye. Ibyuzuye bitagira iherezo ni byo biba mu mubiri wanjye. Ni jye ubwanjye wuzuye, kandi ndabiha ubudahemuka bwanjye bwo hejuru.”

Ubwo bumenyi buzagera kuri buri wese ushaka by'ukuri, kandi ntibazongera kwibwira ko ari ibiremwa bipfa, abagabo cyangwa abagore. Ahubwo, bazamenya ko ari roho zaremwe mu ishusho y'ubumana. Ubwami bw'Imana buba mu bantu, kandi umwuka uhebuje uba mu mibereho yabo.

Roho ihambiriwe ku mubiri n'umunyururu w'ibyifuzo, ibishuko, ibibazo, imihangayiko, n'ubwoba, kandi iharanira kwibohora. Iyo ikomeje gukurura uwo munyururu uyihambiriye ku bwenge bw'umubiri, ukuboko kw'Imana kuzayivamo umunsi umwe maze igaca uwo munyururu, maze roho izagira umudendezo.

Abifuza amahoro yo mu mwuka bagomba kwirinda ibishuko n'agahinda binyuze mu gusobanukirwa no gutekereza cyane ku Mana. Abatita ku Mana, batamwemera nk'Umuremyi w'isi n'ibirimo byose, ntibabona aho iri cyangwa ngo babone urumuri rwayo.

Gutekereza ni ukwiyibutsa kenshi ko tutari umubiri w'umubiri ufite aho ugarukira, ahubwo ko turi umwuka w'Imana wuzuye kandi wigenga Gutekereza ni ukwibuka uwo uri we by'ukuri no kwibagirwa uwo uri we. Iyo igikomangoma cyasinze kijya mu gace gake, maze kubera gutakaza kwibuka by'igihe gito n'uwo ari we by'ukuri, kigatangira kurira no kwinubira uko kimeze, kigira kiti: "Yewe, mbega ukuntu ndi umukene kandi nkeneye ubufasha!" bagenzi be baramusekaga bakavuga bati: "Irinde kandi wibuke ko uri igikomangoma, Nyiricyubahiro!"

Mu buryo nk'ubwo, umuntu ari mu bihe byo kwibeshya no kwibeshya Yizera ko ari umuntu utagira icyo akora, arwana kandi arushye, asunikwa n'imiraba y'amaganya mu mpande zose. Igihe kirageze ngo akanguke kandi yemeze ko ari umwuka, udahinduka n'ingaruka z'iyi si, uko zaba zimeze kose kandi ziteye ubwoba. Agomba kumenya ko ari urumuri ruzima rw'umwuka w'Imana w'umugisha, kandi ko kamere ye ari ibyishimo bitunganye kandi byuzuye. Iyo asubiyemo ibi bitekerezo kenshi, nijoro no ku manywa, amaherezo azasobanukirwa kamere ye nyakuri: umwuka udapfa

Gukurura, umururumba, kwizirika ku bantu n'ibintu, kuba imbata y'ibyumviro, kutamenya kamere y'umwuka, ubunebwe, n'ubuzima butoroshye kandi

bugoye, byose ni bimwe mu byanzi bikomeye by'ibyishimo.

Kora inshingano zawе ufite ubwenge bushinze imizi mu bwenge bweranda burimo gukura no gukura mu bijyanye no gutekereza, hanyuma uzagira ibyishimo by'ukuri, atari mu binyoma, kandi wishimire ubuzima bwiza.

Ubwo natangiraga gutekereza, ntabwo nigeze numva ko nzagira ibyishimo byinshi nk'ibyo. Ariko uko iminsi yagendaga ihita, amahoro yanjye yariyongereye kandi ibyishimo byanjye byariyongereye uko nagendaga ninjira mu nyanja zo gutekereza cyane.

Iyo umuntu arambiwe ubuzima abamo, ariko agakomeza kubuzuzamo ibintu byinshi n'icyifuzo cy'ibintu bishya by'amarangamutima, aba ari mu nzira idahwitse kandi igoramyе kandi agomba guhindura inzira. Uburyo bwizewe bwo guhunga ingaruka z'ibitekerezo biremereye ni ukubaho ubuzima bworoshye, busanzwe—butagira imipaka n'ingorane—buhuje n'Imana.

Kuki abantu babaho ubuzima budasanzwe?

Kuki ashaka cyane kandi ababaye cyane kugira ngo ashake ibyishimo isi idashobora gutanga?

Ubuzima, nshuti zanjye, ni ubw'agaciro gakomeye cyane

Buri muni nsenga Imana nti: “Niba ushaka kuntwara ibyo ntunze byose, reka bibe ubushake bwawe, kandi sinzarwanya ubushishozi bwawe n'ubwenge bwawe kuko nzi ko ushaka icyanshimisha nzagerageza gushimisha abandi, ariko ibyishimo

byawe, Uwiteka, biza mbere, kandi ni yo ntego yanjye y'ibanze muri ubu buzima”

Iyo usenze utyo, ushobora guhura n'ibigeragezo byinshi n'ibyifuzo, ariko nukomeza kurwanya irari ribi n'ibyifuzo bibi, Imana izakwegera ikaguha imigisha yayo. Uzasanga kuhaba kwayo kumeze nk'umugezi wuzuye ukuraho ibibi byose mu buzima bwawe kandi ugasukura ubugingo bwawe burundu.

Uwirinda irari ry’umubiri rigabanuka igihe gito, agasigarana icyifuzo n’irari gusa. Ariko ubonye umucyo w’Imana kandi akabona ko iriho aba arekuwe n’irari ryose rinyuranye n’imiterere y’ubugingo.

Nimureke twirukane umwijima dukoresheje urumuri rw’Imana

Reka dutsinde ibitekerezo bibi dukoresheje ibitekerezo byiza

Reka dutsinde igishuko cyo gushaka ahantu heza cyane ho gukurura Imana binyuze mu gutekereza cyane

Iyi ni yo ntwaro nziza kandi ikora neza mu kurwanya indwara yo kwiheba no guhangayika

Igihe cyose wumva ko ubushake bwawe burimo kugwa mu mutego w’ubugizi bwa nabi n’ibintu bibi, tegereza Imana kandi ushake ubufasha bwayo kugeza igihe wumvise umugisha wayo wirukana ibitekerezo bibi byose kandi wuzuza ubugingo bwawe ibyishimo, ubwenge, amahoro n’icyizere.

Amahoro abe kuri mwe

Gutsinda ingaruka z'imibumbe

Umunsi umwe mwarimu wanjye yarambwiye ati:

"Kuki, Mukunda (Paramhansa), utabona umukandara w'umubumbe?"

Naravuze nti "Ese ibi ni ngombwa kuri njye, mwarimu? Sinemera inyenyeri"

Yasubije ati: "Ikibazo si ukwemera Ahubwo, igitekerezo gikwiye cya siyansi umuntu agomba gufata ni ukumenya niba iyo ngingo ari ukuri. Itegeko ry'imbaraga rukuruzi ryakoze neza mbere ya Newton nk'uko ryakoze nyuma ye. Iyo imikorere y'amategeko y'isi iterwa no kwemerwa n'abantu, akaduruvayo n'imvururu byari kuba byinshi."

"Abahemu bazanye siyansi ya kera y'inyenyeri ku rwego rwayo ruteye isoni ubu. Ubushakashatsi bw'inyenyeri ni siyansi nini kandi ikungahaye, haba mu mibare no muri filozofiya, ishobora kumvikana neza gusa n'abazi ubumenyi bwimbitse kandi bashingiye ku bumenyi. Niba umuntu utazi ubwenge yibeshya mu gusoma no gusobanura ikirere, akabona (cyangwa amagambo yumvikana) aho kubona amagambo yumvikana, ibi ni ibintu byitezwe muri iyi si idatunganye kandi ifite inenge, kandi umuntu ntakwiye gupfusha ubusa ubwenge ku bibwira ko ari 'abanyabwenge'"

Umwari mu wanjye yakomeje agira ati: "Ibice byose by'isi bifitanye isano ya hafi kandi bifitanye isano. Imiterere isanzwe kandi iringaniye y'isi ishingiye ku guhanahana cyangwa gutanga no kwakira Umuntu, mu ishusho ye ya kimuntu, agomba kurwanya imbaraga ebyiri: iya mbere ni ihungabana ry'imbere rituruka ku kuvanga ibintu by'isi, amazi, umuriro, umwuka, na eteri, naho iya kabiri ni

imbaraga zo hanze zo kwangirika kw'ibisanzwe Igihe cyose umuntu akomeje guhangana n'ubuzima bwe bupfa, agerwaho n'ingaruka z'impinduka ibihumbi bibaho ku isi no mu ijuru"

Ubumenyi bw'inyenyeri ni inyigo y'uko abantu bakira ingaruka z'imibumbe. Inyenyeri ntizigira ubuntu cyangwa ubugome, ahubwo zitanga imirasire myiza n'iy'ibibi. Iyi mirasire ubwayo ntabwo yungura cyangwa ngo igire ingaruka mbi ku bantu, ahubwo itanga uburyo bwemewe bwo kuringaniza impamvu n'ingaruka abantu bakoze mu bihe byashize.

"Umwana avuka ku munsu n'isaha runaka aho imirasire yo mu kirere ihuye n'imibare ya karma ye cyangwa ibyahise bye bwite. Imbonerahamwe ye ya zodiac ni ishusho nyayo ihanura ibyahise bye bidahinduka n'ibyzava mu gihe kizaza. Ariko iyi mbonerahamwe y'amavuko ishobora gusomwa cyangwa gusobanurwa gusa n'abafite ubumenyi bugenda bukura, kandi ibi ni gake cyane"

"Ubutumwa butangazwa mu buryo bugaragara mu gihe cy'ivuka ntabwo bugamije kwemera ibizava mu buzima - ingaruka z'ibikorwa byiza cyangwa bibi byahise - ahubwo bugamije gushishikariza no gukangura ubushake bw'umuntu bwo kuva mu bubata bw'isi. Ikintu cyose umuntu yaboshye gishobora gufungurwa, kandi ni we wenyine ushinze kurema ibyo bintu ubu bigenga ubuzima bwe, uko imiterere yabyo yaba iri kose. Kandi kubera ko ari we waremye izo mpamvu n'imimerere, afite ubushobozi bwo gutsinda inzitizi zose bitewe n'ubushobozi bwe bwo mu mwuka, butagengwa n'ibitutu by'isi."

"Gutinya inyenyeri mu buryo bw'imiziririzo bituma umuntu aba igikoreshe cyigenga kidahinduka kandi

cyicisha bugufi ku buyobozi bwikora. Umuntu w'umunyabwenge yigarurira imibumbe, ni ukuvuga ko ahunga amateka ye yimura ubudahemuka bwe kuva ku byaremwe akabushyira ku Muremyi. Uko arushaho gusobanukirwa ubumwe bwe n'umwuka w'Imana, ni ko arushaho kuba imbata y'ibintu. Umwuka w'umuntu uba ufite umudendezo iteka ryose, ntupfa kuko utavutse, kandi iherezo ryawo ntirishobora guhambirwa n'imibumbe n'inyenyeri cyangwa ngo riganzwe na byo."

"Umuntu ni roho ifite umubiri Iyo asobanukiwe neza imiterere ye, asigarana ingero n'imiterere byose by'agahato n'igitugu. Ariko niba akomeje kwitiranya ibintu kandi adafite ubwenge bwe bwo mu buryo bw'umwuka, azaba agengwa n'amategeko y'ibidukikije n'ibidukikije."

"Imana ni ubwumvikane kandi ihuza, kandi usenga uhuje nayo ntazakora nabi, ariko ibikorwa bye byose bizaba bihuje n'amategeko yo mu ijuru mu buryo bukwiye kandi busanzwe, kandi nyuma yo gusenga no gutekereza cyane azumva isano ye n'umwuka w'Imana Nta mbaraga ziruta ubwo burinzi bw'imbere"

Nagerageje kumva ibisobanuro by'uyu munyacyubahiro Seri Yuktsuar, maze nyuma y'igihe kirekire ncecetse ndavuga nti: "None se kuki ushaka ko njyewe, mukundwa wanjye, twambara iyi bracelet?"

Umwari mu yaramusubije ati: "Iyo umugenzi ageze aho ajya ni bwo afite impamvu yo kureka amabwiriza n'amakarita. Ariko mu rugendo, agerageza gukoresha uburyo bwose bukwiye bwo kugabanya igihe cyo kwitandukanya n'abandi. Abanyabwenge ba kera

batekereje uburyo bwinshi n'uburyo bwo kugabanya igihe cyo kwitandukanya n'abandi mu isi y'uburiganya n'uburiganya. Hari ibintu bimwe na bimwe mu mategeko ya karma bishobora guhindurwa neza n'intoki z'ubwenge."

"Ibibazo byose by'abantu bituruka ku kwica amategeko agenga isi yose. Ibyanditswe Byera bigira inama umuntu yo kubahiriza amategeko ya kamere, ariko agakomeza kwiringira Imana mu buryo bwose. Inshingano ye ni ukuvuga ati: 'Mwami, ndakwiringira kandi nzi ko ushobora kumfasha, ariko nzakora uko nshoboye kose kugira ngo nkureho ingaruka z'amakosa yanjye' Binyuze mu buryo butandukanye - isengesho, imbaraga z'ubushake, gutekereza kuri yoga, kugisha inama abanyabwenge n'abatagatifu, no gukoresha imishumi y'inyenyeri - ingaruka mbi zabayeho zishobora kugabanuka cyangwa zigahagarikwa burundu"

"Nk'uko inzu ifite inkoni y'umuringa yo kwakira inkuba, ni ko n'umubiri w'umuntu ushobora kungukirwa n'uburyo butandukanye bwo kurinda imirasire igaragara y'amashanyarazi na rukuruzi ihora izenguruka mu isanzure kandi igira ingaruka ku mubiri w'umuntu, yaba myiza cyangwa mibi Kuva kera, abanyabwenge bacu bagiye batekereza uburyo bwo kurwanya ingaruka mbi z'ingaruka mbi z'ikirere. Bavumbuye ko ibyuma bisukuye bisohora imirasire y'isi irwanya gukurura nabi kw'imibumbe. Byagaragaye kandi ko bimwe mu bimera bifite akamaro. Ibintu bikora neza cyane ni amabuye y'agaciro meza, adafite inenge, apima karati ebyiri. Imikoreshereze y'ubumenyi bw'inyenyeri mu buryo bufatika ntiyakunze kwitabwaho n'abashakashatsi bo hanze y'Ubuhinde. Ikintu kimwe cyoroshye kandi

gifatika ni uko amabuye y'agaciro, ibyuma, cyangwa ibimera bikwiye ntacyo bimaze keretse bifite uburemere bukwiye, mu gihe ibyo bivura bikoze hafi y'uruhu."

Naravuze nti "Bwana, ndakwemera inama zawe maze mbone umukufi, ariko gutekereza gusa gutsinda ibiri mu kirere birantangaza!"

Hanyuma Sri Yuktiswar yongeyeho amabwiriza asobanutse neza, agira ati:

"Muri rusange nakugira inama yo gukoresha umukufi ukoze mu zahabu, ifeza n'umuringa, ariko muri wowe ndakwifuriza kubona umukufi ukoze mu ifeza n'icyuma cy'umuringa"

Naravuze nti "Bwana, ugamije iki koko?"

Umwarimu yaramusubije ati: "Imibumbe iri kwitegura gufata impagarara mbi kuri wowe, Mukanda. Ariko ntugire ubwoba, kuko Imana izagukingira Mu kwezi kumwe uhereye ubu, uzarwara indwara zikomeye z'umwijima. Iyi ndwara igomba kumara amezi atandatu, ariko ukoresheje umukandara w'umubumbe, uzagabanya iki gihe kikagera ku minsi makumyabiri n'ine gusa."

Umunsi ukurikiyeho nashatse umucuzi w'imitako maze mbona umukufi vuba, ndawushyiraho. Ubuzima bwanjye bwari bwiza cyane ku buryo nibagiwe ubuhanuzi bw'umwarimu wanjye, wari waravuye muri Serampur akajya gusura Varanasi. Nyuma y'iminsi mirongo itatu twaganiriye, numvise ububabare butunguranye mu mwijima. Ibyumweru byakurikiyeho byari inzozo mbi z'ububabare bukabije. Kubera ko ntashakaga kubangamira mwarimu wanjye,

natekereje ko nashoboraga kwihanganira ibigeragezo byanjye ndi njyenyine, mfite kwihangana n'ubutwari. Ariko nyuma y'iminsi makumyabiri n'itatu y'ububabare, icyemezo cyanjye cyaracitse intege, maze njya muri gari ya moshi i Varanasi, aho Sri Yuktiswar yanyakiriye neza cyane. Ariko, ntiyampaye umwanya wo kumubwira mu ibanga iby'uburwayi bwanjye bwari bukomeje kwi Yongera. Abihaye Imana benshi bari baramusuye uwo munsu kugira ngo bahabwe umugisha we. Kubera ko nari ndwaye, nagiye mu mfuruka. Abashyitsi ntibagiye kugeza nyuma yo kurya, ubwo mwarimu wanjye yampamagariye ku ibaraza ry'inzu ye. Yarambwiye, areba kure kandi agenda asubira inyuma, rimwe na rimwe abuzura urumuri rw'ukwezi:

"Ndatekereza ko waje ufite indwara y'umwijima. Umaze iminsi makumyabiri n'ine ubabara, si byo se?"

Nasubije nti: "Yego, bwana"

Yaravuze ati: "Ndakwinginze ukore imyitoto yo mu nda nakwigishije"

Naramusubije nti: "Iyo uba uzi, bwana, ingano y'umubabaro wanjye, ntabwo wari kunsaba gukora imyitoto ngororamubiri." Nyamara, nagerageje gato kumvira itegeko rye. Mwarimu yarandebye anyomoza ibibazo.

"Uvuga ko wumva ububabare, nanjye nkavuga ko nta bubabare buhari. Uku kuvuguruzanya gushobora kubaho gute?"

Numvise meze nk'izuba, hanyuma numva ibyishimo binyica, kandi sinongeye kumva ububabare buhoraho bwari bwaranyimye umugisha wo gusinzira

mu byumweru byinshi birebire. Ubwo havugwaga gusa amagambo "Sri Yuktsur," ububabare bwarashize burundu, nk'aho butigeze bubaho.

Natangiye kunama imbere ye nshimira, ariko arampagarika arambwira ati:

"Ibagirwe ibyo Haguruka wishimire ubwiza bw'ukwezi hejuru ya Ganges" Amaso y'umwarimu yarabagiranaga n'ibyishimo ubwo nari mpagaze iruhande rwe bucece Nasobanukiwe mu myitwarire ye ko yashakaga ko numva ko ari Imana yankijije, atari we

Kandi kugeza n'uyu munsi, ndacyambara umukufi wa feza nk'urwibutso rw'uwo munsi, urwibutso rwiza rw'igihe namenyaga ko nabanaga n'umuntu udasanze kandi udasanze. Nyuma yaho, nazanaga inshuti zanjye i Sri Yuktiswar kugira ngo zikire, kandi yahoraga angira inama yo gukoresha imitako cyangwa imikufi, ashima ikoresheya ryayo nk'uburyo bwo kumenya ubwenge bw'isi.

Kuva mu bwana bwanjye, numvaga nkunda inyenyeri kubera impamvu ebyiri: iya mbere, kubona benshi bakundaga inyenyeri mu buryo bwo kwiambura no kuyoboka, naho iya kabiri, ubuhanuzi bwatanze n'umuhanga mu by'inyenyeri wo mu muryango: "Uzashyingirwa gatatu kandi uzapfakare kabiri" Nabitekerezagaho igihe kirekire nkumva meze nk'umwana w'intama utamba igitambo ku gicaniro cy'ishyingiranwa rya gatatu Umunsi umwe, mukuru wanjye Ananta yarambwiye ati:

"Ni byiza kwemera iherezo ryawe, nk'uko imbonerahamwe yawe y'inyenyeri yerekanye ko mu myaka yawe ya mbere uzakunga ukava mu rugo ujya

mu misozi ya Himalaya ugahatirwa gutaha. Mu buryo nk'ubwo, ubuhanuzi bwerekeye ishyingiranwa ryawe buzasohora nta kabuza"

Ijoro rimwe, amaze kubona ubuhanuzi butari bwo, yatwitse ikarita y'umunara maze ashyira ivu ryayo mu ibahasha yanditseho ati: "Imbuto za karma za kera ntizishobora kumera iyo zitwitswe n'umuriro w'ubwenge butagatifu." Hanyuma ashyira ibahasha ahantu hagaragara Ananta yasomye iyi nyomoza maze aseka cyane, agira ati:

"Ntushobora gusenya ukuri byoroshye nkuko watwitse uru rupapuro"

Mu by'ukuri, incuro eshatu mbere yuko ngera ku busore, umuryango wanjye wagerageje gutegura gahunda yo gusezerana, kandi buri gihe narabyanze, nzi ko urukundo nkunda Imana rukomeye kurusha ibindi bintu byose byo mu isi byasigaye mu bihe byashize. Nahoraga ntekereza ku magambo y'ubwenge y'umwarimu wanjye agira ati:

"Uko umuntu agenda yimenya cyane, niko agira uruhare runini ku isanzure ryose binyuze mu mihindagurikire ye y'umwuka igaragara, kandi icyo gihe ni ko agabanuka ku ngaruka z'ibintu byo hanze"

Hari igihe nasabaga abahanga mu by'inyenyeri guhanura ibihe byanjye bibi cyane bakurikije imiterere y'imibumbe, nyamara nashoboraga kugera ku cyo natekerezaga cyose muri ibyo bihe. Ni ukuri ko intsinzi yanjye muri ibyo bihe yari yuzuyemo ingorane zidasanzwe, ariko icyizere cyanjye cyari gishingiye ku kwizera ko Imana iduhaye kandi ikoresha neza imbaraga z'ubushake—impano Imana yahaye abantu—

**ni imbaraga zikomeye, ziruta kure imiraba y'isi
ituruka ku mibumbe n'inyenyeri.**

**Nabonye ko ibyo inyenyeri zanditse ubwo
zavukaga bitavuga ko umuntu ari igipupe cy'ibyahise
bye Ahubwo, ingaruka z'imibumbe ni imbarutso
y'iterambere. Ibinyabutabire byo mu kirere bikora
kugira ngo bikangure ubushake bw'umuntu bwo
kwibohora inzitizi zose Imana yaremye buri muntu
afite ubugingo bwihariye kandi bwahawe, bityo buri
muntu afite uruhare rw'ingenzi mu iremwa rusange,
yaba urwo ruhare ari urwo gushyigikira cyangwa
kwishyigikirizaho Agakiza k'umuntu ntigashingiye ku
ntsinzi zo hanze ahubwo gashingiye ku ntsinzi zo mu
mwuka z'imbere.**

**Inkomoko: Inkuru za Yogi - Inkuru y'ubuzima bwe
(Filozofiya y'Abahinde mu Buzima bwa Yogi)
yanditswe na Paramhansa Yogananda**

iterambere ry'umwuka

**Biva mu nyigisho za Mwalimu Paramhansa
Yogananda**

**Iyo turebye isi muri iki gihe, hamwe n'ibibazo
byayo byose, ingorane, urujijo, imvururu, ubujiji,
n'amakimbirane, biragoye kwemera ko abantu binjiye
mu ntera nshya y'iterambere n'iterambere. Nyamara,
abantu basize inyuma ibihe bikomeye, by'ubutunzi
kandi batera intambwe zihuse kandi zigana ku iherezo
ry'iki cyiciro gishya cy'iterambere ryayo.**

**Uko turushaho kwegera iki gihe cya atome,
imbaraga nyinshi z'ibidukikije zitari zizwi mu gihe
cy'umwijima ubu zirimo kuvumburwa no gukoreshwa,
bifasha kwihutisha umuvuduko w'itumanaho ku isi
n'iterambere mu buvuzi, ubuhinzi, ubwikorezi, n'izindi
nzego.**

Koko rero, ikoranabuhanga rya none ryahinduye cyane imiterere y'ubuzima bwa buri munsu nk'uko tubizi kandi tubizi

Ariko ibihe by'umwijima abantu bagiyemo biracyagira ingaruka zikomeye kandi zikwirakwira ku bantu. Niyo mpamvu abantu bakoresha uburyo bwa siyansi buteye imbere atari ukugira ngo bagire ibyiza gusa, ahubwo banakoreshe imbaraga zo guhaza no gushimangira imyumvire y'ibanze, iy'ubutunzi nk'ubwikunde, gusenya, n'umururumba. Bityo, ingaruka z'ibihwe by'umwijima zizakomeza mu myaka myinshi iri imbere.

Iyi myaka ikomeje kwiyongera yatanze ihumure ryinshi bitewe n'uburyo n'ibikoresho by'ikoranabuhanga bigezweho, kandi yahaye abantu igihe cy'ikiruhuko kitari kihari mbere. Mu Gihe cy'Icuraburindi, abantu bamaraga umwanya wose babyukira n'imbaraga zabo zose mu gushaka ibyo bakeneye by'ibanze no kubaho. Igice gito cyane cy'abaturage ni cyo cyari gifite umwanya uhagije wo gushyira mu bikorwa ibintu by'ingenzi.

Ubu - nibura mu bihugu byateye imbere mu nganda - buri wese aba muri icyo cyiciro. Ariko se abantu bakora iki mu gihe cyabo cy'ikiruhuko no mu gihe cyabo cyo kwidagadurwa?

Kubera ko batari intego y'ubuzima, bapfusha ubusa igihe cyabo n'imbaraga zabo mu myidagaduro itagira iherezwa. Umuntu usanzwe wo mu Burengerazuba amara hafi amasaha mirongo itanu mu cyumweru areba televiziyo Tekereza ukuntu abantu barushaho kwishima n'uko isi yaba nziza iyo ayo masaha maremare akoreshe mu bikorwa by'umwuka bifite umusaruro!

Abatekereza bakoresheje igihe cyabo neza kandi neza ikibabaje ni uko abantu benshi bagiye bava ku Mana n'amategeko yayo

Iyi niyo mpamvu isi iri mu bihe bibi nk'ibyo. Twifuzaga ko twaba mu isi y'umutekano, uburumbuke n'amahoro. Ariko no kuba mu isi irimo imidugararo bifite amasomo yayo ku bantu bagaragaza imimerere igoye kandi ibabaje. Bituma twibutsa ko iyi si atari iwacu iteka ryose. Umutekano nyakuri n'umutekano ntibiboneka mu isi yo hanze, kandi kubera iyo mpamvu, tugomba gushaka Imana no kuyisaba uburinzi.

Mu bihe by'amahoro n'uburumbuke, aho nta bushomeri cyangwa ibibazo by'ibidukikije bibaho, abantu babaho mu "gucika intege gucecetse, kwiheba," nk'uko umuhanga mu bya filozofiya Thoreau yabivuze. Kuki? Kubera ko nubwo hari ubwo burumbuke, abantu bumva bafite inzara yo mu buryo bw'umwuka n'icyifuzo cy'umwimerere cyo kubona ikindi kintu kibura mu buzima bwabo.

Icyo kintu ni Imana

Tugomba kwibuka ko, uko ibintu biri inyuma byaba biri kose, iterambere ry'umwuka rishingiye ku mbaraga z'umuntu ku giti cye. Nubwo byari mu bihe by'umwijima cyane no mu bihe bibi cyane, abagabo n'abagore bamwe babashije kugera ku bumenyi bw'Imana. Bityo rero, ntitugomba gutwarwa n'imimerere y'isi mu buryo bw'umwuka. Ntitugomba kwibagirwa akamaro gakomeye ko kwihatira mu buryo bw'umwuka.

Kubera ko tuba muri ibi bihe bigoye, dutekereza no ku hazaza n'ibintu bitunguranye bishobora

kutuzanira. Ibi ni ibisanzwe. Ariko iyo twibanda cyane kuri ibi bintu, kandi niba twemeye ko ibitekerezo n'ubwoba biganza ibitekerezo byacu, tuba twirukanye Imana mu buzima bwacu kandi tugatakaza amahirwe y'agaciro yo kwiyinga na yo no kwishimira uburinzi bwayo.

Abantu bashaka kumenya neza ibizaba mu gihe kizaza Kuki? Kugira ngo bongere imihangayiko yabo?

Iyo tuza kuba dusobanukiwe neza umutwaro munini dushyira ku bwenge bwacu iyo dutsinzwe n'ubwoba n'imihangayiko, twatangazwa no kwihangana kwacu kugeza ubu. Imihangayiko n'imihangayiko bigabanya imbaraga zo mu mutwe, bigatuma ubwoba bwinjira mu bugingo, bityo bigatuma dutakaza uburinganire bwacu mu mitekerereze no mu mwuka. Ikibazo cyacu kiri mu kugerageza kubaho mu gihe kizaza no mu gihe cyashize icyarimwe, aho kubaho mu gihe cy'ubu. Iyi mitwaro iremereye cyane ku buryo ubwenge budashobora kwikorera.

Tugomba gusesengura ibitekerezo byacu Akenshi, duhungira mu gihe kizaza cyangwa mu gihe cyashize. Ibi ni ubusa. Tugomba kubaho mu gihe cy'ubu kandi tukazuza ibihe by'ubu n'ibitekerezo by'Imana.

Nta hantu na hamwe ku isi hatekanye cyangwa hatekanye by'ukuri ku bintu n'akaga Uburinzi nyakuri buri mu kubaho mu buryo buzira uburyarya no mu buryo buboneye, mu gufatanya n'abandi mu kuri no mu bunyangamugayo, no mu isengesho, mu gutekereza no mu bwumvikane n'Imana.

Kubera iyo mpamvu, tugomba gukora uko dushoboye kose kugira ngo tube mu bumwe n'Imana.

Ubu bumwe ni bwo muti w'indwara zose n'umuti ukiza ibikomere by'ubuzima n'ibikomere by'igihe.

Ntitugomba guterwa ubwoba n'ibintu bibi bibaho mu buzima n'inzosi mbi Ntitugomba guterwa ubwoba n'indwara, ubukene, cyangwa impanuka Iyo twisanze mu bigeragezo n'amakuba, reka tumenye imiterere y'ibi bintu idafite ishingiro kandi twumve ko dushobora gutsinda ibintu bibi binyuze mu gutekerezaza neza, gufata ibyemezo bizima, no kugirana ubumwe mu buryo bw'umwuka n'Imana, isoko y'ubufasha n'uburinzi byose.

Nta burinzi cyangwa umutekano uhari hanze y'Imana Tugomba kuyihindukirira burundu niba twifuza umutekano n'amahoro yo mu mutima

Biragoye kugera ku byishimo byuzuye muri iyi si, itari iwacu nyakuri. Kubaho kwacu kuri iyi si ni iby'igihe gito. Turi hano mu ishuri kugira ngo twige amasomo y'ubuzima. Iyo twibagiwe uku kuri, ibibazo byacu biratangira, kandi ibibazo bikatuzenguruka impande zose.

Nta kintu na kimwe gikwiye kubaho uretse Imana Ibindi byose bizashira bidusige twenyine Tugomba gushaka urukundo rw'abantu ruhoraho kandi ruhoraho ni urw'igihe gito kandi rugenda rushira buhoro buhoro Inyuma y'urukundo rw'abantu hari urukundo rw'Imana, kandi urwo nirwo rukundo ruruta izindi zose, ruhaza ibyifuzo by'umutima kandi rugashira inyota y'ubugingo. Reka twishimire ibyo Imana iduha byose tutifuje ikindi kintu cyose. Twaje kuri iyi si kugira ngo twige uburyo bwo kumenya Imana Nta kindi kintu kiri hano.

Abashaka Imana by'ukuri bazayibona, kandi ubuzima bwabo buzuzura amahoro, ituze, ubuntu n'ibyishimo. Icyifuzo cyo kuyimenya kigomba kuba gikomeye kandi gihoraho, kandi umusaruro uzazanwa n'ukuri (ukomanga azumva) Abazi Imana bagira ibyishimo n'ibyishimo bidashira

Gushaka Imana ntibishobora kubangikanywa n'ubucuti bw'abantu, ishyingiranwa, cyangwa gushaka intsinzi mu by'umubiri. Ibi bintu nabyo ni bimwe mu bice by'ingenzi by'amasomo y'ubuzima. Icy'ingenzi ni ugutandukanya ukuri n'ubuswa, no kumenya ko intego z'ibintu n'ibyo twagezeho bidashobora kuduha ibyishimo twifuza no guharanira kugeraho binyuze mu bitekerezo byacu n'ibikorwa byacu byose.

Iyi filozofiya ntituma ubuzima buba bubi cyangwa bubi

Amahoro abe kuri mwe

Ukuri n'ukuri mu buryo bwimbitse

Ukuri ni ijambo ripfukiranywe mu buryo budasobanutse neza kandi rihishe ibintu byinshi bidasobanutse neza. Ni igitekerezo kigoye gusobanura no gusobanura. Buri wese afite ibyo yemera n'ibyo yemeza, arahira ukwizera kwe ko ari ukuri nyako. Ariko se umuntu yamenya ate ukuri n'ukuri muri ibi bitekerezo byinshi bitandukanye?

Ukuri ni ikintu kidahinduka kandi ni ikintu kidahinduka. Kunyura mu byiciro byinshi by'iterambere n'ivugurura mbere yo kugera ku rwego rwacyo ruhamye. Urugero, abantu babiri barimo

kuganira ku mushinga w'ubucuruzi. Umwe atanga igitekerezo gihamya ko bizagenda neza, mu gihe undi atanga igitekerezo gishya kigera ku ntego imwe ariko gifite inyungu z'inyongera. Hanyuma undi muntu akaza n'igitekerezo cyiza kurushaho, n'ibindi. Uburyo bwose bwatanzwe bwari "bwiza" nta gushidikanya, ariko mu buryo buciriritse gusa.

Ukuri ni ko kuzana ibyishimo birambye

Mu buryo bwuzuye, ikintu cyose kinyuranyije n'ibyishimo nyakuri ni ikinyoma, kandi icyazana ibyishimo birambye ni ukuri. Ibyishimo nyakuri si ibyishimo by'akanya gato biherekeza intsinzi y'ibintu cyangwa ibyishimo by'akanya gato, ahubwo ni ibyishimo bituruka ku bwumvikane bw'ubugingo n'isoko yabwo: Imana Dukoresheje iyi ngingo, ushobora gucira urubanza igikorwa icyo ari cyo cyose ukurikije umusaruro wacyo n'uko kizakuzanira ibyishimo birambye cyangwa kitazakuzanira (kuko koko, ibikorwa bicirwa urubanza n'iherezaho ryabyo!)

Ukuri kw'ikirenga ni Imana, kandi Imana ni Ukuri kw'ikirenga. Isi yose ishingiye kuri uku kuri binyuze mu mategeko y'Imana ahoraho. Aya mategeko ni ukuri kw'ibanze, kudahinduka, kudahinduka rwose kandi kurenza uburyo ubwo aribwo bwose bwo guhindura cyangwa kugoreka bw'abantu. Urugero, uburenganzira busesuye ni ukwirinda kwica cyangwa kugirira nabi, ariko ikibi gito muri bibiri ni ugukoresha imbaraga kugira ngo urinde inzirakarengane ababi cyangwa kurinda ibiremwa biteye imbere cyane abatari bateye imbere. Ariko, gusenya ikintu cyose bitewe gusa n'ubushake bwo kwica ni bibi.

Amategeko rusange agena ubwumvikane n'ubucuti binyuze mu rukundo, bivuze urukundo

n'ubworoherane Niba twifuza kubona ukuri, ni ngombwa ko ibitekerezo byacu n'ibikorwa byacu biba bizima, mu buryo bw'umubiri, mu myifatire no mu buryo bw'umwuka, hakurikijwe amategeko y'iteka ry'ukuri kw'Imana.

Ukuri ni ingenzi cyane Ariko se iyo shingiro iri he, kandi yaboneka ite?

Hari uburyo butatu bwo kugera ku kuri: binyuze mu gusobanukirwa ibintu, binyuze mu bitekerezo bifatika, no binyuze mu gusobanukirwa cyangwa gusobanukirwa ubugingo

Niba uburyo wumva ibintu byawe bitari byo, igitekerezo cyawe cyumvikana nacyo kizaba kibi. Ushobora kureba mu isanzure ukareba ikintu gisa n'umuriro kuko ubona umwotsi; ariko uko wegera aho hantu, usanga icyasaga n'umwotsi nta kindi cyari igicu cy'umukungugu. Kugira ngo umenye ukuri kw'ikintu icyo ari cyo cyose, wishingikiriza ku byo ubona no kumva kwawe, ndetse n'ibyo wumva byo guhumurirwa, uburyohe, no gukoraho, hiyongereyeho imbaraga zo gutekereza. Ariko ibi bintu bihujwe ntibishobora kuba igihamba cy'ukuri, kuko niba ibyo wumva bibeshya, ubwenge nabwo buzaba bubi. Ubwenge bukora ibitekerezo byabwo kandi bugagera ku mwanzuro n'ibyizerwa byabwo bishingiye kuri raporo buhabwa n'ibyo wumva, ariko ibyo wumva bifite imipaka myinshi bitewe na kamere yabyo. Iyi niyo mpamvu abahanuzi bavuganaga n'abantu bakurikije urwego rwabo rw'ubwenge n'ubumenyi, kuko bo—abantu—bareba ariko ntibabone, bumva ariko ntibasobanukirwe cyangwa ngo bumve (ni ibipfamatwi, ibiragi, kandi ni impumyi, bityo ntibatekereza)!

Ugutwi k'umuntu gushobora kumva gusa ubwoko bwihariye bw'imitingito; ntigushobora kumva amajwi akomeye cyane cyangwa ayoroheje cyane Iyo amatwi yawe yari yariyongereye bihagije, washoboraga kumva ijwi ritangaje kandi ryiza cyane rikorwa n'isi yose mu gihe inyura mu kirere kitagira umupaka Ibintu byose biriho biri mu migendere, kandi uku kugenda guherekezwa n'amajwi Nta kintu na kimwe kibaho kidafite imigendere uretse mu bwami bw'umwuka udasanzwe wo mu kirere, aho nta kugenda cyangwa guhindagurika bibaho Iyo ubushobozi bw'umwuka w'umuntu bwakuze bihagije, umuntu yashoboraga kumva amajwi adasobanutse hamwe n'ugutwi kw'ibintu bifatika—amajwi ari imbaraga zigaragara, ziha umubiri kumva neza

Mu buryo nk'ubwo, iyo imbaraga z'amaso yawe zongerwa, wabonaga urumuri rw'amabara yose n'ubwoko bwose. Amaso yawe afatika akwereka urumuri ruto cyane, mu gihe ijisho ryawe ry'umwuka (etheric) ribona imiterere nyayo y'ibintu nk'amashusho agizwe n'urumuri rw'Imana. Umubiri wawe wose, ubona nk'inyama nyinshi, nta kindi urimo uretse imiraba ya electromagnetic. Dr Cryle yagaragaje ko ubwonko bw'inyana yapfuye, ndetse n'ubwonko bw'umuntu wapfuye, butanga imirasire myinshi y'amashanyarazi. Iyo ufunze amaso yawe, ubusanzwe ubona umwijima gusa. Ariko hamwe n'iterambere ry'umwuka, uzashobora kubona urumuri rutangaje kandi urumuri rukamurikira mu mwijima, kandi umwijima ntiwarubonye (urumuri rw'ijuru n'isi)

Uku ni ukuri kw'ibanze abantu batabona kuko ibyumviro byabo bihuzwa gusa n'uruhererekane ruto rw'imitingito ikomeye

Ubwenge cyangwa ihishurwa: imbaraga z'umwuka w'ubumenyi ukubiyemo byose

None se twamenya dute ukuri kwihishe inyuma y'ibyumviro n'uburyo bibyumva? Ibi ntibishoboka binyuze mu gusesengura cyangwa gusobanura mu buryo bwumvikana, kuko ubwenge buhambiriwe ku byumviro kandi bushobora gukuramo gusa ibyo ubwumvikane butanga. Nta bushobozi bufite bwo kubona imbaraga zitagira iherezo zibukikije. Gukoresha ubushishozi bw'ubugingo cyangwa ubushishozi runaka ni byo bishobora kumenyekana. Ubuhanga ni uburyo bwo kubona ibintu mu buryo butaziguye, ntabwo binyuze mu bwenge—ubwumvikane butunganye, bw'ukuri, kandi buhora ari bwo buryo buboneye bw'ubugingo.

Ushobora kubona ishusho y'ubu buryo bw'ibitekerezo ukurikije ibyo wumva ariko udashobora gusobanura, rimwe na rimwe byitwa "umutima w'umuntu ni wo muyobora" Uba wumva ko hari ikintu kigiye kubaho nta bimenyetso by'ibitekerezo Ni ukuri kwigaragaza nta sano rifatika rifitanye n'ibyabaye Ushobora kuba wicaye utekereza ku muntu utarabona cyangwa ngo umubwire igihe kirekire, hanyuma ukamuhura mu buryo butunguranye cyangwa ukumva ibyo avuga Byagenze bite? Bibaho binyuze mu buryo bw'ibitekerezo butunguranye Buri wese yahuye n'ubwo buryo bw'ibitekerezo

Amakosa mu gufata ibyemezo aturuka ku kubura ubushishozi Abantu benshi bumva mu mutima wabo ko bashoboye ibintu bikomeye no kugera ku bintu bikomeye mu buzima, ariko kubera ko badafite imbaraga zo kwiyumvisha ibintu, ubwo bushobozi

buhishe bugumaho. Kugira ngo umuntu atsinde kandi yirinde agahinda gaterwa n'amakosa, agomba kwihatira gusobanukirwa ukuri kw'ibanze muri byose. Ibi bishoboka gusa iyo umuntu ashishikajwe no gusobanukirwa ibintu by'ukuri. Ni yo mpamvu rero, ndagira inama buri wese gushaka ukuri muri byose, haba mu mibanire ye n'abandi, ku kazi, mu ishyingiranwa rye—muri make, muri buri gice cy'ubuzima. Uburenganzira bwo kwiyumvisha ibintu ni ingenzi; ni ngombwa kandi ntibushobora gukurwaho.

Kutagira ubushishozi buhagije bitera gufata ibyemezo bibi no gukora ibintu mu buryo butunguranye, cyane cyane mu guhitamo abafatanyabikorwa mu bucuruzi batizewe cyangwa kwishora mu mibanire mibi hagati y'abantu. Kubera ko ubwenge bufite aho bugarukira kandi bugakumirwa n'amakuru atangwa n'ibyumviro, iyo ibyumviro bishutswe, umuntu ashobora kubona umuntu nk'umuntu mwiza cyane atazi imiterere ye nyayo.

Cyangwa ushobora gutekereza ko wabonye uwo mwashakanye (uwo mubana) hanyuma ukamushaka, ariko umubano wanyu ukarangira mu gutandukana cyangwa mukaba mushya bitewe no kutumvikana no kubura ubwumvikane. Ariko ubushishozi bw'imbere ntibukora amakosa nk'ayo. Ntibubona imbaraga zituruka mu maso cyangwa mu maso heza kandi arabagirana; ahubwo, bubona kandi bugasobanukirwa neza ibiri mu mutima w'uwo muntu kandi bukamumenya neza uwo ari we.

Kubera ubushishozi nagize mbifashijwemo n'umwarimu wanjye ukomeye, Sri Yuktiswar, sinigeze nibeshya ku miterere y'umuntu. Ubwenge bwanjye

bw'imbere bwagiye bumfasha cyane muri uru rwego. Ariko singerageza kubona uruhande rubi rw'abantu. Kugira ngo mfashe abandi, ndabaha urukundo rwanjye rutagira icyo rushingiyeho, ndetse n'igihe nzi ko bashobora gukoresha icyizere cyanjye mu nyungu zabo bwite.

Benshi mu badafite ubushishozi bashora amafaranga mu mishinga y'imari ihomba, bityo bagatakaza byose. Nagize icyo ngeraho mu cyemezo cyose nafashe bitewe n'ubushishozi bwanjye butagira amakosa.

Uko umuntu akura kandi agakura, ubushishozi bugaragara nk'ibyumvemo byihariye cyangwa ijwi rituje Kubera ko abagore barushaho gusobanukirwa ibyumvemo kurusha abagabo, muri rusange bafite ubushishozi bwinshi, keretse iyo batsinzwe n'amarangamutima Abagabo muri rusange bayoborwa n'ubwenge, mu gihe abagore bayoborwa n'ibyumvemo Niba umugabo afite ubwenge buzima n'imiterere y'ubwenge, ubu buryo bwo kuringaniza hagati y'ubwenge n'ibyumvemo nta gushidikanya ko buzamufasha guteza imbere ubushishozi

Kumenya intego y'ubuzima binyuze mu buryo bw'ibitekerezo

Nukoresha ubushishozi bwawe, uzamenya intego yo kubaho kwawe kuri iyi si, kandi nusobanukirwa iyo ntego, uzabona ibyishimo iyi si ni urubyiniro, kandi Imana ni yo iyobora Niba buri wese akomeje guharanira gukina umwanya w'umwami cyangwa umwamikazi, nta mukino ushobora kugerwaho Umugaragu, intwari, n'umwami bagomba gukina

uruhare rwabo kugira ngo ikinamico igire icyo igeraho Abagizi ba nabi ni bo bangiza umugambi mwiza w'ikinamico y'Imana Abahitamo iyo mirimo bazishyura ikiguzi gikomeye cyo kutumvira ubuyobozi bw'Imana

Uko umuntu ahagaze kose ku isi cyangwa ubutunzi yigwizaho, ntashobora gufatwa nk'uwatsinze iyo akoresheje uburyo butari bwiza kugira ngo agere ku ntego ze kandi agire icyo ageraho Ibyishimo nyakuri birashoboka gusa iyo umuntu akina inshingano ze neza, kandi si ko biri. Ukina ari umuherwe n'ukina ari umucuruzi muto barangana mu maso y'Imana, kuko ku munsu w'imperuka, Imana izambura buri wese ibyo atunze n'inyito ze. Ibyo ubika mu bugingo bwawe ni byo bizaguherekeza nyuma yo kuva kuri iyi si.

Abahanga n'abahanga, abahanuzi n'abanyabwenge, bazi ukuri bitewe n'imbaraga zabo zo kwiyumvisha ibintu. Ntibabona ibintu gusa bakoresheje amaso n'ubwenge bwabo, ahubwo banabinyujije mu bwenge bwabo busobanutse neza kandi buteye imbere, aho bamenya byose.

Si uruhare tugira ruhambaye mu maso y'Imana, ahubwo ni uburyo turukina. Ntugatinye cyangwa ngo wihebe niba uruhare rwawe rugoye. Gukora neza inshingano zawe bizakwemeza intsinzi yawe mu maso y'Imana; bitabaye ibyo, ntuzaba ufite umudendezo nyakuri.

Gutekereza ku bwenge bitera ubushobozi bwo kwiyumvisha ibintu

Uburyo bwonyine bwo kumenya ukuri no kubaho ukurikiza amahame yako ni ukwita ku bwenge bwo mu buryo bw'umwuka cyangwa ubushishozi. Hanyuma uzamenya ko ubuzima bufite icyo buvuze kandi ko ijwi ryawe ryo mu mutima rizakuyobora kandi rigayobora intambwe zawe, uko uruhare rwawe mu buzima rwaba ruri kose.

Iryo jwi ryarazimiwe kandi rishyingurwa—kera cyane—n'ibitekerezo bibi. Uburyo bwizewe bwo kugarura ubwo bwenge nyakuri ni ugutekereza ku byo watekerezaga ubyutse mu gitondo na mbere yo kuryama nijoro.

Nk'uko umuntu akomeza gahunda ze z'akazi n'iz'imibanire, ni ko umuntu agomba gukomeza gahunda ze n'Imana. Dushobora gutekereza ko ubuzima bwacu buhugiyemo butadusigira umwanya wo gukora ibintu by'umwuka, ariko nta kintu na kimwe kibuza Imana kutwitaho no kuduha ibyo dukeneye. Tugomba gusenga, gutekereza cyane, no gutekereza igisubizo cyayo. Niba tuyivuganye urukundo n'ubwitonzi bukomeye, izasubiza amasengesho yacu. Hanyuma tuzumva ko ihari nk'ibyishimo n'amahoro mu mitima yacu. Iyo ibyo byishimo n'amahoro bigeze, umubano uzima kandi ufatika n'Imbaraga Isumbabyose urashyizweho. Tugomba kwihatira gukoresha aya mahirwe, kuko nta ntsinzi ishobora kugerwaho hatabayeho imbaraga.

Numara ubuzima bwawe ukurikirana ibintu bishimishije, ntuzigera umenya ibyishimo nyakuri. Baho mu buryo bworoshye kandi ugire ubuzima bworoshye. Ibyishimo biri mu kwiha umwanya uhagije wo gutekereza cyane no gutekereza ku bintu bikomeye.

Mara umwanya uri wenyine rimwe na rimwe kandi witoze guceceka akanya gato; uzabona itandukaniro kuri wowe ubwawe. Niba radiyo cyangwa televiziyo bihora byakira, cyangwa niba ibigutera gukangura no kwidagadura bihora bigufata, bizakwangiza imitsi yawe kandi bigutere kurakara.

Ntugatekereze cyane ku gukosora abandi banza wikosore—Imana igukosore! Urubuga rukomeye rw'ubuhanga n'intsinzi ruri mu rugo. Marayika mu rugo rwe ni marayika ahantu hose. Ijwi ryorohere ry'umuntu n'imyitwarire ye y'amahoro birakenewe cyane kurusha ahandi hose.

Imbaraga idashira

Iyo dufitanye isano n'Imana, gusobanukirwa ibintu mu buryo bw'ubwenge bizadushishikariza kandi bikatuyobora mu byo dukora byose. Tugomba kugira izi mbaraga nziza. Ziri muri twe; tugomba kuzihishura gusa. Sinshishikajwe n'abantu bashaka kumenya gusa, ahubwo nshishikajwe n'abashaka ukuri by'ukuri. Ndi mu bumwe n'Imana buri gihe kandi ndashaka gusa abashaka kuyimenya by'ukuri.

Uzasanga iyi mbaraga ikora muri byose kugira ngo irusheho kunoza imimerere yawe no koroshya ibintu. Iyo uhujwe n'iyi mbaraga, imibereho yawe izahindukamo imbaraga zo mu kirere, kandi ubwenge bwawe buzarushaho gutunganywa, kwibanda ku bintu, gutyaye, no kwinjiramo. Uzamenya ko ubugingo bwawe ari igikoresho cy'ukuri kw'Imana n'ubwenge bwayo budashira.

Imana ni yo soko y'ubuzima bwiza, ubutunzi, ubwenge, n'ibyishimo by'iteka ryose Iyo duhujwe na yo, ubuzima bwacu buhinduka bwuzuye kandi bwuzuye. Ubuzima tudafite yo ntibugira iherezo. Tugomba gutekereza kuri iyi mbaraga ihebuje iduha ubuzima, imbaraga, n'ubwenge. Tugomba gusenga kugira ngo ukuri gutere mu bitekerezo byacu, imbaraga mu mibiri yacu, n'ibyishimo bidashira mu bugingo bwacu.

Inyuma y'umwijima w'amaso afunze hari imbaraga zitangaje z'isi, roho nziza zose n'imyuka myiza, n'ubugari butagira iherezo bw'ikirere cy'umwuka. Iyo utekereje, uzabona ukuri kwuzuye kandi wibonere umurimo wako utangaje mu buzima bwawe no mu byo waremye byose bitangaje kandi bihebuje.

Imana iguhe intsinzi n'amahoro abe kuri wewe

Kwiyiriza ubusa ni ubuzima bwiza n'imibereho myiza

"Ugomba kwiyiriza ubusa, kuko nta kintu kimeze nka cyo" (Hadith)

[Iyi ngingo ntabwo ivuguruza igisibo nk'uko bivugwa muri Korowani Yera, kandi ntabwo ihamagarira umuntu uwo ari we wese kureka uburyo bwe gakondo bwo kwiyiriza ubusa, twubaha, kandi twubaha abiyiriza ubusa, dusenga Imana ngo ihora ibahe umugisha kandi yemere igisibo cyabo icyo bivuze hano ni ukwiyiriza ubusa kuvura kugira ngo habeho ibisubizo byihariye by'umubiri n'iby'umwuka, bityo rero uku gusobanura byari ngombwa]

Ingaruka z'umubiri n'ibyo umuntu yiyirije mu buryo bw'umwuka ni ibintu bitangaje cyane. Roho ibohoka ku byo umubiri usabwa iyo ibohowe ku ngeso ziremereye kandi zibabaje. Narangije umunsi wanjye

wa mirongo itatu wo kwiwiriza ubusa, kandi numva ari ibisanzwe nk'aho ntari narya ibiryo na gato.

Umuntu wese ubishoboye agomba kugerageza kwiwiriza ubusa iminsi itatu cyangwa irenga niba bishoboka, kandi buhoro buhoro azasanga kubaho nta biribwa bishoboka.

Abantu bafite ubuzima bwiza ntibagomba kugorwa no kwiwiriza ubusa iminsi itatu. Kwiwiriza ubusa igihe kirekire bigomba gukorwa biyobowe n'inzobere. Umuntu wese ufite indwara zidakira cyangwa ubumuga bw'umubiri agomba kwiwiriza ubusa nyuma yo kugisha inama umuganga ufite uburambe mu kwiwiriza ubusa no mu mirire.

Ububabare bw'umubiri ni ibimenyetso by'uko umubiri udafite ubushobozi bwo gukora neza kandi ko ukeneye gusanwa no kubungabungwa. Abantu babungabunga imodoka zabo kandi bazisukura neza! Umubiri w'umuntu ni ingenzi cyane kandi ugoye kurusha indi modoka iyo ari yo yose, kandi Imana ishaka ko tuwubungabunga kandi ugakora neza, twishingikiriza cyane ku mbaraga zayo. Ibanga ryo kugira ubuzima bwiza ntirishingiye gusa ku bintu bya shimi ahubwo rinashingiye ku mbaraga z'Imana, cyangwa imbaraga z'ubuzima ziri mu mubiri.

Iyi mbaraga y'ubuzima iri mu mibiri yacu ni yo soko y'ubuzima. Ni imbaraga idahinduka, ku itegeko ry'Imana, irema kandi igashyigikira ingingo zacu. Iyi mbaraga y'ubuzima ikomezwa n'imbaraga z'ubwenge kandi igatunganyirizwa n'ibiryo. Ariko, iyo ikoreshejwe nabi, irahagarika gukora kandi amaherezo ikanga gukora. Urugero, imbaraga zayo zishobora gucika intege mu maso, bigatuma umuntu atabona neza. Nta biribwa bishobora gutanga imbaraga, nta mpinduka y'umwuka ishobora kugarura uturemangingo no kutwongerera imbaraga, kandi nta

kintu na kimwe gishobora kugarura imbaraga mu mubiri iyo imbaraga z'ubuzima zisanzwe zitangiye kugabanuka.

Kwiyiriza ubusa biruhutsa ingingo zinaniwe, ndetse n'imikorere y'umubiri n'ingufu z'ubuzima ubwabyo, bikawukura mu mirimo irenze urugero lyo uhagaritse gusaba imbaraga z'ubuzima ko zigomba kwishingikiriza ku masoko yo hanze y'ibiribwa, amazi, ogisijeni n'izuba kugira ngo zibeho, zirushaho kwibohora no kwiyishingikirizaho.

Kurya cyane iminsi 365 mu mwaka bitera indwara zitandukanye Kurya buri gihe, umubiri waba ubikeneye cyangwa utabikeneye, ni umuvumo kuri wo. Uko umuntu arushaho kwibanda ku buryohe bwe no kugerageza kubirya, ni ko arushaho kurwara. Ni byiza kwishimira ibiryo, ariko kuba imbata yabyo bigira ingaruka mbi n'ingaruka mbi. Bityo, umuntu yigirira nabi binyuze mu kwihambira ku mubiri we n'ibyo ukeneye. Igihe kirageze ngo abantu bamenye ko ari imbaraga z'ubuzima zikomeza umubiri kandi ziwukomeza kugira imbaraga.

Tugomba—tutabanje kwibanda ku byo twibwira—gushyira imbaraga zacu ku bwenge kugira ngo bukomeze imbaraga zabwo kandi burusheho kwiyishingikirizaho lyo umuntu akomeje gushyira ubwenge bwe ku mubiri nk'umucakara, ubwonko buzabyihorera bugatanga imbaraga zabwo, bugatuma umuntu yishingikiriza ku wundi muntu cyangwa ikindi kintu kugira ngo bumufashe Nta muganga cyangwa umuti ushobora gufasha umurwayi ufite ubwonko bwacitse intege ku buryo indwara irushaho kwiyongera. Kimwe cya kane cy'umuti kiba mu bwenge

Mu Buhinde, twiga gutsinda umubiri dukoresheje imbaraga z'ubushake, bigatuma umuntu yishingikiriza

cyane ku bwenge. Abahora bakoresha imbaraga z'umubiri kugira ngo bagire ubuzima bwiza kandi bakire barabimenyera bityo bagakomeza kubishingikirizaho. Ariko imbaraga z'ubwenge ni zo ziruta izindi zose. Umuntu agomba buhoro buhoro kwiga gukoresha neza ubwenge n'ubushobozi bwabwo; hanyuma akamenya ko ubwenge ari igikoresho cy'ikirenga, kandi ubwenge buzakora icyo busabwa cyose. Nabyiboneye kandi nabibonye ubwanjye mu buzima bwanjye.

Umunsi umwe nari ndimo gutanga ikiganiro, kandi hari hashyushye cyane mu maso hanjye hatemba ibyuya, kandi sinabonye igitambaro cyanjye. Namaze umwanya muto ntazi icyo nkora, ariko nibandaga cyane ku mutima wanjye (ahantu hagati y'amaso yanjye) maze nsenga bucece nti: "Mwami, ku bw'ubuntu bwawe, umubiri wanjye urakonje!" Ako kanya, ibyuya byarazimiye, maze umubiri wanjye urakonje nk'uko bikwiye! Kubwibyo, kwishingikiriza ku bwenge ni ingirakamaro cyane! Ariko, umuntu ntagomba kurenza urugero ngo yihakane burundu umubiri, kuko iyo abikoze, ntazabasha gutekereza, kurya, cyangwa kwimuka.

Hari abantu bashaka kugaragaza ko ubwenge bugenzura umubiri, cyane cyane kugira ngo bagaragaze ubuzima bwiza Ariko ubuzima si yo ntego nyamukuru y'ubuzima Kugera ku Mana ni yo ntego nyakuri Umuntu ashobora kumva afite ubuzima bwiza mu gihe runaka, ariko igihe kizagera aho nta kintu na kimwe kizamufasha. None se, ni nde uzamufasha? Imana Kwiyiriza ubusa ni bumwe mu buryo bwiza bwo kwegera Imana Bibohora imbaraga z'ubuzima ku bucakara bw'ibiryo, byemeza ko Imana ikomeza imibiri yacu kandi ikayikomeza.

Ariko ingeso zirakomeye cyane ku buryo gutekereza gusa ku biryo bituma ushaka kurya ako kanya. Igihe kimwe, nkiri umwana muto mu Buhinde, nafashwe n'ibicurane. Nifuzaga tamarind, ifatwa nk'iy'ibicurane. Mushiki wanjye yaranze yivuye inyuma, ariko kubera kwihangana kwanjye, yanzaniye imbuto. Nahekenyije igice hanyuma ndagicira ntamira, kuko irari ry'uburyohe ryari ryarangiye. Abantu bakunze kugengwa n'uburibwe. Ikibabaje ni uko Imana itaremye umubiri mu buryo butuma twishimira uburyohe no kwishimisha mu buryo bukabije cyangwa kurya ibiryo bitangiza igogora n'izindi ngingo.

Ariko mu by'ukuri, inzira rukumbi igana ku buzima bwiza n'ibyishimo—inzira y'ubwenge kurusha izindi—ni ukwifata Kimwe mu bintu bikomeye umuntu ashobora kugeraho ni ukwigenzura, atari ukuyoborwa n'ubutegetsu bw'ibyumviro bye. Niba ushyira igikoreshe ku ngufu zirenze urugero z'amashanyarazi zidashobora kwihanganira umutwaro nk'uwo, kizashira. Mu buryo nk'ubwo, igihe cyose wujuje ibiryo mu buryo bw'igogora, imbaraga z'ubuzima zishinzwe igogora ziragabanuka. Iyo uhagaritse kurya cyane kandi iyo wiyirije ubusa, iyi imbaraga z'ubuzima ziraruhuka kandi zigasubizwamo imbaraga z'ikirere.

Iyo imodoka yawe yangiritse, uyishyira aho isana. Nyuma y'ibikorwa bikenewe, igenda neza igihe gito kugeza igihe ikindi kintu cyangiritse, hanyuma ukayohereza kugira ngo ikomeze gusanwa. Ibyo ni ko bigenda no ku mubiri. Ingaruka zo kwiyiriza ubusa ziratangaje. Kwiyiriza ubusa iminsi itatu ku mutobe w'icunga bizasana umubiri by'agateganyo. Ariko kwiyiriza ubusa igihe kirekire bizawusana burundu, kandi uzumva ukomeye nk'icyuma. Niba wifuza

ubuzima burambye, ugomba guhora ugenzura ubwiza n'ingano y'ibiribwa urya.

Ugomba kumenya icyo wakora mu gihe cyo kwiwiriza ubusa Gukurikiranwa n'abaganga ni ingenzi ku bifuza kwiwiriza ubusa iminsi irenga itatu. Singira inama umuntu uwo ari we wese yo kwiwiriza ubusa bwere mbere igihe kirekire cyane, kuko azumva afite intege nke kandi ananiwe. Kwiwiriza ubusa umunsi umwe mu cyumweru unywa umutobe w'imbuta cyangwa iminsi itatu yikurikiranya buri kwezi unywa umutobe w'icunga ni uburyo bwiza bwo kumenyera kwiwiriza ubusa. Umuntu wiyirije ubusa agomba kuba yiteguye mu mutwe guhangana n'abantu bamutera inkunga bazamwemeza ko azarwara cyangwa agapfa (Imana imwakire) niba atarya. Ni ukuri ushobora kumva ufite intege nke mu gihe cyo kwiwiriza ubusa igihe kirekire, ariko ibi bibaho mu minsi mike ya mbere kuko imbaraga zawe z'ubuzima zimaze kumenyera ibiryo. Ariko buhoro buhoro, uko iminsi igenda ihita, utakaza intege nke. Imbaraga zawe z'ubuzima n'umwuka wawe biratandukana n'ibiryo, kandi ugasanga umubiri ushyigikiwe n'imbaraga z'ubuzima.

Nzi ibanga umuntu ashobora kwiwiriza ubusa ntagabanye ibiro lyo imbaraga z'ubuzima zigenzuwe neza, zishobora gukoreshwa mu kugabanya ibiro by'umubiri cyangwa kubikomeza lyo ubu buryo bukoreshwe, ubushyuhe bw'umubiri ntibugabanuka, uko igihe cyo kwiwiriza ubusa cyaba kingana kose. Mu gukurura ingufu z'ikirere binyuze mu muyoboro runaka mu mubiri, imbaraga z'ubuzima zuzura izo imbaraga aho kwishingikiriza ku masoko yo hanze.

Ubuzima ni ubw'iteka ryose kandi ntibushingiye ku guhumeka, ku biryo, ku mazi, cyangwa ku zuba

ry'izuba Wibuke ko uri roho idapfa ibaho mbere na mbere ku bubasha bw'Imana, nta kindi

Ubwenge bukomeza kubaho nyuma y'urupfu rw'umubiri, ariko umuntu usanzwe atakaza ubwo buryo bwo gukomeza kandi akizera ko yapfuye Buri wese muri twe azagira urupfu rw'umubiri umunsi umwe, bityo nta mpamvu yo kurutinya. Ntutinya gutakaza ibyiyumvo mu mubiri wawe mu gihe usinziriye; ahubwo, ufata ibitotsi nk'imimerere yo kwibohora utegereje cyane. Kimwe n'urupfu ni imimerere yo kuruhuka—gusezera ku buzima. Nta cyo ugomba gutinya. Iyo urupfu ruje, ruseke. Urupfu ni ikizamini gusa gifite intego yo kwigisha isomo rikomeye. Uri ubugingo, kandi ubugingo ntibupfa. Nta mpamvu yo gutegereza ko urupfu rukwigisha ibi mu gihe ushobora kubimenya ubu. Isomo rya mbere ugomba kwiga ni uko ubuzima budashingiye ku biryo. Mu kwiwiriza ubusa, ushobora kwemeza ibi ubwawe.

Buri wese agomba gukora ku guteza imbere ubushobozi bwe bwo mu mutwe kugira ngo abashe gusohozza inshingano ze neza mu bihe byose. Gahunda n'ikinyabupfura bigomba kubahirizwa; icyakora, umuntu ntagomba kuba umuntu ukomeye ahubwo agomba kuba umuntu uhuzagurika kandi ushyira mu gaciro mu guhangana n'ibibazo by'ubuzima n'ibibazo byabwo.

Ingeso zose z'ibanze z'umwana ziba hagati y'imyaka itatu n'irindwi. Imiterere ye imufasha imufasha mu mikurire ye. Ariko, guhindura imyifatire igaragara bisaba ubuyobozi bwihariye.

Mu ishuri ryanjye ryigenga, nahaye abahungu imyitozo ikomeye mu bijyanye no guhangana n'umubiri. Bariyirizaga ubusa kandi bakaryama ku gitambaro hasi nta misego. Hari igihe batekerezaga amasaha menshi. Gufasha abana kwibohora mu ngoyi

z'umubiri ni ingenzi cyane kandi ni umugisha w'ubuzima bwose. Rimwe, umwe mu banyeshuri banjye yicaye amasaha cumi n'abiri atekereza adahumbya. Uburinganire nk'ubwo buzana ibyishimo byinshi. Imyitozo myiza iri mu bumenyi buhamye bw'umubiri, ubwenge, na roho. Iyi ni yo ngingo n'akamaro ko kwiwiriza ubusa

Hari ubumenyi budasanzwe kandi burenze urugero inyuma yo kwiwiriza ubusa. Mu by'ukuri, umuntu ntabeshwaho n'umugati gusa. Ibintu bibiri bitubuza guhumeka ku isi: umwuka n'ibiryo. Mu gihe cyo gusinzira, umuntu aba atazi icyo akeneye guhumeka cyangwa ibiryo kuko roho iba itazi ubwenge bw'umubiri. Kwiwiriza ubusa bizamura ubwenge mu buryo bumwe. Mu kwiwiriza ubusa, ubwenge bwishingikiriza ku mbaraga zabwo bwite. Iyo izi mbaraga zigaragara, imbaraga z'ubuzima mu mubiri zongerwamo imbaraga z'iteka zituruka muri ether y'isi zijya mu mubiri binyuze mu bwonko no mu mugongo.

Iyo imbaraga z'ubuzima zitandukanijwe n'ibintu byo hanze bifasha umubiri, zumva zishyigikiwe imbere, maze ubwonko bugasobanukirwa ko ibikoresho bikomeye umubiri wishingikirizaho ari ibimenyetso by'ingufu gusa kandi bikomeye. Ubwonko bushobora gukorana neza n'imbaraga z'ubuzima, bukabutegeka kuzana impinduka zifuzwa mu mubiri.

Ubwenge bufite ububasha bwo gukora ikintu icyo ari cyo cyose Niyo mpamvu Yesu Kristo yashoboye guhindura amabuye umugati, nk'uko amazi yatembaga hagati y'intoki z'Intumwa, Imana imuhe amahoro, ubwo yashyiraga ikiganza cye mu kibindi kirimo amazi make maze aravuga ati: Nimuze mu isuku ry'Imana n'umugisha wayo.

Bityo rero, kwishingikiriza ku biribwa byuzuye ni ukurenganya ubwenge n'imbaraga z'ubuzima biri mu muntu. Binyuze mu kwiwiriza ubusa igihe kirekire, umuntu wiwiriza ubusa amenya ko byose ari ubwenge

Imbaraga zose, umubiri, cyangwa ikintu cyose kiri muri iyi si ni umusaruro w'ubwenge bw'Imana, nk'uko ibintu byose ubona mu nzizi byaremwe n'ubwenge budafite ubwenge

Ubwenge bugenzura umubiri Mu gihe cyo kwiwiriza ubusa, niba utekereza ko umubiri wawe uzacika intege kubera iyo mpamvu, koko uzacika intege. Kandi niba utekereza ko kwiwiriza ubusa bizakugabanya imbaraga, uzumva uciye intege kubera iyo mitekerezwe.

Ariko niwiyemeza ko umubiri wawe ukomeye, ntuzumva unaniwe; ahubwo, uzumva ufite imbaraga nyinshi kandi zigarura ubuyanja Abantu benshi ntibabizi kuko batigeze babihura nabyo

Ubwenge ntibuzagaragaza ibitangaza byabwo keretse ukoresheje imbaraga zabwo. Kandi ntibuzakora igihe cyose wishingikiriza cyane ku bintu bifatika. Bityo, ibitangaza byabwo biguma bihishe ku buryo busanzwe bwo kubitekereza.

Ariko iyo wize - binyuze mu kwiwiriza ubusa - kwishingikiriza ku bwenge, uzasanga bikugirira akamaro muri byose, haba mu gutsinda indwara, kuzana uburumbuke n'uburumbuke, cyangwa kugera ku ntego nyamukuru y'ubuzima: gushaka Imana.

Umuntu wese ushobora kugenzura ubwenge bwe azashobora no kugenzura umubiri we n'ibyo ukeneye, kandi azagera ku mahoro yo mu mwuka no kubohoka ku nzizi zo mu isi zihuza roho n'umubiri.

Ku rundi ruhande, ukwemera ko ibintu bitabaho no kuba umwuka ari rusange ntigukwiye gushingira ku nyigisho zidasobanutse neza cyangwa inyigisho

zidashobora gusobanurwa mu buryo bwumvikana, ahubwo bigomba gushingira ku shingiro rifatika no ku bumenyi bwimbitse bw'umuntu.

Abantu bakunze kwishyira mu mwanya w'umubiri utungwa n'ibiryo, ariko ntibamenya ko isoko y'ibanze y'umubiri ari imbaraga z'ubuzima. Nta biribwa cyangwa ubundi buryo bwo hanze bushobora kuzura umubiri wakuwemo umuyoboro w'ikirere.

Isano iri hagati y'umubiri w'umuntu n'ubwenge ni ingufu, cyangwa imbaraga z'ubuzima Abahanga ba kera b'Abahinde bavumbuye izi ngufu (prana) maze bateza imbere siyansi yitwa pranayama , bivuze kugenzura neza imbaraga z'ubuzima mu mubiri.

Yesu Kristo yiyirije ubusa mu butayu iminsi mirongo ine. Umuhanuzi, Imana imuhe amahoro, yakundaga kwiwiriza ubusa akavuga ati: “Iyirize uzagira ubuzima bwiza”

Abatigera biwiriza ubusa ntibashobora kumenya bivuye ku bunararibonye ko ubuzima bushoboka hatabayeho ibiryo

Mu ntangiriro z'igisibo cy'icyumweru cyose, inzara iragaragara. Ariko, uko iminsi igenda ihita, kumva inzara biragabanuka, kandi umuntu wiyirije akumva yoroshye, afite imbaraga, imbaraga, kandi yumva afite umudendeze mu nzitizi z'umubiri. Kuki? Kubera ko kubuza umubiri ibiryo bifatika bituma wishingikiriza ku ntungamubiri zidafite akamaro: umuyoboro w'amazi, imbaraga, igikorwa, cyangwa imbaraga z'ubuzima.

Ubushake bw'umuntu ni bwo butanga imbaraga kurusha ubundi. Binyuze mu mbaraga z'ubushake n'irari ryihariye, umuntu ashobora kubona imbaraga z'umwuka vuba mu kigega kitagira iherezho.

Umuntu udashaka gukora imirimo ye ya buri munsu yumva adafite imbaraga n'imbaraga. Ku rundi

ruhande, umuntu ukora cyane, ashishikaye, kandi afite icyifuzo cy'ukuri cyo gukora, agenzurwa n'amazi yo mu kirere, maze umubiri we na roho bye byuzuzwa n'ibintu by'imbaraga.

Umuntu wese uzi kandi agakoresha uburyo bwo kubaho mu buryo bw'umwuka afite ubushake, kandi akamenya uburyo bwo gukuramo imbaraga z'ubuzima mu isoko yazo idashira y'ikirere, aba arekuwe n'inzitizi nyinshi z'umubiri.

Abanyabwenge na yoga bo mu Buhinde bavuga ko ibintu ari ikintu cy'ingenzi mu bwenge. Bamwe muri bo bagaragaje iki kintu bagaragaza ubushobozi bwo kwihindura no gukoresha umubiri wabo n'ibindi bintu binyuze mu bushake bwabo.

Siyansi ya none yagaragaje ko ibintu bigizwe n'imbaraga zihindagurika ibintu bigize imiterere n'imiterere byose mu isanzure, kuva ku mabuye n'imibumbe kugeza ku bantu, nta kindi bitwaye uretse imiterere itandukanye n'impinduka z'imitingito ya electron Urugero, urubura rurangwa n'ubukonje, uburemere, n'imiterere yarwo. Rushobora kubonwa no gukorwaho icyo dushongesheje urubura, ruhinduka amazi icyo dutetse amazi, ahinduka umwuka hanyuma ntaboneke. Bityo, mu buryo bwa siyansi, urubura cyangwa urubura ntibibaho koko, nubwo bigaragara ku buryo twumva. Ishingiro ryabyo ni electron zitagaragara, cyangwa ubwoko bw'ingufu.

Mu yandi magambo, ikintu gishobora gushonga cyangwa gushonga kikagera mu buryo butagaragara ntigishobora kuvugwa ko gifite ubuzima nyakuri. Muri uru rwego, ibintu bishobora gufatwa nk'ibidahari, ariko kubaho kwabyo ni ikigereranyo.

Ibintu bibaho mu bijyanye n'ubwenge bwacu Ariko mu by'ukuri, ni imbaraga itagaragara idashira

cyangwa ngo ihinduke keretse mu miterere n'imiterere ifatika.

Mu buryo nk'ubwo, ubwenge bw'umuntu n'ibintu ni ibimenyetso by'ubwenge bw'Imana, bibaho gusa mu buryo busanzwe. Ukuri ni uko ubwenge bw'isi yose ari bwo bwonyine bubaho koko.

Nk'uko umwana avuka ku babyeyi, ni ko n'ibintu bishingira ku bwenge kugira ngo bibeho. Ibintu ni umusaruro w'ubwenge bw'Imana kandi bisa n'aho bigaragarira ubwenge bw'umuntu. Muri byo ubwabyo, ibintu nta kuri bigira kuko bidafite ubuzima bw'imbere.

Imbaraga z'ikoranabuhanga z'ibintu, nubwo ziteye ubwoba, zirimo imitingito y'imbaraga z'ubuzima zo mu kirere zimenya kwiwitaho, nazo zituruka ku isoko y'Imana.

Imana yaravuze iti "Umucyo w'ijuru n'isi," bityo rero habeho umucyo, maze umucyo ubaho ibi bivuze ko intego y'ubwenge bw'Imana n'ubushake bw'Imana byahindutse umucyo cyangwa imbaraga zihindagurika.

Umuyoboro w'ubuzima n'amashanyarazi byaje guhindagurika cyane nyuma biba imbaraga zitandukanye kandi zigaragara z'ibidukikije. Izi mbaraga zagaragaye nk'ibintu by'ibanze isanzure rigaragara rigizwemo

Ibintu ni ukuri kandi bigaragarira mu bwenge bw'umuntu. Ariko binyuze mu bunararibonye, imitekerereze, n'igerageza rimwe na rimwe rya laboratwari, abantu bavumbuye ko hagomba kuba hari imbaraga zihoraho kandi zidahinduka zo guhanga inyuma y'amashusho n'imiterere y'isi igaragara.

Uku kuri gushobora kumvikana usobanukiwe imiterere y'inyanja, ibaho nubwo imiraba yayo ari ikimenyetso cy'igihe gito cy'ikintu kimwe gikomeye:

inyanja ubwayo imiraba ntishobora kubaho hatari inyanja, ariko inyanja ibaho iri kumwe n'imiraba cyangwa idafite.

Ibi bitekerezeho bishobora kumvikana mu bwenge, ariko ntibishobora kumvikana neza keretse umuntu yize guhindura ibintu mu imbaraga z'ubuzima, n'imbaraga z'ubuzima mu bwenge bw'isi, nk'uko abahanuzi, abantu bamwe bakomeye, n'abafite ubumenyi bwite bakoze kandi bagikomeza kubikora. Kuri abo bantu bafite ubumenyi, ibintu ubwabyo ntibibaho, kuko bazi neza ko munsu y'imiraba y'irema hari inyanja idahinduka kandi idahinduka y'umwuka.

Mu filozofiya ya Vedanta na Yoga, isanzure ni inzosi ziri mu bwenge buhoraho, bukungutse bw'Imana (itagerwaho n'ibitotsi cyangwa ibitotsi). Ibintu n'ubwenge, isanzure hamwe n'inyenyeri n'imibumbe yaryo, imiraba y'ubuso bunini n'imigezi yoroheje kandi igaragara y'ibiremwa bifatika, ubushobozi bw'abantu bwo kumva, ubushake, n'ubwenge, hamwe n'imimerere y'ubuzima n'urupfu, ijoro n'amanywa, ubuzima n'indwara, intsinzi no gutsindwa, byose ni ukuri hakurikijwe itegeko ry'uburinganire rigenga iyi nzozi zo mu isanzure.

Ikintu cyose kibonwa binyuze mu indoto y'ubusumbane ni ukuri gusa ku muntu urota, ukagira uruhare ruto mu nzozi zikomeye zo mu kirere. Kugira ngo umuntu ahunge uburiganya bwo mu kirere, cyangwa itegeko ry'ubusumbane, agomba gukanguka akava muri izi nzozi akajya mu kumenya Imana iteka ryose.

Ntidushobora guhindura iyi nzozi binyuze mu gutekerezaho cyangwa guhakana, kwemera ubuzima mu gihe twanze urupfu, cyangwa kwemera ubuzima mu gihe twirengagiza indwara. Buri leta ni igice cy'ingenzi cy'ikinyuranyo cyayo, nk'uruhande rundi

rw'igiceri cyangwa igitambaro. Imiterere y'ibintu bibiri ntabwo itandukanye ahubwo ifitanye isano. Ushaka ukuri ntagerageza kubitandukanya mu bitekerezo bye, ahubwo arabirenga binyuze mu bumenyi n'ubwenge.

Umuntu wese ushaka kwemera ibintu byiza, bishimishije kandi by'ingirakamaro gusa nk'ibintu bifite kamere y'ibintu bibiri, ni umuntu winjira mu bitekerezo by'isi y'inzosi.

Nk'uko umuntu agira inzosi zisa n'izifatika mu gihe runaka, ariko zikabura agaciro kazo iyo zihindutse zikajya mu mimerere yo kuba maso, ni ko bishoboka ko umuntu akanguka akava mu nzosi z'ibintu bisa n'ibifatika akabaho mu isi nyayo kandi idahinduka y'umwuka.

Umuntu wese utunganye gusa, wize kwagura no guhindura ubwenge bwe mu buryo bwuzuye butagira akagero binyuze mu gutekereza no gutekereza, ni we ushobora kubona irema nk'inzosi z'Imana. Ni we wenyine ushobora kwemeza ntashidikanya ko ibintu bitabaho. Binyuze mu kwitonda guhoraho, iterambere ry'imbaraga z'imbere, no gukora imyitozo ya siyansi yo gutekereza kuri yoga, cyangwa indi nzira iyo ari yo yose igana ku isohozwa ry'umwuka—byaba ukwizera, urukundo, gukorera Imana, kwiyinga, cyangwa gusenga mu buryo buzira uburyarya—ushaka Imana ashobora gusenya ibice bibiri no kubona ubumwe buhoraho inyuma y'ibimenyetso byose by'ubwinshi n'ubutandukanye.

Umuntu wese wakuwe mu buyobe bw'isi azi ko Imana Ishoborabyose ari byose mu kubaho kwabyo, bityo igakora ku bwenge bwayo bw'Imana kandi ikamenya ukuri kw'ukuri.

Amahoro abe kuri mwe

Umukire ni uwo Imana yatungishije

**Nk'uko byavuzwe n'umwarimu Paramhansa
Yogananda**

Umwami Akbar (1556-1609 CE) yari umwe mu bami b'Abamogul bo mu Buhinde akaba n'umwe mu bategetsu bakomeye b'umugabane wa Aziya mu mateka. Yahawe izina rya "Patron of Humanity" bitewe n'ubutabera bwe n'ubutabera bwe ku baturage be no kwita ku mibereho yabo by'ukuri. Yanakoranye umwete kugira ngo yongere uturere tw'Ubihinde twatakaye kandi abuhurize hamwe mu gihugu gikomeye kandi gishingiye ku butegetsu.

Akbar yari umuvugizi ukomeye w'ubworoherane hagati y'amadini atandukanye mu Buhinde Mu gihe cy'ubutegetsu bwe, Ubuhindu n'Ubuyisilamu byarateye imbere mu bwumvikane bwuzuye. Umwami w'Abayisilamu (Akbar) rimwe na rimwe yambaraga imyambaro ya Kiyisilamu akajya gusenga mu musigiti, naho mu bindi bihe yambaraga imyenda y'Abahinde akajya mu rusengero rw'Abahindu gutekereza no gusenga.

Uyu mwami w'umutima mwiza kandi w'umunyabuntu ntiyigeze ahagarara umunsi umwe atanga impano n'impano ku bakene n'inzego z'imibereho myiza mu gihugu hose.

Yari amenyereye kugendera mu igare ry'ibwami ry'akataraboneka rikururwa n'amafarasi umunani meza Abarinzi n'abatangazaga ko umutambagiro we mwiza cyane ugeze n'ingoma, ibyuma bicuranga, n'amakondera mu muji wose.

Nubwo hari icyubahiro n'ubwiza byose, hari amabwiriza akomeye yatanzwe n'umuntu ukomeye muri we yo guhagarika urugendo igihe icyo ari cyo cyose n'ahantu hose iyo hari umuntu wifuzaga kumusaba cyangwa kumusaba ubufasha.

Umunsi umwe, ubwo umutambagiro w'ibwami wari unyuze mu muhanda munini wuzuye ibiti ku mpande zombi, umwami yabonye impumyi ebyiri zicaye metero nke utandukanye, zisaba ubufasha n'ubugiraneza.

Umusaza yategetse ko igare rihagarara imbere y'impumyi ya mbere, yari arimo arangurura ijwi ati:

"Abakire ni abo umwami atunze"

Nyuma yo gutega amatwi neza iyo nteruro, yasabye umushoferi kwerekeza kuri wa wundi mugabo wari uhumutse warimo arangurura ati:

"Umuntu w'umukire by'ukuri ni uwo Imana yatungishije"

Mu gihe cy'ukwezi kose, umwami yumvaga amagambo abiri amwe buri gihe yanyuraga iruhande rw'impumyi ebyiri, zamusabaga ubutunzi n'Imana. Amaherezo, impuhwe zaramujemo, maze ashaka gufasha umuntu wa mbere, wari ufite intego igira iti: "Umukire ni uwo umwami atunze"

Umunsi umwe, Akbar yasabye umutetsi w'ingoro kumutekera umugati munini (wo mu bwoko bwa kamaj) ufite hagati huzuye zahabu nziza Akbar yahaye uyu mugati umugabo wa mbere w'impumyi maze yirengagiza burundu uwa kabiri, wari wiringiraga ubutunzi buva ku Mana, atari umwami.

Nyuma gato y'ibyo, Akbar yagiye guhiga, maze agarutse anyura muri uwo muhanda abona impumyi yamuhaye umutsima wa zahabu ikiri mu mwanya wayo, irangurura ijwi nk'uko byari bimeze mbere iti: 'Umukire ni uwo umwami yatunze'.

Yasabye ko imodoka y'umwami ihagarara imbere y'impumyi maze aramubwira ati: "Wakoze iki n'umugati naguhaye?"

Umugabo yaramushubije ati:

'Mwami, umugati wampaye neza cyane wari munini cyane kandi ntiwatekeye neza kuko wari uremereye cyane, nuko nywugurisha kuri fil icumi kuri wa wundi mugabo w'impumyi kandi nishimiye kwakira izo fil zari ziturutse ku buntu bwawe'

Akbar yarebye hirya no hino ashaka undi mugabo w'impumyi ariko ntiyamubona Nyuma yo kumubaza ibyamubayeho, yamenye ko yahaye umugore we umugati, maze akimara kuwukata, asanga zahabu. Bawukoresheje, bagura inzu iciriritse, kandi imibereho yabo yararushijeho kuba myiza nyuma y'uko Imana ibashyikirije icyifuzo cyabo kandi ikabakungahaza ubuntu bwayo bwinshi.

Umwami amaze kumva ibi, yasobanukiwe neza icyo byabaye, yicisha bugufi cyane, yigira nk'umuntu urakaye kandi ubabaye, maze atangira gucyaha impumyi ya mbere, agira ati:

'Wakoze iki wa muswa we? Wahaye umugati wanjye wuzuye zahabu inshuti yawe yiringiraga Imana aho kwishingikiriza kuri njye kugira ngo imuhe ubutunzi. Kuva ubu ugomba gufata intego ye no

kwamamaza nk'uko yakundaga kuvuga ati: Umukire ni we Imana yatuje'

Cyangwa ikintu nk'icyo:

Ufite Utanga atanga

Ni we wenyine witwa umukire

Amahoro abe kuri mwe

Ibiryo by'amakuru cyangwa iby'ubwenge

Iyo abantu bavuga ku biribwa cyangwa imirire, akenshi baba bashaka kuvuga ibiryo bifatika bikoreshwa mu gutunga umubiri. Ariko hari ubundi bwoko bw'ibiribwa butari ingenzi cyane nk'ibiryo bifatika, kandi akenshi bikaba ingenzi kurushaho.

Muri ibyo biribwa by'ubwenge cyangwa iby'umwuka:

Ibikorwa byo mu mutwe cyangwa kwibanda ku bitekerezo, ubwenge n'ubushishozi bwo mu mwuka

Ibiryo bifatika bikomeza uturemangingo tw'umubiri, mu gihe ibiryo by'ubwenge bitera ubwenge ibitekerezo bizima, mu gihe ibiryo by'ubwenge bihumuriza roho kandi bigateza imbere ubushobozi bwayo.

Ubusanzwe, indyo yuzuye mu bwenge igizwe n'ibitekerezo umuntu atekereza n'ibyo yakira ku bandi binyuze mu kuvugana nabo no kubana nabo.

Abantu bafite imico ituje kandi myiza badufasha gutuma ibitekerezo byacu birushaho kuba byiza kandi bifite ubuzima bwiza. Ntabwo bigoye kumenya niba umuntu akuramo ibyo akeneye mu bwenge bwe mu

mutuzo cyangwa ahantu hatekanye. Imihangayiko, akababaro no kwitiranya ibintu byose bituruka ku kwifatanya n'abantu babi, baba inshuti cyangwa abavandimwe, biganisha ku bitekerezo bihangayikishije no kugira imitekerereze mibi.

Umubiri ukura imbaraga n'ibikorwa mu biribwa bifatika, mu gihe ibiryo bifite imbaraga zidasanzwe bitanga umubiri n'ubwenge imbaraga zoroshye gusya kurusha ibiryo bikomeye n'ibinyobwa bidashobora guhinduka imbaraga nzima byoroshye.

Iyo ushoboye guhindura ubujiji ubwenge

Kuva ku ntege nke n'intege nke kugeza ku buzima n'imbaraga

Genda mu nzira z'ubuzima ufite icyizere kandi ushize amanga - nubwo waba uri wenyine

Kandi ibyishimo byo mu mutima byo kugira umutimanama muzima kandi uhamye

Kandi kwizera kudacogora mu butabera bw'Imana no mu gutsinda ukuri hejuru y'ikinyoma n'ukuri hejuru y'ubuyobe

Kandi iyo ugerageje buri munsu kurekura ibitekerezo byawe ukabishyira ku rwego rwo hejuru kandi runoze

Afite umutima ukunda kandi ushimira

N'imigambi myiza ku bandi

Indyo yawe y'ubwenge ni magnetic

Hanyuma bizakurura ibintu byose byiza kandi by'ingirakamaro kuri wewe

Biturutse ku bintu, abantu, n'imimerere

**Akeneye cyane gukomeza urugendo rwerekeza ku
nkombe z'umutekano n'umutekano**

Kandi icya nyuma ariko kitari gito

**Iyo ushyizeho imbaraga kugira ngo ubone ibyo
ukeneye kandi ukanyurwa n'ibyo Imana ikworohereza**

**Ba umukire mu mwuka kandi unyurwe kurusha
abashishikajwe n'ubutunzi bw'isi kandi bakwifuza
ibinezeza byayo by'akanya gato.**

Amahoro abe kuri mwe

Imana ntitererana abayikunda

**Byavuye mu gitabo cyitwa Yogi's Memoirs: An
Autobiography (Filosofi y'Abahinde mu Buzima bwa
Yogi)**

**"Iyo data aza kukwambura umurage, Mukunda ⁽¹⁾,
wari kuwuhabwa koko, kuko urimo upfusha ubusa
ubuzima bwawe mu bupfapfa no mu bupfapfa!"**

**Uko ni ko inyigisho ya mukuru wanjye yangejeje
mu matwi. Nari maze kugaruka na Jitendra avuye muri
gari ya moshi, twuzuye ivumbi ubwo twageraga kwa
Ananta, wari umaze kwimukira mu mujyi wa kera wa
Agra. Mukuru wanjye yakoraga nk'umucungamari mu
ishami rya leta rishinzwe imirimo rusange, nuko
ndamubwira nti: "Urabizi, muvandimwe Ananta, ko
nsaba Imana umurage wanjye"**

Yasubije ati: "Amafaranga aza mbere, Imana na yo iza nyuma! Ni nde ubizi? Ubuzima bushobora kuba burebure!"

Naravuze nti: "Imana iza imbere, kandi amafaranga ni umugaragu wayo! Kandi ni nde ushobora guhanura? Ubuzima bushobora kuba bugufi!"

Igisubizo cyanjye cyaje gitunguranye, ntari numva ko hari ikintu kigiye kubaho (Ariko ikibabaje ni uko Ananta yavuye muri iyi si akiri muto)

Amaso ya mukuru wanjye yarabengeranye kubera ibyishimo, kuko yari acyizeye ko nzagaruka mu rugo rw'umuryango, maze aravuga ati:

"Ndatekereza ko ari ubwenge buva mu nzu y'ishyamba. Ariko kuri njye bisa nkaho wavuye muri Benares!"

Nuko ndamubwira nti: "Gutura kwanjye i Benares ntabwo byatanze umusaruro, kuko nahasanze ibyo umutima wanjye wifuzaga byose! Kandi ushobora kwemeza ko icyo nabonye atari uwo (umuhanga) mwahuye nawe, cyangwa umuhungu we"

Ananta yansekeje ubwo yibukaga ibyabaye, yemera ko intiti yari yahisemo ngo abe umuyobozi wanjye, Benares, yagaragaye ko koko atari afite ubushishozi n'ubushishozi. Yarambajije ati:

"None se gahunda yawe ni iyihe, muvandimwe wanjye wabuze, uzerera?"

Naramusubije, ndamusobanurira nti: "Jitendra yansabye kumuherekeza i Agra kugira ngo nishimire ibitangaza bya Taj Mahal, hanyuma tuzajya kureba

umuyobozi wanjye nabonye vuba aha, ufite icumbi i Varanasi"

Ananta yatugiriye neza cyane, kandi nimugoroba yakomeje kundeba kenshi yitonze, nuko ndibwira nti:

"Ndazi icyihishe inyuma y'iyo sura! Hari ikintu arimo guteka!"

Kandi koko, ibyo nari nahanuye byabaye mu gihe cya mu gitondo Ananta yasaga n'uwibeshya ubwo yakusanyaga ibiganiro by'ejo, agira ati: "Noneho rero, uku ni ko wumva udakeneye amafaranga ya data!"

Naravuze nti: "Ahubwo, nishingikiriza ku Mana yonyine"

Yasubije ati: "Amagambo ni make, Mukanda! Iherezo ryarakurinda kugeza ubu. Ariko se mbega ukuntu ikibazo cyawe cyaba giteye isoni uramutse wishingikirije kuri uwo kuboko utagaragara kugira ngo uguhe ibiryo n'aho kuba! Nta gushidikanya ko wakwitabaza mu mihanda!"

Naravuze nti: "Imana irarinde! Sinzashyira icyizere cyanjye ku bahisi aho kwiringira Imana, yo ifungura imiryango y'ibitunga abayisenga kandi bakayiringira, ikabaha amasoko menshi y'imibereho, uretse gusabiriza no gusaba!"

Yagize ati: "Ibi byose ni imvugo ishingiyeye ku mvugo n'invugo iteye ubwoba! Tuvuge ko ngusabye gushyira filozofiya yawe, wirata kandi urata, mu isuzuma ry'uburambe bw'isi isanzwe muri iyi si ifatika, wabyemera?"

Naravuze nti: "Yego, ndabyemera! Ese byemewe guha Imana umupaka mu isi y'ibitekerezo gusa?"

Yaravuze ati: "Tuzabona uyu munsu uzagira amahirwe yo kwagura ibitekerezo byanjye cyangwa kwemera ko ari ukuri."

Ananta yacecetse akanya gato cyane, hanyuma akomeza kuvuga buhoro buhoro kandi atuje, agira ati:

"Ndagusaba ko unyohereza muri iki gitondo hamwe n'inshuti yawe Jitendra mu muji wa Brindbane uri hafi aho, mu gihe utazajyana na rupiya imwe, ntusabire ibiryo cyangwa amafaranga, ntukabwire umuntu uwo ari we wese ikibazo cyawe, kandi ntuzagume udafite ibyo kurya cyangwa ngo urokoke muri Brindbane. Nugaruka iwanjye mbere ya saa sita z'ijoro ntarenze ku mategeko y'iki kizamini, nzaba umuntu utangaje cyane muri Agra!"

Naravuze nti, "Kandi ndemera ikibazo"

Nta gushidikanya kwari mu magambo yanjye cyangwa mu mutima wanjye. Ibyishimo byo kwibukiranya Imana byaranyibukije: gukira kwanjye kwa kolera yica binyuze mu gusaba Imana imbere y'ishusho ya Lahiri Mahasya; impano y'udusimba tubiri tuguruka hejuru y'igisenge cy'inzu ya Lahore; impigi yageze ku gihe mu gihe cy'umubabaro n'agahinda bya Bareilly; ubutumwa bw'ingenzi bwaturutse ku muturage utazwi wa Banaras hanze y'urugo rwa Pandit; iyerekwa rya Mama Wera no kumva amagambo ye meza y'urukundo n'uburyo yasubije ibyifuzo byanjye binyuze kuri Guru Mahasya; ubuyobozi bwaje ku munota wa nyuma bumfasha kubona impamyabumenyi yanjye y'amashuri yisumbuye; hanyuma n'umwarimu wanjye wo mu gace k'iwacu, umugisha wa nyuma waje kuri njye mu gihe cy'igihu cy'inzozo z'ubuzima bwose. Sinzigera nemera ko "filozofiya" yanjye idahagije ku rugamba muri iyi si

igoye, isi yemera ibimenyetso n'ibimenyetso bifatika gusa.

Mukuru wanjye yaramusubije ati: "Kwemera iki gikorwa ni icyubahiro kuri wewe, kandi nzaguherekeza muri gari ya moshi ubu ngubu"

Hanyuma Ananta yahindukiriye Jitendra, wari uhagaze mu kantu kubera gutangara, maze aramubwira ati: "Ugomba kumuherekeza nk'umutangabuhamya, kandi birashoboka cyane ko ari n'uwahohotewe!"

Mu gihe cy'iminota mirongo itatu, njye na Jitendra twari dufite amatike yo kujya mu rugendo rutunguranye, nyuma y'uko Ananta adusuzumiye neza mu mfuruka ya sitasiyo maze akareba neza ko nta mafaranga twari dufite, kandi ko ibitambaro twari twapfunyitse mu rukenyerero bitari bihishe byinshi bitari ngombwa.

"Ananta, mpa rupiya imwe cyangwa ebyiri nk'igabanyirizwa kugira ngo nshobore kukoherereza telegaramu mu gihe habaye ibyago," inshuti yanjye yarabyinubiye hagati y'amakimbirane hagati y'amafaranga n'ukwizera.

Naramurakariye cyane nti: "Jitendra, sinzakomeza iki kizamini niba witwaje amafaranga nk'ingwate ya nyuma"

Jitendra yaramusubije ati: "Gukubita ibiceri birahumuriza" Ariko nta yandi mahitamo yari afite uretse guceceka ubwo yamucyahaga cyane

Mukuru wanjye yaravuze ati: "Mukanda, ntabwo ndi umuntu utagira umutima"

Ananta yumvise ijwi ry'ubugwaneza, wenda umutimanama we waramukubitaga kubera ko yohereje abahungu babiri badafite amafaranga mu muji atazi, cyangwa kubera kutizera kwe imbaraga z'Imana, hanyuma yongeraho ati:

"Niba, ku bw'amahirwe cyangwa ubuntu, nshoboye gutsinda ikigeragezo cya Brandyban neza, nzagusaba kunyiyegurira nk'umwigishwa wawe"

Iri sezerano ryari ridasanze kandi ritajyanye n'imigenzo n'imigenzo byahozeho Mu miryango y'Abahinde, musaza we ni gake apfukamira abamuruta; aza ku mwanya wa kabiri nyuma ya se mu kubaha no kumvira abamuruta. Ariko, nta mwanya wari usigaye wo kugira icyo avuga ku byo yari yavuze, kuko gari ya moshi yari imaze gutangira kugenda.

Jitendra yakomeje guceceka ababaye ubwo gari ya moshi yagendaga yihuta, hanyuma amaherezo yimukira mu mwanya we maze arambabaza cyane aho nari mfite agahinda, aravuga ati:

"Nta kimenyetso mbona cyerekana ko Imana izaduha ifunguro ritaha!"

Nuko ndavuga nti "Humura, gira amakenga, kuko Imana ikorera mu ibanga"

Yasubije ati: "Ushobora kumwihutisha? Ndashonje ndatekerezaga gusa ku bidutegereje. Navuye i Varanasi kugira ngo nishimire kureba Taj Mahal, ntabwo ninjira mu mva yanjye!"

Nuko ndavuga nti: "Humura kandi wishime, Jitendra! Ntabwo turi mu nzira yo kureba bwa mbere ibitangaza bitagatifu bya Brindiban?" Nuzuye inyota yo gutekerezaga gusa ko zakandagira mu gihugu

**cyahawe umugisha n'ibirenge bya Nyagasani
Krishna."**

**Muri ako kanya umuryango w'icyumba cyacu
warakinguwe maze abagabo babiri binjira.
Ahakurikiraho niho habaye aha nyuma**

**Umuntu ntazi wari wicaye imbere yanjye
yambwiye ashishikajwe cyane, arambaza ati: "Muraho
basore, hari inshuti mufite i Brandenburg?"**

**Namukuye amaso yanjye mu buryo butuje,
ndamubwira nti "Ibyo ntabwo ari ibyawwe"**

**Yaravuze ati: "Wenda mwahunze imiryango yanyu
muyobowe n'umujura w'umutima nanjye ndi umuntu
ukunda iby'umwuka, kandi nzakora ibishoboka byose
kugira ngo mubone ibyo kurya n'aho kuba muri ubu
bushyuhe bwinshi."**

**Nasubije nti: "Oya, bwana, reka tureke. Uri
umunyabuntu, ariko wibeshya ko turi impunzi."**

**Ikiganiro cyacu cyararangiyeye aho gari ya moshi
ikimara guhagarara maze njye na Jitendra tumanuka
kuri platifomu, inshuti zacu ebyiri z'amahirwe
zaradufashe mu maboko maze zihamagara tagisi.**

**Twamanutse imbere y'urusengero rwiza cyane
ahantu heza cyane hagati y'ibiti bitoshye.
Byaragaragaraga ko abagiraneza bari bazwi cyane
aho ngaho, ubwo umuhungu umwenyuraga
yatwegeraga akatuyobora mu cyumba cyo kwakira
abashyitsi aho umukecuru w'umunyacyubahiro kandi
w'umurabyo yatwakiraga.**

**Umwe mu bagabo yabwiye uwakiraga abashyitsi
ati: "Mama Gauri, ibikomangoma bibiri ntibizashobora**

**kuhagera Ku munota wa nyuma gahunda yabo
yarahindutse kandi bagushimira cyane kandi
bagusaba imbabazi cyane. Ariko twazanye abandi
bashyitsi babiri numvise ko, igihe twahuraga muri
gari ya moshi, ari bo bigishwa ba Lord Krishna"**

**Abagenzi bombi berekeza ku muryango, bavuga
bati: "Turabasezeraho, inshuti zacu ebyiri ntoya,
tuzongera guhura, Imana nibishaka."**

**Mama Jouri yasetse cyane abashyitsi be batari
babyiteze ubwo yagiraga ati: "Murakaza neza!
Ntabwo wari kuza hano ku munsu mwiza kurusha
iyindi. Nari niteze ko abatware babiri bazaza muri iyi
nzu y'imbohe. Nishimiye cyane ko waje, bitabaye ibyo
nari gushonga iyo ibiryo nateguye neza cyane bitaba
byarabonye umuntu wo kubiryohera no
kubiryoherwa!"**

**Aya magambo meza yagize ingaruka zitangaje
kuri Jitendra, maze ararira. Ibyago yari afite ubwoba
muri Brindbane byari byarahindutse ibirori bikwiriye
abami n'ibikomangoma. Ihinduka ry'ibintu ryari
ritunguranye cyane ku buryo atashoboraga
kwihangana. Nyiri inzu yamurebye afite amatsiko
ariko ntagire icyo avuga, wenda yari azi
amarangamutima y'ingimbi.**

**Twatumiwe ku ifunguro rya saa sita, maze Mama
Jouri atujyana mu cyumba cyo kuriramo, cyari gifite
impumuro nziza kandi gihumura neza, hanyuma
kibura mu gikoni cyari hafi aho.**

**Kandi nari maze igihe ntegereje iki gihe, nuko
mpitamo ahantu hakwiriye ku mubiri wa Jitendra
ndamukubita nk'uko yankubitaga muri gari ya moshi,
mvuga nti:**

"Imana irakora, kandi vuba, mwebwe abafite ukwizera guke!"

Umushyitsi yagarutse yitwaje umufana, yadushyushye mu buryo gakondo bwo mu Burasirazuba adatuje, ubwo twicaraga ku myenda idoze. Abamonaki bazanye ubwoko butandukanye bw'ibiryo hafi mirongo itatu. Ibi ntibyari ifunguro rya saa sita risanzwe, ahubwo byari ibirori biryoshye cyane! Kuva twagera kuri iyi si, ntabwo twari twigeze turya ibiryo biryoshye nk'ibi.

Yabwiye uwatwakiriye ati: "Mu by'ukuri ibi ni amafunguro akwiriye ibikomangoma, mama w'icyubahiro! Sinzi ikintu cyihutirwa abashyitsi bawe b'ibwami babonaga ko ari ingenzi kuruta kwitabira iri funguro! Waduhaye urwibutso rw'ubuzima tutazigera twibagirwa!"

Kubera ko imimerere ya Ananta yatubujije gutangaza byinshi, ntitwashoboye gusobanurira uwo mugore w'icyubahiro ko gushimira kwacu gufite ibisobanuro bibiri, ariko ubwitange bwacu bwari busobanutse. Twagiye dufite imigisha ye n'ubutumire bwiza bwo gusubira mu rugo rw'ingoro.

Ubushyuhe bwari bukabije hanze, nuko njye n'inshuti yanjye dushakisha ubuhungiro mu gicucu cy'igiti cya kadamba hafi y'irembo ry'ikigo cy'abihaye Imana. Ibi byakurikiwe n'amagambo ababaza, ubwo Jitendra, ku nshuro ya kabiri, yagaragazaga ubwoba bwe n'amakenga ye, agira ati:

"Mbega ingorane wanshyizemo! Ifunguro rya saa sita ryari amahirwe! None se twakwishimira dute ubwiza bw'uyu muji nta giceri na kimwe dufite mu

ntoki zacu? Hanyuma, wambwira uko tuzashobora gusubira kwa Ananta?"

Nuko ndavuga nti: "Noneho ko inda yawe yuzuye, mbega ukuntu wibagirwa Imana vuba!"

Amagambo yanjye ntabwo yari akarishye, ahubwo yari ayo kunenga Mbega ukuntu kwibuka kw'abantu ari kugufi iyo bigeze ku migisha yo mu ijuru! Nta muntu n'umwe muri iyi si utarahabwa igisubizo cy'ibyo bamusabye

Jitendra yaramushubije ati: "Sinzibagirwa ubupfapfa bwanjye bwo kwishyira mu kaga n'umuntu utagira icyo yitayeho nkawe!"

Naravuze nti: "Birahagije, Jitendra, kuko Imana yatugaburiye ari yo Mana imwe itwitaho i Brindban kandi izatugarura i Agra!"

Nkimara kurangiza kuvuga, umusore wari ufite isura isa n'ihumure n'ihumure, yatwegereye vuba Ahagaze munsu y'igiti cyacu, yunamye imbere yanjye aravuga ati:

"Nshuti yanjye nkunda, wowe n'uwo mugendana mugomba kuba muri abashyitsi hano, bityo reka nkubere umwakira n'umuyobozi"

Nubwo isura y'uuyu mugabo w'Umuhinde idakunze kugaragara neza, isura ya Jitendra yahise ihinduka umuhondo w'uburwayi. Nanze ikinyabupfura ariko umusore yararakaye cyane, mu buryo, mu zindi mpamvu, bwari kuba busekeje cyane. Yasubije ati:

"Ntabwo uzashobora kunyica!"

Naravuze nti, "Kuki atari byo?"

**Yarandebye afite icyizere maze arambwira ati:
"Kuko uri umwarimu wanjye Ubwo nari ndimo
ntekereza ku manywa y'ihangu, nabonye Umwami
Krishna w'umugisha mu iyerekwa, maze anyereka
ibishushanyo bibiri munsi y'iki giti. Kimwe muri byo
cyari isura yawe, mwarimu wanjye, nakunze kubona
mu bwenge bwanjye! Mbega ukuntu nakwishima
uramutse wemeye imirimo yanjye yoroheje!"**

**Nuko ndavuga nti "Nanjye ndishimye ko
wansanze. Nta Mana yadutereranye, nta n'umuntu
wadutereranye!"**

**Nubwo nahagaze ntanyeganyega, nsekera uwo
muco wari imbere yanjye ushishikaye, ibyiyumvo byo
kubaha byatumye nunamira ibirenge by'Imana mu
mwuka wanjye**

**Umuhungu yaravuze ati: "Nshuti zanjye, ndashaka
cyane ko muha icyubahiro urugo rwanjye mu gihe
muje gusura!"**

**Naravuze nti: "Uri umusore w'umunyabuntu, ariko
ntabwo twabikora kuko turi abashyitsi ba musaza
wanjye muri Agra"**

**Yaravuze ati: "Noneho reka nibura mbaherekeza
mwembi i Brindiban nk'urwibutso rw'iyi nama."**

**Nemeye ubutumire nishimye. Umusore witwaga
Pratap Chatterjee yasabye igare rikururwa n'ifarashi,
maze twerekeza ku rusengero rwa Madhana Mohana
n'izindi nsengero za Krishna Umwijima waraguye
ubwo twari tugisengera mu rusengero Nyuma y'aho,
Pratap yaravuze ati:**

**"Ese nshobora kugusaba uruhushya rwo kunywa
ibyombo?"**

Yinjiye mu iduka riri hafi ya gare ya gari ya moshi, ubwo twari turimo kugenda mu muhanda mugari, wari wuzuyemo abantu benshi kandi wari umaze gukonja. Inshuti yacu yarabuze umwanya muto agaruka yitwaje bombo nyinshi. Yaramwenyuye asaba ubwo yari afite inoti nyinshi hamwe n'amatike abiri yari yaguze mu rugendo rwacu i Agra, aravuga ati: "Ndagusaba kumpa iki cyubahiro cyo mu mwuka."

Kwemera kwanjye nta kindi byari uretse kubaha icyo kiganza kitagaragara. Ese ubuntu bwacyo—ubwo Ananta yasetse—ntibwari burengeye cyane ibyari bikenewe?

Twashatse aho hantu hiherereye hafi ya sitasiyo maze ndavuga nti:

"Pratap, nzakwigisha Kriya: uburyo bwa Lahiri Mahasya, yoga ikomeye cyane yo mu gihe cya none. Kandi ubu buryo bwe buzaba ubuyobozi bwawe bw'umwuka"

Gutangiza byabaye mu gihe cy'iminota mirongo itatu, maze mbwira umwigishwa mushya nti: "Kriya izaba ibuye ry'agaciro rizasohozwa ibyifuzo byawe. Ubu buhanzi, ubona ko bworoshye, burimo uburyo bwo gutera imbere mu buryo bwihuse mu buryo bw'umwuka. Ibyanditswe byera by'Abahinde bivuga ko umuntu wigize umuntu akeneye imyaka miliyoni kugira ngo abohoke ku bushukanyi bw'isi, ariko iki gihe kirekire gisanzwe gishobora kugabanywa cyane na Kriya Yoga. Nk'uko Jagades Chandra Bose yabyerekanye ko gukura kw'igihingwa gushobora kwihutishwa kurusha uko bisanzwe, ni ko no gukura mu buryo bw'umwuka kw'umuntu gushobora kwihutishwa n'ubumenyi bw'ibintu bidasanzwe. Gira inyangamugayo mu myitozo yawe, kandi uzegera

**Imana, Umwigisha w'Abigisha n'Umuyobozi
w'Abayobozi"**

Pratap yavuze atekereje ati: "Numva mfite ibyishimo byinshi kuba narabonye uru rufunguzo rwa yoga rw'umugisha nari maze igihe kirekire nshakisha. Ingaruka zarwo mu buryo bw'umwuka zizankura mu nzitizi z'ibyumviro kandi zinyobore mu ijuru. Kubona Umwami Krishna uyu munsu ni umugisha ukomeye mu buzima bwanjye."

Twicaye akanya gato twumvikana, hanyuma tugenda buhoro buhoro tujya kuri sitasiyo. Ibyishimo byaranyuzuye ubwo najyaga muri gari ya moshi, mu gihe Jitendra yari arimo kurira. Gusezera kwanjye kuri Pratap byari bibabaje cyane, byatewe no kuruhuka no kurira kw'inshuti zanjye zombi. Nanone, Jitendra yari yishwe n'agahinda, atari ku bwe kuri iyi nshuro, ahubwo ari ku bwe ubwe, maze atangira kuvuga ati:

"Ese ukuntu ukwizera kwanjye mu Mana kwari gukomeye! Umutima wanjye wari waranangiye, ariko ubu sinzigera nshidikanya ku kuntu Imana yita ku bandi"

Saa sita z'ijoro zikimara kugera, abashyitsi babiri bari batumwe nta n'igiceri binjiraga mu nzu ya Ananta. Isura ye yari nk'uko yari yarabisezeranye, yuzuye gutangira. Amarupi yuzuye imvura. Aravugaga mu buryo busekeje ati: "Vugaga ukuri, Jitendra! Ese uyu musore ntiyagiye kwiba imodoka zo mu muhanda?"

Ariko akimara kumva ibisobanuro birambuye by'inkuru, musaza wanjye yatangiye gucika intege cyane, maze avugana ishyamba ry'umwuka ntari narigeze mbona mbere:

"Itegeko ryo gutanga no gusaba ririmo kugera ku ntego zisobanutse cyane kuruta uko nabitekerezaga. Kandi ku nshuro ya mbere numvise impamvu utita ku mafaranga n'ubwiru bwayo bukabije muri iyi si"

Nubwo byari byatinze, mukuru wanjye yashimangiye ko ari byo byonyine byagombaga kwegurirwa Kriya Yoga. Bityo, Umwarimu Mukanda yagombaga kwikorera inshingano z' "abanyeshuri" babiri atari yarigeze asaba mu munsu umwe.

Mu gitondo cyakurikiyeho twafashe ifunguro rya mu gitondo mu mwuka w'ituze n'ubwumvikane byari bitaraboneka umunsu wabanje. Namwenyuye Jitendra maze ndamubwira nti:

"Ntabwo uzabura kubona Taj Mahal Reka tuyirebe mbere yo kujya i Serampur"

Twasezeye Ananta maze tureba urwibutso rwiza kandi ruteye ishema rwa Agra: Taj Mahal, marble yayo yera irabagirana mu zuba nk'inzozi z'ubwumvikane busesuye. Ikikijwe n'ibiti byijimye bya sipure, ubwatsi butoshye, n'ikiyaga gituje, imbere muri yo hari hashushanyijeho amashusho akomeye ashushanyijeho amabuye y'agaciro gake. Amatabaza meza n'ibishushanyo byafatanye kandi bivangavanze na marble y'umukara n'umuhengeri, mu gihe urumuri rwavaga mu gisenge rwuzuye imva z'Umwami w'abami Shah Jahan na Mumtazi Mahal, umwamikazi w'ubwami bwe akaba n'umuntu yakundaga cyane.

Numvise ko nabonye bihagije kandi mfite amatsiko yo kubonana n'umwarimu wanjye, nahise njyana na Jitendra mu majyepfo yerekeza muri Bengal. Uwo twari kumwe yaravuze ati: "Mukanda, maze amezi menshi ntabonana n'umuryango wanjye,

nahinduye gahunda zanjye kandi nshobora gusura mwarimu wawe i Serampur nyuma"

Uwo twari kumwe - ushobora kuvuga ko ari umuntu ukunda kwitwara nabi - yansize i Calcutta, maze ngerayo na gari ya moshi yo muri ako gace i Cebrampur, ibirometero cumi na bibiri ugana mu majyaruguru.

Natunguwe cyane ubwo nabonaga ko hashize iminsi makumyabiri n'umunani nhuye n'umwarimu wanjye i Varanasi akambwira ati: "Uzagaruka mu byumweru bine!" Kandi hano nari mpagaze umutima utera cyane mu gikari cy'inzu ye yo mu rugo ku musozi utuje wa Rai Ghat, ninjira bwa mbere mu nzu yo mu rugo aho nari nkwiye kumara igice kinini cy'imyaka icumi iri imbere ndi kumwe n'umunyabwenge ukomeye wo mu Buhinde, mwarimu wanjye Swami Sri Yukteswar!

Umwari mu Paramhansa na Tagore

Byavuye mu gitabo (The Philosophy of India in the Life of a Yogi)

Kubwumunyabwenge Paramhansa Yogananda

"Rabindranath Tagore yatwigishije kuririmba mu buryo busanzwe kandi butunguranye nk'uburyo bwo kwigaragaza, nk'inyoni ziririmba"

Ibi bisobanuro nabihawe na Bhola Nat, umuhungu w'imyaka 14 w'umuhanga wo ku ishuri rya Ranchi, nyuma yo gushima indirimbo ze nziza mu gitondo kimwe, byaba ari uko byagenze cyangwa bitabaye, uwo muhungu yaririmbaga indirimbo nk'umugezi uhuza abantu. Yari yarize mbere muri Tagore's Santinakitan izwi cyane, bivuze "icyambu cy'amahoro," muri Bulpur.

Nabwiye mugenzi wanjye nti, "Indirimbo za Rabindranath zanyibagiwe kuva nkiri muto. Abanyabengali bose, ndetse n'abaturage batazi gusoma no kwandika, bishimira cyane ubusizi bwe bwiza cyane."

Kandi yasomye imirongo ya Bhola hamwe na Tagore, washyize ibisigo ibihumbi by'Abahinde mu muziki, bimwe muri byo byari ibihangano bye bwite naho ibindi byari ibya kera.

Tumaze kurangiza kuririmba, naravuze nseka nti: "Nahuye na Rabindranath akimara guhabwa igihembo cya Nobel cy'ubuvanganzo, numvise mfite icyifuzo gikomeye cyo kumusura kuko nashimishijwe n'ubutwari bwe budasanzwe mu guhangana n'abamunenga"

Bhola yabajije cyane iby'iyi nkuru, maze ndavuga nti: "Abahanga mu by'indimi banenze cyane Tagore kuko yazanye uburyo bushya mu busizi bwa Bengali avanga imvugo zisanzwe n'iza kera atitaye ku mipaka y'indimi abahanga mu by'indimi bakunda. Ibisigo bye birimo ukuri kwimbitse kwa filozofiya mu mvugo nziza kandi zirimo amarangamutima, bidakurikije imiterere y'ubuvanganzo."

"Umusesenguzi ukomeye yigeze kuvuga Rabindranath—abigiranye agasuzuguro n'agasuzuguro—nk'"umusizi w'inuma wagurishije indirimbo ze ku bacapishi ku giciro gito cyane" Ariko Tagore yari yihoreye! Isi yose y'ubuvanganzo bw'Iburengerazuba yamushimiye ubwo yahinduraga igitabo cye (Gitanjali: Ituro ry'Indirimbo) mu Cyongereza. Itsinda rinini ry'abahanga, harimo n'abahoze bamunenga, bafashe urugendo rwa gari ya moshi bajya i Santiniketi kugira ngo bamushimire"

Rabindranath yakiriye abashyitsi be nyuma yo gutinda igihe kirekire ku bushake, hanyuma yumva

**ishimwe ryabo rituje kandi ritagira icyo rivuze.
Amaherezo, yabahinduriye intwari zo kubanenga,
agira ati:**

**"Bagabo, indabyo nziza z'indabyo z'icyubahiro
mumpa hano zivanze n'impumuro mbi y'agasuzuguro
kanyu ka mbere. Hari isano iri hagati yo guhabwa
igihembo cya Nobel n'iyi shimwe ryanyu
ritunguranye? Ndi umusizi umwe wabababaje ubwo
natangaga indabyo zanjye zoroshye mu rusengero
rwa Bengal"**

**"Ibinyamakuru byasohoye incamake y'ibyo Tagore
yanenze cyane, kandi nashimishijwe n'ukuntu
umugabo utari warashutswe n'uburiganya
n'uburyarya"**

**"Namenyeshejwe Rabindranath i Calcutta
n'umunyamabanga we, Bwana CF Andrus ⁽¹⁾, wari
wambaye imyenda ya Bengali gusa, kandi wavugaga
Tagore mu buryo bw'urukundo nk'umumarayika we
(Gurudeva)"**

**"Rabindranath yanyakiriye neza, akikijwe
n'umwuka w'ubuhanga, umuco ukungahaye,
n'ikinyabupfura nyacyo Tagore yasubije ikibazo
cyanjye ku bijyanye n'amasoko y'ibitabo bye avuga ko
ibitekerezo bye by'ingenzi byaturutse mu nkuru zacu
z'idini no mu bihangano by'umusizi Vidyapati,
wabayeho mu kinyejana cya cumi na kane"**

**Natewe inkunga n'ibyo byibutso, natangiye
kuririmba indirimbo ya kera ya Bengali Tagore yari
yarahinduye imiterere mishya, itangirana na "Light
Light the lamp of your love" Bholu yafatanyije nanjye
kuririmba twishimye ubwo twatemberaga mu kibuga
cy'ishuri.**

**Nyuma y'imyaka ibiri ishuri rya Ranchi rishinzwe,
natumiwe na Rabindranath ngo njye kumusura i
Santiniketan kugira ngo tunganire ku ntego zacu**

z'uburezi. Naremeye nishimye kandi njya kumusanganira. Nagezeyo, yari yicaye ku meza ye, maze ansanga nk'ishusho y'ubugabo nyakuri, nk'uko umuhanzi uwo ari we wese yabyiyumvisha. Isura ye nziza, ifite ishusho nziza yagaragazaga icyubahiro n'icyubahiro, igizwe n'umusatsi muremure, ubwanwa butemba, n'amaso manini, meza, yose yari afite inseko y'abamarayika. Ijwi rye ryiza, nk'iry'umwirongi, ryakuruye umutima. Yari muremure, akomeye, kandi atuje, agaragaza ubwuzu bw'umugore n'ubunyangamugayo bw'umwana wishimye. Ndashidikanya ko hari ikindi gitekerezo cy'umusizi wahumekewe cyaboneka mu buryo bw'ukuri kuruta uyu musomyi w'ubugwaneza n'umutima mwiza.

Nahise ntangira kwiga ku buryo burambuye ibigo byacu bibiri by'amashuri, byombi bishingiye ku mahame adasanzwe. Twabonye ibintu byinshi bisa hagati yabyo, nko kwigira hanze, koroshya ibintu, no gushishikariza abana bato guhanga udushya. Ariko, Rabindranath yashyize imbere cyane kwiga ubuvanganzo n'ubusizi, no kwigaragaza binyuze mu muziki n'indirimo, ikintu nari maze kubona muri Bhola. Abahungu ba Santiniketan bakoze ibihe byo guceceka, ariko ntibahawe imyitozo yihariye ya yoga.

Umusizi yateze amatwi yitonze ibisobanuro by'imyitozo ya Yogoda itera imbaraga uturemangingo tw'umubiri, ndetse n'uburyo bwo kwibanda kuri yoga bwigishwa abigishwa bose ba Ranchi.

Tagore yambwiye iby'ibibazo bye byo mu mashuri akiri muto, maze arambwira aseka ati: "Nahunze ishuri nyuma y'imyaka itanu" Nahise mbona uburyo ubuhanga bwe bwo gusiga buhushanye n'ikirere kibi cy'imyitwarire yo mu ishuri.

Umusizi yashyize ikimenyetso ku itsinda ry'abanyeshuri bigaga mu busitani bwiza cyane, agira ati:

"Kubera iyo mpamvu nashinze Ikigo cya Santinikitian munsu y'igicucu cy'ibiti n'ubwiza bw'ikirere. Umwana yumva ko ari mu bidukikije bye bisanzwe mu ndabyo n'inyoni ziririmba kugira ngo abashe kugaragaza ubutunzi bw'imbere bw'impano ze Ubumenyi nyakuri ntibushobora gukururwa cyangwa ngo buvanwe hanze, ahubwo ubumenyi bugomba kuba ubufasha mu kugaragaza ubutunzi bw'ubwenge butagira iherezaho buhishe mu nda y'ubugingo bw'umuntu" (2)

Namwemeye kandi nongeraho nti: "Ingeso z'abana zo gutekereza ku bintu bifatika ndetse n'urukundo rwabo ku ntwari n'ubutwari bipfa bishwe n'inzara mu mashuri asanzwe kuko bigarukira ku biribwa bigizwe n'imibare, ibyabaye, n'ibihe by'amateka"

Umusizi yavuze neza kuri se, Devendranath, wamuteye imbaraga zo gutangira Santiniketan. Yagize ati: "Data yampaye iki kibanza cyiza aho yari yubatswe urusengero n'inzu y'abashyitsi Ubunararibonye bwanjye mu burezi bwatangiriye hano mu 1901 mfite abana icumi gusa Amapawundi ibihumbi umunani yanyeretse igihembo cya Nobel nakoresheje mu kubungabunga ishuri"

Umusaza Tagore (Devendranath), uzwi cyane nka Maharishi (Umunyabwenge Mukuru), yari umugabo w'igitangaza koko, nk'uko inkuru y'ubuzima bwe ibigaragaza. Yamaze imyaka ibiri y'ubuto bwe atekereza mu bigo by'abihaye Imana bya Himalaya. Mu buryo nk'ubwo, se, Dwarkanath, yari azwi cyane muri Bengal kubera ubuntu bwe bwo gutanga umusanzu mu baturage. Muri ubu butaka bwiza

havutse umuryango w'abantu bazwi cyane.

Rabindranath ntiyari wenyine mu miterere ye yo guhanga; bene wabo basangiye impano. Babyara be, Gogonendra na Upanendra, bafatwa nk'abahanzi b'ibyamamare mu Buhinde ⁽³⁾ Umuvandimwe wa Rabindranath, Dwijendra, yari n'umuhanga mu bya filozofiya ukomeye ndetse no mu nyoni n'inyamaswa zo mu ishyamba.

Rabindranath yantumiye kurara mu nzu ye y'abashyitsi Mbega ahantu heza cyane kuri uwo mugoroba ubwo umusizi yicaraga n'itsinda ry'abanyeshuri mu gikari! Igihe cyasaga n'aho gihagaze, kandi aho hantu hagaragaraga nk'ahantu ha kera ho kwibera, umusizi Tagore akikijwe n'abigishwa be, atwikiriwe n'umwuka w'ibyishimo n'urukundo rutagatifu Tagore yari arimo kuboha no kunoza buri mubano w'urukundo akoresheje imigozi y'ubwumvikane n'ubwumvikane Mbega indabyo zidasanzwe z'ubusizi bw'umwuka nyakuri zarabye mu busitani bw'Imana, zikurura abandi kuri bwo kubera ubwiza n'impumuro yabwo karemano!

Mu ijwi rye riryoshye, Rabindranath yadusomeye bimwe mu bisigo bye bishya kandi biryoshye. Indirimbo ze nyinshi n'inkuru ze, zahimbwe kugira ngo zitere ibyishimo n'ibyishimo ku bigishwa be, ziboneka muri Santiniketan. Ubwiza bw'ubusizi bwe, kuri njye, buri mu kuvuga Imana hafi ya buri murongo, nubwo izina ryera ritavuzweho mu buryo bweruye. Urugero, aravuga ati:

"Iyo nsinzirijwe no kuririmba, ndiyibagirwa nkakwita inshuti yanjye, wowe uri shebuja!"

Nyuma ya saa sita ku munsu wakurikiyeho, namusezeye ntabishaka. Nishimiye ko ishuri rye rito ryakuze rigahinduka Kaminuza Mpuzamahanga ya

Vizva Bharati ⁽⁴⁾, aho abanyeshuri baturutse mu bihugu byose babona ahantu heza.

Aho ubwonko bubohorwa ubwoba kandi umutwe ugashyirwa hejuru

Aho ubumenyi ari ubuntu kandi nta mupaka,

Isi ntiyahinduwe ibice byacitsemo ibice n'inkuta nto zo mu gace runaka

Kandi aho amagambo aturuka mu bwihisho bw'ukuri,

Kandi imbaraga zikomeye zituma bagera ku butungane

Aho isoko y'ubwenge itarazimiye mu butayu bw'umucanga bw'agasi bw'imigenzo idapfuye,

Kandi uko ikomeza gutera imbere mu bitekerezo no mu bikorwa bikomeza kwaguka,

Kugira ngo igihugu cyanjye gikemukire mu kirere cy'ubwo bwisanzure, yewe data ⁽⁵⁾

Urufunguzo rw'amabanga y'intsinzi

Intsinzi bivuze kunyurwa n'ibyishimo by'umuntu mu bidukikije. Intsinzi nyakuri ni umusaruro w'ibikorwa bishingiye ku mahame yo gukiranuka, kandi ikubiyemo ibyishimo n'imibereho myiza y'abandi nk'igice cy'ingenzi cy'ibyishimo bye. Iyo dushyize mu bikorwa iri hame mu buzima bwacu bw'umubiri, mu bwenge, mu by'umuco no mu by'umwuka, tuzagira ibisobanuro byuzuye kandi byuzuye by'intsinzi.

Abantu bafite ibitekerezo n'ibitekerezo bitandukanye ku bijyanye n'intsinzi, bitewe n'ibyo bifuza mu buzima. Ni ibisanzwe kumva bamwe bagereranya intsinzi n'ubujura, bavuga ibintu nk'ibi ngo "Yari umujura watsinze!" Ibi bigaragaza ko

intsinzi mu buryo bwose n'ubwoko bwayo ari nziza kandi irashakishwa. Ariko, intsinzi yacu ntigomba kwangiza abandi.

Hariho kandi ikindi gipimo cyo gutsinda: iyo dushoboye kuzana umusaruro uhuye kandi w'ingirakamaro kuri twe ubwacu, twagombye no gushyira abandi mu ntsinzi yacu no gusangira nabo imbuto zayo.

Umuntu ashobora guhitamo guceceka igihe kirekire, yanga kuvugana n'abagize umuryango we muri icyo gihe. Nubwo uyu muntu ashobora kugira amahoro yo mu mutima, imyitwarire ye ni ubwikunde kandi ikabangamira ibyishimo by'umuryango we. Ntabwo bashobora gufatwa nk'abatsinze by'ukuri keretse abakunzi babo nabo bungukiye ku byo bagezeho.

Mu buryo nk'ubwo, kugera ku ntsinzi mu by'umubiri si uburenganzira bwacu bwo kugira imibereho myiza gusa, ahubwo ni n'inshingano zacu mu by'umuco ku bandi mu bijyanye no kubafasha kunoza imiterere yabo y'umubiri n'imibereho yabo.

Umuntu wese ufite ubwenge ashobora kubona amafaranga Ariko niba afite urukundo mu mutima we, ntabwo azigera ayakoresha mu nyungu ze bwite; ahubwo azayasangira n'abandi Amafaranga ni umuvumo n'ibyago biri mu maboko y'abikunda n'abanyantega nke, kandi ni umugisha n'impano biri mu maboko y'abafite imitima myiza n'imitima itanga ubuntu.

Urugero, Henry Ford yinjije umutungo, nyamara ntiyemeraga ibikorwa by'ubugiraneza, ibyo yabonaga nk'ibishishikariza abantu gukora ubunebwe. Ahubwo,

yahaye abantu benshi akazi n'imibereho. Niba Henry Ford yabonaga amafaranga ariko akanaha abandi ubutunzi, yatsindaga mu buryo bukwiye.

Ndetse n'abatagatifu bakomeye ntibabona agakiza kuzuye keretse gusangira intsinzi yabo—ubunararibonye bwabo mu by'umwuka n'ubumenyi bwo hejuru—n'abandi mu kubafasha kugera ku bumenyi bweranda. Kubera iyo mpamvu, abageze kuri izo ntambwe kandi bakagera kuri izo ntambwe baba biteguye kugeza ku busobanuro ku babukeneye.

Niba wifuza kugera ku ntsinzi nyakuri, ntuzaguhesha ibyishimo byawe bwite gusa, ahubwo uzaha n'abandi ibyishimo.

Itandukaniro mu bipimo by'intsinzi hagati y'Iburasirazuba n'Uburengerazuba

Hari ibipimo bitandukanye by'intsinzi mu Burasirazuba no mu Burengerazuba. Ikibabaje ni uko Iburasirazuba burimo kwigana ibintu bibi cyane nk'ibyo bubona muri filime zo mu Burengerazuba. Nubwo filime zimwe na zimwe zitanga ihumure, ubuzima busanzwe bugaragaza ko intsinzi atari yoroshye. Ubuzima akenshi buragoye kandi ntibubabarira, kandi tugomba kurwana no gushaka imibereho. Tekereza imbaraga zisabwa kugira ngo umubiri wawe ukomeze kugira ubuzima bwiza kandi ugire ubuzima bwiza kandi utagira indwara! Nubwo wabigeraho, iyo ntsinzi ni iy'akanya gato. Amaherezo umubiri uzashyingurwa. Ni ngombwa guhangana n'imbaraga nyinshi, haba iz'imbere n'iz'inyuma, kugira ngo ugere ku ntsinzi wifuza. Izi mbaraga zikora cyane kugira ngo zikubuze ibyo wagezeho bifite akamaro.

Iburengerazuba bwibanze ku ntsinzi y'igice cyangwa y'igihe gito ijyanye n'ubu buzima bwa none. Ku rundi ruhande, Iburasirazuba bwibanze ku ntsinzi yuzuye, irambye kandi irambye

Abageze ku rwego rwo hejuru rw'intsinzi y'iteka tubita (abatsinze mu isi zombi ni abatsinze mu maso y'umucamanza)

Aba bantu bafite ibyishimo mu mubiri, mu bwenge no mu mwuka. Bashobora kuba bafite ibintu bimwe na bimwe, ariko bafite ubutunzi bwinshi: ubutunzi bw'amahoro yo mu mutima no gusobanukirwa mu buryo bw'umwuka isano iri hagati y'ubugingo n'umwuka w'Imana, n'isano iri hagati y'umubiri n'ubuzima bwo mu kirere.

Mu Burasirazuba, igitekerezo cy'ubu bwoko bw'intsinzi gishyirwa mu mutwe w'umwana. Mu Burengerazuba, umwana ahabwa banki y'ingurube kandi akigishwa gushaka amafaranga kugira ngo agere ku byifuzo bye.

Ni byiza gukora cyane kugira ngo ugere ku ntsinzi ihagije mu bintu, ariko abana bagomba no kwigishwa agaciro k'intsinzi irambye. Ubutunzi bw'ubugingo buhora mu isanduku y'iteka ryose, kandi ushobora gukuramo ibyishimo muri iyo banki igihe icyo ari cyo cyose.

Ariko n'intsinzi yo mu buryo bw'umwuka ishobora kuba iyo ufite inshingano zifatika udashobora gusohoza.

Abantu bakomeye cyane bo muri yoga bibohoye ku mategeko y'ibidukikije ni bo bonyine bashobora kwirengagiza burundu ibintu bifatika

Mu Burasirazuba, intego nyamukuru yari iyo guteza imbere ibyishimo byo mu buryo bw'umwuka, mu gihe ibintu by'umubiri mu buzima byakunze kwirengagizwa. Mu Burengerazuba, hari ibintu bimwe na bimwe byo kwishimisha mu buryo bw'umubiri ariko ibyishimo byo mu mutwe ni bike cyane. Igikenewe ni uburinganire hagati y'ibyo byombi, kuko kwibanda ku kintu kimwe gusa cy'ubuzima bitera ubusumbane no kunanirwa guhangana n'ibyo umuntu akeneye mu buryo bushyize mu gaciro.

Urugero, niba umuhanzi yibanda ku buhanzi gusa akirengagiza ibindi byose, bizatera ubusumbane bugaragara nk'imihangayiko n'agahinda. Ariko, kwibanda ku buhanzi hamwe n'iby'umwuka, akazi, siyansi, na serivisi bizavamo uburinganire bwiza, intsinzi yuzuye, n'ibyishimo nyakuri.

Niba ubutunzi bujyanye n'indwara n'ibibazo, ingaruka zizaba nyinshi Isuku n'ubuvuzi biri mu mbaraga z'Uburengerazuba Udukoko twangiza n'udukoko twica bigenzurwa neza mu bihugu byateye imbere, mu gihe ari twinshi mu bindi. Ariko gukuraho utwo dukoko si cyo kintu cy'ingenzi cyagezweho, kuko hari izindi ngorane mu bihugu byateye imbere, nko kwishyura fagitire bigoye no kubura amafaranga bitewe na sisitemu zo kugura mu byiciro—ibibazo bibangamira ibitotsi no kugabanya amahoro yo mu mutima.

Ubuzima ni ibirenze kubaho gusa

Imana ntiyaturemeye iyi si kugira ngo turye, dusinze, kandi dupfe gusa, ahubwo yaturemeye kugira ngo tumenye ubushake bwayo kandi dusobanukirwe intego yo kubaho kwacu. Abantu bake b'abanyabwenge basobanukiwe icyo gahunda y'isi

isobanura, ariko abantu benshi ni impumyi kandi ntibazi iyo ntego. Isi ihinduka icyumba cyo gukorerwamo iyicarubozo ku bantu babaho batazi gahunda y'Imana. Ariko iyo ubonye ubunararibonye bw'ubuzima nk'abarimu bawe kandi ukabwigiraho imiterere nyayo y'iyi si n'uruhare wahawe mu isi, ubwo bunararibonye buhinduka urumuri rw'agaciro mu nzira igana ku kunyurwa no kwishima birambye.

Imana yatumye iyerekwa ry'isi yose rigira imbaraga nyinshi cyane

Tuba mu isi irimo akajagari n'imidugararo Ushobora gutekereza ko amafaranga asobanura ibyishimo, ariko iyo uyabonye, ugasanga uracyari mubi Ushobora kubona ubutunzi kandi—Imana irinde —ukabura ubuzima bwawe Cyangwa ushobora kugira ubuzima bwiza no kubura amafaranga yawe Cyangwa ushobora kugira ubutunzi n'ubuzima bwiza ariko ugahura n'ibibazo byinshi hamwe n'abandi, utanga ubuntu ariko ugahura n'urwango n'umujinya mu buryo butunguranye Udafite Imana, nta kintu na kimwe muri ubu buzima gishobora kukunezeza by'ukuri

Iyo Imana ishaka ko tubaho mu buryo bwo kumenya ibintu gusa, twari kunyurwa byuzuye n'ibintu bifatika kandi tukanyurwa n'inzira z'isi.

Ese wigeze ubona umukumbi w'intama? Iyo imwe muri zo isimbutse, izindi mukumbi ziwugana nta gushidikanya Abantu benshi bameze batyo Umuntu ashobora kuzana igitekerezo cyangwa akazana ikintu gishya, abandi bagahita bagifata nk'uko bisanzwe. Iki gishushanyo cyakomeje kubaho mu bisekuruza bitandukanye Buri gihugu gifite imigenzo yacyo, kandi ntitwavuga ko byose ari ukuri cyangwa ko ari

ukuri. Ariko se ni nde ubizi? Imwe muri icyo migenzo n'imigenzo ishobora kuba idafite ishingiro, idafite icyo ivuze, kandi idafite icyo ivuze

Hari uburyo bwo gusuzuma no gucira urubanza icyo mico n'imigenzo

Mu ntangiriro, buri mugenzi wari ufite impamvu. Niba dusanga ko impamvu ifatika ikiri ukuri, uwo mugenzi ufite icyo uvuze n'inyungu zawo. Ariko, si byiza gukurikiza imigenzo mu buryo buhumye. Tugomba kumenya ukuri no kugukurikiza, tugasobanukirwa icyatuzanira ibyishimo hanyuma tukabishyira mu bikorwa.

Ubuzima bukwiye koroshywa icyo usesengura neza imiterere y'umuntu ku giti cye, wasanga imwe mu mico n'imigenzo yacu isekere

Mu Burengerazuba, abantu bakurikiza amategeko menshi Hari imyenda yihariye yo kwidagadurira nimugoroba, ibirori byo kurya, gusura no gusohoka. Ndetse nabonye itangazo rimwe ku makoti yihariye y'abanywi b'itabi!

Gahunda ni nziza, ariko gukurikiza gahunda n'uburyo bukoreshwa cyane akenshi bitera imibabaro

Mu Burasirazuba, amazu n'imyenda biroroshye Mu Burengerazuba, ubuzima buragoye cyane ku buryo ibyishimo bitugeraho bitewe no kwibanda cyane ku gukora ibintu mu buryo bwihariye.

Kuki wakwibanda ku buryo bwo gushyira inzu n'ameza mu buryo runaka?

Mu Burasirazuba, iyo dutumiye abantu gusura, buri wese yumva yishimye kandi ategerezanyije amatsiko izo ngendo.

Mu Burengerazuba, abashyitsi baratumirwa, hagakurikiraho amasaha menshi yo kwitegura kugira ngo byose bibe byiza. Abashyitsi bamaze kuhagera, nyir'inzu aba ategereje cyane ko bagenda!

Kubaho, imyambaro n'ibiryo bigomba koroshywa Kurya amafunguro muri resitora bishobora kuba atari byiza mu bukungu, ariko nta kibazo kubikora rimwe na rimwe. Ntabwo ari byiza kumara amasaha menshi mu gikoni, nta mwanya usiga wo kwishimira ibindi bintu by'ingenzi kurushaho.

Mu ngendo zanjye no mu masomo yanjye, norohereje indyo yanjye, nabikaga amata, salade na foromaje mu cyumba cyanjye, kandi byari binyoroheye.

Paradizo iri muri twe, ntabwo iri mu bintu

Mu myitozo yacu yo kwiycarira mu Buhinde, twize kugenzura ibyifuzo byacu no kurenga ibyo dukunda, ibyo twanga, n'ibyo dukunda. Twashimiye ibyo twahawe byose. Mu Burengerazuba bw'Isi, ariko, abantu benshi ntibanezerewe nubwo bafite byinshi, nk'aho badafite na gato. Ibyifuzo nta mupaka bifite. Mu gitondo, nyuma yo kogosha no kwambara, ikintu cya mbere umugabo ashaka ni ifunguro rya mu gitondo. Akimara kwicara ku meza, yifuza ko umugore we yaba yateguye ikindi kintu. Na we yifuza ko yagira amasahani meza, ibiyiko, ibyuma, n'amakanya meza.

Iminsi irahita, ibyifuzo by'ibi n'ibi bigakomeza kugeza igihe nta kintu na kimwe gishobora

kubashimisha. Amaherezo, abashakanye bananirwa gushimishana kandi ntibabone ibyishimo ndetse n'abana babo, batakaza ibyishimo byabo by'ishyingiranwa. Kubera ko bumva bababaye, bahindukirana abo baba hafi. Umugore ararakaza, arakaza, kandi anenga umugabo we cyane, mu gihe we arakarira abana, maze abana bakigomeka ku babyeyi babo kandi bakora ibikorwa by'ubupfapfa n'inshuti zabo (nuko uruhererekane rugakomeza)

Si bibi gutunga ibintu; ikintu kibi ni ukwemerera ibintu byacu kutwigarurira Tugomba kwikuramo kwihambira ku bantu n'ibintu kuko kwihambira ku bintu bizana agahinda.

Paradizo yanjye iri muri njye Uko nishimira imigisha y'Imana, ndayishimira, kandi ibyishimo byanjye byo mu mutima bikura Nta byishimo byo mu mutima, ndetse n'ibinezeza n'ibyishimo byo mu isi biba ikuzimu Naje kubona ko iyo nta byishimo byo mu mutima, umutwaro w'inshingano nahawe wari kunyambura amahoro yanjye kandi ukambuza ibyishimo byanjye.

Umwanzi ukomeye w'ibyishimo ni uguza amafaranga kugira ngo ugure ibintu by'akataraboneka Abantu bibeshya ko badashobora kugira ibyishimo keretse babonye ikintu cyihariye Ariko nubwo bamaze kubona icyo kintu, ntibazabona ibyishimo nyakuri, nubwo bagira ibyishimo by'igihe gito None se ni iki gituma umuntu yiruka inyuma y'ibyishimo byo mu isi bisezeranya gusa ko birenga ku isezerano ryabyo?

Abantu bagomba kubaho mu buryo bworoshye badakeneye ibintu byinshi bisaba kwitabwaho buri gihe

Nta gushidikanya ko kugura ikintu gishya ari ibintu bishimishije Ariko nyuma y'igihe runaka, icyo cyizere cy'ibyishimo kirashira buhoro buhoro, ndetse ushobora no kutakigiraho uruhare rwose, ukibagirwa ikindi kintu. Ariko, fagitire y'icyo kintu ntizibagirana, cyane cyane niba wagiguze mu byiciro!

Umuntu agomba kugenzura ubuzima bwe no kubworoshya uko bishoboka kose. Agomba kuzigama amafaranga yo gukoresha mu bintu by'ingenzi n'ibyihutirwa, gushyira imbere kuzigama amafaranga kuruta kuyakoresha mu bintu by'agaciro, no gufasha abandi uko ashoboye kose. Iyo ufashije abandi, ubufasha buzakugeraho mu buryo bumwe cyangwa ubundi, kandi ntacyo uzabura kandi ntuzabura icyo wakenera.

Ndazi neza ko ibyo nkeneye byose bizangeraho, bityo sinhangayikishwa n'ibyo ejo hazaza habitse. Ibi si ukwirata cyangwa kwiyitirira, kuko nabonye umurimo n'ubushobozi bw'izo mbaraga nziza mu buzima bwanjye inshuro nyinshi.

Naba ndimo ndemba hejuru y'ubuzima cyangwa ndimo nrohama mu nyanja, nzi ko ndi kumwe n'Imana kandi ko iri kumwe nanjye, kandi ko nta kintu na kimwe gishobora kungirira nabi. Ubwo bumenyi bwampaye ibyishimo bitavugwa kandi byimbitse.

Iyo bitaba ibyo gusobanukirwa iby'umwuka n'ibyo nabonye, nari kuba umuntu ubabaye cyane ku isi. Nabonye ubutunzi bwinshi, ariko nanze kubuhindura imbata, kandi sinaburetse ngo bunkoreho cyangwa ngo bumpindure. Ntanga ibyo nungutse byose mu nzira y'Imana no ku babikeneye. Ibyishimo byanjye byo mu mutima ni byo bintu byanjye bikomeye—ubutunzi n'abami bashobora kurota gusa.

Intsinzi iterwa n'ibyo umuntu yagezeho imbere mu mutima we

Iyo ubonye umubare munini w'abantu badafite ibyishimo cyangwa intsinzi, ntugatekereze ko ari yo ntego yabo. Ushobora kwihindura uko ushaka kuba icyo ari cyo cyose. Intsinzi yawe y'imbere ni yo igutera intsinzi by'ukuri. Niba ubuze ikintu muri wowe, ntuzagira ibyishimo. Ariko niba ubuze ikintu cyo hanze ariko ukishima muri wowe, nta gushidikanya ko uba utsinze. Bityo rero, ntibishoboka gucira abantu urubanza ushingiye gusa ku mibereho yabo. Mu mbaga nyamwinshi y'abantu, hashobora kubaho abantu bageze ku isonga mu mwuka kandi bafite amahoro akomeye yo mu mutima n'ibyishimo byo mu mwuka.

Kubera iyo mpamvu, intsinzi mu by'umuco no mu bwenge—kwibohora ku ngeso mbi n'ibyifuzo bibi—bizana ibyishimo byinshi kuruta intsinzi mu by'umubiri. Mu ntsinzi mu by'ubwenge harimo imibereho myiza mu by'imitekerereze ibintu bidashobora kwamburwa n'ibintu byo hanze. Ushobora kumara igihe cyawe cyose wirundanyiriza ubutunzi, ariko ubwo butunzi ntibuzaguha amahoro n'umutekano urambye ushaka. Ahubwo, bizakuzanira agahinda kenshi, kuko ibyishimo nyakuri n'amahoro biba mu bitekerezo, ntabwo biba mu bintu bifatika.

Niba udafashe umwanya wo gukuza ubwenge bwawe, nta butunzi buhagije buzaguhaza. Ubu buhinzi si uguca intege, ahubwo ni ugutoza ubwenge bwawe kugira ngo bukomeze ibitekerezo n'ibikorwa bijyana ku byishimo.

Ibyishimo byawe ni intsinzi yawe, bityo ntukemere ko hagira ubikwiba Irinde abagerageza

kukubabaza Nkiri muto, nakundaga kurakara igihe cyose umuntu yakwirakwiye ibihuha by'ibinyoma kuri njye Nyuma, naje kubona ko amahoro yanjye yo mu mutima ari yo y'ingenzi kuruta kwemerwa n'abantu cyangwa gushimwa nabo

Umutimanama ni uburyo bwo kumva ibintu buhishura kamere nyayo y'umuntu n'impamvu ze Iyo umutimanama wawe ugororotse, kandi ukaba uzi neza ko ukora ibikwiye, ntacyo ugomba gutinya. Umutimanama ugororotse ni igihamya cy'imyitwarire myiza ituruka ku Mana. Kuba umwere mu rukiko rw'umutimanama bivuze kugira ibyishimo no kwakira imigisha y'Imana.

Niba umuntu adakorera amafaranga, ni uko atibanda ku kubona amafaranga. Mu buryo nk'ubwo, niba atishimye, ni uko atibanda ku kugera ku byishimo.

Inyumbu yikoreye umutwaro wa zahabu ku mugongo wayo ntizi agaciro k'ibyo itwaye. Mu buryo nk'ubwo, umuntu ahugiye cyane mu kwikorera umutwaro w'ubuzima ku bitugu bye yizeye kubona ibyishimo ku iherezo ry'urugendo ku buryo yibagirwa ko yikoreyemo ibyishimo byo mu buryo bw'umwuka bihebuje kandi birambye.

(Nk'ingamiya mu butayu, zipfa zishwe n'inyota mu gihe amazi yazihetse ku mugongo)

Kubera ko ashaka ibyishimo mu "bintu" ntabwo azi ko afite ibyishimo byinshi muri we

Gutanga inshingano ni byo bikwiye

Yoga ntikugira inama yo kwirengagiza cyangwa guhunga inshingano z'ubuzima. Ahubwo igusaba

kuzuza ubwenge bwawe n'Imana mu gihe ukina uruhare rwawe mu buzima. Niba wifuza ubuzima bwonyine mu mashyamba cyangwa mu misozi, ukizera ko uzasanga Imana ureka inshingano zawe, ugomba kubanza kwitegura no kubasha kwicara wibwira (udashidikanya) umunsi wose iminsi myinshi icyarimwe. Igikorwa nk'icyo ni cyiza cyane ku babishoboye. Ariko ikiruta byose ni ukuba mu isi, ariko ntuyikorere; gusohozza inshingano zawe nyakuri ku bw'inyungu z'abandi mugihe icyarimwe utekerezza ku Mana.

Hagomba gutandukana inshingano zikomeye n'iziciriritse, hagashyirwa imbere iz'ingenzi kuruta iz'ingenzi gusa. Byongeye kandi, nta nshingano igomba kuvuguruza indi. Ibyanditswe bitubwira ko iyo inshingano imwe igongana n'indi, ari ikimenyetso cy'uko atari inshingano nyakuri. Urugero, niba ushakisha intsinzi mu by'imari ukangiza ubuzima bwawe, uba wirengagije imibereho myiza y'umubiri wawe. Mu buryo nk'ubwo, niba ushishikajwe n'idini cyane ku buryo wirengagiza inshingano zawe mu by'imari, ntuba uri mu rugero kuko wemereye inshingano imwe ku mubiri wawe no ku muryango wawe. Kandi niba wirengagije inshingano zawe ku Mana kuko ibitekerezo byawe byose biba byibanda ku muryango wawe, iyo si inshingano nyakuri.

Benshi bibaza bati: "Ese tugomba kubanza kugera ku ntsinzi y'ibintu kugira ngo dusohoze inshingano zacu zo ku isi hanyuma tugashaka Imana?" cyangwa "Ese tugomba kubanza gushaka Imana hanyuma tugashaka intsinzi?"

Imana iza imbere, kandi ntidukwiye gutangira cyangwa ngo turangiza umunsi wacu tutayitekerejeho

kandi tuyitekerezaho cyane. Tugomba kwibuka ko tudafite imbaraga n'imbaraga duhabwa n'Imana, ntacyo twashobora kugeraho. Bityo rero, inshingano yacu ikomeye ni iyo kuri yo. Iyo dusohoje izindi nshingano zose tutasohoje inshingano zacu kuri yo, ntabwo izayishimisha. Ni byiza gukora ibikorwa byacu mu buryo bushimisha Imana.

Ni byiza gutekereza guhuza gushaka Imana n'intsinzi y'ibintu. Ariko keretse umuntu atekereje cyane kandi buri gihe, kugira ngo ubumenyi bwe ku Mana bube buhamye mbere na mbere, isi izarenga ubwenge bwe, kandi nta mwanya usigaye wo gukora ibintu by'umwuka. Kandi niba tudafite igitekerezo cy'uko Imana iri kumwe natwe, inshingano zacu zo ku isi akenshi ziba isoko y'imibabaro yo mu mutwe. Ariko iyo wumva ko Imana iri kumwe nawe igihe cyose kandi ukayitekerezaho mu gihe usohoza inshingano zawe, uzaba uri mu bantu bishimye cyane.

Hahirwa abakunda Imana, kuko bafite ibyishimo bidashira kandi bafite ibyishimo bidashira

Iyo ntaza guhabwa inyigisho z'umujoyanama wanjye, Swami Sri Yukteswar, zatumye menya Imana, nari kuba naratakaje igihe kinini kandi sinari gushobora gufasha abantu no kubaka insengero zo gushaka no gutekereza ku Mana. Nubwo bimeze bityo, bamwe bagiye bagaragaza kumubuza inzira aho gufatanya nanjye.

Umuntu wese ufata abantu nk'aho ari shebuja wabo bagomba kumvira, bazamutera umugongo kandi bagaragaze kumukuraho bakoresheje uburyo bwose n'amayeri yose.

Ariko nugerageza kuyobora no kugira inama abandi ubigiranye urukundo nyakuri, bazakwimika umwami w'imitima yabo. Kandi iyo ukunda abantu bose kimwe, uzabasha kumenya abakira urwo rukundo.

Urukundo rw'Imana ni ntagereranywa

Iyaba wari uzi inkuru y'urukundo rw'Imana bamwe mu bayisenga bahura na yo! Nta bundi bunararibonye mu buzima bwagereranywa n'ubwo bwishimo nari nzi umutagatifu wahoraga yinjijwe mu rukundo rw'Imana, kandi isura ye irabagirana urukundo rwera Ijisho ry'Imana rihora rireba abayikunda, kandi ntabwo ibatererana na gato.

Imana yanjye nkunda ndayibona mu bintu byose biyikikije

Namubonye anyitegereza ari mu ndabyo, andeba mu idirishya ry'ukwezi

Ndabibona mu maso y'ibidukikije no mu maso y'abafite imitima myiza n'imitima myiza

Ntitugomba kwirengagiza Umukunzi Mukuru, isoko y'ibyiza byose, urukundo, n'ubuntu. Ntitugomba kwemera ko imitima yacu yuzura ibitekerezo n'ibintu bidafite akamaro byo muri iyi si, ahubwo tugomba kwemera ko yuzura urukundo rw'Imana, rubyutsa umutima, rugatera imbaraga ubwenge, kandi rugavugurura imbaraga z'ubugingo. Urukundo ni ntagereranywa Iyo urukundo rw'Imana rufite ubuzima bw'umuntu ushaka, uturemangingo tw'umubiri we turanezerwa, kandi yuzura ibyishimo byinshi. Kandi ku bijyanye n'ubu bunararibonye, umwe mu bakunda Imana yaririmbye ati:

**Igihe Umwami w'Isi Yose yinjiraga mu rusengero
rw'umwuka**

**Ibyishimo byaranrenze umutima, maze nibagirwa
imirindi yabyo**

**Nk'uko uturemangingo twose two mu mubiri
wanjye twibagiwe imirimo twahawe**

**Yaratangaye ubwo yumvaga ijwi ry'ubugingo
buhoraho**

**Ijwi ry'umuntu ukunzwe cyane uriho, ijwi ry'Imana
isoko y'ubuzima**

**Umutima wanjye, ubwonko bwanjye, na buri
ngirangingo y'umubiri wanjye byashyizwemo
amashanyarazi**

Kuko yakozwe ku mutima n'ubuturo bwera cyane

**Ubwo ni bugufi bw'urukundo rw'Imana n'ingaruka
zarwo ku buzima bw'abakunda Imana**

**Imibabaro urwango n'intambara bitera kandi
bigasiga mu mitima y'abantu ni igihamya cy'uko
umwuka w'Imana, impuhwe, ubuntu, n'urukundo ari
imbaraga zikomeye Urwango rurasenya, mu gihe
urukundo ari imbaraga ikomeye cyane yubaka mu
isanzure**

**Kubwibyo, nshuti zanjye nkunda, tugomba
kumenya ubusa bw'urwango n'ubupfapfa
bw'intambara, maze tugahindukirira Imana
n'ubugingo bwacu bwose tukayikunda n'imitima yacu
yose Kuko urukundo rwayo rutanga intsinzi yuzuyemo
kunyurwa no kunyurwa byuzuye: intsinzi idashobora
kugerwaho ukundi.**

Urukundo ni rwo rwonyine ruzubaka isi nziza, rukazane ibyiza ku bayituye, kandi rubahe ubuzima bwiza lyo ibihugu bireka kwishyira hejuru y'ibindi binyuze mu nzira mbi, ahubwo bigakundana no gushyigikirana, twakwibonera intsinzi ku isi yose, imbuto zayo zikazaryoherwa n'abatuye isi bose.

Tekereza kuri za miriyoni zakoreshejwe mu kwica umuntu umwe mu ntambara! Mbega ikimwaro ku bantu! Kandi ni iki cyaba ari ububabare, imibabaro, guseniyuka no kwangirika?

Uburyo bwonyine bwo kurangiza iyi mibabaro y'abantu ni urukundo

Igihe cyose igihugu kimwe kizaba cyubatse kandi giteza imbere intwari zo kurimbura imbaga, ibindi bihugu bizagerageza guhimba uburyo n'intwari bigezweho kandi byica kugira ngo birinde, kandi abantu bazakomeza kugira ubwoba Kuki ibihugu byose bidatera imbere urukundo n'ubwumvikane aho gukurura urwango n'intambara? Igisubizo nyacyo kiri mu idini rusange ry'urukundo n'ubwumvikane Urukundo rutuma abantu batsinda

Imbaraga ziri inyuma ya buri mbaraga

Mbere na mbere, kugera ku ntsinzi hamwe n'Umwami w'Isi. Abantu bashishikajwe cyane n'umurimo wabo ku buryo bibwira ko badafite umwanya wo gutekereza ku Mana. Ariko se byagenda bite ku muntu Imana iramutse imukuyeho imbaraga zayo mu mubiri no mu bwenge bwe? Umutima wahagarara gukubita, maze ubwonko bukabura ubushobozi bwo gutekereza.

Imana ni urukundo rw'Imana ruri inyuma ya buri rukundo rw'umuntu, ni ubwenge rusange buri inyuma ya buri bwenge, ni ubushake bw'ikirenga buri inyuma ya buri bushake, ni intsinzi ikomeye inyuma ya buri ntsinzi yo ku isi, ni n'imbaraga ihebuje inyuma y'imbaraga zose.

Ni amaraso ari mu mitsi yose n'umwuka uri inyuma y'amagambo

Iyo anyima ububasha bwe, nahita mpagarika kuvuga kandi ijwi ryanjye ryacecekesha burundu.

Iyo imbaraga ze zidakora mu mitima yacu no mu bwenge bwacu, twaba turi imirambo idafite ubuzima

Reka tubungabunge - Imana ikurinde - ibyiza... kandi twibuke ko inshingano yacu ya mbere mu buzima ari Imana

Iyo dusohoje iyo nshingano yera, tuba dufitanye isano n'isoko yacu kandi imitima yacu yuzuye ibyishimo; iyo niyo ntsinzi ikomeye n'intsinzi y'ikirenga Amahoro abe kuri mwe

Inkuru y'Umwami w'Abasangwabutaka

Kera cyane, mu Buhinde, habayeho umunyabwenge ukomeye witwaga Vyasa, umwanditsi wa Bhagavad Gita, igitabo gikomeye cyane mu bitabo by'idini by'Abahindu. Binyuze mu mbaraga ze zikomeye z'umwuka, yashoboye guhamagara umwuka mwiza mu nda y'umugore we. Uko uruhinja rwakuraga mu nda ye, se yahaga umwana utaravuka amabanga y'ubumenyi n'ishingiro ry'ubwenge binyuze mu bwenge bw'umugore we.

Ubwo yavukaga, umwana yitwaga Sukdeva Kubera imyitozo n'ubwitonzi bya se

w'umunyabwenge, yagaragaje ko ari umwana udasanzwe mu nkuru zose. Ku myaka irindwi, yari amaze gufata mu mutwe ibitabo byose bya filozofiya n'ubwenge kandi yari yiteguye kwihakana isi ashaka umwarimu w'umuhanga kugira ngo arusheho kubona ubumenyi.

Mu Buhinde, umuntu ushaka ukuri ashakisha abigisha b'umwuka kugeza igihe abonye umuntu usobanukiwe neza ko ari we muyobozi woherejwe n'Imana kugira ngo amukize umwijima w'ubujiji amujyane mu mucyo w'ubumenyi.

Iyo icyifuzo cy'ubumenyi bw'umwuka kiri mu ntangiriro, umuntu ushakisha abona inyigisho z'umwuka za buri kanya ziturutse ahantu hatandukanye. Ariko iyo icyifuzo cy'Imana kirushijeho kwiyongera, Imana imwoherereza umwigisha w'umwuka ushingiye ku bumenyi bw'Imana, ukora nk'uburyo bwera bwo kuyobora umuntu ushaka kugaruka mu rugo rw'umwuka—mu bwami bw'Imana mu muntu.

Ubwo Sukdeva yafataga icyemezo cyo gutangira gushaka umuyobozi w'iby'umwuka, se yamugiriye inama yo kujya kwa Umwami Janaka, Guverineri w'intara Sukdeva yafashe ibitabo bye yerekeza mu rugo rw'ibwami. Akimara kwinjira mu irembo ry'ingoro, yabonye umwami yicaye ku ntebe y'ubwami ya zahabu iriho amabuye ya rubi na diyama, akikijwe n'uruhererekane rw'abagore bamuvugutira amasafuriya y'ibiti by'imikindo (nk'uko byari bisanzwe mu Buhinde bwa kera mu gihe cy'izuba ryinshi)

Icyo gihe Umwami Gnaka yari (monji) ku ntebe ye y'ubwami anywa itabi ry'uburasirazuba, maze

umwana Sukdeva aratangazwa n'ibyo yabonye maze aribwira ati: “Data afite isoni zo kunyohereza kuri uyu mwami w'isi mu buryo bukomeye! Ni gute umuntu ufite ingeso nk'izo zo gukunda ibintu n'imico nk'iyi yaba umwarimu wanjye?!”

Ariko Umwami Gnaka yari umwami akaba n'umutagatifu. Yabayeho mu isi ariko ntiyari uw'isi. Kubera ko yari ateye imbere mu by'umwuka, yasobanukiwe binyuze mu gutekereza ku bintu byanyuraga mu mutwe wa Sukdeva, wavuye mu rugo rwe agaruka aho yaturutse.

Umwami-wera yohereje intumwa inyuma y'uwo muhungu, imusaba kugaruka Agarutse, umwigisha n'umwigishwa bahuye imbonankubone, maze umwami asezerera abafasha be maze ahita aganira ku Mana n'ibitangaza byayo.

Amasaha ane yarashize, Sukdeva atangira gushyuha yumva ashonje, ariko ntiyashakaga guhungabanya Umwami Gnaka, wari winjijwe mu nyanja z'Imana kandi yasinze urukundo rwe.

Nyuma y'isaha imwe, intumwa ebyiri zarahageze, zivuga ziti: "Mwami, umujyi wose urashya, kandi umuriro urimo wegereza ingoro. Ese wagira ubuntu bwo kugenzura ibikorwa byo kuzimya inkongi?"

Umwami aramusubiza ati: "Ndi mu kiganiro n'inshuti yanjye Sukdeva ku Mana igira imbabazi irinda abantu bose bayihungiraho kandi yizeye ubufasha bwayo. Nta mwanya mfite wo gukora ikindi kintu. Mundeke njyenyine njye gufasha abandi kuzimya umuriro."

Nyuma y'indi saha, izo ntumwa ebyiri zasubiye ku Mwami Janaka zirataka ziti: "Mwami w'ibihe byose, turagusaba kuva aho uri vuba aha. Ingoro ikikijwe n'umuriro, kandi ibirimi by'umuriro biri hafi kugera mu cyumba cyawe vuba cyane."

Umwami aramusubiza ati "Nta kibazo! Ntumbuze, ndacyanywa divayi y'Imana hamwe n'inshuti yanjye nkunda. Genda ukore uko ushoboye kose."

Sukdeva yatangajwe n'uko umwami yabyitwayemo, ariko yagerageje gutuza, ntagire icyo ahungabanywa n'urusaku rwari rumukikije. Nyuma y'igihe gito, abagabo babiri batwitswe n'umuriro, begereye umwami barangurura ijwi bati: "Mwami ukomeye, dore! Imiriro y'umuriro iri hafi y'intebe yawe! Hunga Mwami, umuriro utagutwika!"

Umwami aramusubiza ati "Genda, kugira ngo ugire umutekano ndumva mfite umutekano mu maboko y'Imana, Irinda Byose, kandi sintinya umuriro n'ibirimi byawo birimbura."

Abo bagabo bombi bararokotse, maze umuriro utangira kwegera ikirundo cy'ibitabo bya Sukdeva cyari iruhande rwe, nyamara umwami yagumye atuje kandi ntahangayikishwe n'ibyari birimo kuba.

Ibyo byatumye Sukdeva agira ubwoba maze abura ituze. Yahagurutse ku ntebe ye atangira gukubita umuriro n'amaboko ye, agerageza kurinda ibitabo bye by'agaciro. Hanyuma Umwami Gnaka yaramwenyuye, maze akoresheje ikimenyetso, umuriro urashira nk'aho utigeze uba Sukdeva yatangajwe n'ibyo yabonye maze asubira mu ntebe ye, atangajwe cyane no gutangara.

Amaherezo, umwami aravuga atuje ati “Yewe muhungu Sukdeva, igihe wambonaga watekerezaga ko ndi umwami winjijwe mu bintu by’isi, ariko reba ubwawe! Wataye Imana Ishoborabyose kandi Irinda kugira ngo urinde ibitabo byawe, mu gihe ntaritaye ku bwami bwanjye butwika n’ingoro yanjye Imana yakoze iki gitangaza kugira ngo ikwereke ko nubwo wikunda cyane mu isi, ukunda cyane ibitabo byawe kuruta Imana, kandi ukunda cyane ubwami bwanjye, nubwo mba mu isi aho kwigunga no kwigunga”

Sukdeva yumvise afite isoni, maze muri icyo gihe abona ko uwo mwami wera ari we - kandi ko atari undi - wari umuyobozi we mu by'umwuka

Umwami Ganakka yasabye Sukdeva gukora ikizamini gikomeye kugira ngo amwigishe ubuhanga bwo kubaho mu isi adaguye mu mitego yayo kandi ntaboshywe n'imbogamizi zayo Umunsi umwe, umwami yahaye Sukdeva amasahani abiri yuzuye amavuta ku mubyimba maze aramubwira ati: "Shyira igikombe mu ntoki zose winjire mu byumba byose by'ibwami hamwe n'ibikoresho byayo byiza, hanyuma ugaruke unsange umaze kubona ibikubiye muri yo byose. Ariko ibuka ko ntazakwakira nk'umwigishwa wanjye niba wemeye ko igitonyanga kimwe cy'amavuta kigwa ku matapi"

Umwami yasabye abarinzi be babiri kujyana na Sukdeva

Icyo kizamini cyari kigoye koko, ariko nyuma y'amasaha abiri, Sukhdeva yatsinze. Ntiyari yaremeye ko hagira igitonyanga na kimwe cy'amavuta gisuka mu masahani abiri yuzuye yari aryanye mu biganza bye.

Umwami aramubwira ati: "Sokdeeva, mbwira amakuru arambuye kuri buri cyumba cyo mu ngoro."

"Umwami w'ibwami," Sukdeva arasubiza, "ubwenge bwanjye bwari bwiganjemo gukumira amavuta ku matapi, bityo nta kindi kintu nabonye mu ngoro"

Umwami aramusubiza ati: "Wantengushye, Sukdeva! Ntabwo watsinze ikizamini cyanjye Nagusabye gusuzuma byose mu byumba by'ibwami kandi icyarimwe ntureka ngo hagire igitonyanga na kimwe cy'amavuta gisuka mu nzabya ebyiri. Subirayo wongere ugerageze, hanyuma uzaze aho ndi nurangiza umbwire ibyo wabonye."

Nyuma y'amasaha icumi, Sukhdeva yagarutse atuje. Nta mavuta yari yamennye kandi nta byuya cyangwa ngo agire ubwoba nk'uko byari bimeze mbere. Yashoboye kandi gusubiza ibibazo by'umwami ku bijyanye n'ibiri mu ngoro no gusobanura neza ibyumba byayo.

Umwami Gnaka yishimiye intsinzi ya Sukdeva mu kizamini maze avuga mu ijwi rituje ati:

"Mwana wanjye, kwihambira ku mitungo, si imitungo ubwayo, ni byo bitera imibabaro"

Yewe Sukhdeva, muri iyi si ntacyo dufite; ibintu twahawe ngo tubikoreshe mu gihe cy'igihe gito turi hano ku isi. Bamwe bafite byinshi byo gukoresha kurusha abandi, ariko ibuka ko abakire n'abakene bazasiga byose igihe cyo kugenda kigeze. Umuntu ntagomba kubaho ubuzima butaringaniye, atekereza ku Mana gusa kandi akirengagiza inshingano ze zo ku isi, nko kwibanda ku mavuta utareba ibiri mu ngoro.

Ariko mu ruzinduko rwawe rwa kabiri, wakomeje kwita ku mavuta, ariko icyarimwe wabonye byose mu ngoro kandi winjijemo ibintu byiza cyane. Mu buryo nk'ubwo, ugomba gukomeza gutekereza ku Mana, ntureke amavuta y'ubwenge asuka mu gikoresho cy'ubwenge bwawe, kandi icyarimwe ukagira umwete mu gukora icyiza no gukora ibyiza kugira ngo wifashe wowe n'abo Imana yagushinze.

Amahoro abe kuri mwe

Urupfu ni intangiriro cyangwa iherezo?

Mu myaka n'amezi, nakoze ubushakashatsi bwimbitse kandi buhoraho kugeza ubwo namenye ibanga ry'ubuzima n'urupfu ndetse no kumenya niba roho zisubira mu mubiri nyuma yo kuva mu mibiri yazo yashaje.

Ku bantu benshi, ibi bisa nkaho ari igitekerezo gusa, cyangwa ukwemera gusa bitewe no kubura gihamya. Ariko sinvuga mu kwemera gusa; nabonye gihamya y'ubuzima nyuma y'urupfu no kwisubiraho. Bityo, nshobora kwemeza iki kintu mbikuye ku byo nanyuzemo ubwanjye.

Nubwo abantu babona urupfu nk'aho ruteye ubwoba kandi rubabaye, abatubanjirije muri ubwo bwami bw'ibyishimo babona urupfu nk'ibintu byiza cyane by'ibyishimo, amahoro n'umudendezo.

Mbega ukuntu ubuzima nyuma y'urupfu buzaba bwiza cyane! Nta mpamvu yo kwikorera uyu mufuka uremereye w'amagufwa hamwe n'ububabare n'ibibazo bijyana na wo. Roho zo mu isi y'isi zigumana ubwenge

bwazo kandi zishimira umudendezo wazo ku nzitizi zose zifatika n'iz'umubiri.

Iyo umuntu apfuye, yibagirwa ubushobozi bw'umubiri we maze akamenya uburyo afite umudendezo nyakuri. Hari ubwoba bw'amasegonda make: gutinya ibitazwi, gutinya ikintu kitazwi n'ubwenge bw'umuntu. Ariko noneho roho igira ubumenyi bwimbitse n'ibyishimo byinshi byo kubohorwa ku nzitizi zose, cyane cyane kumva ko uri hanze y'akazu k'umubiri.

Nta cyo gutinya, kuko igihe cyose umuntu atarapfa aba akiriho, kandi iyo apfuye, ni iherezo kandi nta kintu na kimwe kizaba gisigaye cyo gutinya.

Urupfu ni ikintu gisanzwe: impinduka buri muntu anyuramo. Reka twihumurize ku kuba urupfu rugera kuri buri wese, kandi ko ari igihe cyo kuruhuka imitwari n'imihangayiko by'ubuzima.

Urupfu ni uburambe bwiza, ariko umuntu ntakwiye kwifuza ko ari uguhunga amasomo akomeye y'ubuzima. Guhunga ni ikosa. Uko imimerere umuntu arimo kuri iyi si yaba iri kose, agomba guhangana na byo mu butwari n'ubutwari. Iyo umuntu atsinze mu guhangana n'ibibazo by'ubuzima, urupfu ruhinduka ingororano ikwiye.

Urupfu si iherezo, ahubwo ni ubwigenge bw'agateganyo butangwa n'itegeko ry'Imana ry'ubutabera (karma) ku bugingo iyo bukoze imirimo yabwo neza, cyangwa iyo ububabare bubumazemo imbaraga ku buryo budashobora kwihanganira kubaho no gukomeza inzira yabwo.

Ku bababara (n'abatekereza), urupfu ni ukubohorwa imibabaro ibabaza umubiri, bakagera mu ituze, bagahora maso, n'amahoro. Ku bageze mu za bukuru, ni pansiyi ikwiye iboneka mu myaka myinshi y'akazi n'urugamba. Kuri buri wese, ni ikiruhuko cyiza. Ariko muri iki gihe cy'ikiruhuko, ibyifuzo bitaragerwaho mu gihe cy'ubuzima bwo ku isi birabyuka, kandi roho ikumva ko ikeneye kubisohozwa. Iyo ibyo byifuzo bikomeye bihagije, roho isubizwa ku isi ikavuka bundi bushya.

Ubumuntu bwacu nyakuri, cyangwa ubugingo bwacu, ntibupfa mu miterere yabwo. Dushobora gusinzira igihe runaka bitewe n'impinduka yitwa urupfu, ariko kamere yacu y'ingenzi ntishobora kurimbuka. Turiho, kandi kubaho kwacu ni ukw'iteka. Umuraba ugera ku nkombe hanyuma ugasubira mu nyanja udatakaje imiterere yawo; ahubwo, wivanga n'inyanja cyangwa ukongera kugaruka nk'umuraba wundi.

Umubiri wavuye mu nyanja y'isi yose kandi uzarimbuka, ariko kamere y'ubugingo iba mu mubiri ntizigera ihagarara iteka ryose Kuko kurimbuka kw'iyi kamere y'Imana bidashoboka

Kuki turira iyi abakunzi bacu bapfuye? Kubera ko tuba tubabajwe n'urupfu rwacu Niba abakunzi bacu baradusize ngo twige mu mashuri kurusha amashuri y'ubuzima, twagombye kubishimira aho kubaririra. Kuririra abapfuye bidukomeza kugorwa n'imigozi y'agahinda kacu, bikatubuza gutera imbere kugera ku rwego rwo hejuru rw'izuba ry'Imana ritagira imipaka.

Urupfu ruza ku bakora cyane kandi bashyizeho umwete mu buzima nk'inkunga yo kuzamurwa mu ntera no mu rwego rwo hejuru. Kandi ku bananiwe,

**ruza no kubaha amahirwe mashya mu buzima bushya
yo kongera kugerageza no kugera ku ntsinzi.**

**Abadafite urumuri babona urupfu nk'urukuta
runini ruhisha inshuti zabo n'abakunzi babo inyuma
yarwo iteka ryose. Ariko abadafite imigozi n'irari
ry'ubwikunde, bakunda abandi nk'abantu bagaragaza
Imana, basobanukiwe ko mu rupfu ababo basubira ku
Mana kugira ngo bahumeke mu isanzure ryayo rinini
imiyaga y'ubwisanzure n'ibyishimo bitagatifu.**

**Tugomba kohereza ibitekerezo by'urukundo ku
bapfuye no gusaba Imana kubaha amahoro n'ihumure
mu isi yabo nshya. Ibi bishobora gukorwa twibanda
cyane ku ngingo iri hagati y'amaso no kohereza
ubutumwa bw'umwuka ku bakunzi bacu mu buzima
bwa nyuma. Tugomba kandi kuboherereza ibitekerezo
by'inkunga n'urukundo. Niba ubutumwa bwacu
bukomeje, nta gushidikanya ko bazabwumva kandi
bakatwitura amarangamutima yacu. Kuko nabo,
batwibuka kandi bakatwifuza, nk'uko bishima igihe
cyose tubibuka kandi tukaboherereza ubutumwa
bw'urukundo n'inyota.**

**Kandi umunsi uzagera ubwo Imana izahuza
abakundana, hanyuma tuzamenya ko ubu buzima
bw'umuntu atari bwo bwonyine buhari, ahubwo ni
isano iri mu munyururu w'umubano w'iteka kandi
udatamba n'inshuti zacu n'abakunzi bacu muri ubu
buzima n'ubutaha.**

Amahoro abe kuri mwe

igisubizo gikwiye

**Ubwonko burema kandi bugahanga ibintu byose,
bityo bugomba kuyoborwa neza kugira ngo butarema**

**Ibitekerezo n'ibintu byiza gusa Iyo ukomeje
igitekerezo, ufite ubushake n'umurava, kizagufasha**

**Bizafata ishusho igaragara kandi ifatika iyo
umuntu ashoboye gukoresha ubushake bwe mu ntego
ze**

**Kuba ahora ari ingirakamaro kandi yubaka, aba
umutegetsu w'iherezeho rye**

**Hari uburyo butatu bw'ingenzi bwo kongera
imbaraga z'ubushake bwawe no kubugira bukomeye
kandi bukagira ingaruka nziza:**

**Guhitamo akazi cyangwa umwuga byoroshye
mbere bitari bigishoboka kuwukora no kuwumenya
neza, hamwe n'icyemezo cyo**

Intsinzi muri ako kazi cyangwa umwuga

**Ubwa mbere, menya neza ko icyatoranyijwe
gishobora kugerwaho, hanyuma ntucike intege mu
gihe habayeho gutsindwa**

Kandi gutsindwa

**Gushyira imbaraga ku ntego imwe no gukoresha
imbaraga n'amahirwe yose ahari kugira ngo
uyigereho**

Iyo ni yo ntego

**Ni ingenzi cyane guhora wiringira, mu mutima
wawe utuje, ko icyo umuntu yifuza kandi aharanira**

**Ubusabe bwe ni inyungu ze kandi bukurikije
ubushake bw'Imana. Hanyuma ashobora gukoresha
imbaraga ze zose**

Ubushake bwe bwo kugera ku ntego ye, mu gihe akomeje gutekereza ku Mana, isoko y'imbaraga zose

N'ibyagezweho

Ubwoba bugabanya imbaraga z'ubuzima

Ubwenge bw'umuntu ni ububiko bunini bw'ingufu cyangwa ibikorwa by'ingenzi Iki gikorwa ni

Ikoreshwa buri gihe mu mikorere y'imitsi no mu mikorere y'umutima, ibihaha, na diaphragm

Uburyo imikorere y'uturemangingo n'imikorere y'ibinyabutabire mu maraso, no mu mikorere y'ingingo z'amatwi

(Imitsi) Byongeye kandi, ingufu nyinshi z'ubuzima zikoreshwa muri

Igitekerezo, amarangamutima, n'ubushake

Ubwoba bugabanya imbaraga z'ibikorwa Ni umwe mu banzi bakomeye b'ubushake bukora Ubwoba bushingiye ku

Mu gukanda no kubangamira ibikorwa by'ubuzima bisanzwe binyura buri gihe mu mitsi, bisa nkaho

Byaracitse intege, bityo umubiri uba ufite intege nke kandi imbaraga zawo zigabanuka cyane kandi ku buryo bugaragara.

Ubwoba ntibugufasha kwikuramo icyaguteye ubwoba. Bugabanya ubushake kandi bugatera ubwonko imbaraga nyinshi.

Kohereza ikimenyetso cy'imbogamizi ku ngingo z'umubiri Ubwoba bufata umutima kandi bugatuma inzira ihagarara

**Igogora ritera ibibazo byinshi by'umubiri Iyo
ubwenge bukomeje kwibanda ku Mana**

**Nta kintu na kimwe tuzatinya kandi tuzashobora
gutsinda imbogamizi zose hamwe n'imbogamizi dufite
ubutwari n'ukwizera**

**Icyifuzo ni icyifuzo kitagira imbaraga. Intego ni
icyemezo cyo gukora ikintu: gusohoza icyifuzo
cyangwa**

**Ku rundi ruhande, Desire Will ashobora
kugaragazwa no kuvuga ati: "Ndakora cyane kugeza
igihe nzagera ku cyo nifuza"**

**"Ndabishaka" Iyo umuntu atoza ubushake bwe,
ashobora kurekura imbaraga z'ibikorwa by'ingenzi**

**Kandi kuyiyobora, ntabwo ari kwifuza ikintu gusa
udakoze ibikenewe**

Kugira ngo ubone icyo kintu

**Imbaraga nshya nyuma yo gutsindwa zitanga
iterambere nyaryo**

**Ndetse no gutsindwa byagombye kuba imbarutso
y'ubushake no gukura mu buryo bw'umubiri no mu
mwuka Iyo binaniranye**

**Ku mushinga uwo ari wo wose, ni byiza
gusesengura ibintu byose bifatika, imimerere,
n'imimerere kugira ngo ubikureho.**

**Gukuraho burundu amahirwe yo gusubiramo
amakosa amwe mu gihe kizaza Guhagarika gutsindwa
ni bwo buryo bukwiye cyane**

**Kandi igihe cy'uburumbuke cyane cyo kubiba
imbuto z'intsinzi**

**Gukubitwa n'ibipfunsi bitewe n'imimerere
bishobora gutera ibikomere n'amacandwe, ariko
umuntu agomba kuguma atuje**

**Duhagaze neza kandi duhagaze hejuru
Ntitugomba gucika intege, ahubwo tugomba kongera
kugerageza**

**Uretse ibyo, uko twatsindwa kangahe tugomba
kwihatira iyo dutekereje ko**

**Nta mbaraga dufite zo gukomeza kurwana,
kugeza igihe twumva mu mutima wacu ko twakoze
uko dushoboye kose**

**Twakoze uko dushoboye kose, kandi tuzakora uko
dushoboye kose kugeza igihe imbaraga zacu
zizatsindira**

**Tugomba kwihangana mu ntambara y'ubuzima
kugeza ku iherezo, dukoresheje imbaraga zacu
zikomeye z'ubushake**

Gutsinda ingorane zose z'ubuzima

**Imbaraga nshya nyuma yo gutsindwa ziganisha ku
iterambere nyaryo, ariko izo mbaraga zigomba
guhuzwa no gushishikarizwa**

Ubwitonzi bwimbitse n'ubushake buhamye

**Nubwo waba warananiwe kugeza ubu, si byiza
guhagarika kurwana no gufata ko gutsindwa ari
iherezo**

**Kandi ku bw'ibyago Ni byiza ko umuntu apfa
arwana kuruta kureka kurwana igihe cyose afite
umwanya**

Ashobora kugera kuri byinshi, kuko imbaraga ze zizakomeza mu buzima bushya ndetse na nyuma y'urupfu rwe

Intsinzi n'itsindwa ni umusaruro ukwiye w'ibyo umuntu yakoze mu bihe byashize, hiyongereyeho ibyo

Arabikora ubu. Bityo rero, ibitekerezo byo gutsinda bigomba gukangurwa no kongera imbaraga mu mibanire ya kera.

Dufite ibikorwa n'imbaraga kugira ngo tubashe kugenzura ibitekerezo byo gutsindwa mu buzima bwa none

Ingorane n'ibibazo umuntu watsinze ahura nabyo bishobora kuba biruta ibyo abandi bahura na byo

Umuntu wananiwe yahuye nabyo ariko uwa mbere yitoje kwanga burundu igitekerezo cyo gutsindwa

Kandi mu buryo burambuye igihe cyose

Ubwenge bugomba guhinduka buva mu kwiheba no kwiheba bujya mu ntsinzi no gutsinda, buva mu guhangayika bujya mu ituze

Kuva mu rujijo rw'ubwenge no guhangayika mu mutwe kugeza ku kwibanda ku bitekerezo, kuva mu rujijo no mu mihindagurikire

Ku mahoro, no kuva mu mahoro ukagera ku byishimo byera byo mu mwuka

Iyo ufite ubu bumenyi bwite, intego y'ubuzima bwawe izaba yambitswe ikamba ry'intsinzi kandi ikagerwaho.

Icyubahiro

Ni ngombwa gukora isesengura ry'imitekerereze y'abantu

Ku bifuza gutsinda, dutanga inama zikurikira:

Irindi banga ryo gutsinda ni isesengura ry'imitekerereze. Kwisuzuma ni indorerwamo umuntu ashobora kubonamo

Ibyimbitse by'ubwenge bwawe, byashoboraga kuguma bihishe kuri wewe, birahishurwa. Gerageza kumenya ingingo zatumye unanirwa.

Gutandukanya imyifatire myiza n'iy'ibibi Koresha isesengura kugira ngo usobanukirwe aho uhagaze ubu

Ni iki wifuza kugeraho, kandi ni izihe mbogamizi zikubuza? Sobanura imiterere y'akazi kawe nyakuri

Menya intego yawe mu buzima. Ihatire kugira imico yose y'umuntu nyawe.

Kandi umunyacyubahiro, utinjirwa n'irari n'ibyifuzo, mu gihe akomeje gutekereza neza kandi akurikije Imana

Uzatera imbere vuba, mu mutekano kandi ufite icyizere mu nzira igana ku ntego wifuza

Intego nyamukuru ni ukubona inzira igana ku Mana Ariko hari inshingano n'inshingano

Ibi bintu bigomba kugerwaho no kugerwaho muri iyi si Ubushake bujyanye no kwihangira imirimo buzadufasha

Gusobanura ibyo byemezo no kubisohozza ku buryo bwuzuye

Imbaraga zo guhanga udushya

**Guhanga ni iki? Ni ubushobozi bwo guhanga
imbere mu muntu: ikibatsi cy'umuremyi**

**Infinity itanga ubushobozi bwo kurema ikintu
kitari cyarigeze kiremwa n'undi muntu, nk'uko itanga**

**Igitekerezo cyo gukora ibintu mu buryo bushya
kandi buhanga Ibimaze kugerwaho n'umuntu ufite
umwuka**

**Iyi gahunda ishobora kuba nziza kandi itangaje
nk'inyenyeri irasa. Kandi isa nkaho irimo guhanga
ikintu**

**Ku busa, bigaragaza ko ibisa nkaho bidashoboka
koko bishoboka hakoreshejwe**

Umuntu ni we mbaraga ikomeye cyane y'umwuka

**Umwuka wo kwihangira imirimo no guhanga
udushya utuma umuntu abasha kwihagararaho,
yigenga kandi afite ubwisanzure;**

Kimwe mu biranga intsinzi

Ishusho y'Imana iri muri buri wese

**Abantu benshi biregura ku ntege nke zabo mu
gihe bahora bacira abandi imanza. Tugomba
kubihindura**

**Icyo dusabwa ni ukwirengagiza amakosa y'abandi
(adafite ingaruka mbi ku bantu) no gushyira intege
nke zacu munsu**

Mikorosikopi

**Hari igihe biba ngombwa gusesengura abandi,
ariko muri icyo gihe, umuntu agomba kwiya
ibitekerezo bye**

**Kutagira urwikekwe n'ivangura igitekerezo
gikwiye kandi kidashingiye ku ruhande kimwe
n'indorerwamo**

**Indorerwamo isobanutse neza, idahungabana,
idahungabanywa no gucirwaho iteka vuba. N'ibintu
byose bigaragara muri icyo indorerwamo**

**Bizagaragara uko biri koko, nta gushushanya
cyangwa kugoreka**

**Reka turebe ishusho y'Imana muri buri muntu,
hatitawe ku bwoko cyangwa imyizerere.
Tuzayohereza n'urukundo rwiza.**

**Icyera ni igihe twumva ubumwe bwacu
n'ikiremhamye, ntabwo ari mbere y'uko
dukorerana.**

**Twibagirwa umuntu muto (ego) maze tugakora ku
muntu umwe ukomeye utagira imipaka cyangwa
imipaka**

**Kuri we: Umwuka w'Imana uhuza abantu bose
ukabahuza**

Ingeso z'ubwenge zigenga ubuzima bw'umuntu

**Ingeso z'abantu zifite imbaraga zo kwihutisha
cyangwa gutinza intsinzi. Si ibintu by'akanya gato
cyangwa**

**Ibitekerezo bitangaje, ndetse n'imyitwarire
y'ubwenge ya buri muntu, ni byo bigena inzira
y'ubuzima bwacu**

Ingeso zo mu mutwe ni urukurura rw'ibintu bimwe na bimwe ndetse n'abantu kuri twe

Kandi imimerere Ingeso nziza zo gutekerezaza zituma dushobora gukurura amahirwe meza kandi y'ingirakamaro, ariko

Ingeso mbi z'ubwenge zitwegereza abafite imico n'ibyifuzo by'isi, ndetse n'imimerere itari iyo

Bisabwe

Ingeso mbi zishobora kugabanuka kandi imbaraga zazo zikagabanuka mu kwirinda ikintu cyose gishobora kuzitera

Cyangwa ubyuke, udahora ubitekerezaho. Nyuma y'ibyo, ubwenge bugomba kwerekeza ku ngeso

Kugira ubuntu no gukora kugira ngo dukomeze kubuteza imbere kugeza ubwo buzaba igice cy'ingenzi cy'ubuzima bwacu ni ikintu dushobora gukora

Mwizere kandi umwishingikirizeho

Muri twe hari imbaraga ebyiri zihanganye mu rugamba rudashira: imbaraga ziduhatira gukora ibyo tudakwiye gukora

Turabikora, abandi bakatubwira icyo tugomba gukora, ibintu bisa nkaho ari byinshi

Ingorane ijwi rya mbere ni ijwi ry'ikibi, mu gihe ijwi rya kabiri ari ijwi ry'icyiza cyangwa Imana

Binyuze mu masomo akomeye twiga buri muni, tubona neza ko ingeso mbi zigaburira igiti

Ibyifuzo by'ibintu bitagira iherezaho, mu gihe ingeso nziza zigaburira igiti cy'ibyifuzo

**Kandi ibyifuzo byo mu buryo bw'umwuka
bihanitse. Imbaraga zigomba kwibanda cyane ku
iterambere rikwiye**

**Ku giti cy'umwuka cy'umugisha, kugira ngo
umunsi umwe tuzabone umusaruro wo kumenya
kwigira umuntu ukuze**

Gukunda kurya

**Niba umuntu ashobora kwibohora ku ngeso mbi
zose, kandi niba ashobora gukora byose**

**Icyiza n'icyiza ni urukundo ruturuka ku bupfura
n'ubugwaneza, ntabwo ari ukubera ko ikibi kizana
agahinda no kwicuza**

**Azakura mu mwuka kandi azatera imbere mu
nzira**

**Umuntu azaba afite umudendeze iyo aretse
ingeso mbi ku bushake bwe kandi ku bushake bwe.
Azaba afite umudendeze gusa iyo**

**Ahinduka umuhanga, akabasha gutanga
amabwiriza ku byiyumvo bye, ibitekerezo bye,
n'ubushake bwe bwo gukora ibikenewe**

**Yabikoze, nubwo byaba binyuranyije n'ibyifuzo
bye Muri ubwo bubasha bwo kwifata no kwigenzura**

Imbuto z'ubwisanzure bw'iteka ziri imbere muri

**Navuze ibintu byinshi by'ingenzi bigize intsinzi
kugeza ubu: gutekereza neza, ubushake bwo gukora
ibishoboka byose,**

**Isesengura ry'imitekerereze, kwihangira imirimo,
no kwifata Ibitabo byinshi bishimangira kimwe
cyangwa byinshi muri ibi**

**Birenze ibi bintu, ariko ntibyemera imbaraga
z'Imana ziri inyuma y'ibyo bintu**

**Ibyo ni byo gutsinda Guhuza n'ubushake
bw'Imana ni cyo kintu cy'ingenzi cyane mu kugera ku
ntsinzi**

**Ubushake bw'Imana ni imbaraga zigendesha isi
n'ibirimo byose, n'isanzure n'ibirimo byose. Ni
ubushake bw'Imana**

**Imana ni yo iyobora inyenyeri mu kirere, kandi ni
ubushake bwayo bushyira imibumbe mu nzira zayo**

**Kandi uruziga rw'ivuka, gukura, no kubora
bigenga ubwoko bwose bw'ubuzima Imana ishimwe,
kandi ubushake bwayo burahimbazwe Abanyabwenge
kandi bazi byose**

**Amahoro, imbabazi n'imigisha by'Imana bibe kuri
mwe**

ibyishimo byo mu mwuka

Ubunararibonye nyakuri bw'ibyishimo byo mu mwuka
Imana yaduhaye imbaraga zo guhumekwa mu mwuka:
ubushobozi bwo kwishimira kuba muri twe ariko imbaraga
mbi zo kubaho zateguye uburyo butandukanye bwo kwigana
ibinyoma n'uburiganya. Ibyishimo by'igihe gito by'inzoga
n'ibiyobyabwenge ni ukwigana ibintu by'ukuri byo mu
mwuka. Gukoresha inzoga n'ibiyobyabwenge akenshi bitera
kwishora mu mibonano mpuzabitsina ibuza umuntu kugera
ku guhumekwa mu mwuka binyuze mu kubuza ubwenge
.kumenya ibintu cyane

Abantu benshi banywa inzoga kugira ngo birukane
imihangayiko no gusibanganya ibintu bibabaza kandi bitesha
umutwe. Ariko ubwo bwoko bwo kwibagirwa butwara
umuntu ubwenge bwe bw'umwuka—yego, bumwambura

imbaraga zimufasha gutsinda ibibazo bye no kubona
.ibyishimo birambye

Imana ni yo soko y'ibyishimo n'ibyishimo, kandi ishaka
ko dushaka ibyishimo byayo bihora bishya kandi tukabibona
muri twe

Hari imbaraga ya Satani ishukana, yo mu isanzure -

Satani, Ibilisi, Antikristo, cyangwa Antikristo - igerageza
idahwema guhindura ibitekerezo n'ibitekerezo byiza kandi
.bihebuje muri iyi si

Mu byaremwe byose, tubona imbaraga ebyiri z'icyiza

n'ikibi zirwanya kandi zivuguruzanya: Imana yaremye
urukundo, naho imbaraga z'abadayimoni zirema urwango

Imana yaremye ubuntu n'ubuntu, naho imbaraga
z'abadayimoni zirema ubwikunde n'urukundo Imana

yaremye amahoro n'ubwumvikane, naho imbaraga
z'abadayimoni zirema amakimbirane n'amakimbirane

Ubisobanukiwe, umuntu agomba kumva ko inzoga

n'ibiyobyabwenge byangiza cyane ibyishimo bye kuko
bihisha ibyishimo nyakuri byo mu mwuka kandi bikangiza
uturemangingo tw'ubwonko, bigira ingaruka mbi ku bwenge

bwe no ku bwenge bwe. Nubwo inzoga cyangwa
ibiyobyabwenge bito bishobora gutera ubusinzi, cyane cyane
niba hari ikintu kibi cyabayeho mu buzima bwa kera. Ibintu
.bibi bigomba kwirindwa kuko ari bibi

Iyo ubonye ibyishimo by'ukuri mu buryo bw'umwuka,
uzasanga nta kindi kintu na kimwe cyagereranywa Ababyeyi
bagomba guhora bihatira gushyira mu bana babo ubumenyi
bw'umwuka babigishije gutekereza no gushishoza, kugira
ngo batagwa mu gishuko cyo gukina n'umuriro w'ibinezeza
.by'ibinyoma

Ibyishimo nyakuri ntibigira iherezo Ariko ibyishimo
bikomoka ku nzoga n'ibiyobyabwenge ni iby'akanya gato
kandi bisiga gusa kwicuza n'amarangamutima mabi mu
.nyuma yabyo

Buri joro, mu gihe cy'ibitotsi byacu by'amahoro
n'umunezero, tugira uburyohe bw'amahoro n'ibyishimo Iyo
dusinziriye cyane, Imana itwemerera kubaho mu buryo
bwiza kandi butuje bwo gutekereza, aho twibagirwa
imihangayiko n'ibibazo byose byo muri iyi si. Mu gutekereza
cyane, dushobora kugira ubwo buryo bwiza bwo gutekereza
ndetse no mu masaha yacu yo kuruhuka, kandi
.tukaryohereza n'amahoro ku rundi rwego
Iyo ibyishimo by'Imana bimanuka, guhumeka kwanjye
kuratuzi, kandi umwuka wanjye urazamuka, nkumva
ibyishimo nk'iby'abantu igihumbi icyarimwe, nyamara
sintakaza ibyumviro byanjye bisanzwe. Ubu bunararibonye
bwo mu isanzure bugenewe abantu binjira mu buryo
bwimbitse kugira ngo bagere ku rwego rwo hejuru
.rw'ubwenge

Iyo ubuzima bwawe bwuzuye ibyishimo bihebuje
by'Imana, umubiri uba utuje rwose, umwuka urahagarara,
ibitekerezo biratuzi, ndetse bikagenda buhoro buhoro.
Utekereza yumva ukuri kw'ubugingo bwe n'uko ari hafi
y'Umuremyi, bityo anywa ibyishimo by'Imana kandi
akaryohereza n'ibyishimo by'ibyishimo bidashobora gutanga
.divayi igihumbi

Umuntu usanzwe yumva asinziriye ku mupaka uri hagati
yo gukanguka no gusinzira, akumva amerewe neza gato,
ariko iki kimenyetso kigenda gishira vuba iyo asinziriye
cyane. Gusinzira si ugutakaza ubwenge burundu kuko, iyo
uri maso, uba uzi niba ibitotsi byawe byari biruhutse
.cyangwa atari byo

Hari imiterere myinshi yo gusinzira—imwe yoroheje, indi
yimbitse Ariko uburambe bw'umwuka umuntu agirana
n'Imana mu buryo bwo kumenya ibintu burushaho kunezeza
kandi bugatuma aruhuka kuruta ibyishimo bikomeye byo
gusinzira cyangwa gusinzira (gusinzira cyangwa gusinzira
mbere yo gusinzira)

Hirya y'amayobera n'amayobera yo gusinzira hari ibi

byishimo byera

Nshobora kuguma mu mimerere iyo ari yo yose nifuza.

Akenshi nguma hagati y'isi y'ibitotsi n'ubumenyi bw'isi: mu
mimerere myiza cyane

Ubwenge bw'umuntu bufite uburebure bunini kandi

butagira imipaka, ariko akenshi umuntu ntabimenya.

Nshobora guhura n'ibintu bibiri icyarimwe: gusinzira cyane
no kuba maso cyane. Cyangwa nshobora gusinzira, kurota
.no kumva ibintu byose bibera iruhande rwanjye icyarimwe

Hari igihe ndyama nk'umuntu usanzwe. Nshobora no
gusinzira no kwitegereza mfite ubwenge bwuzuye. Mu gihe
cyo hejuru, umubiri wawe n'ubwenge bwawe birasinziriye,
nyamara uzi neza ibiri kuba byose. Ibi bishoboka gusa iyo

ugize ubushobozi bwo kwinjira mu buryo bwo hejuru
bw'ubwenge kandi ukabitekerezaho, hanyuma ugasubira mu
.buryo busanzwe bwo kuba maso

Nta mpamvu yo gutinya kuva mu mubiri udafite
amahirwe yo kugaruka binyuze mu gutekereza, amahoro yo
mu mutima, cyangwa gutekereza. Iki gitekerezo,
gishyigikiwe na bamwe, nta shingiro gifite. Kwifatanya
n'umubiri birakomeye cyane ku buryo bigoye kuwuhunga.

Nubwo ubwenge bwo mu mutwe bwaba bushize,
ntibishoboka kuva mu mubiri burundu igihe cyose ubwenge
.bwo mu mutwe bugifitanye isano na wo
Iyo utekereje ikintu cyane, icyo kintu kizahinduka nk'aho

nta kintu na kimwe kigaragara. Itandukaniro riri hagati yo
gutekereza no kumenya ikintu ubwawe rigomba kumvikana.
Ikimenyetso cy'ingenzi cy'ubumenyi bw'Imana—k'uko Imana
ikumenya—ni ukugira ibyishimo by'ukuri kandi bitagira icyo
.bitanga

Niba ugira ibyishimo byiyongera kandi bihoraho mu
gutekereza, menya ko uri kubona Imana mu bugingo bwawe.
Ariko, niba hari agahenge cyangwa imbogamizi mu rujya
n'uruza rw'ibyishimo byera, iki ni ikimenyetso cy'ikintu

kidasanzwe mu bwenge bwawe kigomba gukurwaho kugira
.ngo wongere kugira ibyishimo byo mu mutima
Umwigisha w'iby'umwuka, uzi Imana by'ukuri, afite
icyifuzo kimwe: gutanga ubuyobozi bw'iby'umwuka ku
babushaka, akabashishikariza gutekereza ku Mana no
kuyegera mu mutima, mu bugingo, mu bwenge no mu
bikorwa. Abantu bose bamushyigikiye babona imigisha
y'Imana binyuze muri we, kuko ari igikoresho cyoroheje kiri
.mu maboko y'Imana Ishoborabyose
Umuntu ntashobora kubana n'Imana atekereza gusa ko
yabonye urumuri rwo mu mwuka Kwiteza imbere no kunoza
imytwarire ni ibintu by'ingenzi kugira ngo umuntu agere ku
rwego rwo hejuru Hari itandukaniro rinini hagati yo kumenya
Imana mu buryo bushoboka no kuyimenya mu buryo
nyabwo. Ni ukwicisha bugufi, ubwenge, ukuri, imico myiza,
no kwifuza bivuye ku mutima gusa umuntu ashobora
kumenya Imana by'ukuri. Abicisha bugufi ni bo bamenya
.Imana kandi Imana ikayemera
Abantu binjira mu bwenge bw'isi bakuramo ubushobozi
budasanzwe bw'umwuka no kugenzura imbaraga karemano.
Ariko, nta muntu n'umwe ugera ku bwenge nyakuri
bw'Imana ukoresha imbaraga ze mu kwirata no kwiyerekana,
.adafite ubwenge cyangwa ubwenge
Abantu b'abanyabwenge basobanukiwe ko Imana ari yo
yonyine ibaho, kandi bicishije bugufi, bayiha impano
zidasanzwe yabahaye
Ese ibintu byose biriho si igitangaza? Kandi se umuntu,
?kubera kubaho kwe gusa, si igitangaza
Niba abantu badashimishwa n'ibitangaza byose Imana
yaremye, kuki abatagatifu bagomba gukora ibitangaza
?byinshi
Abera b'Imana bakiranuka ntacyo bakora keretse Imana
ibasabye kubikora, ndetse rimwe na rimwe bitewe
.n'impamvu zidasobanutse neza kandi zigoye kumva

Njye ntanga urugero rw'uburyo ubwenge bwo hejuru
butandukaniye n'ubwenge bwo mu mutwe
Ubwenge bwo hejuru ni uko ushobora - mugihe uri maso
kandi usinziriye kandi ufite ubwenge bwuzuye - gutera
ibiyumvo mu mubiri ubishaka kandi nta kintu na kimwe cyo
.hanze giturutseho

Mu rwego rw'ibitekerezo bitazwi (isi y'inzosi), ushobora
kunywa igikombe cy'amata ashyushye, ariko ubu
bunararibonye bugushyizwemo Mu bwenge bwo hejuru,
ushobora guhura n'ikintu kimwe, cyangwa ikindi kintu cyose,
binyuze mu bushake bw'ubwenge
Keretse umuntu ashoboye kubikora, ntagomba kwishuka
ngo atekereze ko ageze ku rwego rwo hejuru rw'ubwenge.
Inzira ishobora gusa n'aho ari ndende, ariko urugendo
rw'ibirometero igihumbi rutangirana n'intambwe imwe. Kandi
igihe cyose umuntu akomeje kugira icyizere, nta mbogamizi
.ishobora kubuza kugera ku ntego yifuza

Abantu babarirwa muri za miriyoni bakundwa
n'ibitangaza by'ubwenge bwo mu mutwe bugaragara mu
gihe cyo gusinzira. Ariko iyo uri mu mimerere yo hejuru,
ushobora kubona cyangwa kumenya icyo wifuza, atari
binyuze mu bitekerezo, ahubwo binyuze mu kuri, nshobora
kwicara muri iyi ntebe ngahindura ibitekerezo byanjye
.ahantu hose nkabona neza ibirimo kuba

Hari igihe abigishwa baba mu bwenge butari mu
mutima, kandi hari n'igihe bazamukira mu bwenge bwo
hejuru. Hari abantu bake batoranijwe bashobora kurenga
ubwenge bwo hejuru no kugera ku bwenge bwo mu kirere:
ubwami bw'umwuka w'Imana, udafite inkomoko cyangwa
.impamvu

Mu gihe cyo kumenya ibintu mu buryo bw'umwuka
gusa, umuntu ushakisha ntakeneye gutekereza mbere
kugira ngo amenye ibintu Iyo bihujwe n'ubwenge bw'ikirere,
ubumenyi bwe buraguka kandi bugahurirana na buri atome
y'ubuzima, akamenya neza isanzure ryose n'ibiremwa byose.

Ubu bunararibonye ni ukwiyongera guhoraho k'ubwenge
Ababona ubu bumenyi bumva bari mu migozi y'ibyatsi no
mu mpinga z'imisozi, ndetse no muri buri ngirabuzimafatizo
.y'umubiri wabo na buri atome iri mu kirere
Ariko ubwenge bw'ikirere nabwo burenze ibyo
Iyo umuntu ashobora kumva ko ariho mu buzima bwe
bwose
Ibyishimo kandi birazi ibiri inyuma y'ubuzima
Bihuza n'ubwenge bw'Imana bukubiyemo byose.
Amahoro abe kuri mwe

Ubushishozi

**Ubushishozi ni bwo buryo dushobora
gusobanukirwamo isi y'imiterere, itabonwa
n'ibyumviro bitanu cyangwa ubwenge. Ni ukuri isi
y'imiterere igaragara mu isi y'ibyumviro no mu isi
y'ibyumviro, kandi ni ukuri kumenya iya nyuma bivuze
kumenya iya mbere, ariko hari itandukaniro mu buryo
byombi bizwimo.**

**Ese koko dushobora kumenya isi y'ibyumviro mu
mpande zayo zose binyuze mu buryo bwo kumva
cyangwa gutekerezwa gusa? Ntabwo rwose Hari ukuri
kutagira iherezo, ibintu, amategeko, n'imibanire,
haba muri kamere no mu mibiri yacu, bikomeza kuba
ibitabo bifunze n'amabanga ahishwe ku bantu None
se twasobanukirwa dute imiterere y'umwuka iri
hejuru y'ibitekerezo byose n'uburyo bwo kumva?**

**Ubwenge buturuka mu bugingo, mu gihe
igitekerezo kiva mu buryo budafite Ubwenge butuma
duhangana n'ukuri imbonankubone, mu gihe
igitekerezo kiduha ishusho itaziguye yacyo.**

Ubwenge bubona ukuri nk'ikintu cyuzuye bitewe n'isano idasanzwe kandi itangaje (hagati yako n'ukuri), mu gihe ubwenge bukora kugira ngo bucemo ibice kandi bucemo ibice ukuri.

Buri muntu wese afite imbaraga zo gusobanukirwa, nk'uko afite ubwenge Kandi nk'uko ibitekerezo bishobora gutozwa no gutegurwa, ni ko n'ubushishozi bushobora guhingwa no gutezwa imbere Mu bwenge, duhuza neza n'ukuri. Isi y'ibyishimo , hamwe n'ubumwe mu mubare) hamwe n'amategeko y'imbere agenga isi y'umwuka, kandi natwe duhuje n'Imana

Ni gute twamenya ko turiho? Ese ni ukubigeraho binyuze mu buryo twumva? Ese ibyumviro byacu bitubwira ko turiho kandi bigahishura aho tuzi ko turi? Birumvikana ko atari byo. Kumva ko turiho ntibishingiye ku byumviro, bidashobora kumenya ikintu icyo ari cyo cyose tutabanye gusobanukirwa ko turi mu nzira y'ibyumviro ubwabyo.

Ese uburyo bwo kumva ibintu n'uburyo bwo gutekereza bitwereka ko turiho? Oya rwose, kuko amakuru yo mu bwonko agizwe n'ibitekerezo by'ibyumviro kandi - nk'uko bigaragara - ntibishobora kutwemeza ko turiho

Igikorwa cyo gutekereza ntigishobora kuduha ubumenyi bw'uko turiho kuko kubaho biri mu buryo bwo gutekereza ubwabyo Iyo twigereraniye n'isi yo hanze tukagerageza gutekereza cyangwa tukamenya ko turiho, ubumenyi bw'uko turiho buba buri mu gikorwa cyo gutekereza no gutekereza. Bitewe n'aho ibitekerezo bigarukira n'uko ibyumviro bidahagije, twamenya dute ko turiho? Igisubizo kiri gusa mu bwenge bw'ubugingo. Ubu bumenyi ni ikimenyetso cy'ubwenge. Burenze ubwenge n'ibyumviro, bitagira ubuzima budafite ubushishozi.

Gusobanukirwa biragoye kubisobanura kuko biri hafi yacu twese Buri wese muri twe abyumva. Ese ntituzi icyo kumenya kubaho ari cyo? Birazwi cyane ku buryo byanze bikunze ibisobanuro. Iyo ubajije umuntu uko azi ko ariho, ntiyashobora gusubiza. Barabizi, ariko ntibashobora kubisobanura. Bashobora kugerageza kubisobanura no kubigaragaza, ariko amagambo yabo ntashobora kugaragaza icyo bumva muri bo. Gusobanukirwa bifite ubwo bushobozi mu buryo bwose no mu buryo bwose bugaragariramo.

Uburyo bwa kane, nk'uko byasobanuwe ahandi, bushingiye ku bumenyi Uko turushaho kubyitaho, ni ko turushaho kumenya Imana

Binyuze mu bwenge, umuntu amenya Imana, kandi hashyirwaho isano hagati y'isi y'ibyumviro n'isi nziza. Iyi ya nyuma igaragara mu isi y'ibyumviro no mu isi y'ibyumviro. Hanyuma ingaruka z'ibyumviro zirashira, ibitekerezo bihungabanya birashira, maze tukamenya Imana—isoko y'ibyishimo—kandi muri twe hakaza kumenya Umwe kandi Byose muri Umwe. Ubu ni ubushishozi bwari bufite abahanuzi, abantu bakomeye, n'abanyabwenge bo mu isi.

Uburyo bwa gatatu, cyangwa uburyo bwo gutekereza bwavuzwe haruguru, nabwo butujyana mu isi y'ubushishozi iyo tubukoresheje umwete kandi dushyizeho umwete, ariko ni uburyo butaziguye kandi busaba igihe kinini cyo kurema muri twe ibiba binyuze mu bumenyi cyangwa ubumenyi buziguye.

Kubwiby, binyuze mu bushishozi dushobora kumenya Imana mu buryo bwose igaragaramo. Ibyumviro byacu ntibishobora kuyihishura kuri twe, kuko bibona gusa uko igaragara inyuma. Nta bwenge cyangwa ubwenge bushobora kumenya Imana by'ukuri, kuko ubwenge budashobora kurenza

amakuru n'amakuru y'ibyumviro. Bushobora gusa gutunganya no gusobanura ibitekerezo by'ibyumviro.

Iyo ibyumviro binaniwe kutwegereza Imana, ubwenge nabwo burananirwa kuko buyishingikirizaho. Bityo rero, tugomba kwishingikiriza ku iyerekwa ry'imbere kugira ngo tugaragaze Imana mu ishusho yayo nziza n'ibindi bigaragariramo.

Ariko, hari inzitizi nyinshi kuri ubu buryo bwo kumva ibintu mu buryo bwumvikana, nk'indwara, intege nke zo mu mutwe, gushidikanya, ubunebwe, ibyifuzo by'ibintu, ibitekerezo bidafite ishingiro, no kudahuzagurika. Izi mbogamizi ziravukanwa cyangwa ziboneka binyuze mu kwifatanya n'abandi. Ingeso zacu twarazwe zo gukora ibintu bibi kandi bitameze neza zishobora kuneshwa binyuze mu mbaraga zikomeye zo mu mutwe, nk'uko dushobora gutsinda gutsindwa no gucika intege binyuze mu mbaraga z'ubushake. Dukoresheje imbaraga zikwiye no kuba turi kumwe n'abantu beza—abiyeguriye Imana—dushobora kurandura ingeso mbi mu busitani bw'ubugingo no gutera nziza mu mwanya wazo.

Tutajyanye n'ababonye, bakozeho kandi basobanukiwe ukuri mu buzima bwabo, dushobora kutamenya uko kuri icyo ari cyo

Umwuka wo gushakisha uri muri buri wese, kandi buri muntu muri iyi si ni umuntu ushaka ukuri, ari na wo murage we w'iteka ryose, kandi ahora agushakisha, yaba ari umunyabwenge cyangwa umuswa, kugeza igihe agubonye akakugarura burundu.

Ntabwo bitinze Abaharanira bazatsinda, kandi abihangana bazagera aho bagana!

Umuntu utagaragara

Umwigisha Paramhansa Yogananda

Igitekerezo cy'uko abantu ari ibiremwa bitagaragara n'amaso bisa nkaho ari ibidasanzwe kandi bidahuje n'ubwenge. Tugaragara ubwacu buri munsu nk'ibiremwa bifatika. Ariko hari uburyo bwinshi duhishuramo kamere yacu y'ingenzi kandi ihishe.

Urugero, iyo ufunze amaso, umubiri wawe ntuba ugaragara kuri wewe None se wamenya ute ko uriho? Wumva uburemere bw'umubiri wawe, kandi ushobora kumva, guhumurirwa, kuryohereza, no kumva, ariko uri wowe ubwawe mu bitekerezo no mu byiyumvo. Uri ipfundo ryihishe aho ibitekerezo byinshi bizenguruka. Noneho fungura amaso yawe. Ikibazo ni iki: ese uri ishusho ubona, cyangwa uri umuntu w'imbere wumvise mu kanya gato gashize ufite amaso afunze?

Umuntu ugaragara si we ufite akamaro kanini. Umuntu wihishe, cyangwa ubugingo, ni we ufite agaciro mu by'ukuri. Mu gihe usinziriye, ntumenya umuntu ugaragara, ariko uba wiyizi kuko iyo ukangutse umenya niba ibitotsi byawe byari bituje kandi biruhutse cyangwa atari byo. Bityo, umuntu wihishe ni ukuri Iyo udafite uwo muntu utagaragara, ishusho yawe igaragara nta cyo yari kuba ivuze cyangwa ifite akamaro.

Iyo umuntu adafite kamere ihishe, umubiri waba ntacyo umaze, nk'intumbi idafite ubuzima cyangwa intumbi ikomeye

Umuntu wihishe imbere ni we nyakuri Nyamara, igitangaje ni uko abantu batagerageza gusesengura imiterere y'uuyu muntu wihishe! Ibyitonderwa byabo bibanda gusa ku miterere y'umubiri, bashobora gukoraho no kubona byoroshye. Bityo, bamara iminsi n'amajoro yabo bita ku mibiri yabo n'ibyo ikeneye, ntibigeze bahagarara ngo batekereze ko umuntu w'imbere utagaragara ari we ukuri nyakuri.

Mu mubiri ufatika hari urumuri rufite ishusho imwe Nubwo rutabonwa n'abantu, ni ishusho y'ubugingo cyangwa iy'isi.

Abantu baciwe urutoki bumva nk'aho rukiriho Umuntu wese watakaje urugingo azi iki gisobanuro Hari ikintu cyihishe, kidafatika cyangwa ikijyanye na buri rugingo mu mubiri Inyuma y'umutima usanzwe hari umutima wihishe, utawufite umutima ugaragara udashobora gutsinda Abantu bafite ingingo zitagaragara zo kubona, kumva, ubwonko, amagufwa, n'imitsi. Izi ngingo, ari zo ngingo z'urumuri n'ibikorwa, zigize umubiri utagaragara w'umuntu. Umubiri w'umubumbe cyangwa umubiri ugaragara usa neza n'umubiri ugaragara. Itandukaniro ni uko imiterere yawo igaragara kandi ikomeye idasobanutse neza.

Iyo umubiri urwaye ubumuga, ntugomba kwiyeemeza ko amaso yawe yashize cyangwa ko watakaje ukuboko. Amaso n'amaboko bitagaragara biracyahari. Nubwo ukuboko kw'umubiri gushobora kuba kwarahagaze, ukuboko kutagaragara ntabwo kwamugaye. Ntukigere wemera ko ingingo zitagaragara zigira ingaruka ku burwayi bw'ingingo z'umubiri, kuko ibitekerezo bibi bizabuza imbaraga z'ubuzima bw'umuntu kugera ku ngingo z'umubiri.

Umuriro w'amashanyarazi unyura mu nsinga Ni ikihe cy'ingenzi kurusha ibindi: insinga cyangwa amashanyarazi? Insinga ibaho kugira ngo amashanyarazi anyuremo gusa Kubaho kw'amashanyarazi ntigushyingira ku nsinga. Mu buryo nk'ubwo, umubiri ubaho kugira ngo ukoreshe n'ikitaragara, roho, ntabwo ari ikindi kintu.

Ikibabaje ni uko iyi kamere ihishe ihambiriye ku mubiri! Bitabaye ibyo, twashoboraga kugenda hejuru

y'amazi, tukaguruka mu kirere, hanyuma tukagaruka ku mubiri.

Umubiri w'umuntu utwikiriwe ufite ubushobozi bwo kumva ibintu kurusha uko bimeze ku mubiri. Abantu bakoze imashini, rimwe na rimwe, ziruta cyane umubiri usanzwe, zigamirwa n'inzitizi nyinshi. Ariko uko umenya umubiri usanzwe, uzasanga ushobora kumva ibyo ugutwi kudashobora kumva no kubona ibyo ijisho ridashobora kubona. Ushobora kandi guhumurirwa, kuryoherwa no gukora ku bintu biri kure cyane y'ibyumviro by'umubiri.

Abantu bahora bahangayikishijwe n'itara ry'umubiri kandi bashishikajwe naryo bitabaye ngombwa ko bashakisha amashanyarazi y'ibanga amurikira iryo tara.

Umuntu ugaragara agizwe n'ibintu cumi na bitandatu: ibintu bya shimi bishobora kugurwa ku isoko! Umubiri ufatika nta gaciro ufite ukurikije ibintu biwugize. Igihe kirageze ngo abantu basobanukirwe neza n'umuntu utagaragara. Uyu muntu uhishe ni umuntu ufite ubushobozi, ibitekerezo, kandi akaba n'umugenzi, umuntu ukunda kandi agatekereza, kandi udafite we, umubiri ufatika nta kindi ufite uretse ibintu bya shimi biwugize.

Umucyo w'ubwenge ugomba kwerekezwa imbere, kure y'umuntu ufashwe mpiri, ugaragara

Umubiri usanzwe ubabara umugongo no kuribwa, kandi urushaho kwangirika no kubora uko imyaka igenda ishira. Uhora urira, uniha, kandi wifuza iki cyangwa kiriya.

Umuntu ugaragara ntashobora kwihanganira kugwa gukomeye, gukomeretsa amagufwa, kandi rimwe na rimwe agabanuka bitewe n'agatsinsino gato gusa.

Umuntu utagaragara nta cyo atwaye. Ni umudendezo kandi nta cyo abuza. Ashobora gukuraho ibibazo byose n'imihangayiko y'umubiri.

Umuntu wihishe muri twe ni we muntu wacu nyakuri

Kuba inyuma y'atomu z'umubiri ari ho roho, idahinduka, ntihinduka, kandi ntizigera ihindagurika cyangwa ngo irimbuka.

Umuntu ashobora gutekereza ko ari umubiri, ariko atari wo. Igice cy'urubura gishobora gushonga kikabura mu maso binyuze mu guhumeka. Iyi gahunda ishobora guhindurwa no gufunga umwuka mu mazi hanyuma amazi agakonjeshwa agasubira mu kintu gikomeye.

Kubaho gusa mu kumenya umubiri w'umuntu bibangamira mu buryo bw'umwuka kuko umubiri ushobora kubabara indwara, ibikomere, inzara n'urupfu. Ntitugomba kwiyeemeza ko turi uyu mubiri ugaragara gusa, ushobora kwangirika no kurimbuka.

Ubumuntu bwihishe muri twe ntibushobora kwicwa cyangwa ngo bugire ingaruka mbi. Ese ntitwagombye guharanira cyane gusobanukirwa kamere yacu itazwi kandi y'iteka ryose?

Mu kongera ubumenyi bwacu kuri iyi kamere ihishe, tuzashobora kugenzura umuntu ugaragara, nk'uko abahanga bakomeye babigenza. Abiyumvamo imbaraga zabo zera kandi bakumva ko umuntu uhishe ari imbere bashobora kwitandukanya n'imibabaro y'umubiri, nubwo umuntu ugaragara ari mu kaga n'amakuba.

Ni iyihe nzira yo kugera kuri ubwo butegets?

Umwanya munini ukwiye gukoreshwa mu ituze ryo gutekereza no mu mahoro. Ibi bishobora gusa n'ibidakwiye mu ntangiriro, kuko kubaho usobanukiwe umubiri kandi ukagira ibyiyumvo

bikabije bituma bigorana gutekereza ku kindi kintu kitari ibibazo bitagira iherezo by'umuntu, ibyifuzo bye, n'ibyo akeneye. Ariko urwego rushya ruzagaragara mu bwenge bw'umuntu iyo umuntu yemeje umwirondoro we wo mu mwuka kandi akiyemeza ko koko baremwe mu ishusho ye iboneye y'Imana, ko ubuzima bwabo budashobora kurimburwa na gato, kandi ko ari bo bazima, bahoraho iteka ryose.

Uwo muntu utagaragara yaremwe mu ishusho y'Imana, afite umudendezo nk'umwuka w'Imana. Mu muntu ugaragara hari inzitizi zose z'isi n'ibibazo. Iyo tumenye imibiri yacu, tuba duhambiriwe n'intege nke zayo. Niyo mpamvu abakomeye batwigisha gufunga amaso no kwiibutsa - binyuze mu gutekereza ku muntu wihishe - ko tudahambiriwe n'ubushobozi buke bw'umubiri.

Akenshi nakunze kwemeza mfite ukwizera gukomeye no kwizera cyane nti "Ntabwo mboshywe n'umubiri wanjye aho nshaka kujya hose, mba mpari ako kanya"

Ushobora kuvuga uti: "Icyo ni igitekerezo gusa" Ni byiza Ariko igitekerezo ni iki? Ikintu cyose ubona hafi yawe ni igitekerezo gifatika. Ntushobora kwiyumvisha ikintu icyo ari cyo cyose udafite igitekerezo. Igitekerezo ubwacyo ntikigaragara, nyamara gituma ikintu cyose tubona kibaho. Niba ushobora kugenzura ibitekerezo byawe, ushobora gutuma byose bigaragara, kandi ushobora kubona byose binyuze mu mbaraga z'ubwenge bwawe.

Iyo wibanze cyane kandi wimbitse ku bwenge bwawe, ushobora kubona n'amaso yawe ibyo utekereza, nk'aho ubibona n'amaso yawe y'umubiri Ibitekerezo bitagaragara bishobora guhinduka ibintu bigaragara

Iyo ufunze amaso, ntushobora kubona umubiri wawe, nyamara ugakomeza kuba uw'ukuri kuri wewe None se kuki utekereza ko umuntu wihishe atari uw'ukuri kuko utashobora kubibona?

Mu gutekereza cyane ureba mu mwijima inyuma y'amaso afunze, maze ugashyira ubwenge bwawe ku muntu wihishe cyangwa ku bugingo bwawe.

Mu kwitoza kwitonda no guhindura ibitekerezo byawe ukurikije ubuhanga bwa siyansi bwo gutekereza butangwa n'umuyobozi wawe wo mu mwuka, uzagenda ukura mu buryo bw'umwuka buhoro buhoro. Gutekereza kwawe kuzarushaho kuba kwimbitse, kandi wowe ubwawe utabona—ishusho y'Imana yo mu mwuka muri wowe—uzaba uw'ukuri kuri wewe Muri uku gukanguka kw'ubumenyi bwawe, ubwenge buke bw'umubiri bwari busanzwe buhinduka ubw'ukuri, kandi wiga ko wavumbuye wowe ubwawe nyakuri, udatsindwa kandi wabonye ubumwe bwawe n'Imana.

Uzamenya kandi uburyo umuntu utagaragara ahujwe n'umubiri ufatika n'imigozi y'ubwenge n'amarangamutima hamwe n'ibyifuzo by'ibintu byihariye byo ku rwego rw'isi.

Ariko iyo, binyuze mu gutekereza cyane, ushobora gupfundura cyangwa guca iyo minyururu, uzabohoka kandi uzamenya ko uri ishusho y'Imana. Shaka umuntu utagaragara ufungiyeye mu ishyamba ry'amarangamutima y'umubiri n'ay'ibintu.

Iyo uza kuba uzi uwo muntu utagaragara rimwe gusa, wamenya ko umubiri we ari igituza cye cyo hanze, kandi ko afite umubiri ugaragara ndetse n'umubiri w'ubwenge bw'imbere, kandi wamenya n'ukuntu uri ikiremwa kidasanzwe!

Shyira ibitekerezo byawe kuri uwo muntu utagaragara Umuntu ugaragara ni ikinyoma

n'uburiganya Umuntu w'imbere cyangwa utagaragara ni we w'ukuri. Iyo ubimenye, uzamenya ko utari umubiri n'amaraso, ahubwo uri umuntu wihishe udashobora kubora no kurimbuka.

**Uri ubugingo, kandi ubugingo ntibupfa!
Ntukibwire ko imva ari iherezo ryawe Iyo umubiri upfuye, ubugingo bujya mu rundi rwego rw'ubuzima Nta kintu cyangiritse by'ukuri Imiterere y'umubiri wa mbere ihora ihari muri eteri**

Abantu bumva ko ababo bapfuye bagiye burundu kuko badafite ubushobozi bwo kubabona mu buryo bwabo bugaragara mu isi y'isi aho batuye. Buri gihe tekereza kuri ibi kuri, kandi wisubiremo—niba ushishikajwe n'ibi bintu—"Ndi igishushanyo mbonera cy'Imana gitangaje, ndi iteka ryose kandi nhora ngenda mu bwami bw'Imana"

Uri icyo kiremwa cyihishe urupfu rudashobora gukoraho kandi ibyago bidashobora kugiraho ingaruka, kandi uzakomeza kuba utyo iteka ryose None se kuki utamenya ubuziraherezo bwawe?

Amaso yacu y'umubiri aradushuka ngo twibwire ko iyi si y'ibiri ari iy'ukuri Fungura ijisho ryawe ry'umwuka urebe ishusho yawe itagaragara Iyo ijisho ryawe ry'umwuka rifungutse mu ituze ryo mu mutima, ibyihishe bizagaragara.

Iyo utekereza, urota, kandi wibanda cyane, uba uri umuntu uhora yihishe. Uwo muntu ni we nyawe, kandi umuntu ugaragara ni igicucu cye gusa.

**Ibagirwa igicucu maze wibuke ikintu nyacyo
Ba umwe n'umuntu utagaragara
Ishusho iboneye y'Umwami w'ibiremwa byose!
Amahoro abe kuri mwe**

Tumenyekanishije ubwenge bw'ikirere

Ubwenge bwo mu kirere ntibushobora kugerwaho igihe cyose haba hari n'umutingito mu bwenge cyangwa umuraba muto w'ubwonko. Ubuhanga bwo gutekereza mu bya siyansi butuma umuntu yibanda ku bintu bitandukanye kandi bukongera ubushobozi bwe bwo kugenzura ibitekerezo bye, bityo bukabakiza imyaka myinshi yo kuzerera mu buryo butagira icyo bugeraho mu bwami bw'umuntu utazi. Ntituhakana akamaro k'umuntu utazi nk'ububiko bw'ibyibuka no nk'ubwami bw'ibitotsi n'inzosi. Ariko, ubu bwami bushobora kuba imbogamizi mu gutekereza, kandi bufite akamaro kabwo ku bantu bakunda gutekereza no gushaka kwihuza n'isi y'umwuka binjira mu bwami bw'ibitekerezo bidasanzwe bidafite agaciro k'ukuri cyangwa k'umwuka kandi bidatandukanye cyane n'inzosi zisanzwe mu ijoro. Uburyo bwo gutekereza mu bya siyansi, uretse imbaraga za buri muntu, buzamura ubwenge ku rwego rwo hejuru rwo kumenya no guhuza n'Imana.

Igikwiye kwirindwa ni uko isi yuzuyemo ibintu bidasanzwe, byo gutekereza bamwe bakibeshya ko ari iby'umwuka, ariko bitari iby'umwuka. Ibintu by'ukuri byo mu mwuka no gusobanukirwa ukuri nyakuri ntibishobora kugerwaho hatabayeho kwibanda ku Mana. Kwibanda ku gutekereza ni imimerere yo kwinjirwa mu bwenge no gutuza rwose. Imiterere y'ubuzima ni ukwimuka, mu gihe kamere y'umwuka ari ituze cyangwa kudahinduka. Kwibanda ku bintu, rero, ni ingenzi kugira ngo habeho ubwumvikane butagatifu. Uburyo n'ubuhanga bwo kwibanda ku bintu no gutekereza byigishwa mu masomo yo kwimenya bwite bijyana ku guhuza neza ubwenge bw'umuntu n'ubwenge bw'Imana.

Uburyo isi igenderaho ni ukwigisha byinshi no gushyira mu bikorwa bike. Ushobora kumva inyigisho ivuga ku buki incuro ijana, ariko ntuzamenya uburyohe bwabwo kugeza igihe ubwumvishije. Mu buryo nk'ubwo, agaciro nyakuri k'inyigisho iyo ari yo yose gashobora gushimwa gusa binyuze mu gushyira mu bikorwa. Tugomba gushyira mu bikorwa no kubaho dukurikiza inyigisho z'abahanuzi n'abantu bakomeye. Hanyuma ukuri kwabo kuzaba ukuri kwacu, kandi tuzamenya ko ukuri gushobora kwemezwa no kugaragazwa, kandi ko ari ukuri kuri bose. Iyo tugendeye mu mucyo w'ukuri, uko imyizerere yacu cyangwa inzira yacu yaba iri kose, Imana izemera umurimo wacu kandi itushyire mu ntore zayo.

Umuntu agomba kugendera mu nzira y'ukuri mu bunyangamugayo no mu gushikama. Wibuke, mushakashaka, ko mu bantu babarirwa muri za miriyoni, bake gusa ari bo bashaka Imana by'ukuri. Ndetse no muri abo bashakashaka, ni bake cyane bakomeza kwihangana kugeza ku iherezo. Ariko ukomeza urugendo azamenya Imana. Igihe cyose umutima we uri kumwe n'Imana, azagera ku ntego ye, uko byagenda kose, bagwa kangahe. Igihe cyose imigambi yabo ari myiza kandi intego zabo zikaba zitanduye, nta cyo batinya, kandi ntibazababara.

Bityo, tugomba gukora uko dushoboye kose kugira ngo gutekereza ku Mana bibe uburambe mu buzima bwacu. Kuba inyangamugayo mu kwizera ni ikintu cy'ingenzi kandi cy'ingenzi, kuko kwigira gusa byongera ubwibone bw'umuntu kandi bikabatandukanya n'intego ye nyakuri.

Ndizera ko Imana Ishoborabyose izafata umwanya wa mbere mu buzima bwanyu kandi ko mutazigera mumwibagirwa, ndetse n'akanya gato.

Ntimukanyurwe n'ibinezeza by'akanya gato byo muri iyi si, ahubwo mugire Imana aho muherereye heza kandi intego yanyu y'ibanze mu buzima Inyuma y'umubiri muke hari Umugayo utagira iherezo.

Sinvuga ibintu by'umwuka keretse numva Imana iri kumwe nanjye kandi ko mbanye neza na yo. Kandi iyo mvuze muri ubwo bumenyi, nzi ko amagambo yanjye yuzuyemo umwuka w'ukuri, kandi ko abashaka ukuri bose bazumva ukuri kw'ibyo mvuga.

Hari abavanga ibintu n'ibitari byo, bemeza ko ibintu ari imigani n'ibitari byo, kandi ko ibitari byo ari ukuri n'amatara amurikira mu mwijima.

Ubushobozi bwo kwibanda ku bintu ni ingenzi mu nzira y'umwuka kugira ngo umuntu atere imbere kandi akure mu mwuka. Nta kwibanda ku bintu mu mutwe, ntazigera abona Imana. Tugomba kwigaga gufunga amadirishya y'ubwenge kugira ngo wirinde ko andi majwi yo mu isi n'ibidukurura byinjira.

Iyo ubwenge bugenzuwe kandi bugahuzwa n'umwuka, habaho isano y'uburambe, maze umuntu ushakisha akumva ko Imana ihari, Imana ihora iteka ryose iri kumwe n'abantu n'ahantu hose. Ariko, kudashobora kubona ko Imana ihari bituruka ku kwibanda ku bintu byinshi by'isi gusa. Kwita ku Mana, cyangwa gutekereza ku Mana, ni cyo gikoresho kidufasha kumva ko iri hafi. Muri iki gihe, Abasufi bitabira kwibuka Imana buri gihe, basubiramo izina ryayo (nk' "Nta yindi mana iriho uretse Imana" cyangwa "Yewe Muzima, Yewe Uhoraho") kugeza igihe umubiri wabo wose winjiriye mu busobanuro.

**Ubwenge bwabo buhita buhinduka mu buryo
bworoshye mu buryo bw'umwuka, kandi bakagira
ibihe byiza byo mu mwuka bisa n'ibyo yoga ihura na
byo mu gutekereza cyane. Ubunararibonye bwo mu
mwuka ni bumwe, nubwo hari uburyo butandukanye
bwo kubugeraho.**

**Imana ntabwo iri kure y'abantu. Abantu ni bo
bitandukanya n'Imana nkana binyuze mu bitekerezo
n'ibikorwa byabo. Iyo ubonye urumuri nyakuri
rw'umwuka mu gutekereza, gerageza
kurusobanukirwa no kumva ko uri muri rwo: uri
kumwe na rwo. Imana iba mu mutima w'urwo mucyo—
urumuri ku mucyo. Kandi uko urushaho kwegera urwo
mucyo w'umugisha, ni ko urushaho kwegera Imana.**

**Ikimenyetso cyihariye cy'umucyo w'Imana ni uko
iyerekwa ryawo rihora riherekejwe n'ibiyumvo
by'ibyishimo cyangwa ibyishimo byihuse kandi
bikomeye byinjira muri buri atome muri buri
karemangingo k'umubiri. Iki kimenyetso cy'ibyishimo
si indorerwamo; ahubwo, bamwe basanga bigoye
kwihanganira imbaraga z'ibyishimo byo mu mwuka
kuko ubwenge n'umubiri bitabimenyerewe. Iki
kimenyetso ni cyo ntego nyamukuru, kandi hahirwa
abaryoherwa n'amazi yacyo, kuko banyoye ku isoko
y'amazi y'ubugingo.**

**Uko umuntu yumva amahoro menshi mu gihe
yibanda ku byo yibwira, ni ko gutekereza ku Mana
bizarushaho kuba byiza kandi birushijeho gukomera
Iyo igihe cyo gusoma ibitabo by'umwuka gikoreshwa
mu gutekereza ku byo yibwira, iterambere, haba mu
mutwe no mu mwuka, ryaba rinini cyane. Abashaka
ibintu by'ukuri bagabanya ibitotsi byabo kandi
bakamara amasaha menshi mu gutekereza ku byo**

**yibwira kuko ibisigaye babona mu gutekereza ku byo
yibwira bitanga imbaraga kandi biruhura inshuro
ijana kuruta ibitotsi.**

**Keretse umuntu adashobora gucecekesha amajwi
mu bwenge bwe, ntashobora kugera ku Mana. Ni yo
mpamvu abahanuzi n'abatagatifu bashatse
ubuhungiro mu buvumo, imisozi, n'amashyamba. Hari
ngombwa cyane kwiyingiza mu ituze ryo mu mutima
kenshi binyuze mu kwitoza gutekereza no gutekereza
cyane, hanyuma amahoro menshi n'ibyishimo
bikomeye bizaboneka. Nk'uko ibyanditswe
by'ubwenge bibivuga:**

**Umuntu udafite ibyifuzo bishya n'irari ry'ibintu,
ugenzura umutima we n'ubwenge bwe
(amarangamutima ye n'ibitekerezo bye) kandi
agashaka ahantu hatuje, agomba kugerageza guhora
yifatanya n'umwuka w'isi yose.**

**Hakenewe kandi imyitozo yo guceceka no
gutekereza cyane mu rusengero. Tugomba kuvuga
bike no gutekereza cyane. Mu gihe natozwaga mu
by'umwuka mu Buhinde, mwarimu wanjye, Sri
Yuktiswar, yaduhaga ikiganiro kimwe gusa rimwe na
rimwe. Akenshi, twicaraga iruhande rwe mu ituze
kandi twitonze cyane.**

**Umuyobozi w'ukuri mu by'umwuka afite ibirenze
ubumenyi bwanditse. Muri we, dushobora kwiga
ubwenge n'ubumenyi bw'Imana imwe kuko azi kandi
azi ko azi, kuko azi ukuri muri we ubwe, kandi ntabwo
yasomye ibitabo gusa.**

**Umwanya ugabanyijemo ibice bibiri cyangwa ibice
Irema ni igice kimwe cy'ikirere, naho ku rundi
ruhande ni Imana yonyine, aho ibyaremwe bitabaho**

na gato. Ubwo ni ikirere cy'umwijima kitari umwijima n'umucyo udacana Aho nta zuba rirasira, nta kwezi kurabagirana, nta muriro ucana, hari ubuturo bw'Imana buhoraho, buhoraho.

Ubu bubiri bukoreshwa no ku bwenge bw'umuntu. Umuntu afite ibice bibiri: kimwe kigaragara n'ikindi kitagaragara. Ufite amaso afunguye, ubona kubaho bigaragara kandi ukibona muri byo. Ufite amaso afunze, nta kindi ubona uretse ubusa bwijimye. Nyamara, ubwenge bwawe buguma bugaragara cyane kandi bukora. Niba, binyuze mu gutekereza cyane, ushobora kwinjira mu mwijima inyuma y'amaso afunze, uzabona urumuri rwaturutsemo ibyaremwe byose. Mu gihe cy'ibyishimo byo mu buryo bw'umwuka, ubwenge burenga urumuri rugaragara kandi bukinjira mu rwego rw'ubwenge rusange, buri inyuma y'imiterere n'imiterere yose y'irema. Ubu bwenge burenze ubushobozi bwose bwo kwiyumvisha. Ku bijyanye n'imiterere yabwo, ibyishimo byabwo, n'imiterere bifatanye isano nabwo, biragoye kubisobanura neza kuko ari urwego rw'umwuka rudakunze gusurwa n'abantu, nubwo hariho ukuri kwabwo n'ukuri kw'ubuzima bwabwo.

Imana yaduhaye amahirwe yo kwibonera, mu bwenge bwacu, uburyo amategako agenga isanzure akora. Iyi mimerere yo kutagira ishusho, igaragara ndetse no mu maso hafunze, ishobora kugereranywa n'isi itagira iherezaho (umwijima utagira umwijima) na (umucyo utagira urumuri), aho Imana ibaho itandukanye n'imiterere, imico, n'ubutatu biranga ibyo yaremeye. Muri ubu budashira butagira imipaka bw'iteka rirenze irema, Imana yonyine ibaho mu bwenge bw'ibyishimo byuzuye, ihoraho iteka ryose, imenya, kandi ivuguruye. Iyi mitekerekereze ntishobora

gusobanura no kugereranya kuko ari yihariye rwose. Muri ubu bwami bw'iteka ryose, aho ubwami bw'iteka ryose n'ubw'iteka ryose ari bwo busumba ubundi bwose, nta si cyangwa ibiremwa by'ubwoko ubwo aribwo bwose bibaho. Ariko ku rundi ruhande rw'ikirere, Imana yumva byose - ibiremwa byose - muri yo ubwayo.

Mu isi y'ibitagaragara niho hari uruganda rw'isi. Umuhanga mu by'inyenyeri yavuze ko ikirere gitangaje koko; ibintu byose bivamo kandi bigashonga muri cyo. None se, atome, ibintu biyigize, n'isi yose bizimira bijya he?

Igihe cyose ibintu bisa nkaho bikurura kandi bikurura, funga amaso yawe Reba muri wowe ubwawe kandi utekereze ku isoko y'ubuzima Ushobora kubona ntacyo utabona cyangwa ngo wumve, ariko ibintu byose biboneka biva muri iyo soko itagaragara (Kandi umucyo urabagirana mu mwijima) (Umucyo w'ijuru n'isi) Nukomeza kureba mu mwijima utuje kandi witonze, uzabona uwo mucyo ukomeye Kuko hakurya y'umwijima hari ubumenyi bw'umwuka, kandi hirya y'umwijima hari izindi nzego (Mu nzu ya data hari amazu menshi) (Kandi urugo rw'imperuka ni rwiza, kandi mbega ukuntu ari urugo rwiza ku bakiranutsi!)

Ubwenge bw'Isi Yose buriho kure y'ikirere Hirya y'ubwenge bw'umuntu hari ubwenge bw'Imana Birahagije kuri ubu bujiji bwo kutamenya ko iriho Tugomba gukurura no guhindura umwijima binyuze mu gutekereza no kudahagarara kugeza tuyibonye. Hari, mu buryo butagira iherezo, hari imyumvire itabarika, icyerekezo cy'imbere kitagira ingano, n'ibisubizo by'ibibazo byose by'ubuzima.

Ukuri nasobanukiwe binyuze mu kwisuzuma bigaragaza amategeko y'umubiri avumburwa mu buryo bwa siyansi binyuze mu bundi buryo Iyo mpfunze amaso yanjye, mbona imigezi y'ubuzima inyura mu mubiri wanjye. Ntugatekereze ko uri wenyine mu ituze urimo kwibonera. Imana iri kumwe nawe, kandi nta mpamvu yo gutekereza ko atari yo. Ikirere cyuzuyemo umuziki ufatwa n'abakira. Ni ko biri no ku Mana. Iba iri kumwe natwe mu kanya kose ko kubaho kwacu. Ariko kugira ngo tumenye ko Imana ihari, tugomba kwitoza gutekereza cyane. Ntitugomba kureka amaso yacu agafunga mu bitotsi mbere yuko tubona ikimenyetso na kimwe cyerekana ko Imana iri kumwe natwe; ni bwo buryo bwonyine dushobora gusinzira neza kandi mu mahoro. Namwe, mufite icyifuzo kandi mushishikajwe, mureba mu mwijima kugeza igihe muvumbuye amabanga yayo atangaje.

Igihe kimwe, nari nicaye mu isomero ryanjye ahagana saa yine z'amanywa ubwo umwuka wanjye wahitaga ushira, amaguru yanjye arakomera. Nisanze ndimo mbona inzira y'urupfu. Guhumeka no kugenda byavuye mu mubiri wanjye, ariko nakomeje kumva. Byari ibintu byiza cyane. Nabonye umubiri wanjye n'ibidukikije byose nk'ibishushanyo bikora ku isi bigizwe n'umucyo w'Imana. Navuze n'ibyishimo nti: "Nta rupfu rubaho, Mana yanjye! Iyi si yose ni ikintu kitari ububiko bw'amashusho akora!"

Umutegetsu wicaye ku ntebe ye cyangwa ku ntebe ye y'ubwami ashobora kuvuga ati: "Ndi umutware wumvira imitwe yanjye inyunamira" Ariko urupfu rureke uwo mwami wumvira rumukubite kimwe mu bitero byarwo bibi maze azaba ikintu cya kera.

Nshuti zanjye, umwami nyakuri ni ukunda Imana, akumva ko iri mu byaremwe byose, kandi akita ku bandi nk'uko yiyitaho. Ndetse n'urupfu ntiruzamutera ubwoba cyangwa ubwoba, kuko arubona nk'inzira igana mu bwami bw'Imana (aho bazatura iteka ryose)

Hari uburyo butatu bwo kwagura ubwenge bw'abantu bukagera ku bwenge bw'isi. Ubwa mbere ni uburyo bwo gusabana, aho twirukana ubwikunde mu mitima yacu kandi tukaba twiteguye gufasha abantu no gukorera abakene. Tugomba kuba indahemuka kandi tukaba abizerwa ku nshuti zacu no kumva dukunda buri wese Imana yaduhaye imiryango kugira ngo twagure imbibi z'ubwenge bwacu tugaragaza ko twita ku bandi by'ukuri no kubakorera. Twiga urukundo no kwigomwa ku bw'abakunzi bacu mu buzima bw'umuryango, bityo tukagera ku kwaguka mu bwenge bwacu. Ariko ibi ntibihagije. Urukundo rwishyize mu ruziga rufunganye ruba rudashoboye kwaguka. Iyo rubaye nk'urudasa, uruziga rwarwo rurakura kandi aho rugera rurakura. Ubwoko bw'urukundo bugomba gukuzwa, kandi tugomba kugerageza guha buri wese urukundo nk'urwo twumva ku muryango wacu n'abakunzi bacu, dukorera abandi nk'uko natwe dukora ku bwacu (Imana ikunda abakora ibyiza) Ubu ni bwo buryo bwo gusabana bwo kugera ku bwenge bw'isi—uburyo bwo gukorera abandi no gukunda

Imana idukunda kimwe nk'umuryango umwe ukomeye wo mu isi kandi itwitezeho gukundana. Iyo dukunda, twumva twishimye; iyo tudakunda, tuba twihanije ububabare n'imibabaro.

Imitekerereze y'isi igomba guhinduka Twese turiho kuko kamere yacu nyayo ikubiyemo byose

Nshimishwa no gutanga ku bandi kandi nkagira ibyishimo byinshi mu kubona ibyishimo byabo Iyo dukunda abandi kandi tukabagaragariza impuhwe, dusanga ubuzima bwose budusubiza Abahanuzi n'abantu bakomeye batweretse inzira yo kugera ku bumenyi bw'isi. Ubu ni bwo buryo twagombye gutanga urukundo, gukorera abandi no kubagirira impuhwe ku bushake.

Umuntu ufite ubumenyi rusange ni umuntu wishimye. Ntabwo urukundo rwe rugarukira ku bantu bake gusa, uretse abandi bose mu rukundo rwabo n'impuhwe zabo. Uku ni ko twagombye kubona isi yose nk'umuryango wacu. Uku kumenya ibintu kuri njye buri gihe, kandi numva ko buri wese ari uwanjye. Umuntu ufite ubumenyi rusange akunda abantu bose nk'uko akunda abavandimwe be, bashiki be, ababyeyi be n'inshuti ze.

Inzira ya kabiri igana ku bwenge bw'isi ni ukwitonda. Umuntu ntagomba kugwa mu mutego wo kurenza urugero. Kwishimira ibintu ni byiza, ariko umutima we n'ubugingo bwe ntibigomba kubyihambiraho. Abashaka kwagura imbibi z'ubwenge bwabo bagomba kuba bafite ubwisanzure mu bitekerezho no mu bikorwa, barangwa n'ineza, ubwitonzi, kandi bishimishije, birangwa no kwitonda, bagenzura ibyifuzo byabo, birinda kuba imbata y'ingeso mbi, kandi bakora ibihuje n'imyizerere yabo myiza, ifite ishingiro mu by'umuco no mu myifatire. Ni ngombwa kwitoza kwitonda no kurenga imipaka ibiri y'ubushyuhe n'ubukonje, ibyishimo n'agahinda, ubuzima bwiza n'indwara kugira ngo umuntu agere ku bwenge bw'isi.

Tugomba kwihanganira byose nta guhungabana cyangwa ihungabana ryo mu mutwe. Utiambira ku migozi y'iyi si, cyangwa ngo yemere ko amarangamutima atagira umupaka amujugunya hirya no hino cyangwa ngo amubuze amahoro ye yo mu mwuka, afite ubumenyi nyakuri n'ubwenge bwimbitse. Uburyo bwa gatatu ni ubwo mu buryo bw'imitekerereze. Ushaka agomba kwibohora ku nzitizi z'umubiri binyuze mu gutekereza neza kugira ngo abone aho ubwenge buri hejuru kandi akore ku ngano zabwo. Ibi bigerwaho gusa mu gutuza ibitekerezo bizenguruka ikiyaga cy'ubugingo, bigatera imiraba n'ihungabana muri cyo. Iyo ibitekerezo bidafite aho bihuriye bigabanuka, hejuru y'amazi haratuza, maze ikirere n'ibirimo byose bigasa n'aho bigaragarira mu buryo busobanutse kandi butunganye.

Iyo ushyize icupa ry'amazi rifunze mu kigega cy'amazi, ibirimo mu icupa biguma bitandukanye n'amazi akikije. Ariko iyo ukuyeho ikigega, amazi ari mu icupa yivanga n'amazi ari mu kigega. Mu buryo nk'ubwo, abantu basanzwe batandukanya Imana n'ubuzima bwabo kuko igikoreshe cyo mu mutima wabo kiba cyarafunzwe n'ubujiji. Ariko iyo ikigega gishyizwe hejuru binyuze mu gutekereza neza, umuntu ushakisha abona amahoro y'Imana haba imbere no hanze y'umubiri. Mu gutekereza cyane, amahoro arakura, kandi ibyishimo byo mu mwuka bikongera kubyutswa.

Imana ikikije abantu impande zose, ariko ntibayimenya. Ntibashobora kumva ko iriho koko muri bo no hafi yabo keretse bakuyeho igipfundikizo cyangwa umwenda w'ubujiji maze bakinjiza ubwenge bwabo mu bwenge bwayo bwera.

**Umuntu narohama mu nyanja y'irari ry'ibintu,
azarohama Ariko narohama mu nyanja y'Imana,
azabaho iteka ryose.**

**Kandi nubona Imana, nshuti zanjye, uzumva
unyuzwe by'ukuri kandi birambye.**

**Ubucuti bw'abantu bushobora guseniyuka
bukavaho, ariko Imana ntizagutererana**

**Nubwo abantu bose bagutererana
bakagutererana, igihe cyose Imana iri kumwe nawe,
byose bizaba ibyaweho**

**Amahoro, imbabazi n'imigisha by'Imana bibe kuri
mwe**

Yoga n'ibitekerezo byo mu rwego rwo hejuru

Yoga ni uruhurirane rw'uburyo bwa siyansi bwo kongera guhuza roho y'umuntu n'Imana. Twakomotse ku Mana kandi tugomba kuyigarukira. Twasaga nkaho twatandukanye na Yo kandi tugomba kugarura ubumwe bwacu na Yoga itwigisha uburyo bwo kurenga ikinyoma cyo gutandukana no gusobanukirwa ubumwe bwacu n'Imana. Umusizi w'Umwongereza Milton yanditse ku bugingo bw'umuntu n'uko bushobora kongera kugira ibyishimo. Iyi ni yo ntego nyamukuru ya yoga: kugarura paradizo yatakaye y'ubwenge bw'umwuka, aho abantu bamenya ko yari imwe kandi ko .ihora ifitanye isano n'Umwuka w'Imana

Ishingiro nyakuri ry'idini rikwiye kuba siyansi abantu bose bashobora gukoresha kugira ngo bagere ku Mana imwe rukumbi. Yoga ni yo siyansi

Hari hakenewe cyane uburyo bwa siyansi bwo gusobanukirwa idini. Inyigisho zitandukanye zikomeye zatumye abantu bacikamo ibice, nubwo inzu yitandukanya

ubwayo idashobora kwihanganira. Bityo, ubumwe
bw'udutsiko n'amadini atandukanye bushobora kugerwaho
gusa iyo abayoboke n'abayoboke b'ayo madini bageze ku
gusobanukirwa Imana by'ukuri. Ni bwo tuzagira
ubuvandimwe nyakuri hagati y'abantu munsu y'ububyezi
.bw'Imana

Amadini yose akomeye yo ku isi avuga ko ari ngombwa
gushaka Imana no gushaka ubuvandimwe bw'abantu, kandi
inyigisho zayo zikubiyemo ishingiro ry'amahame
mbwirizamuko n'amahame mbwirizamuko Ni iki none
gitandukanya aya madini n'amacakubiri? Ni ubufana
buhumye mu bitekerezwa by'abantu. Ntidushobora kugera ku
Mana twibanda ku kudahinduka kw'inyigisho, ahubwo
tubikesha ubumenyi nyakuri bw'umwuka w'Imana. Iyo
abantu basobanukiwe ukuri kw'isi yose kugize ishingiro
ry'ingenzi ry'amadini atandukanye, ingorane zose zijyanye
n'ubufana bw'idini zizashira. Abantu bese ni umuryango
wanjye n'abo nkunda, bityo nsenga Imana mu nsengeru zose
.zubatswe mu cyubahiro cyayo

Tugomba gutangira kubaka ubumwe bw'isi yose,
bushingiye ku gitekerezwa cy'Urusengeru rw'amadini yose
(Urusengeru rw'amadini yose), twubaha amadini yose asaba
Imana no kuyobora abayoboke bayo kuri yo. Insengeru
nk'izo, zeguriwe Imana imwe rukumbi isengwa n'amadini
yose, zigomba kubakwa hose, kandi ndateganya ko ibi
bizabaho mu gihe kizaza. Abantu bo mu Burasirazuba
n'Iburengerazuba bagomba gusenya burundu—no gusenya—
inzitizi ntoya, zikozwe mu ngo z'Imana. Uko abantu bamenya
ubwabo binyuze muri yoga, bazamenya ko bese bakundwa
.kandi ko batoranijwe n'Imana

Ubu bumwe mu buryo bw'umwuka bugaragarira mu
bantu bakomeye bafite ubumenyi bwite. Impumyi ntishobora
kuyobora impumyi. Umwigisha w'umwuka uzi Imana by'ukuri

ni we wenyine ushobora kugeza ubumenyi bw'Imana ku bandi. Kugira ngo umuntu yongere kugira ubumana bwe, agomba kugira umwigisha nk'uwo usobanukiwe. Umuntu wese ukurikira umwigisha w'ukuri cyangwa umuyobozi w'umwuka aba ameze nka bo, kuko umuntu nk'uwo usobanukiwe akora kugira ngo azamure umwigishwa ku rwego rwo kumenya ubwe. Igihe nabonaga umwigisha wanjye w'icyubahiro, nahisemo kumwigana mu buryo bwose: gushyira Imana yonyine ku ntebe y'ubwami y'umutima .wanjye no gusangira imigisha yayo n'abandi

Abanyabwenge bavuga ko kugira ngo umuntu agire ubumenyi bwimbitse, agomba kwibanda ku jisho ry'umwuka .rizi byose

Mu kwibanda cyane, ndetse n'umuntu utari umuyogi ashyira mu gahanga ke. Aha hantu niho ijisho ryibanda n'aho ijisho ry'uruziga riherereye, ari na ryo dirishya rigana ku bwenge bw'umwuka. Uyu ni "umupira w'ikirahure" nyawo umuyogi arebamo kugira ngo asobanukirwe amabanga y'isanzure. Abagera ku burebure buhagije mu kwibanda kwabo bazashobora kwinjira muri iri "jisho rya gatatu" bakamenya Imana. Bityo rero, abashaka ukuri bagomba gukuza ubushobozi bwo kurekura ubwenge bwabo n'ubushishozi bwabo binyuze muri iri jisho rya gatatu. Imyitozo ya yoga ifasha umwigishwa gufungura ijisho rimwe .ryo kumenya ibintu mu buryo bw'ubwenge

Ubushishozi, cyangwa ubumenyi butaziguye, ntibushingira ku makuru y'ibyumviro. Niyo mpamvu akenshi bwitwa ubushobozi bwo kwiyumvisha ibintu (ibyumviro bya gatandatu). Buri wese afite ubwo bushobozi bwa gatandatu, ariko abantu benshi ntibakora ku kubuteza imbere. Ariko, hafi ya buri wese yigeze agira ubunararibonye bwo kwiyumvisha ibintu. Ahari baba bumva ko hari ikintu kigiye

kubaho, hanyuma kikabaho nubwo nta bimenyetso
.by'ibyumviro bihari

Ni ngombwa kwihingamo ubushishozi buziguye,
cyangwa ubumenyi bwite, kuko uzi Imana by'ukuri yiyizeye.

Barabizi, kandi bazi ko bazi. Tugomba kumenya neza ko
Imana iriho nk'uko tumenya uburyohe bw'imitini cyangwa
imizabibu. Natangiye akazi ko kumenyesha abandi Imana
nyuma y'uko mwarimu wanjye anyeretse inzira igana ku
bwumvikane busesuye na Yo, kandi nyuma yo kubona ko
.iriho no kumenya ko iriho muri njye

Uburengerazuba bwahoraga bushishikajwe no kubaka
insengero nini na katedrali zo gusengeramo, ariko izi
nyubako nini kandi nziza cyane ntizifasha abashaka Imana
kuyisanga. Mu Burasirazuba, intego ni uguteza imbere
abantu bafite ubumenyi bw'Imana. Ariko, aba bantu bafite
ubumenyi bw'umwuka si ko buri gihe baba bashobora
kugerwaho n'abashaka iby'umwuka, kuko akenshi baba mu
bwigunge bw'ahantu hatandukanye kandi hiherereye. Bityo,
ibigo by'umwuka ni ingenzi, aho abantu bashobora kubona
ubuturo bw'Imana, kandi abarimu bafite ubumenyi
bw'umwuka bashobora kubafasha muri ibi. Ni gute umuntu
yabona ubumenyi bw'Imana ku mwarimu utazi Imana?
Umwari mu wanjye yanyemeje ko ari ngombwa kumenya
Imana mbere yo kugerageza kuyibwira abandi, kandi
umutima wanjye wuzuye gushimira ubuyobozi bwe. Mu
!by'ukuri, yari umwe n'Imana

Imana igomba kubanza kugaragara mu mubiri, kandi
buri wese uyishaka agomba kunonosora ibitekerezo bye buri
munsi, ashyira ku gicaniro cy'ubugingo bwe indabyo
zitanduye, zihumura neza z'urukundo rutagatifu kandi
rutunganye. Umuntu wese uzabona Imana imbere muri we
azabona kandi ko ihari muri buri rusengero, mu rusengero,
.mu musigiti, mu rusengero, no mu materaniro yinjiramo

Yoga ihindura tewolojiya y'inyigisho mo ubunararibonye
bufatika

Gukunda Imana n'umutima wawe wose bivuze gukura
ubwenge bwawe mu bwenge bwawe no kubuha Imana.
Intego yose y'ubuzima bwawe igomba kwegurirwa Imana mu
gihe utekerezwa. Buri muntu wese ushaka Imana agomba
kwiga gushyira ubwenge bwe mu mwanya umwe. Isengesho
rivugwa mu gihe ubwenge bwe buhugiye mu bindi bintu
icyarimwe ni iridafite ishingiro kandi ntiriyemerwa n'Imana.
Abarimu ba yoga bavuga ko kugira ngo umuntu abone
Imana, agomba kubanza kuyishaka n'ubwenge bwe bwose
.no gutekerezwa ku buryo bwuzuye

Bamwe bavuga ko Abahinde bakwiriye kurusha abandi
gukora yoga, kandi ko yoga atari iya buri wese Ibi si ukuri
Abantu benshi muri iki gihe bafite ubushobozi bwo gukora
yoga kurusha Abahinde, kuko iterambere rya siyansi ryahaye
abantu umwanya uhagije wo kuruhuka. Iburasirazuba
bukeneye gukoresha ikoranabuhanga rigezweho
ry'Uburengerazuba kugira ngo bworoshye ubuzima kandi
burushaho kunyurwa, kandi Uburengerazuba bukwiye
kwigira mu Burasirazuba uburyo bwo gukora yoga bufatika,
bukoresha ikoranabuhanga rya metafiziki kugira ngo buri
wese abone inzira ye igana Imana. Yoga si idini ry'idini,
ahubwo ni siyansi ihuriweho n'abantu bose, ifatika kandi
.ifatika, aho dushobora kubona Imana

Yoga ni iya buri wese: ku batuye mu Burengerazuba
ndetse n'abatuye mu Burasirazuba. Ntibishoboka kuvuga ko
telefoni atari iy'Iburasirazuba kuko yavumbuwe mu
Burengerazuba. Mu buryo nk'ubwo, imyitozo ya yoga
yatejwe imbere mu Burasirazuba ntabwo ikorerwa mu
.Burasirazuba gusa ahubwo ni iy'inyungu z'abantu bose

Umuntu yaba yaravukiye mu Buhinde cyangwa ahandi
hose ku isi, azapfa umunsi umwe. Ariko umuntu ashobora

kwi yibagirwa Imana buri munsu, nubwo byaba ari mu kanya
.gato. Yoga itanga uburyo n'ubushobozi bwo kubikora

Abantu baba mu mubiri nk'imfungwa ziri mu buroko,
kandi icyo gihe cyabo kirangiye, bagira isoni zo kwirukanwa.

Gukunda umubiri nta kindi uretse gukunda gufungwa.
Kubera ko twamenyereye kuba mu kato k'umubiri, twibagiwe
icyo umudendeko nyakuri usobanura. Nta mpamvu yo
kudashaka umudendeko. Kwivumbura no gusobanukirwa
kamere y'iteka ryose ni ingenzi kuri buri muntu. Yoga
.imurikira inzira

Ubugingo bugomba kongera kuzamuka bugana Imana
Mbere y'uko isi yose ibaho, ubwenge bwa bese bwariho,
ubwenge bwa bese cyangwa ubw'isi yose ni iki? Ni Umwuka
wuzuye, cyangwa Imana itagira imipaka kandi itagira
imipaka, ihoraho iteka ryose, ifite ubwenge, kandi ihora
ivugurura, yihishe inyuma y'imiterere yose y'isi, imiterere,
n'ibintu byose. Igihe irema ryabagaho, ubwenge bwa
isanzure bwagaragaye mu isi ifatika nk'ubwenge
bw'umwuka, ishusho iboneye y'ubwenge bw'Imana
n'ubwenge bwayo, buriho kandi buhishe mu byaremwe
byose. Igihe ubwenge bw'umwuka bwamanukaga mu mubiri
w'umuntu, bwahindutse ubugingo cyangwa ubwenge
buhebuje: ibyishimo by'Imana, ubuhoraho iteka ryose, buzwi,
kandi buhora buvugururwa, buriho ukwabwo mu miterere
y'umubiri. Iyo roho y'umuntu ihujwe n'umubiri, igaragara
nk'ubwenge bwite cyangwa ubwiza. Yoga yigisha ko roho
igomba kuzamuka mu ntera y'ubwenge kugira ngo igere ku
.mwuka w'Imana

Ibanga ry'ibyishimo: kumva ko Imana iriho
Ni byiza cyane kwishimira ubuzima; ibyishimo nyakuri
biri mu kudahuzwa n'ikintu icyo ari cyo cyose Ishimire
impumuro nziza y'indabyo, ariko gerageza kubona Imana
muri yo Nakomeje kumenya ubwenge bwanjye kugira ngo,
binyuze mu kubukoresha, nshobore guhora ntekereza ku

Mana no kumva ko iri mu mutima wanjye "Amaso yanjye
yaremewe kubona ubwiza bwawe hose, Uwiteka amatwi
yanjye yaremewe kumva ijwi ryawe rirambuye" Iyo ni yoga:
ubumwe n'Imana Nta mpamvu yo kuja mu ishyamba
kuyisanga Ingeso z'isi zizaduhambira aho turi hose kugeza
igihe tuzayibohora. Yogi azi kubona Imana mu buvumo
bw'umutima we Aho agiye hose, ajyana n'ubumenyi bwiza
bw'uko Imana iri

Abantu ntibageze ku rwego rwo kumva gusa, ahubwo
banabaye imbata z'imiterere idahwitse yo kumenya kumva
gusa, nko kugira umururumba, uburakari, n'ishyari. Abantu
bagomba kwikuraho ibyo bihumanya n'amayobera kugira
ngo babone Imana. Abanyaburasirazuba
n'Abanyaburengerazuba bagomba kubohoka kuri ubu bubata
bw'amayobera. Umuntu usanzwe ashobora kurakara kuko
atahawe ikawa, yizeye ko ubu bukene buzamubabaza
.umutwe! Yogi utunganye ni umuntu wigenga

Buri wese afite ubushobozi bwo kuba umu-yogi aho ari
hose ubu. Ariko dukunda gutekereza ko ikintu cyose kirenze
ubushobozi bwacu n'imyitwarire yacu isanzwe ari ikintu
.kidasanzwe kandi kitoroshye kugeraho

Imyitozo ya yoga itanga umudendezo Bamwe mu
bakora yoga bafata kwitandukanya no kwiya cyane.
Bavuga ko umuntu agomba kuryama ku buriri bw'imisumari
nta nkomyi, kandi bashyiraho ubundi buryo bwo kwitoza
umubiri budafite ishingiro mu nyigisho za Islam. Ni ukuri
umuntu ushobora kwicara ku buriri bw'imisumari ariko
akibwira Imana agaragaza imbaraga zo mu mutwe
zidasanzwe. Ariko ibikorwa nk'ibi bidasanzwe ntabwo ari
ngombwa; umuntu ashobora kwicara gusa ku ntebe
.cyangwa ku buriri bwiza agatekereza ku Mana

Inzobere muri yoga, Patanjali, avuga ko imiterere iyo ari
yo yose y'umubiri ituma umugongo ukomeza gukomera

ikwiriye gutekereza cyane, ni ukuvuga kwibanda kuri yoga ku Mana. Si ngombwa gukora imyitoto ngororamubiri isaba kwihangana no koroherana bidasanze, nka Hatha yoga. Imana ni yo ntego nyamukuru, kandi kumva ko Imana iriho ni byo twagombye guharanira no gukora kugira ngo tugere ku ntego. Bhagavad Gita igira iti: "Uwinjira mu Mana kandi akayinjiramo ni we urusha abandi bese kuba "inyangamugayo

Abakora yoga bo mu Buhinde bagaragaje ko badapfa kwibasirwa n'ubukonje n'ubushyuhe bwinshi, cyangwa kurumwa n'imibu n'utundi dukoko duto. Iyi mico si yo isabwa kugira ngo umuntu abe umuyogi, ahubwo ni imico karemano y'umuntu w'umuhanga. Gerageza gukuraho cyangwa kwihanganira ibintu bidashimishije nibiba ngombwa, udahangayikishijwe n'imitekerereze. Niba umuntu ashobora kuba asukuye, nta mpamvu yo kuba umwanda. Umuntu ashobora kuba akunda gutura mu kazu gato nk'uko aba mu ngoro nini. Ikintu gikomeye mu kugera ku ntsinzi mu by'umwuka ni umwete n'ubudacogora. Koko rero, umusaruro ni mwinshi, ariko bake ni bo biteguye kuwusarura! Ab'isi bashaka impano n'ubuntu by'Imana, ariko abanyabwenge .bashaka Uwayihaye ubwe

Umuntu wese wifuza kuba umuyogi agomba gutekereza cyane Iyo abyutse mu gitondo, umuyogi ntabanza gutekereza ku biryo byo kugaburira umubiri we, ahubwo aha ubugingo bwe umutobe w'ubusabane bw'Imana. Yuzuyemo umwuka wo gutekereza cyane, ashobora gusohoza inshingano ze zose za buri muni yishimye kandi ategereje Imana yaremeye iyi si nk'uko yabigambiriye. Umugambi wayo ni uko abantu bakora kugira ngo bateze imbere isi. Abanyaburayi bakunda gukomeza gukurikirana ibintu bishya kandi byiza, mu gihe Abanyaburayi bakunda kunyura mu byo bafite. Hari ikintu cyifuzwa mu mwuka w'Abanyaburayi

uhubuka n'umwuka w'Abanyaburayi ugamiye ibintu, kandi
.tugomba gushaka inzira yo hagati hagati y'ibyo byombi

Gutekereza ku mutima birema yoga

Kugira ngo umuntu amenye Imana, agomba gutekereza buri gitondo na nimugoroba, kandi igihe cyose bishoboka ku manywa. Byongeye kandi, ni ngombwa ko umuntu ushaka gutekereza cyane akoresha amasaha make buri cyumweru mu gutekereza. Ibi si ibintu bidasobanutse. Hari abantu bakurikirana ibyo bakunda amasaha menshi buri munsu batarambiwe cyangwa ngo barambirwe. Abifuza gutera imbere mu buryo bw'umwuka bagomba guha Imana umwanya munini. Tugomba gutuma Imana yumva ko tuyikunda kurusha ibindi byose. Iyo umuntu amaze kuba umuhanga mu gutekereza cyane kandi akabasha kwinjira mu bwenge bwo hejuru, ntagomba kurenza amasaha atanu yo gusinzira ku munsu. Umuntu ashobora gukoresha amasaha amwe yo mu ijoro, mu gitondo cya kare, no mu biruhuko kugira ngo yisuzume kandi atekereze ku Mana. Muri ubu buryo, umuntu wese, ndetse n'umuntu ufite akazi kenshi kandi uhugiye cyane, ashobora kuba umuyoga—niba abyifuza—atagombye kwambara ikamba cyangwa ngo akure .umusatsi we muremure

Ahantu ho gusengera ni uturemangingo, kandi ubuki ni ukumenya neza ko umuntu ari umwuka kandi ko ari umwe n'Imana. Ni ukuri ko Imana ibaho ahantu hose ho gusengera, ariko kuja muri ibyo bice byera gusa ntabwo bihagije kugira ngo wemeze Imana ko yiyerekana. Gusura ahantu ho gusengera kenshi ni byiza, ariko gutekereza buri munsu ni byiza kurushaho, kandi byombi bigomba gukorwa hamwe kuko kuja ahantu ho gusengera nta kabuza bizana imbaraga, mu gihe gutekereza buri munsu bitera iterambere ryinshi mu buryo bw'umwuka Iyo umutima w'umuntu ushaka

ushyushye cyane, kandi iyo avuze isengesho nyuma yo
.gusenga, Imana isubiza umuhamagaro we

Uku kwiwegurira Imana mu buryo budasubirwaho ni
ingenzi kugira ngo umuntu ayibone. Kugira ngo umuntu abe
umuyogi kandi ajyane n'umwuka n'ibyo asabwa mu gihe
runaka, agomba gutekereza ari mu rugo, akitoza, kandi
agakora imirimo yose kubera urukundo afitiye Imana no
kuyikorera. icyifuzo cyanjye gikomeye ni ukubaka insengero
z'Imana mu mitima y'abantu no kubona inseko y'Imana mu
maso yabo. Ikintu gikomeye mu buzima ni uko umuntu
yegurira Imana urusengero mu mitima ye. Ibi bishobora
kugerwaho byoroshye, kandi ni yo mpamvu umuntu yiyiziho
ubwe. Umuntu wese wimika Imana mu mitima ye ni umuyogi
kandi ashobora kuvugana nanjye ko yoga ari
iy'Iburasirazuba, Amajyaruguru, Amajyepfo,
n'Iburengerazuba. Ni iy'abantu bese nta kurobanura. Inzira
za tewolojiya ni inzira z'inyongera, mu gihe inzira ya yoga ari
inzira ijya mu ngoro y'ibyishimo by'Imana, aho iyo umuntu
.amaze kuhagera, ntajya ava

Amahoro abe kuri mwe

imbuto zo mu buryo bw'umwuka

Uwiteka, nyigisha kugira ubutwari n'ubutwari,
n'umurava n'ubudacogora, mu gihe nfata ingamba zo
kwirinda no kwitonda

Imana iri mu mutima wanjye kandi irankikije, irarinda
kandi irangenzura. Kubwibyo, nzakuraho umwijima
w'ubwoba umpisha urumuri rwayo ruyobora kandi rukantera
gusitara mu mwijima w'amakosa.

Tumera nk'abo twicarana nabo kandi tugasabana, atari mu biganiro no mu mibanire gusa, ahubwo no mu mihindagurikire itagaragara ya rukuruzi iturukamo lyo twinjiye mu ngufu zabo za rukuruzi, tuba twibasiwe n'imbaraga zabo za rukuruzi. Bityo rero, ni ingenzi cyane ku bifuza gukura mu mwuka kwifatanya n'abafite ibyifuzo byo mu mwuka, kugira ngo bakomeze gushishikazwa, bakomeze ishyaka ryabo, kandi bakomeze irari ryabo ry'Imana.

Abafite ubumenyi busobanutse bakusanya indabyo z'ukuri kandi bagakora kugira ngo bamurikire kandi bishimishe imitima ifite imico myiza kugira ngo binjire muri paradizo y'ubwenge.

Urukundo rwawe, Nyagasani, rurahagije kuri byose

Nubwo urukundo rwo mu kirere rugaragara mu madirishya mato y'urukundo rw'abantu rufite impande nyinshi, iyo utekereje ko warubonye, rurakomeza rugakomeza kugeza igihe uzabasha kubona ubuzima bwawo bwose binyuze mu idirishya ry'ubwenge bwawe bwo mu kirere.

Ni byiza ko twicara hamwe tukaganira ku bitekerezo byacu dufite ibitekerezo bifunguye kandi twubahana, twibuka ko abanyabwenge badatongana ahubwo bakaganira batuje kandi bashyize mu gaciro.

Umuntu agomba kwitoza ubwe n'abagize umuryango we kwirinda kuvuga nabi abandi cyangwa kubavuga nabi, ahubwo akibanda ku kwiteza imbere no gukosora amakosa ye. Ntitugomba kwanga abandi kubera ko batandukanye natwe, cyangwa kubera ko ibitekerezo byabo bitandukanye n'ibyacu, kandi ntidukwiye gushimangira ko imyizerere yacu ari yo yonyine ikwiye.

Ewe soko y'urukundo, twumve ko imitima yacu yuzuye
kandi inyota yacu igashira kubera ubwinshi bw'urukundo
rwawe rudashira

Umuntu agomba kwiga gutege amatwi kuruta kuvuga,
kwicara atuje, no kwishimira kubana n'abandi

Iyo ushyize urumuri rw'izuba mu ibara ry'umutuku ku
gace gato, bitanga ubushyuhe, kandi ubwo bushyuhe
bushobora gutwika ibiti, imyenda, impapuro n'ibindi
bikoresho.

Mu buryo nk'ubwo, iyo ubwenge bwibanda neza,
imbaraga zabwo zishobora gutwika ibibi n'imizi
y'ubushidikanyi inyuma ya buri gutsindwa maze bigatuma
urumuri rw'ubwenge rumurika cyane kandi rugasa neza.

Iyo ubwenge buhuje n'Imana, isoko y'ibyiza byose
n'inkomoko y'imbaraga zose zihebuje, bumenya ko Imana
ihari kandi bukagira ibintu byose bigize intsinzi. Ibi bintu
bifitanye isano rya bugufi n'imbaraga nyinshi z'Imana,
zishobora guhanga impamvu nshya n'amahirwe yo gutsinda
mu rwego urwo arirwo rwose.

Iyo ibisasu by'ububabare n'urujijo bimberaye,
Nyagasani, reka numva mfite umutekano kandi mfite
umutekano mu gihome kidacika cy'uburinzi bwawe

Urukundo ni indirimbo y'umutima roho iririmbira Imana

Inyota yanjye idashira ishobora gukurwaho gusa n'ukora
kwawe mu buryo bwiza ku bugingo bwanjye, bugurumana
kubera kukwifuzwa. Inkubi y'ihungabana yaragabanutse,
umuyaga wo kwiheba waratuje, kandi ibitonyanga
by'amahoro yawe byatose buri mutsima wanjye, byuzuza

umutima wanjye ibyishimo, none ndirimbira kandi
ndaririmba izina ryawe ryiza.

Mana, ngira inyoni yo muri paradizo inyurwa no kunywa
amazi yo mu kirere akiza aturuka mu ijuru ry'aho uri hose
heranda cyane

Ukuri kuza mbere na mbere mu bwenge bwacu
nk'ibitonyanga by'ikime bito, byera [ku ndabyo z'iroza]

Uko uruhare rwawe rwaba ruto kandi ruciriritse mu
ikinamico rw'ubuzima rwaba rungana kose, akamaro karwo
kangana n'ak'uruhare runini mu gutanga umusanzu mu
gutuma ikinamico igenda neza.

Mana, reka ndebe amategeko y'imico myiza ntatinye
kandi ntatinye, ahubwo ndebe n'ihumure n'urukundo. Kandi
reka nibuke ko imico myiza, amahame yayo ashobora
kugorana kuyakurikiza mbere na mbere, amaherezo intera
ikamba ry'ibyishimo n'ibyishimo ku mutwe wanjye iyo
amategeko yayo akurikijwe.

Kandi mfasha, Mwami, kutibagirwa ko ikibi gisezeranya
ibinezeza n'ibyishimo bimwe na bimwe mu ntangiriro kizana
agahinda n'umubabaro mwinshi.

Urukundo rw'abantu rugomba kwaguka no kuzamuka
rugana ku rukundo rw'Imana

Urukundo rw'Imana rugerageza kwigaragaza mu mitima
y'abantu binyuze mu nzira zitandukanye n'uburyo urukundo
rw'abashakanye n'urwa kibyeyi ndetse n'urukundo rw'inshuti
hagati yabo.

Imibanire myinshi kandi itandukanye mu miryango no
muri sosiyete ni impamvu z'ingenzi zo gusukura urukundo
rwa muntu ku mwanda no kuruhinduramo urukundo rwuzuye
mu mwuka.

Ibyemezo:

Uko bukeye bwa buri munsu bugenda, nzatanga imiraba
y'ibyishimo ku bantu bose nzahura nabo

Nzaba urumuri rw'izuba mu mutwe ku bantu bose
bazanyura mu nzira yanjye

Nzacana amabwizi y'inseko mu mitima y'abababaye
n'abababaye

Ntabwo twari twaragenewe kubaho mu bwigunge
bw'ibyifuzo bitagira umumaro n'umubabaro w'ibyiringiro
bishira. Dufashe, Mwami, guca iminyururu iduhambiriye no
kubaka inzira yacu dufite ubushake buhamye, tunyuze mu
butayu bw'inzitizi, tujya mu gihugu gishya cyiza.

Mwami, reka numve hafi yawe kandi nyumve ko uri mu
bwihisho bw'ibyiyumvo byanjye, kandi reka menye ko
ubwenge bwawe butanga urumuri bukomeza ubumenyi
bwanjye, kandi ko ubuzima bwanjye ari ikimenyetso
cy'ubuzima bwawe bwihariye kandi bwihariye.

Ubugome ni indwara yo mu mwuka, kandi umuntu wese
ukora ibikorwa by'ubugome cyangwa amarangamutima
yikururira agahinda kandi akangiza uturemangingo tw'imitsi
ye.

Umutima ni wo mutima w'ibyiyumvo, kandi umuntu
ntagomba kubangamira umutima w'undi muntu

Imana ni yo butunzi bwanjye nyakuri kandi ndi umutunzi
binyuze muri yo

Imiterere y'ubwumvikane mu magambo:

Kwigiraho

Gukunda abandi

Ubuntu ku nyamaswa

Gukunda imico myiza

Urukundo rw'amahoro n'ituze
Urukundo rw'ibikomeye
Kugaragariza impuhwe abakene n'abatishoboye no
kubafasha
Ubunyangamugayo bwikora hatitawe ku ngaruka
Gukora inshingano kubera urukundo rw'inshingano no
kuyubaha
Gukunda gukiranuka no kuvugurura
Kwishimira uburyohe bw'ubuvanganzo no gukora
ibikenewe gukorwa
Kwiyubaha
Kwiyoroshya
Raqqa
Ubudahemuka
Ubutwari
kwihangana
Ukwihanganirana
Ikurikirana intambwe z'ubugingo bukomeye n'ubwenge
buboneye
Ubunyangamugayo
Imyitozo ngororamubiri
ubuntu
Ubworoherane n'ubusobanuro busobanutse
Kuringaniza
Amarangamutima yo mu mwuka
Kunywura
Gukunda isuku y'umubiri n'isuku yo mu mutwe
Kwicisha bugufi no kwirinda ubwibone
Urukundo rw'ibyiza
Ubutabera
Kwibuka ineza yagiriwe ababikwiriye
Kubaha ibintu byera
Kuva mu gatabo: Imbonerahamwe y'imitekerereze

Ibyiyumvo byo mu mwuka bishobora kugerwaho binyuze mu gutoza ubwenge kwishimira ibyiza by'ibitekerezo byiza mu isi ihishe mu muntu.

Mwami, urukundo ruturuka mu mitima y'abantu rwangerageje gushaka isoko y'urukundo rutunganye muri Wowe

Mu ituze ry'umutima wanjye, ndapfukama nicishije bugufi imbere yawe ihoraho, nzi ko uhora unyobora mu nzira zo kumenya kwimenya.

Nzagushaka Mana yanjye kugeza igihe nzakubona, kandi ninkubona, nzakira imigisha yose n'ibyiza umpaye byose n'ubuntu bwawe.

Mu bitekerezo byanjye, ndashaka kumva ijwi ryawe, Mwami, mpungeho inzizi mbi z'amajwi akaze acyihishe mu byibutso byanjye. Ndashaka kumva ijwi ryawe rituje kandi riryoshye iteka ryose mu ituze ry'umutima wanjye.

Nyagasani, imvura y'imbabazi zawe igwe ku bugingo bwacu kandi ikureho ibyondo by'ubujiji bibafasheho, kugira ngo bongere kurangwa n'ubuziranenge n'umucyo kandi bamurikire umucyo wawe w'Imana.

Twaba turi mu buvumo bwo mu misozi cyangwa mu mihanda yuzuye abantu benshi, cyangwa mu mashyamba y'ubuzima bwa none aho tujya hose n'aho twerekeza hose, iburasirazuba n'iburengerazuba, Amajyaruguru n'Amajyepfo n'ahandi hose, Nyagasani, reka twumve ko uri hafi yacu kugira ngo imitima yacu ihumure kubera ko uri kuturinda.

Tumere nk'indabyo n'indabyo z'amaroza, kandi tujye dukwirakwiza indabyo z'ubugwaneza n'ineza iyo batubeshye, kuko ku bwo kwifata neza no kwitwara neza tuzamenya ko turi igice cy'ingenzi cy'ibyiza byinshi.

Inywe kugeza unyuzwe n'amazi y'amahoro atemba mu masoko y'ibihe byiza no mu cyemezo cyawe cyo kugira icyerekezo cyiza no gufata imyitwarire yubaka.

Ntugashake ibyishimo gusa mu myenda myiza, ibiryo biryoshye, ibikoresho by'akataraboneka, kwinezeza no kwinezeza, kuko ibi bintu bizagufatira mu mutego w'ibyishimo byawe inyuma y'isura igaragara inyuma. Ahubwo, reka ibitekerezo byawe bijye hejuru y'ubwami bw'ibitekerezo bitagira imipaka.

Mu by'ukuri, buri wese ababazwa, ku rugero runaka, n'ikibazo cy'uburakari, keretse ageze ku rwego rwo hejuru rwo kumenya, urwego rwo kwishima mu buryo bw'umwuka cyangwa imimerere y'ituze.

Uburakari – uko bwaba buri kose – buturuka ku kudashobora gusohoza icyifuzo. Mu gihe nta byishimo byo mu mutima bituruka ku isano iri hagati y'ubugingo n'isoko yabwo y'Imana, umuntu agerageza gusohoza ibyifuzo bye binyuze mu binezeza by'umubiri bidashimishije bitewe n'uko bihoraho kandi akenshi ingaruka mbi ziterwa n'ibyo.

Ibyo byifuzo akenshi bitera umujinya hanyuma bigatera kwangirika k'ubwenge bw'umwuka.

Uburyo bwiza bwo gutsinda uburakari ni ugukemura impamvu nyamukuru yabwo: ibyifuzo Uko ibyifuzo byinshi birushaho kuba byinshi, niko ibibazo birushaho kwiyoungera.

Ntibishoboka gusohoza ibyifuzo byose kuko ibyifuzo bidashira kandi nta mupaka Uko turushaho kwihatira gusohoza ibyifuzo, niko turushaho kubifatanya na byo, kandi uko turushaho gukomera, niko turushaho kubabara iyo tubuze ikintu cyose cyaduhaza ibyifuzo byacu no kubisohoza.

Intsinzi, ubuzima bwiza, gukira indwara zidakira, no kwitwara neza mu mico yo kugenzura ibi byose bishobora kugerwaho no kugerwaho.

Niba warananiwe uburyo bwose n'imbaraga z'ibintu byose kandi ugasanga ntacyo bimaze, fungura urugi rw'imbere maze imbaraga z'umwuka zizinjiremo kandi zirukane intege nke zose, gutsindwa no gucika intege.

Nushaka ubufasha bw'Imana mu gutekereza no kwitonda cyane, uzavumbura ikigega kidashira cy'imbaraga zo mu mwuka

Imana ntirobanura ku butoni kandi isubiza abantu bose bayishakaho ubufasha babikuye ku mutima

Igihe nabonaga Imana muri njye, nayisanze hose

Namukundaga cyane kuva nkiri umwana, kandi rimwe nkiri umwana muto namwandikiye ibaruwa Yego, nandikiye Imana ibaruwa ndayigira iyi:

"Ku Mana yo mu Ijuru" maze ndayishyira mu gasanduku k'amabaruwa

Iyo twandikiye umuntu, tuba twiteze igisubizo Iyo ntabonye igisubizo, ndarira cyane Ariko igisubizo cyaje kuri njye, ntabwo cyanyuze mu magambo yanditse ku mpapuro, ahubwo mu iyerekwa ritangaje ry'umucyo

Buri wese ashobora kubona igisubizo kivuye ku Mana niba icyo gikorwa gikomeye kandi imbaraga zigakomeza

Niba ubajije Imana ibibazo byawe, ukabishyira mu buryo bwimbitse, hanyuma ukabyohereza ukoresheje posita yo kubitekerezaho, ubwo mu by'ukuri kandi nta gushidikanya uzabona igisubizo.

Amahoro aturuka mu mutima; ni ahanu heza ho mu mutima, aho ibyishimo bikura kandi bigasagamba

Abantu bemera ibitekerezo byinshi by'impimbano ku nzitizi nta gushidikanya gukomeye, bityo bakemera ibyo bitekerezo kugenga ubuzima bwabo n'ibihe byabo.

Abatekereza ntiborohera kwemera uko ibintu bimeze; ahubwo baharanira kubihindura, kandi ibi nibyo bituma iterambere rishoboka.

Abatekereza batekereza ku bidukikije bagatangazwa n'ibyo babona. Bareba neza bakibaza impamvu ibintu bibaho cyangwa bitabaho mu buryo runaka.

Uretse kurya, kuryama no gukora, umuntu asabwa kubona ikintu cy'agaciro muri ubu buzima.

Ubwikunde bugomba kurandurwa burundu, kandi ibi bishobora kugerwaho binyuze mu kwimakaza ubwitange Tugomba kwita ku bandi, kandi uburyo bwiza bwo kubigisha ni ukubaha urugero rwiza.

Biragoye kwishimira uburumbuke n'ubuzima bwiza muri iki gihe cy'ubwikunde n'umururumba Iyo dushobora kuvuga tuti, "Imigisha y'Imana ni iyanjye kandi ni iyawe," iyi si izaba ahantu heza kurushaho.

Iyo tunyuze mu mihanda y'umujiyi, twisanga dukikijwe n'inkuta, ariko iyo twuriye indege, inzitizi zose zirashira, maze tukabona ahantu hatagabanutse. Mu buryo nk'ubwo, iyo tunyuze mu mujiyi w'ubwigunge n'ibitekerezo bigufi, twumva dufungiwe n'ibitekerezo bikomeye kandi bifite aho bigarukira. Ariko iyo twuriye ikirere cy'ubwisanzure n'impande zagutse, tubona umwanya utagira imipaka w'ubuvandimwe n'urukundo bya kimuntu.

Umuntu ugwa mu nzira zihanamye z'ikibi nta mpungenge yumva afite, ariko akimara kugerageza kurwanya ingeso mbi n'imatekerereze mibi akoresheje amategeko y'umwuka yo kwifata, asanga ibishuko byinshi byarabyutse kugira ngo birwanye imbaraga ze kandi biburizemo imbaraga ze nziza.

Hari igihe ibitekerezo bigira akamaro kurusha amagambo Ubwenge bw'umuntu ni bwo butuma abantu

bose babasha gutanga ibitekerezo byiza kandi bakabyakira. Iyo uhora utangaza ibitekerezo byiza, byuzuyemo urukundo, ibyo bitekerezo bizagira ingaruka nziza ku bandi. Mu buryo nk'ubwo, niba ugaragaza ibitekerezo birimo ishyari cyangwa urwango, abandi bazakira ibyo bitekerezo kandi bakabisubiza nk'ibyo.

Ndasaba Imana ngo igushyigikire imbaraga n'imigisha yayo. Niba isengesho ari iry'ukuri kandi imigambi ikaba iboneye, impinduka wifuza izabaho ku bufasha bw'Imana.

Indirimbo z'umwaka ushize, hamwe n'agahinda n'inseko byazo, zarazimye, none indirimbo y'Umwaka Mushya iraririmba itera inkunga, itanga icyizere, kandi **iravuga iti** :

"Subiza ubuzima bwawe neza cyane. Reka ibyatsi bibi by'ubwoba bwa kera. Kandi mu busitani bwa kera bwari bwaratereranywe, kusanya kandi ubike imbuto z'ibyishimo, ibyagezweho, ibyiringiro, ibitekerezo byiza n'ibikorwa, n'ibyifuzo byiza kandi bihanitse."

Mu butaka bw'ikime bwa buri munsu mushya, tera izo mbuto zikomeye, uzivomere, kandi uziteho kugeza zikuze kandi wuzuze ubuzima bwawe ibyiza bidasanzwe byo kurabya indabyo.

Umwaka mushya uratangaje:

"Kangura umwuka, wafashwe n'ingeso mbi, kandi uwushishikarize gukora ibikorwa bishya kandi by'ingirakamaro. Ntugahagarike kugerageza, kandi ntugatuze kugeza igihe ugeze ku mudendezo w'iteka kandi ugatsinda karma (ingaruka zihora zikurikiranwa n'ibikorwa bya kera)"

Dufite ubwenge buhumuye kandi buhora buvuguruye, twishimane kandi tugendane dufatanye mu ntoki twerekeza mu nzu yo mu ijuru tutazongera gusohokamo ukundi.

Uburakari n'urwibutso rw'inzovu

Abifuza amahoro yo mu mutima bagomba
gusobanukirwa uburyo uburakari buterwa kandi akenshi
bugatera ingaruka mbi.

Bitewe n'uburakari, abantu benshi bahinduye abagizi ba
nabi n'abicanyi b'inkazi

Kubuza ibyifuzo bihuma ubwenge lyo igihu cy'ibyifuzo
kifashe mu mutwe w'umuntu, atakaza ubwenge bwe maze
akitwara mu buryo budakwiriye umuntu w'umunyacyubahiro.

Gutakaza ubwenge bivanga ubushishozi karemano ari
na bwo bubasha butuma ibikorwa byose byiza n'intego nziza
bikorwa.

Iyo umuyoboro w'imodoka yo mu mutwe w'umuntu
ukoze nabi, nta kabuza azagira impanuka kandi ashobora
kwisanga mu mwobo w'ububabare n'agahinda.

Urugero: Umugabo arimo gutwara imodoka yishimye,
kandi mu nzira ajya muri pariki, umugore we amusaba
guhindura icyerekezo akajya kwa ababyeyi be aho kujya
muri pariki, maze aha ngaha ibyishimo bye bihinduka
uburakari.

Nahisemo uru rugero kuko ari ikintu gikunze kubaho. Mu
bihe bisanzwe, ingaruka ni uko umugabo yanga icyifuzo
cy'umugore we cyangwa akemeranya n'umujinya
n'agahinda, kandi ibi nibyo bibaho muri rusange. Muri ibyo
bihe byombi, uburakari burafata intera, umwuka urakomera,
maze amahoro akabura amahoro.

Mu bihe bimwe na bimwe, uburakari bushobora
guhinduka ibyago ku bantu bafite uburakari bukabije.
Uburakari bushobora kugira ingaruka ku kwibuka, cyangwa
umushoferi akibagirwa gutwara yitonze kandi yitonze,
cyangwa akirengagiza kureba ibimenyetso by'umuhanda,
bigatera impanuka cyangwa, Imana ikinga akaboko, urupfu.

Mu gusoza, uburakari bufunga uruziga rw'ubushake mu
igare ry'ubuzima kandi bukabubuza kugera ku ntego zabwo
z'umubiri n'iz'umwuka.

Urwibutso rw'inzovu:

Ubumenyi bwitwa "kwibuka" ni impano Imana yahaye abantu, kandi mbega ukuntu ari umugisha ukomeye! Ukwibuka na ko guhabwa inyamaswa; iyo bitabaho, ntibyashoboraga kumenya ibyana byazo. Inyamaswa zimwe zifite ibihe byiza byo kwibuka, nk'uko inkuru ikurikira ivuga ku nzovu ibigaragaza.

Mu gihe inzovu nini cyane yari irimo gutwara ibiti, nk'uko inzovu nyinshi zatojwe zibikora mu Burasirazuba, umuhungu yarayegereye ayitera urushinge ku gituza cyayo, maze ariruka.

Umwaka warashize nyuma y'icyo kibazo, maze inzovu ihura n'umuhungu umwe mu muhanda. Byari umwanya ukwiye wo kwihorera. Nuko, izunguza umugongo wayo imujugunya hakurya y'umuhanda cyane. Bityo, inyamaswa zifite ibyo zibuka.

Iyo umutima wuzuye urukundo rw'Imana kandi amaso akamurikirwa n'umucyo wayo, imbaraga z'umuntu zihinduka iz'umwuka. Hariho itandukaniro rinini hagati y'imbaraga z'umwuka, zifite ingaruka zikomeye, n'imbaraga z'inyamaswa, ziyobowe n'irari n'imitekerereze. Ingufu z'umwuka zishingiye ku kwitanga no ku nyungu z'abandi, mu gihe imbaraga z'inyamaswa zishingiye ku bwikunde no ku gukoresha abandi nabi.

Umuntu ashobora kwiha ibitekerezo byiza bigira ingaruka nziza ku bwenge busanzwe, ibyo bikaba bigira ingaruka ku bwenge busanzwe. Ibitekerezo bibi, byaba ibyakozwe n'umuntu cyangwa ibyaturutse ku wundi muntu, byangiza ubwonko kandi bigomba kwirindwa.

Umuntu aduha inama ze hanyuma akaduha umusaruro w'ibikorwa byacu [bishobora kuba ingaruka z'inama ze mbi]

Inzira y'Imana ihora ijyana ku byishimo n'ineza

Mfite umucyo wo gutekereza cyane, nzareka urumuri rw'Imana ruhora runyura mu bwigunge bwanjye, kandi nzazamura urukundo rwanjye n'ibyifuzo byanjye kuri Nyirububasha.

Ndumva ukuboneka kwawe, Mwami, mu bwihisho bwanjye, kandi ndakubona urimo kurabya mu busitani bw'urukundo rwanjye. Ntwikirize urukundo rwawe kandi undeke nishimire impumuro yawe nziza.

Uwiteka, mpa amahoro kugira ngo roho yanjye ibone uruhuko kandi ibone imirasire y'ibyiringiro inyuma y'ibicu byo kutitaho. Umucyo w'ibyiringiro umurikire mu mutima wanjye kugira ngo numve ituze n'ihumure ryo mu mwuka.

Uwiteka, icyubahiro cyawe kirabagirane, kandi ubujiji bushire burundu ku nkombe z'isi, kimwe n'amakimbirane n'ishyari. Wirukane umwijima w'ubujiji n'urumuri rw'ubwenge bwawe. Hindura intege nke zibe imbaraga n'intege nke zibe icyemezo, kandi ubatize ubwenge n'umwuka n'urumuri rwawe rukiza.

Nk'uko urumuri rw'izuba ruhabwa buri wese, ariko hari abakunda kubaho mu mwijima, ni ko n'umucyo w'ubwenge bw'Imana wuzuye hose, nyamara hari bamwe bareba isi inyuma y'amadirishya y'ibitekerezo byabo bibi, byanduye ubujiji.

Uwiteka, dukize ubujiji n'ingaruka zabwo, n'ubwoba n'imihangayiko, kandi ubwenge bwawe bukureho ibisigazwa byose n'imyanda mu buzima bwacu.

Umuntu wese uzi kwishima muri iki gihe yasanze inzira ye igana Imana

Ndi kapiteni w'ubwato bwanjye bw'ibitekerezo byiza, ubushake bwiza, n'ibikorwa byiza kandi by'ingirakamaro.

Nzayobora ubwato bw'ubuzima bwanjye, iteka nshyira amaso yanjye ku mubumbe w'amahoro ugaragara mu kirere cy'intekerezo yanjye yimbitse ku Mana.

Keretse niba duhisemo kwishima, nta muntu ushobora kutunezeza, kandi nta muntu n'umwe twagombye gushinja ibyo. Kandi niba duhisemo kwishima, nta muntu n'umwe ushobora kutubuza ibyo byishimo.

Icyorezo, ibyago, n'impinduka zikomeye mu bidukikije zizana kwangirika, gusenya, no kwangiza ibintu byose si "amabwiriza y'Imana" Ibi biza bikomoka ku bitekerezo n'ibikorwa by'abantu Aho isi ihurirana neza n'ikibi n'imiraba yangiza n'imitingito biterwa n'imigambi mibi n'ibibi by'abantu, akaduruvayo n'isenyuka ryagutse birakurikiraho. Isi izakomeza kubabazwa n'intambara, ibiza, n'amakuba kugeza igihe abantu bakosoye imitekerereze n'imyitwarire yabo idahwitse. Intambara ntizibaho nk'itegeko ry'Imana, ahubwo ziterwa n'ubwikunde bukabije bw'ibintu Iyo abantu bakuraho ubwikunde bw'abantu ku giti cyabo, bw'inganda, bwa politiki, bw'umwuka, n'ubw'igihugu, intambara zahagarara.

Iyo umwuka w'ibintu ufashe ubwenge bw'umuntu kandi ukiganje mu bitekerezo, usohora imirasire mibi igaragara. Imbaraga zihuriweho z'izi ngendo mbi zangiza cyane uburinganire bw'amashanyarazi mu bidukikije, bigatera imitingito, imyuzure n'ibindi biza.

Imana si yo ibitera ibitekerezo by'abantu bigomba kugenzurwa mbere yuko kugenzura ibidukikije bishoboka

Nzagerageza gukora ibikorwa byiza kandi byiza gusa kubera urukundo nkunda Imana no kuyishimisha

Ubwenge bugomba guhingwa hakoreshejwe isuka yo kumva neza kuko ubutaka bwabwo bwumye kandi

bukomeye. Ubutaka bugomba gutoseshwa no kwitegura no kwakira, kandi imbuto z'ukwizera zigomba guterwa mu miyoboro, hanyuma zikavomerwa n'ubushake buhuye n'ubushake bw'Imana.

Umuntu utuje ahora atuje kandi agakomeza kugira amahoro mu bihe byose. Ntiyemera kandi ko amarangamutima n'irari bimugenga ngo bimutere gufata ibyemezo bibi.

Uri urumuri mu nyenyeri, imbaraga mu matome, ubuntu mu mitima, ubwiza mu kuri, n'ubuhanga mu bunyangamugayo

Uwiteka, duhe umugisha kugira ngo tugaragaze ubuntu bwawe kuri twe mu buzima bwacu, mu byifuzo byacu by'ubwenge, no mu buzima bwacu bw'umwuka. Dufashe kuzura imbaraga zawe zihebuje, ubwenge bwawe butagira iherezo, n'ukuri kwawe kutagira imipaka, kandi tumenye ko uri isoko y'ubuzima, inyanja y'ubuzima, n'isoko y'ubwenge bwose n'ubumenyi.

O Mana Urukundo, uri ijwi ry'ibanga rituruka mu buvumo bw'imitima n'ijwi ry'ibyumvo bicecetse

Uri umupfumu utagaragara w'imitima, ugaragara cyane uturuka mu bwigunge bw'ubucuti

Uri umumarayika w'umugisha uvuga amagambo meza cyane ku mitima y'abantu

Uri ururimi rucecetse rw'abakundana n'iwino itagaragara bakoresha mu kwandika ubutumwa ku mapaji y'imitima yabo

Uri isoko y'amarangamutima yose meza, kandi umutima wawe ukura umutima wawo mu kirere

Urukundo ni ikiganiro cy'ubucece hagati y'imitima ibiri, kandi ni cyo gihamagaro gikomeye ku biremwa byose bizima

n'ibidafite ubuzima kugira ngo bigaruke mu nzu y'ubumwe bw'isi yose.

Urukundo ni cyo kintu cy'ingenzi mu buzima
Ikurira mu busitani bw'indabyo z'umwuka kandi
igasinzira inyuma y'umwijima w'imibanire yo hanze
Ni yo nectar ya kera cyane kandi iryoshye cyane
kurusha izindi zose, ibitswe mu macupa y'imitima

Urukundo ni urumuri rusenya inkuta z'umwijima hagati
y'abantu ku giti cyabo, imiryango n'amahanga

Urukundo ni indabyo z'ubucuti, zikura kandi zigakura mu
mirima y'abato n'abakuru

Urukundo ni irembo rigana mu ijuru n'indirimbo
y'imitima myiza

Abifuza kuvugurura ubuzima bwabo bagomba kubanza
kumenya ibintu byiza bashaka kwinjiza mu buzima bwabo,
hanyuma bagashyiraho gahunda bakurikiza buri muni,
maze bakumva ibyishimo byinshi bitewe no gukomeza
ibyemezo byabo.

Kudakurikiza gahunda yo kwiteza imbere bigabanya
ubushake kandi bigashyira inzitizi mu nzira y'iterambere

Abihuza n'imiterere karemano y'ubuzima bazagera ku
ntego nziza Nta mategeko abuza umuntu guhinduka akagera
ku ntego ze nziza no kugera ku byifuzo bye byiza Nta
mbogamizi zishobora kubuza umuntu kugera ku ntego ze
zikomeye keretse yemeye mu buryo butaziguye izo
mbogamizi kandi akiyemeza ko adashobora kuzitsinda.

Aho abandi bashima imbaraga zanjye mu gukora ibyiza,
niho nshobora gutanga serivisi nziza cyane

Urukundo nyakuri—urukundo rw'umutima n'ubugingo—
ni ikimenyetso cy'urukundo rw'Imana Urukundo rw'Imana
rushaka kwigaragaza binyuze mu mitima n'ubugingo

by'abantu Imana yigisha abantu urukundo rw'Imana binyuze mu buryo butunganye bw'urukundo rw'abantu

Iyo uhuye n'umuntu akakubwira ati "Umeze ute? Nishimiye cyane kukubona," mu gihe mu mutima we batameze neza na gato iruhande rwawe, uhita wumva amarangamutima ye yo mu mutima kandi ntushake kuvugana na we cyangwa kugumana na we. Nkunda kuba inyangamugayo kuruta kwigira uburyarya.

Ijambo ry'umuntu ni ryo ryose, kandi agomba kuba umuntu usanzwe kandi w'inyangamugayo, yubaha ijambo rye, kandi agasohozza amasezerano ye n'ibyo yiyemeje ku bandi.

Imana ni yo soko y'imbaraga zo mu mutwe, ubwenge, n'ubwinshi. Musabe ko akuyobora mu nzira ikwiye yo kugera ku ntsinzi ushaka. Banza urebe neza ko umugambi wawe ari mwiza, hanyuma uzahabwa imbaraga zo kugera ku ntego yawe.

Urukundo ni intwari y'umwuka irangiza intambara zose

Ubunyangamugayo burusha kure ikinyoma n'ubusebanya. Niba ushobora kwikingira mu gihome cy'ubunyangamugayo, uzaba umutware w'icyubahiro mu bwami bwawe.

Ukuri kuzatsinda, nubwo abandi baba barakugiriye nabi Abashaka ubwenge, mu gihe cyose bifuzwa kumurikirwa, kandi ukore uko ushoboye kose kugira ngo uzamuke kandi uzamuke mu ntera yo kumenya kwigira.

Neguriye Imana ijwi ryanjye, amaboko yanjye, ibirenge byanjye, umutima wanjye, umubiri wanjye, amarangamutima yanjye, ubushake bwanjye na byose, kandi neguriye Imana

Ububabare ntibugarukira ku mubiri gusa; hariho
n'ububabare bwo mu mutwe no mu mwuka

Ntibishoboka gutekereza ku Mana iyo ubwenge
bwuzuyemo ishyari, ubwoba, no gukeka ikibi, cyangwa iyo
umuntu arimo kurwana nawe ubwe

Tubabara mu gahinda no kwiheba, mu yandi matwara
mabi n'imiterere y'imitekerereze, no mu mihangayiko,
inyinshi muri zo zikaba ari ubwoba budafite ishingiro. Ku
rwego rw'umwuka, tubabara mu kutamenya kamere idapfa
y'ubugingo bwacu.

Abahuje n'Imana babona ubwiza butangaje kandi
bakaryohereza n'uburyohe budasanzwe budashobora
kubonwa mu bundi buryo ubwo aribwo bwose.

Ubwo roho yanjye yaguhamagaraga, ibicu by'ituze
ryawe byarasenyutse, Mana, maze imvura y'imbabazi zawe
iragwa cyane kugeza ubwo ibaye umwuzure wuzuye
w'ubuntu bwawe. Uruzi rwawe rw'umugisha rwarenze
inkombe z'ubugingo bwanjye, maze roho yanjye yiroha mu
mazi y'iteka ryose, maze umuyoboro w'ubuzima bwanjye
buto ushonga mu nyanja y'ubuzima bwawe bwose.

- Umujyanama wanjye yanyigishije uburyo bwo
gukoresha ubwenge kugira ngo nihindure urusengero
rukwiriye kubaho kw'Imana

Niba ushaka kugera ku ntego nziza, tangira ushushanya
icyitegererezo cy'imitekerereze yawe. Ubu ushobora
gushyiraho icyerekezo icyo ari cyo cyose mu bwenge bwawe
niba ushyize igitekerezo gikomeye mu bwenge bwawe;
noneho umubiri wawe wose uzakurikiza icyo gitekerezo
kandi ibikorwa byawe bizahura na cyo.

- Urukundo no kwihanganirana ni ingenzi kugira ngo
habeho ubwumvikane n'ubwumvikane Urukundo ruhuza
kandi rugatunga ibintu byose bifite akamaro kandi bishobora
gukura, mu gihe urwango rutandukanya kandi rugasenya
byose bishobora gusanwa

Ubwoba ni umwanzi ukomeye w'intsinzi kuko bukuraho icyifuzo cyo kugerageza, umuntu atabishoboye akaba atabishoboye.

Ubunebwe mu by'ubwenge, kutagira imbaraga, no kutagira kwihangana byose ni imbogamizi mu nzira igana ku ntsinzi Intego ntigomba kuba intsinzi ubwayo, ahubwo igomba kuba ubuzima bukiranuka buganisha ku ntsinzi Gushishikarira cyane intsinzi bishobora kuba imbogamizi Umurimo wo guhanga udushya ushyigikiwe n'ubushake n'ubushake bukomaye bwo kugera ku ntego ni ingenzi kugira ngo ugere ku ntsinzi

Igitekerezo cyose dufite gitera guhindagurana kwihariye Iyo utekereje ku Mana n'umubiri wawe wose, ubwenge bwawe n'ingingo zawe - kandi ukavuga uti "Mwami" kenshi muri wowe, uba utera guhindagurana gukomaye kuzana ubumana mu buzima bwawe.

Iyo tumenye ko Imana ari yo dukunda iteka ryose kandi ari inshuti yacu ihoraho, kandi ko urukundo rwayo ruruta izindi rukundo izo ari zo zose, twumva ko iri hafi kandi igakora ku ruhande rwayo, bityo imitima yacu ikumva ituje kandi tukumva amahoro yo mu buryo bw'umwuka ahebuje.

Iyo utekereza ku Mana kandi ukumva ibyishimo byinshi mu mutima wawe no mu mubiri wawe wose, kandi ibyo byishimo bikakugeraho rimwe na rimwe, menya ko Imana yasubije icyifuzo by'umutima wawe kandi ko ibyiyumvo by'ibyishimo urimo kubona ari igihamya cy'icyo gisubizo.

Iyo ubwenge bwinjiye mu mimerere yo mu rwego rwo hejuru kandi bugakora ku kubaho kose kutagira iherezo, bumenya ko bufitanye isano n'Imana kandi ko ubunararibonye ari bwiza, ariko ntibishoboka gusobanura mu magambo imiterere y'iyi sano irenze ibisobanuro.

Sinakoresheje imbaraga zanjye zo gukurura ibintu bifatika, ahubwo nazikoresheje kugira ngo nkurure Imana ihoraho kandi idapfa

Uwiteka, mpa ibyifuzo bikomeye by'umutima wanjye, kandi unyemerere numve ijwi ryawe ry'icyubahiro mu nda y'umutima wanjye. Sinzakwibagirwa, Mana yanjye nkunda, kandi sinzagenda mu nzira z'ubuzima ntagufite. Ba umushyitsi wanjye w'iteka kandi uture mu buturo bw'amahoro n'ibyishimo byanjye byo mu mwuka. Umutima wanjye uterane n'urukundo rwawe, kandi ibitekerezo byanjye bikore neza, kugira ngo mbeshe amahoro n'urukundo rwawe ku bandi. Kandi impumuro y'urukundo rwawe iva mu nda y'umutima wanjye, ikurura abantu bashaka amahoro kandi bakakuzanira.

Ibishushanyo byo ku misozi byashushanyije ku mwenda w'ubururu, imikorere itangaje y'umubiri w'umuntu, indabyo zikozwe neza cyane, icyubahiro cy'imitima myiza, ibitekerezo bihebuje, n'ubwiza bw'urukundo byose bitwibutsa Umuremyi utangaje kandi mwiza cyane.

Nzakora uko nshoboye kose kandi nkore uko nshoboye kose kugira ngo njye ubwanjye n'abandi mu butunzi bw'Imana mbere na mbere. Nzubaka amazu y'ubwenge hagati y'ubusitani bw'amahoro buhora buriho, bwuzuye indabyo z'imico myiza yo mu mwuka.

Ntacyo bitwaye niba ndi umuraba muto cyangwa munini, igihe cyose inyanja nini y'ubuzima inshyigikiye

Nzacengera cyane mu bitekerezo kugeza igihe nzabonera ibanga ry'amabanga, kandi nzashyira urumuri rw'ubushishozi - nk'urumuri - kugira ngo isura yera cyane igaragare kuri njye

Umucyo wawe urabagirane muri njye, hafi yanjye, no ahantu hose

Urukundo ni umuriro wihishe, ku itegeko ry'Imana, ushongesha imiterere mibi y'isi yose ukayihindura ikintu kitagaragara cy'urukundo rw'iteka ryose.

Nk'uko izuba ritanga urumuri n'ubushyuhe, ni ko nzakwirakwiza imirasire y'ibyiringiro mu mitima y'abakene n'abirukanywe, kandi nzashyira ishyaka rishya mu mitima y'abibwira ko badafite ibyiringiro.

Nyagasani, reka njye ubwanjye ntwise n'abandi n'umuriro w'ishyari, ahubwo reka nemere ineza n'urukundo nkwiye abanjye.

Ndi mu mutekano kandi mfite umutekano inyuma y'inkuta z'umutimanama wanjye ukeye. Natwitse amateka mabi kandi ndahangayikishijwe n'uyu munsu gusa, kandi nta kindi nzatinye uretse jye ubwanjye igihe nzagerageza kuyobya umutimanama wanjye.

Uyu munsu nzashyira umuriro ku mizi y'imihangayiko n'ubwoba kandi nshyire umuriro w'ibyishimo kugira ngo umurikire urusengero rw'ubugingo buri muri njye.

Nta muntu ushobora kundakaza akoresheje imvugo mbi cyangwa imyitwarire mibi, kandi nta muntu ushobora kungiraho ingaruka zo kunsebya, kunshimira no kunshimira kugira ngo ntekereze ko ndi mukuru kandi ko ari ingenzi kuruta uwo ndi we by'ukuri.

Uwiteka, ongera umutima wanjye ugire umukiro uhagije kugira ngo ukomeze kubaho kwawe kw'umugisha, kandi ureke ukomeze gukubita n'urukundo rwawe iteka ryose

Iyo ukoresheje ubushake bwawe neza, bizaguha karma nshya, ariko abantu benshi ntibashaka guhinduka kandi ntibashaka gushyiraho imihati, bityo baragwa mu gihe cy'ingorane ntibashobore guhangana n'ibibazo.

Uwiteka, mfashe gutandukanya ibyishimo birambye by'ubugingo n'ibinezeza by'akanya gato. Ntukanyinjire mu binezeza by'ibyumviro bihita, kandi umfashe kunoza ibyumviro byanjye kugira ngo bimpeshe ibyishimo iteka ryose.

Natandukanije imirasire y'ubwenge bwanjye n'isi ntoya kandi ifite imipaka y'ibyumviro maze nyirekura mu mwuka, bityo ibyo nabonaga byariyongereye kandi ubumenyi bwanjye bukwirakwira mu mpande zose.

Umuntu ntagomba kumva adafite icyo akora cyangwa ngo agire umutego mu gihe afite ingeso adashaka ashaka gucika. Ubu ni bwo buryo bwo gutsinda izo ngeso binyuze mu kwiyeemeza mbere no gukora imyitozo yo gutekereza buri gihe kandi neza.

Mwami w'ubugingo n'imitima, imirasire y'ibyishimo ikwirakwira mu kirere cy'ituze ryanjye ryo mu mutima iratangaza kwegereza isura yawe nziza

Mwami, nseka inseko y'abafite icyizere kandi bahumurijwe, kuko naba ndimo ndeba hejuru y'ubu buzima cyangwa ndimo ntwarwa n'imiraba y'urupfu, nguma mu mutima w'ubuzima bwawe bw'iteka, butanga umutekano n'uburinzi, kandi ukuboko kwawe gukomeye kandi kw'umugisha kurankomeza.

Indwara, ubusaza, n'urupfu ni ingorane n'inzitizi umubiri uhura nazo. Indwara zo mu mutwe, ariko, zinjira mu bwenge binyuze mu gahinda, ubwoba, uburakari, ibyifuzo bihagaritswe, inzika, urwango, gutwarwa n'amarangamutima, gushyuha gukabije kw'imitsi, n'ubwoko bwa kanseri yo mu mutwe igabanya ubushobozi bwo mu mutwe. Ariko, indwara iteje akaga cyane ni indwara y'ubugingo, igaragara nk'ubujiji, aho izindi ndwara zose zikomoka zikanakwirakwira.

Isoko y'ibitekerezo byiza cyane bikungahaza amarangamutima yacu y'urukundo n'amarangamutima meza ntigomba kwemerwa ko yumuka

Ikintu cyose gikurura inyuma gikurura umuntu imbere. Kandi nta kintu na kimwe cyanduza indorerwamo y'ubugingo nk'imitekerereze mibi nk'uburakari, ubugome, ishyari, n'urwango. Umuntu wese ugerageza kwibohora kuri ibi bintu, bidasanzwe ku miterere y'umwuka, azareka urumuri rw'ubwiza bw'imbere rukagaragara imbere.

Ubwenge bugomba kuzamurwa buva mu bucucike buto bugana mu isanzure ritagira imipaka ry'amahoro mu bugingo

Roho w'ubuziranenge n'ubuziranenge, nkiza irari ry'umubiri ritanyurwa, kugira ngo irari ryose ry'umururumba rihinduke ivu mu muriro w'ubwenge, kandi nshobore gukumira ibyifuzo byose by'ibyumviro nshyizeho umwete kandi nshikamye, kandi nkurikize ugushaka kwawe, ncurange indirimbo yanjye yoroshye mu buryo buhuye, nsohoza inshingano zanjye nto, kandi ndirimbe indirimbo yanjye yoroheje

Uwiteka, mfasha gukoresha ibyumviro byanjye mu buryo bwiza kandi bushyize mu gaciro gusa, no

kubitunganya kugira ngo bigire uruhare mu byishimo byanjye by'ukuri.

Icyuma cy'ubwenge dukura mu muriro ugurumana w'uburambe ni ikintu cyiza cyane Ubuzima budutunganya buhindura ibyuma byacu by'ingenzi mo ibintu by'agaciro kugira ngo tubashe kubaho muri ubu buzima nk'ubugingo butunganye nk'amabuye y'agaciro, bukomeye nk'icyuma, kandi icyarimwe bugahinduka kandi bushobora kunyeganyega tudahuye n'ibitotezo by'ingorane n'ibigeragezo bikomeye.

Hari imbaraga zihishe zikora kugira ngo zishyire mu bikorwa gahunda y'umuco n'iy'umwuka kugira ngo habeho gahunda n'ubwumvikane hagati y'ibintu bisa n'aho ari ukutumvikana n'akajagari mu byaremwe.

Yewe mukunzi wanjye w'Imana, uri ibyishimo bihoraho, bihora bivugururwa, uri ibyishimo by'ubugingo kandi uri ibyishimo nifuzwa cyane

Isengesho rigomba gutangwa ku Mana rifite ubushake bukomeye n'icyizere cyinshi, kandi rizasubizwa bucece kandi mu ituze, rigasubiza mu ibanga rizana ihumure kandi rigahindura ubuzima bw'umuntu vuba.

Ubwa mbere, tugomba kugira ibyishimo byo gusabana n'Imana kugira ngo tubigereranye n'ibinezeza byo mu isi bike. Hanyuma, ibyifuzo bizaba bifite kamere yo hejuru. Icyifuzo ntikigira iherezo; icyifuzo kimwe kimaze gusohorwa kurusha ikindi, n'ibindi. Ariko iyo ubonye Imana, ibyifuzo byawe byose birasohorwa.

Abantu b'abanyabuntu kandi b'umutima mwiza bemera impano zawe z'ubuntu kandi bazisangira n'abandi barushaho

gusobanukirwa no kwegera Imana yawe nziza. Uko twakira impano n'imigisha bitabarika biva kuri wowe buri muni, reka tuguhindukirire tugushimire, wowe Mutanga impano n'imigisha yose.

Igihe cyose uri kumwe nanjye, Uwiteka, nta kibi kizambaho kuko uzanyirengagiza kandi ukandinda ku byago.

Urugendo rwanjye rw'amasengesho rurimo kwegerana nawe Rwarakumiriwe aha na hariya n'inkubi y'umucanga yo kwiheba Ariko iyo mbonye kure ahantu ho guhumuriza kwawe bucece, ndahumurizwa kandi imbaraga zanjye zirongera, bityo nongereye imbaraga zanjye zo kukugeraho, nifuza gusuka iminwa yanjye ifite inyota mu isoko y'ibyishimo byawe no kunywa kugeza igihe nzashira.

Nyagasani, reka ndebe ibyiza n'ubuziranenge gusa, kandi mvuge amagambo yahumetswe gusa Reka mpumure impumuro nziza y'urukundo rwawe, hamwe n'impumuro yarwo yo mu ijuru, kandi ndye ibiryo byoroshye kandi byuzuye, kandi nhumeke impumuro nziza inyibutsa wowe Reka numve uko ukoze ku bw'umugisha.

Mu busitani bw'ubukangukire bwo mu mwuka, nakusanyije ibitonyanga byo kwihana kwanjye, kandi muri ayo marira ukunda, umutima wanjye warasukuwe rwose

Mana yanjye, Mana, irakundwa n'ibintu bihora bihinduka mu buzima n'ahantu nyaburanga harangwa n'ibidukikije, hamwe n'indabo zabyo zitandukanye kandi zifite amabara menshi n'ibicu bizenguruka bucece mu kirere. Kingura amaso y'umutima wanjye kugira ngo mbone ubwiza bwawe buhebuje mu byiza byose kandi byiza, kandi ntugire ikindi kintu kibaho uretse wowe.

Reka mbohe tapi yoroshye yo kumenya ibyo wiyiziho,
aho abagukunda bose bashobora kunyura mu nzira yabo
igana ku ibyuka ry'iteka ryose.

Imana iratwibuka nubwo tutayibuka Iyo yibagirwa
ibyaremwe n'akanya gato, byose byashira burundu. Ni nde
usibye Imana ushyigikira iyi si iyo ireremba mu kirere? Ni
nde wundi utuma ibiti bikura kandi indabyo zigakura? Koko
rero, ni Imana ikomeza imitima yacu gutera Ni yo isya ibiryo
byacu kandi ikavugurura uturemangingo mu mibiri yacu buri
munsi Nyamara, ni bake cyane bayibuka bakayishimira
nk'uko ikwiye!

Uwiteka, reka turebe imico myiza mu rukundo kandi
tumenye ko kumvira amategeko yawe y'irema bizatwimika
ikamba ry'imbabazi zawe

Duhe kumenya, Mwami, ko uri isoko y'ubuzima, inyanja
y'ubuzima, n'isoko y'ubwenge bwose n'ubumenyi. Utubohore
mu bujiji n'ingaruka zabwo, mu bwoba n'imihangayiko, kandi
ureke ubwenge bwawe bukureho ibyangiritse byose n'ubusa
mu buzima bwacu.

Akenshi numvaga indirimbo nziza cyane z'abawe ba
hafi, indirimbo nziza kandi zihebuje zo mu mwuka, indirimbo
zuzuye za koralizi zivugaga ku byiyumvo by'umutima wanjye
n'indirimbo zikora ku mutima zigaragaza inyota yanjye ya
kera yo kukugirira nabi n'icyifuzo cyanjye cyo guhura nawe.

Ishimire ibitekerezo bitangaje mu isi itagaragara kandi
ihishe y'ubwiza mu mitima yanyu

Hagati ya Alexandre na Yogi
Ubushake Budacogora: Inkuru y'Ivumburwa rya
Artique

Ni nde muntu wa mbere amaso ye yuzuye amarira (ndetse wenda n'ibyishimo n'ubukonje) ubwo yabonaga Arctique ku nshuro ya mbere mu mateka?

Ibi byabayeho gute kandi ryari? Ibyo nibyo tuzagerageza kubimenya mu mirongo ikurikira.

Mu binyejana byinshi, abantu bagiye bagerageza kugera muri ako gace gakonje k'isi, kandi amateka ntiyigeze agira urugendo rurerure nk'urwo, rwakunze gutuma batakaza ubuzima bwabo. Ibisobanuro birambuye ku ntambwe zabo zo mu majyaruguru bivuga ku bikorwa by'ubutwari ndetse n'ibyago.

Mu myaka amagana ndetse wenda ibihumbi ishize, abaturage bo mu turere dukikije inyanja ya Mediterane bizeraga ko isi yari imeze nk'agace k'uruzi runini bise Oceanus.

Ntibari bazi byinshi ku turere twa kure yabo, ariko bishimiraga kurota no gutekereza kuri utwo turere twa kure, nko hakurya y'imisozi miremire ya Alpes na Balkans.

Muri utwo turere, amabati yakurwagamo kugira ngo hakorwe umuringa, kandi amabuye y'agaciro yacukurwagamo imitako n'imitako. Ariko amakuru yizewe yerekeye amajyaruguru yari abuze, bityo abasizi biyemeza guhimba inkuru zishishikaje z'ibiri inyuma y'imisozi.

Umusizi wacu w'icyamamare kandi udapfa, Homer, atubwira iby'Abacimmeriyani bo mu majyaruguru y'igihu, n'ibihangange bibayo, aho iminsi iba migufi cyane ku buryo umushumba ugarutse nimugoroba yahuraga n'undi mushumba ugiye kuragira mu gitondo. Izindi nkuru zivuga ko

abantu bari bazi ikintu kimwe kuri Pole y'Amajyaruguru, ariko ibitekerezo byabo byinshi kuri yo byari bitari byo, ndetse akenshi bikaba byari bifite amakosa.

Uko igihe cyagiye gihita, abantu bagerageje kugera ku mpera z'isi Mu mwaka wa 500 mbere ya Yesu, umugabo witwaga Hamilcius wo muri Carthage yakoze urugendo rurerure mu majyaruguru, agera muri Irilande maze afata amajwi y'urugendo rwe. Iyi ni yo nkuru ya mbere yizewe. Nyuma hakurikiyeho kugerageza kwakurikiyeho, Abanya-Scandinavia bambuka inyanja z'urubura maze bavumbura Isilande. Bavuye aho, bakomeje gushakisha ubutaka n'ubutunzi bwinshi.

Hari benshi bagerageje ariko ntibabigeraho. Tuzirengagiza ibisobanuro birambuye by'ibyo bagerageje, tuje ku wa mbere wavumbuye Pole y'Amajyaruguru.

Robert Edwin Peary yavukiye muri Pennsylvania mu 1856 yize ibijyanye n'ubuhanga hanyuma ajya mu ngabo zirwanira mu mazi za Amerika. Yumvaga afite icyifuzo gikomeye cyo gusura uturere tw'impande zombi. Yari azi akaga n'imbogamizi abashakashatsi bamubanjirije bahuye na byo, ariko yari yiyemeje gukomeza kandi yari azi neza ko atazasubira inyuma ku cyemezo cye.

Umushakashatsi wacu, Peary, yagerageje kumenya byose ashoboye ku birebana n'inyanja ya Arctique, imiterere yayo, n'ibisobanuro birambuye biyikikije.

Mu 1886, yagiye mu majyaruguru ya Groenland, maze nyuma y'imyaka itanu akora urugendo rwa

kabiri, yiga ku baturage, yambuka ibirwa bya barafu, kandi agaragaza ko Groenland ifite inkombe z'amajyaruguru, bityo byemeza ko ari ikirwa kinini ku isi. Nyuma y'imyaka ibiri, yasubiye muri Groenland. Mu 1898, yatangiye urugendo rw'imyaka ine.

Noneho Perry yumvise yiteguye kujya mu bitazwi. Yatangiye urugendo rwe ruteje akaga mu 1902, ariko ahatirwa kugaruka kubera ibintu bitari byitezwe. Mu 1905, yongeye kugerageza, kuri iyi nshuro agera mu majyaruguru y'uburengerazuba. Amaherezo, mu 1908, yafashe ubwato bwa Roosevelt, urugendo rwe rwa munani rwaje kurangira rutsinze. We na bagenzi be baravuye mu bwato, bafata ubwato bw'imbwa, maze berekeza muri Pole. Ahantu hatandukanye, bamwe muri bagenzi be bari inyuma yo gushinga amakambi no kuzuza ibikoresho byo kugaruka kwe, ndetse n'ubufasha bwabo.

Yakomeje urugendo rwe ari kumwe n'umukozi w'umwirabura n'Aba-Eskimo bane, bafite ibibatunga bihagije mu minsi mirongo ine.

Perry yasezeye abo yasize kuri sitasiyo ya nyuma maze agenda yerekeza ku giti, akigera ku ya 6 Mata 1909, amaherezo ahagarara hejuru y'isi.

Mbere y'uko Peary agera kuri Pole y'Amajyaruguru, umuhanga mu by'ikirere w'Umunyamerika Frederick Cook yohereje telegaramu avuye mu birwa bya Shetland avuga ko yageze kuri Pole y'Amajyaruguru umwaka ushize. Ariko, ubwo abahanga mu bya siyansi bakoraga iperereza ku bivugwa na Cook, basanze ari ibinyoma kandi ko atari yageze kuri Pole y'Amajyaruguru. Nubwo bimeze gutyo, bemeye bimwe mu byo yavumbuye muri ako gace.

Perry yari afite ubushake budasanzwe, yihatiraga kugenda ubudatuza nubwo yari afite ububabare bukomeye mu birenge bye, ingaruka zo gutakaza amano ye mu 1898 kubera ubukonje, byatumye acibwa amaguru. Nyamara ubu bumuga ntibwamubujije kugenda (hamwe n'inshuti ye y'indahemuka kandi y'agaciro, umwirabura Matthew Henson) ibirometero 1.400 (n'amaguru hejuru y'urubura mu bihe bigoye cyane!) hirya no hino mu majyaruguru ya Groenland kugira ngo akore ikarita irambuye y'akarere Mbega ubutwari!

Perry aracyafatwa nk'umwe mu bagabo b'intwari kandi biyemeje kugera ku ntego

Muri urwo rwego, Imamu Ali (Imana imwishimire) aravuga ati:

"Rero ugomba kugira umwete n'umurava, witeguye kandi witeguye, kandi wongere ibyo ukeneye"

Amahoro abe kuri mwe

Hagati ya Alexandre na Yogi

Hari inkuru zishishikaje zanditswe neza n'abahanga mu by'amateka b'Abagereki n'abandi baherekeje cyangwa bakurikiye Alegisanderi mu rugamba rwe rwo mu Buhinde. Dr McCrendle yahinduye izi nkuru kugira ngo agaragaze u Buhinde bwa kera. Kimwe mu bintu by'ingenzi byagaragaye mu gutsinda kwa Alegisanderi kwananiwe ni ugushishikazwa cyane na filozofiya y'Abahinde no mu muryango w'abayogi n'abantu b'abayobokeye b'Imana yahuraga nabo rimwe na rimwe, abo yifuzaga by'ukuri kwifatanya nabo. Ageze i Taxila mu majyaruguru

y'Ubuhinde, umurwanyu w'Umugereki yohereje Onascritus, umwigishwa w'ishuri rya Diogenes ry'Abagereki, kumuzanira umuyobozi w'Abahinde witwa Dandamus, icyo gihe wari utuye i Taxila.

Oniskertius yabwiye Dandamus amaze kubona aho yihisha mu ishyamba rwagati ati:

"Ndakwinginze, umwarimu w'Ababrahmin! Alekizanderi, umuhungu w'imana ikomeye Zewu n'umutware w'ibiremwa byose, aragusaba kumusanga. Nubikora, azaguha ibihembo byinshi, ariko nubyangaza azaguka umutwe."

Umukozi wo muri yoga yemeye ubwo butumire butegatswe, akura umutwe we ku buriri bwe bukozwe mu mababi, maze asubiza ati:

"Kandi nanjye ndi umwana w'imana Zeus, niba Alegisanderi ari we sinsaba ikintu icyo ari cyo cyose ku byo Alegisanderi afite, kuko ndanyuzwe n'ibyo mfite, mu gihe mbona agenda adafite intego n'ingabo ze hejuru y'amazi n'ubutaka, kandi nta iherezwa ry'ingendo ze na rimwe."

"Genda ubwire Alegisanderi ko Imana yonyine ari yo shebuja ukwiye gusengwa no kubahwa kose. Ni umwami w'ikirenga utajya ateguka ikibi gikomeye kuko ari we waremye umucyo, amahoro, ubuzima, n'amazi, akaba n'umuremyi w'umubiri w'umuntu n'ubugingo bw'abantu. Kuri we abantu bose bagaruka iyo urupfu rubabohoye, bityo ntibakomeze kugerwaho n'ibibi by'indwara."

Umugabo w'umunyabwenge yakomeje ijamba rye akoresheje agasuzuguro gato:

"Alexandre si imana kuko azapfa nta kabuza. Kandi umuntu nka we ashobora ate kuba umutware w'ubuzima mu gihe ataragera ku ntebe y'ubwami bw'isi, cyangwa ngo yinjire mu nyenga ari muzima, cyangwa ngo azi inzira y'izuba mu bice binini by'isi, kandi byongeye kandi, amahanga y'abaturanyi ntamwumvise?!"

Nyuma y'iki gihano, gifatwa nk'igitero gikomeye cyane ku matwi ya (Umwami w'Isi), uwo mutagatifu yongeyeho mu buryo busekeje ati: "Niba koloni za Alegisanderi ubu zidahagije ngo zimushimishe, nambuke uruzi rwa Ganges maze azabona igihugu kinini gishobora kwakira abantu be bose"

"Ibyo Alexander ampa n'impano asezeranya ntacyo bimaze kuri njye. Ibintu mpa agaciro kandi mbona ko ari ingirakamaro cyangwa bifite agaciro ni ibi bita nkoreramo ubuturo bwanjye, ibi bimera bimpa indabyo bimpa ibiryo bya buri munsu, n'amazi atuma ngira inyota. Ibindi bintu byose, byakusanyijwe neza, ni umutware kuri ba nyirabyo, bibasigira agahinda n'akababaro gusa, imibereho y'abantu badafite ubumenyi. Naho njye, ndyamye mu mahoro hagati y'amababi n'ibyatsi byo mu ishyamba, kandi kubera ko nta kintu mfite cyo kunkomeza gukanguka, ndasinzira neza, nishimira ibitotsi byiza kandi bituje. Iyo nza kugira ikintu gisaba kwirindwa no kuba maso, cyambuza kuruhuka no kubura ibyishimo byo gusinzira. Isi impa ibyo nkeneye byose, nk'uko umubyeyi aha umwana we amata. Nzenguruka aho nshaka hose, kandi nta mpungenge mfite zo kunbangamira cyangwa kwangiza ubuzima bwanjye."

Nubwo Alekizanderi yankuraho umutwe, ntabwo yashoboraga kurimbura umwuka wanjye. Umutwe

wanjye, uzaceceka nyuma y'urupfu, n'umubiri wanjye, uzahinduka nk'umwenda washaje, uzaguma ku butaka bakorewemo.

Naho njye, nk'umwuka, nzazamuka njya ku Mana, yatwambitse imibiri idushyira kuri iyi si kugira ngo tuyigaragarize—tukiri hano—niba tuziyegurira ubushake bwayo kandi tukabaho tuyigandukira. Kandi niduhagarara imbere yayo, izasaba ko tubazwa ibikorwa byacu. Ni Umucamanza utabera ucira urubanza ikibi cyose, icyaha, n'ibyaha, aho gutaka kw'abarengana bihinduka igihano ku murenganyi.

Reka Alegisanderi akoreshe iki gikangisho kugira ngo atere ubwoba abararikira ubutunzi cyangwa batinya urupfu. Intwaro ya Alegisanderi ni intege nke mu kurwanya yoga.

Ntidukunda amafaranga kandi ntidutinya urupfu. Genda umubwire ko Dundamus nta cyo akeneye, bityo yanga kuza aho uri. Ariko niba ukeneye Dundamus, uze aho uri ubwawe” Alexandre yakiriye neza igisubizo cya yoga ku rurimi rwa Onesikrito, maze yumva yifuza cyane kubona Dundamus, nubwo yari yambaye ubusa kandi ageze mu za bukuru, yamubonyemo umuntu wigaruriye imijyi n'igihugu kirenze icyo bangana.

bw'umuntu : Inkuru y'ubuzima bwe

By Paramhansa Yogananda

**Ubumenyi bumwe na bumwe mu by'umwuka
Kubwumwigisha wubwenge Paramhansa
Yogananda**

**Imana yaduhaye uburenganzira bwo guhitamo
kandi yadushyiriyemo umutimanama wo
gutandukanya icyiza n'ikibi, no gutandukanya
icy'ingirakamaro n'icyangiza.**

**Iyo twumvise imbaraga z'umwuka zikora mu
mibereho yacu, twumva ko turimo gutera imbere
kandi tugatera imbere, bityo icyizere cyacu mu Mana
no muri twe ubwacu kikiyongera, kandi imbaraga
z'ingorane zikagabanuka kugira ngo tubashe
guhangana na zo mu buryo bwubaka dufite icyizere,
ihumure, kandi turinganiye.**

**Kamere yacu nyayo ni umwuka, ufite ishingiro
ry'amahoro, ituze, ituze, n'ituze. Ibi bintu
by'umugisha biri muri twe kandi ni igice cy'ingenzi
cy'umubiri wacu wo mu mwuka.**

**Abantu bakunze kuvuga ku bibazo bumva
n'imihangayiko yo mu mutwe bahura nayo bitewe
n'ibibasaba byinshi, ariko ntitugomba kwemera ko
tuba abacakara b'ingorane iyo ari yo yose, kandi
tugomba kwibuka buri gihe ko Imana yaduhaye
imbaraga zihagije zo guhangana n'ibibazo byose
duhura na byo.**

**Mukomeze Imana mu mitima yanyu mu gihe mugenda
mu nzira z'ubuzima**

**Komeza ibirenge byawe hasi n'umutwe wawe hejuru
y'ibicu by'ubujiji mu isanzure ry'izuba ry'ubwenge buhoraho**

**Iyo tubuze ubushobozi bwo kwishimira ubuzima
no kwitabira imyidagaduro myiza, tuba dufite ubwoba
bwinshi kandi duhangayika kurusha uko twagombye
kubigenza. Nubwo ikirere cyaba gisa n'icy'umwijima
kandi giteye ubwoba, tugomba gukomeza kwizera ko
izuba rizava kandi ko abari mu nzira nziza
bazahagera, uko intera yaba ndende kose n'aho
yerekeza ari kure kose.**

Mu kwicisha bugufi harimo imbaraga nyakuri zo mu mwuka, ubwiza bw'ubwitange, ubwinshi bw'urukundo, n'ubwiza bwo kunyurwa no kuganduka

Umuntu ufite ubushake bukomeye aba ahuje n'Imana kandi ntategereza ko imibumbe n'inyenyeri bimusekera. Ahubwo akomeza urugendo rwe nk'ikimenyetso cy'inyenyeri, kidahinduka keretse inyenyeri y'Imana iyobora, ari yo zuba ry'izuba n'Umwami w'amategeko n'ubugingo.

Umuntu ntagomba kwibanda ku gutsindwa no gutsindwa, ahubwo agomba kugerageza kenshi, uko byagenda kose, nubwo byaba bingana kose kandi bikaba bibabaza.

Mbega ukuntu uri hejuru, yewe nshuti, kandi mbega ukuntu ubutaka bwawe buruta kandi butagatifu! Urukundo ni ibiryo byawe n'ubudahemuka bwawe.

Twaje muri iyi si kugira ngo twiteze imbere kandi dusuzume ubushobozi bwacu bwo mu mwuka, ntabwo ari ukugira ngo twinjire mu nyanja y'umwijima y'ubuyobe burimo akaga katagereranywa.

Ibyishimo byiza cyane bibaho ni ukumva ko dufite umutekano imbere y'Imana

Igihe cyo gutsindwa ni cyo gihe cyiza kandi gikwiye cyo kubiba imbuto z'intsinzi. Gutsindwa bigomba kurandurwa mu mizi yabyo, kandi imirima y'ubuzima igomba guhingwana umwete n'ubwitange, kandi ikabibamo imbuto z'ibyiza kugira ngo isarure umusaruro mwinshi, Imana nibishaka.

Abantu bake ni bo basesengura imimerere yabo bagafata icyemezo niba barimo gutera imbere cyangwa gusubira inyuma Nk'abantu bafite ubushobozi bwo gusobanukirwa, ubwenge, n'ubushishozi, inshingano yacu ikomeye ni

ugukoresha ubwenge bwacu n'ubushishozi mu buryo bukwiye.

Nta muntu w'umwuka w'ukuri ushobora kubaho adashoboye kugera ku ntsinzi mu by'umubiri. Kandi nta muntu n'umwe uhangayikishwa n'iby'umubiri bimubuza gutekereza ku Mana no guha umwanya ukenewe wo gutekereza ku Mana, kuyikorera no kuyisohozza mu nshingano zayo z'umwuka.

Umuntu agomba kubaho afite ibitekerezo bye byose, amarangamutima ye, n'ubushishozi bwe, kandi akaba maso kandi akitondera ibintu byose bibera iruhande rwe, kimwe n'umufotozi w'umuhanga utegereza amahirwe akwiye yo gufata amashusho meza cyane y'ahantu nyaburanga hashimishije cyane.

Buri muntu wese afite ubushobozi butarakoreshwa. Afite imbaraga zose akeneye. Ubwenge ubwabwo ni imbaraga zihebuje kandi bugomba kubohoka ku ngeso n'ibitekerezo bishaje kandi bibuza ibintu.

Twibuke ko igihe cyose "kwiyumvamo" ari byo byiganje, hari uburyo bwo kwitandukanya n'Imana, twibwira ko dufite imbaraga n'ubwenge bihagije byo guhagarara ku giti cyacu tudashyigikiwe no gukemura ibibazo byacu ubwacu.

Dutinya ko nitwumvira ubushake bw'Imana, tutazabona ibyishimo mu byo Imana itwoherereza, kandi iki ni ikimenyetso cy'ukwizera guke Ariko vuba cyangwa nyuma, tuzahatirwa guhindukirira Imana Kandi buri muntu azavumbura uku kuri mu buzima bwe, niba atarabikora.

Tugomba guhindukirira Imana dufite icyizere cyuzuye, tukayivugisha nta buryarya kandi mu buryo bworoheje mu rurimi rworoshye - ururimi rw'umutima - kandi tukayisaba kudufasha kuyishaka no kuyishingikirizaho kugira ngo ituze imitima yacu

kandi itubohore mu makuba n'ibitubabaza, ndetse no ku kintu cyose gishobora kutubangamira no kugerageza kutubuza intego yacu yo mu mwuka.

Ntukemere kuba imbata y'isi n'imitego yayo. Ugomba kugenzura ubuzima bwawe, ukangure imbaraga zawe zo mu mutima, kandi ukayobora ubwato bw'ubuzima bwawe ukabugeza aho buherereye.

Iyo ubwenge bukuyeho umukungugu w'ubujiji bukavanaho iminyururu ibuhambiriye, buzaba bufite ubushobozi bwo guhanga udushya no kugirana imikoranire myiza n'ubuzima.

Iyo umuntu adahanganye n'umuntu umurusha imbaraga, ntabwo azakomera. Mu buryo nk'ubwo, iyo uhanganye n'ibibazo byawe ufite ubutwari n'imbaraga zo mu mwuka, urushaho gukomera no kwihangana.

Ntukibwire ko uri umunyantega nke kandi ko udashobora guhangana n'ibibazo by'ubuzima, uko byaba bimeze kose, byaba bigoye cyangwa bigoye. Imana yaguhaye imbaraga zo gutsinda buri kibazo cya buri muni. Wibuke ko nubwo waba ufite ibibazo bikomeye, ufite imbaraga zihagije zo guhangana na byo. Imana iri kumwe nawe kandi izagushyigikira igihe cyose umwizera kandi ugakomeza ubutwari bw'intwari mu ntamba y'ubuzima.

Igihe kirageze ngo abantu basobanure aho baherereye kandi bafate icyemezo cy'inzira bagomba kunyuramo: haba mu kagari no mu isenyuka cyangwa mu mahame yo hejuru ashigikiwe n'amadini ya Aburahamu kugira ngo akize roho n'isi imibabaro n'ibyago. Niba abantu babigizemo uruhare nk'uko bikwiye, kandi bakayoborwa n'amahame y'ineza, urukundo, n'amahame meza, umwijima uzashira nta kabuza maze umwijima ushire.

Ufite imbaraga zihebuje n'impano z'agaciro biri imbere mu mubiri wawe, nyamara ntuzikoreshe. Jya mu buzima bwiza aho hari ibyo ugeraho, ibyishimo n'amahoro.

Iyo umuntu ambwiye ko adashobora gukora akazi aka n'aka, simbyemera, kuko ashobora gukora icyo ashaka gukora cyose aramutse abyiteguye.

Nakubonye uHINGA ubutaka bw'umutima wanjye n'isuka y'ibigerageze n'amakuba, ukwirakwiza imbuto z'ubwenge bwawe mu miyoboro yabwo nakomeje kuhira izo mbuto, kandi igihe izuba ry'imbabazi zawe ryazimurikiraga, zarakuze zirakura, zera umusaruro mwiza wo kunyurwa no kunyurwa.

Inzoka y'ubudodo izunguruka imigozi imbere muri cocoon Mbere yo kuva muri icyo cocoon nk'ikinyugunyugu, ikunze kwisanga yapfuye muri gereza y'ubudodo yashyizeho. Ibi binareba abantu Mbere y'uko amababa yabo yo gushishoza akura, baboha imigozi y'ubwoba, guhangayika, no kutamenya kugeza igihe indwara ibereye maze isaha yo kuvaho ikaza, bityo iherezo rikagera.

Akenshi twisanga dufungiyemo mu nzu y'imbohe twikorera Ni iki gitera iyi mibabaro yose? Ibitekerezo byacu n'uburyo bwacu bwo kubaho budafite inenge, kuko dukora mbere yuko dutekereza Tugomba kwikuramo ibitekerezo by'uburakari n'ubwikunde, no kubaho ubuzima butagira ikinyabupfura kandi butajyanye n'ibyo twifuza cyane Abantu bose bafite intego zo mu buryo bw'umwuka bagomba guhora bakomeza imbaraga zabo n'umwuka wabo binyuze mu gutekereza neza, icyizere, no gukora akazi keza.

Kudatinye bivuze kwizera Imana n'uburinzi bwayo, no kwizera ubutabera bwayo, ubwenge bwayo, imbabazi zayo, urukundo rwayo, no kuba hose kwayo.

Nta burinzi cyangwa umutekano uhari hanze y'Imana Tugomba kuyihindukirira burundu niba twifuza umutekano n'amahoro yo mu mutima

Abatekereza ku mutekano wabo no kumererwa neza gusa, bakibagirwa cyangwa bakirengagiza ibyo abandi bakeneye, mu by'ukuri baba bishakira ubukene buzababaho umunsi umwe.

Abakomeza ubutunzi bwabo aho kubukoresha mu bikorwa byiza ntibaba bizanira ubukire mu buzima bwabo bwa nyuma; ahubwo bavuka ari abakene, bayobowe n'irari n'ibyifuzo by'abakire. Ariko abasangira ubukire bwabo n'abandi bakurura ubukire n'ubukire aho baja hose.

Iyo uhaye ababikwiye ku bushake, uzasanga Imana ihora iri kumwe nawe kandi ntizigera igusiga, kandi nta kintu na kimwe uzakenera ku bufasha bwayo no kuyitaho. Bityo rero shyira icyizere cyawe mu Mana, ubufasha bwayo buzakuzaho kandi ubwitonzi bwayo buzagukikiza.

Wowe ukunzwe, wihishe mu buryo bw'Imana, uri isoko y'urukundo rutemba mu mutima w'ubucuti, kandi uri imirasire ishyushye ifungura imbuto z'amarangamutima mu ndabyo nshya z'ubudahemuka n'ibitekerezo by'ubusizi byoroheje

Twese turi abantu batanga ubutumwa n'abakira: wakira ibitekerezo by'abandi binyuze mu mutima wawe, ari wo mutima w'ibyiyumvo, kandi ugatanga ibitekerezo byawe binyuze mu jisho ry'umwuka (mu gahanga hagati y'amaso), ari wo mutima w'ibanze n'ubushake. Antene yawe iri mu bwonko, ihuriro ry'ubumenyi bwo hejuru, bw'ubwenge n'ubushishozi.

Tuvuge ko uri kure y'urugo rwawe kandi ukaba ushaka kumenya ibirimo kuba. Niba wumva utuje cyane kandi ubwenge bwawe butuje, uzabasha

kwiyumvisha amarangamutima n'ibitekerezo by'umuryango wawe mu rugo.

Iyo ufite ubushobozi buhanitse bwo gutekereza, ibitekerezo byawe bishobora kwinjira ahantu hose, kandi ibyumviro byawe bikongera imbaraga z'ubuzima

Ibintu byose biri mu isanzure bigizwe n'ingufu cyangwa imitingito. Imitingito y'imvugo ni ukwigaragaza cyangwa imvugo ikomeye kuruta imitingito y'ibitekerezo. Ibiterekerezo by'abantu bose binyura muri ether Kubera ko ibitekerezo bifite urwego rwo hejuru rwo gutigita, ntibiramenyekana. Ku bw'amahirwe, ntabwo tuzi ibitekerezo by'abantu bose!

Ukoresheje cyangwa ugakanda buto za radiyo (ndetse no mu bundi buryo muri iyi minsi), ushobora kumva indirimbo n'amajwi atandukanye. Iyo hataba ubumenyi buri mu bice bya eteri aho imiraba ya radiyo inyura igana kuri receiver yawe, wari kumva amajwi yose icyarimwe.

Imana yaremye eteri kandi yahumekeye ubwenge bw'umuntu kugira ngo ahimbe uburyo bwo kohereza no kwakira imitingito binyuze muri ubu buryo. Imitingito ya radiyo yishingikiriza kuri eteri kugira ngo ikwirakwizwe ndetse n'amashanyarazi kugira ngo yohereze kandi yakire. Imitingito ya radiyo irahindagurika ni ibitekerezo byoherezwa mu kirere ku muntu wese ukira ijwi.

Iyo uri hafi y'uwo ukunda, wumva ibitekerezo bye, ariko ushobora kudashobora kumva ibitekerezo by'umuntu uri kure keretse ufite ubushobozi bwo kumva ibintu neza Abakora imyitozo yo gutekereza no gutekereza cyane bahora batuje cyane kandi ibitekerezo byabo birushaho kunozwa bitewe n'iyi myitozo, bigatuma bashobora kumva ibitekerezo n'imigambi by'abandi ndetse no kuba bari kure!

Umushyitsi yarabajije ati: "Ese ubwenge bw'abera si ingaruka zo kubona ubuntu budasanzwe buturutse ku Mana?"

Umwarimu #Paramhansa yasubije ati:

"Oya Kuba hari abantu bafite ubumenyi buke butagatifu kurusha abandi ntibivuze ko Imana igabanya cyangwa igaha imipaka ubuntu bwayo ku bantu. Ahubwo, ni ukubera ko abantu benshi babuza urumuri rwayo rudahwema kurabagirana kandi bakarubuza kurabagirana mu mitima yabo."

Umwe mu bigishwa yaravuze ati "Ngiye ku misozi kugira ngo njyenyine n'Imana"

Umwarimu Paramahansa yaramusubije ati:

"Ntuzatera imbere mu buryo bw'umwuka nubikora ibi. Ubwenge bwawe ntabwo bushobora kwibanda cyane ku mwuka. Ibitekerezo byawe akenshi bizahora bizenguruka mu byibutso by'abantu n'ibinezaza by'isi, nubwo waba wiganze mu buvumo bukomeye. Gukora imirimo yawe y'ubuzima mu buryo buboneye kandi bw'ubudahemuka hamwe no gutekereza buri muni ni bwo buryo bwiza."

Imirasire y'umwuka

Ese hari intego rusange kandi ihuriweho inyuma y'ibikorwa by'abatuye iyi si?

Ese hari ikintu kimwe gikenewe gituma twese dufata ingamba?

Isesengura ryoroheje ry'imigambi n'intego by'abantu rigaragaza ko hari intego igihumbi n'imwe, zimwe zisobanutse izindi zitaziguye, ariko intego nyamukuru iracyari iyo kugera ku byishimo cyangwa ibyishimo byuzuye.

Intego y'ibanze y'abantu ni ukwirinda ububabare n'ibyo bashaka no kugera ku byishimo birambye Niba dushobora gukuraho burundu ububabare n'ibyo

twifuza no kugera ku byishimo birambye ni ikindi kibazo. Ariko ukuri kwerekana ko duharanira cyane kandi tudahwema guhunga imibabaro n'ibyo bibazo no kugera ku byishimo cyangwa ibyishimo.

Kuki umuntu akora nk'umutangizi mu bukorikori?

Kubera ko ashaka kuba inzobere muri rumwe mu nzego z'akazi

Kuki agomba gukora ako kazi?

Kubera ko ibyo bimuhesha kubona amafaranga?

Kandi kuki agomba gukorera amafaranga?

Kuko azashobora guhaza ibyo akeneye ku giti cye no ku muryango we abikesha kubigeraho

Kandi kuki ibyo bikenewe bigomba kubahirizwa?

Kubera ko iperereza nk'iryo rifasha gukuraho ububabare no kugera ku byishimo

Kubwibyo, tubona ko kuzuza icyo dukeneye, gukuraho ububabare, bwaba ubwo ku mubiri cyangwa ubwo mu mutwe, bwaba ubworoshye cyangwa bukabije, no kugera ku byishimo ari yo ntego yacu y'ibanze.

Nta mpamvu yo kubaza byinshi ku mpamvu yo kugera ku byishimo, kuko nta gisubizo cyabyo, kandi iyo ni yo ntego yacu nyamukuru.

Rero uko akazi kacu cyangwa intego zacu zaba ziri kose—gutangiza ubucuruzi, gushaka amafaranga, gushaka ubucuti, kwandika ibitabo, kubona ubumenyi, gucunga ubwami, gutanga za miliyoni, kuvumbura ibihugu, gushaka kuba icyamamare, gufasha abakene, cyangwa gushaka kuba abakunzi b'ineza y'abantu—nidusuzuma intego yacu nyakuri tukayizirikana, gushakisha Imana biba ukuri gufatika kandi kwumvikana, kuko Imana ari yo munezero duharanira kugeraho kandi roho zacu zifuza kubona.

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Iyo umuntu apfutse mu maso hifashishijwe agapfukamunwa, washoboraga kumenya ko umuntu ahari. Mu buryo nk'ubwo, kamere ni nk'igitambaro kinini, cyuzuye ubumuntu bw'Imana. Imana iri inyuma y'udupfukamunwa twa kamere n'udupfukamunwa, ariko abantu bareba vuba kandi bananirwa kubona ko hari ikiremwa cyihishe inyuma y'udupfukamunwa twa kamere.

Umuntu atabonye ubufasha bw'Imana, nta kabuza azatsindwa kuko imbaraga n'ubwenge byo gutsinda intambara y'ubuzima bituruka ku isoko itagira iherezo

Iyo nicaye mu gihe cyo gutekereza ntujye, ntujye kandi witonze, numva ibyishimo binyica mu mutima wanjye, maze nkumva Imana imbwira iti "Ndi hano"

Ubwenge Imana yaduhaye ni irembo rigana mu ijuru: irembo ryo hanze ry'ubwami bwayo, ariko abantu ntibarikoresha uko bikwiye

Ntidukeneye gutegereza kugeza igihe tuvuye ku Isi kugira ngo dukoreshe ubwenge bwacu mu gushaka Imana; igihe kirageze, kandi aho hantu ni hano Abadakoresha ubwenge bwabo mu gushaka amabanga y'ubuzima n'amayobera yo kubaho igihe bari kuri iyi Si ntibazigera bayabona ahandi hantu.

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Buri muntu ni ikimenyetso cy'imbaraga z'Imana zitagira akagero kandi agomba kugaragaza igice runaka cy'izo mbaraga mu byo akora byose.

Abashaka kuvugana n'Imana babikuye ku mutima, ari yo mpamvu ya mbere cyangwa uwatangije ubuzima bwa mbere, bari hafi yo gukemura ibanga ry'ubuzima

Iyo ushaka guhanga ikintu, ntukishingikirize gusa ku masoko yo hanze, ahubwo banza wigenzure ushake isoko itagira iherezo Uburyo bwose bufatika bwo gutsinda, ibihangano byose bifitiye akamaro

**abantu, imivugire itunganijwe neza y'umuziki,
n'inyandiko zera byanditswe mu bubiko bw'Imana.**

Abirengagiza Imana baca umugozi wabo bwite
w'ubuzima

**Ubushake bw'umuntu ni isoko ikomeye y'ingufu,
kandi binyuze mu gukoresha ubushake n'ubushake
bwo kubona amasoko nyayo y'ingufu, umuntu
ashobora kwihuza vuba n'umugaba w'imbaraga
z'imbere utagira iherezo.**

**Abadashaka gukora akazi kabo ka buri munsu
bumva badafite imbaraga, mu gihe umukozi
w'umunyamwete ukorana ishyamba n'ishyamba ashira
umubiri we n'ubwenge bwe mu muyoboro w'ikirere.**

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**Ni inshingano z'umuntu kwihatira kugera ku
ntego nziza. Kwita ku bintu bidafite akamaro kandi
bidafite akamaro ni ugupfusha ubusa imbaraga zo mu
mutwe.**

**Ibyatsi bibi bigomba kurandurwa mu busitani
bw'ubwenge kandi bigasharizwa indabyo z'urukundo
rw'Imana kugira ngo bikurure Imana nziza ikunda
ubwiza.**

**Ubusitani kugira ngo bukomeze kumera neza mu
butaka bw'ubwenge, ugomba koroshya ubuzima no
gukuraho ingorane. Ugera ku bintu byose ufite
ubwenge bwimbitse kandi butarimo ibintu
bikubangamira, ushobora gusesengura ibikorwa
byawe, ugahitamo iby'ingenzi n'iby'ingenzi no kureka
iby'ibanze n'ibidakenewe. Iyo igikorwa kirangiye,
ushobora kugikuramo ubwenge bwawe ukabukoresha
mu gukurikirana ibindi byifuzo byo guhanga udushya.**

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**Abantu bakunze gutekereza ku kindi kintu mu
gihe bakora ikintu runaka, kandi ntibazi uburyo bwiza
bwo gushyira ibitekerezo byabo ku kintu bakora**

Tugomba kwiga gutekereza ku kintu kimwe kimwe dukoresheje ubushobozi bwacu bwose bwo gutekereza. Impuguke zacu zose zigomba kwibanda gusa kuri icyo kintu kimwe

Umuntu ntagomba kuba umuntu utagira icyo akora, udafite ishyaka n'ibiyumvo. Gukora ibintu mu buryo bunebwe no mu buryo butunguranye bitera gutakaza imbaraga bityo bigatuma ananirwa kandi ntagire ibyishimo. Umuntu ntagomba kuba imashini yikorera mu mutwe gusa. Nk'inyamaswa ikora ikurikije ubwenge

Ni ikosa rikomeye ku muntu kutikangura ngo akoreshe ubushobozi bwe bwo gutekereza Imana yaduhaye ubwo bushobozi kandi irashaka ko tubukoresha neza kandi tukamenya neza ibyo dukora byose.

Tugomba kandi gutekereza neza mbere yo gukora ikintu icyo ari cyo cyose no gukoresha ubwenge bwacu mu buryo budufasha gukura no gusobanukirwa ubumwe bwacu n'Umuremyi Ushoborabyose. Ibyo dukora byose bigomba gushingira ku bitekerezo bifatika no ku migambi y'ubwenge.

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Hari ikigereranyo cy'ikigare gikururwa n'ifarashi kiyobowe n'umushoferi ufashe imigozi. Iki kigereranyo kigaragaza ubugingo buri mu kigare gikururwa n'amafarashi y'ibyumviro. Igitekerezo gifata imigozi, n'ubuyobozi bw'ubushake. Nyir'ikigare ni ingenzi cyane, hagakurikiraho umushoferi n'imigozi ikenewe kugira ngo agenzure amafarashi, hanyuma amafarashi ubwayo, hanyuma ikigare. Mu buryo nk'ubwo, ubugingo ni ingenzi cyane, hagakurikiraho ubushake bw'ubwenge, hanyuma igitekerezo kigenzura imigozi, hanyuma amafarashi, hanyuma umubiri.

Ubwenge bw'isi buyobora umubiri ufite intege nke mu buzima bwemerera ibyifuzo byabwo bidahinduka kwiruka aho gukomeza imiterere y'umubiri no kunoza ibyumviro byabwo binyuze mu gukoresha ukwifata no kubiyobora mu buryo bw'umwimerere ku ntogo yabwo yo mu mwuka ibi bintu byose bigamije.

Uko agenda mu nzira zigoye kandi zirimo amahwa zo mu bwenge, yangiza igare ry'ubuzima bwe maze arazimira

Umuntu ushaka kumenya ibyo yishakiye aba azi neza ko intego y'ingenzi mu buzima ari ugushakisha cyane ibyishimo byo mu mwuka byihishe mu mutima, kandi icyo gihe akiga guteza imbere imbaraga ze zo mu mutwe cyangwa mu mitekerereze no kunoza ibyumviro bye kugira ngo akomeze kugendera mu nzira z'iterambere agana ku ntogo yifuza, agerageza kwirinda kugwa mu mitego y'ububabare bw'umubiri n'ubwo mu mitekerereze.

Mu yandi magambo, umwigishwa asobanukiwe uburyo bwiza ashobora gukura mu mwuka mu buryo bwose no mu nzego zose.

Ku bijyanye n'umuntu wo mu isi uhora yibeshya, icyo ahangayikishijwe gusa ni uguhaza ibyifuzo bye by'umubiri no gushimisha ibyo ashaka, yirengagiza inshingano ze zo guteza imbere ubushobozi bwe bwo mu mutwe no mu mwuka.

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Indwara z'imitsi ziravurwa Abarwaye izi ndwara bagomba gusesengura imimerere yabo no kwikuramo amarangamutima yangiza n'ibitekerezo bibi bigenda bibarimbura buhoro buhoro.

Isesengura ry'ibibazo by'umuntu ku giti cye no kugumana ituze mu bihe byose ni ingenzi mu gukira indwara z'ubwonko zidakira Abafite ikibazo cyo guhangayika bagomba gusobanukirwa imimerere

**yabo no kumenya ko kwibanda ku bitekerezo bibi ari
yo mpamvu nyamukuru ituma badahuzagurika kandi
badashobora guhangana n'ibibazo by'ubuzima.**

**Umubiri utuje kandi utuje uratuza imitsi kandi
ugatanga amahoro yo mu mutwe**

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**Icyitonderwa: Ibi ntibivuze ko udakwiye kugisha
inama abahanga muri uru rwego, bityo ibi bisobanuro**

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**Mu bihe bitandukanye n'ahantu hatandukanye,
umuntu yagiye abona ibitekerezo byinshi ku buzima
n'ubugingo binyuze mu bwenge**

**Urugero, iyo umuntu wo mu bwoko bw'abakera
arwaye umutwe, umuryango we utekereza ko roho ye
yavuye mu mubiri we, bityo bahamagara umupfumu
ngo amusubize ubugingo. Muganga ajya mu ishyamba
gushaka roho, ayisangamo akayizana mu gasanduku
akayisubiza mu mutwe w'umurwayi, maze umutwe
ushira nk'uko abantu benshi babyemera.**

**Mu wundi muco, "kwitsamura" k'umuntu urwaye
bikorwa no gushyira imigozi (ibyuma bisongoye bifite
ingingo zityaye) mu mubiri we kugira ngo roho ye
idasohoka iyo yitsamuye, ahubwo igafatwa n'imigozi!**

**Nk'uko bamwe mu bantu bageze ku myanzuro
itari yo ku bijyanye n'imitekerereze y'umuntu bitewe
n'uburyo bwo gutekereza budafite ishingiro, abandi
bageze ku - binyuze mu buryo nyabwo bwo kubona
ibintu - mu buryo butandukanye, bunoze kandi
busobanutse neza.**

**Tuzi ko roho atari kimwe n'umwuka kuko hari
abantu bamwe na bamwe bamaze igihe kinini muri
koma badahumeka, bityo bikaba bigaragaza ko roho
idashobora guhagarikwa n'umwuka. Roho iruta
umwuka kandi iruta indi mimerere iyo ari yo yose
y'umubiri.**

Umuntu yaba yemera ko ari umwuka cyangwa atari wo, amategeko rusange aracyamusaba kugaragaza kamere ye y'umwuka

Uko akazi k'umuntu cyangwa ubuzima bwe byaba biri kose, ubumenyi bwe burakura kandi bugakura igihe cyose akoresha ubwenge bwe mu buryo buhanga kandi butanga umusaruro. Igikorwa cyose cy'ubwubatsi gikora ku iterambere ry'umuntu kandi kikagura ubumenyi bwe.

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Nkunda gusoma, ariko ntashobora gusoma amapaji abiri mbere yuko nsabwa gukora ikindi kintu, niyo mpamvu nasimbuje gusoma no gutekerezanya cyane.

Uko ninjira mu bwihisho bw'umutima wanjye, urumuri rurabagirana ruragaragara kandi ibyishimo byinshi birahita, ibyishimo bimperekeza umunsi wose. Ibi nibyo nabonye mu buzima bwanjye kandi ibyo abantu bose baganira n'Uwiteka mu ijwi ry'ubugingo n'umutima urarikiye bahura nabyo.

Igihe ni igiciro gikomeye cyane ku buryo kidapfa ubusa Imana ishaka ko tuba abantu bafite uburinganire Umuntu wese wemeye ko ubuzima bwe buhinduka ubwuzuzanye azahanwa n'amategeko rusange

Niba ubaho mu buryo bworoshye, ugakora imyitozo ngororamubiri buri munsi, usoma ibitabo by'agaciro kandi by'ingirakamaro, kandi ugahinga akamenyero ko gutekerezanya ku Mana buri munsi, ibyumviro byawe bizasendera mu byishimo, imigezi y'ingenzi izanyura mu maraso yawe, kandi uturemangingo tw'umubiri wawe tuzuzuramo umucyo n'imbaraga utigeze ubona mbere. Uzahabwa ubumenyi bwose wifuza buturutse mu mwuka uri muri wowe.

Uku niko ubuzima bwanjye bwahoze buri gihe. Mu myaka makumyabiri ishize ntabwo nasomye ibitabo makumyabiri. Simbiterwa ishema nabyo, kandi iyo bitaba ari ukugira ngo menye Imana binyuze mu gutekereza cyane, mba ndi injiji rwose.

Iyo ndebye igitabo, nsanga ibintu bigikubiyemo byarahishuriwe Imana

Ibitekerezo n'ukuri byose bihebuje bituruka ku Mana izi byose, kandi niwibwira kuri yo, uzahabwa ubwenge bwayo mu buryo butaziguye.

Kubwibyo, gusoma ibitabo byiza ni byiza kuruta gupfusha ubusa igihe mu bikorwa bidafite icyo bitanga, kandi gusoma ni ukwibwira no kumenya ukuri kwuzuye, ari ko Imana ari ko

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Hari abantu benshi basoma buri gihe ariko ntibashobora kuguha ikintu cy'agaciro. Uburyo bwiza bwo gusoma igitabo ni ukuzirikana ibikubiye muri cyo ukareba uburyo byagufasha mu buzima bwawe.

Ni ngombwa kandi gukoresha ubushishozi kugira ngo utemera buhumyi ibyo usoma byose. Ibyo usoma bigomba guhaza ubwenge bwawe n'ubwenge bwawe. Kugira ngo ibitabo bibe iby'ukuri, bigomba gukangura ibitekerezo byawe, hanyuma uzumva ubwenge bwawe butera imbere kandi bwaguka.

Abadasoma cyangwa ngo batekereze, ariko bakabaho ubuzima bwo hejuru badafite intego cyangwa icyo buvuze, ntibagira ubumenyi bwimbitse cyangwa ngo bugire ubumenyi runaka.

Ubwumvikane butuma duhuza kandi tugahuza n'imbaraga z'Imana zidushishikariza gutekereza no kumurikira ubwenge bwacu n'urumuri rw'ibitekerezo byo hejuru.

Gutekereza ku bwenge ni bwo buryo bwo kugera ku muntu uri hejuru

**Abantu bibeshya iyo badasomye, ariko
gutekereza biruta gusoma {Ku bantu batekereza}**

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**Kuringaniza ni ingenzi muri buri gice cy'ubuzima.
Ni byiza kugumana ibitabo by'ingirakamaro byo
gusoma biboneka byoroshye no kubisoma mu gihe
cyo kuruhuka. Ibitabo by'ingenzi muri ibi ni ibitabo
by'umwuka, hagakurikiraho ibitabo bya siyansi,
amateka amwe, filozofiya, inyandiko zikomeye,
ubuzima bw'abantu bakomeye, inkuru z'ingendo,
n'ikindi kintu cyose gishobora kwagura icyerekezo
cy'umuntu no gutanga ibitekerezo bikomeye.**

**Ibitabo bishobora kuba inshuti z'indahemuka,
kandi niba ibyo wahisemo ari byiza cyane,
uzungukiramo byinshi.**

**Bishobora kugaragara nk'ibigoye mu ntangiriro
gusobanukirwa ishingiro ry'inyigisho z'umwuka
n'ibitekerezo by'abahanga mu gutekereza cyane,
ariko nyuma y'igihe runaka, uzabona utekereza ku
nyandiko zabo kandi ugakoresha ibitekerezo byabo.
Uzumva ko wumvise ikintu cy'agaciro, kuko abo
banyabwenge bose bakuye ubwenge bwabo
n'ubumenyi bwabo mu butunzi butagira akagero
bw'ubwenge bw'Imana—ibitekerezo bishobora kuba
bitarigeze bikugeraho mu buzima bwawe bwose.**

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**Indabo n'indabo z'amaroza ni byiza kandi
birabagirana, ariko inyuma yazo hari ubusitani bufite
ubwiza n'ubwiza bitagira ingano Nubwo ubu busitani
bugaragara neza kandi bugoye kububona bwa mbere,
niba ushobora kwinjira mu buryo bw'umwuka unyuze
mu irembo ry'ijisho ry'umwuka, uzashobora gusura
ubwo bwami bw'isi no kwishimira ibitangaza byabwo.**

**Mba muri ubwo bwami bworoheje aho imico myiza
n'ibitekerezo byoroshye kandi byoroheje biryoshye**

**kandi bihumura neza kurusha indabyo zose zo ku isi
cyangwa indabyo z'iroza. Aho, inzuki zo mu mutwe
wanjye zihora zinywa amazi y'ubuturo bw'Imana.**

**Iyo twerekeza ibitekerezo byacu imbere, kandi
tukabaho cyane muri iyo si ihishe iri muri twe, dusanga
imico yacu yo mu mwuka igira imiterere yihariye ikora
nk'amadirishya tubonamo uburyohe bw'Imana
burenze ibisobanuro n'ibitekerezo.**

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**Umuntu wese wumva cyangwa usoma aya
magambo azi ko mvuga ukuri**

**Iyo nza kugaragaza imbaraga zose Imana
yampaye, abantu bari kunyinjiramo atari ukubera
urukundo nkunda Imana, ahubwo kubera ibitangaza.
Ariko sinshaka ubu bwoko bw'abigishwa bo mu buryo
bworoshye. Bagomba gukururwa atari ukubera
imbaraga, ahubwo n'urukundo rw'Imana, kandi ni yo
ntego yanjye mu buzima.**

**Iyo ntaza kumenya Imana, sinari kuvuga gutya
Kandi buri wese ashobora kuyimenya niba abyifuza**

**Singerageza kwigarurira abantu nkoresheje
amarangamutima yabo, ahubwo mvugana
n'ibitekerezo byabo kandi ngakemura ibitekerezo
byabo n'ubushishozi bwabo Kwizera kutabona ntacyo
bimaze Umuntu agomba gukoresha ubushobozi bwo
gusobanukirwa Imana yamuhaye kandi ntakemere
ibintu uko bishakiye, ahubwo agomba gusobanukirwa
impamvu, ingaruka, n'ubwenge biri inyuma
y'icyerekezo cye n'imigenzereze ye yo mu mwuka**

**Iyo nza kugira iminwa igihumbi, navugana nabo
bose ibyerekeye Imana n'akamaro ko kuyihindukirira
no kuyimenya.**

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**Imana ntisaba umuntu kwiheba, kwiheba,
kwiheba, cyangwa kwijima. Ubu si bwo buryo bwiza**

bwo gusobanukirwa Imana, kandi si bwo buryo bwiza bwo kubona ubutoni bwayo. Uko umuntu agira amahoro menshi, ni ko yumva ko Imana iri kumwe nawe. Uko ibyishimo bye birushaho kwiyongera, ni ko umuntu aba mu bumwe n'Imana. Abazi Imana bishimye kuko Imana ari yo soko y'ibyishimo byinshi.

Abantu bagerageza kubona ibyishimo mu nzoga, mu mibonano mpuzabitsina no mu mafaranga, ariko inkuru z'amateka zuzuyemo inkuru z'ibyiringiro byabo byasenyutse n'inzozi zabo zitarasohora. Igihe namaze ntekereza ku bintu byatumye ubuzima bwanjye bugira umusaruro utangaje.

Ubuyobozi n'ubwenge by'Imana biba mu byishimo byo mu mwuka

Iyo umuntu ahuje n'Imana, nubwo yakora ikosa atabigambiriye, azamenya uko yakosora ikosa, kandi niba agaragaje igitekerezo kitari cyo, Imana izagikosora kandi ikabikosora kubera urukundo ifitiye umwigishwa wayo.

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Hagomba kubaho uburinganire hagati y'ubumenyi bw'umwuka n'ubumenyi karemano. Hatabayeho uburinganire, abantu ku giti cyabo n'amahanga bazagwa mu makuba no mu irimbuka Iyo abayobozi b'isi ya none bamenyerezwa mu buryo bw'umwuka kandi bagakorana, bashobora kurandura intambara n'ubukene ku isi mu myaka mike.

Kumenya iby'umwuka bivuze ko umuntu amenya ko Imana iri muri we no mu bindi biremwa byose bifite ubuzima

Ubwo bumenyi bwonyine bushobora gukiza isi, kandi iyo butabayeho, nta cyizere mbona cy'amahoro. Reka abantu batangire ubwabo, kuko igihe ari igiciro gikomeye ku buryo kidashobora gupfushwa ubusa.

Inshingano idusaba gukora uruhare rwacu kugira ngo Ubwami bw'Imana bugere ku Isi

Benshi batinya gushaka Imana, batinya ko ubuzima buzahinduka bubi kandi buteye ubwoba, butagira ubwiza n'ibyishimo. Ariko ibinyuranye n'ibyo ni ukuri! Ibyishimo byuzuye abamenya Imana by'ukuri babona mu bumwe na yo biremereye cyane.

Ndi mu bihe by'ibyishimo byo mu mwuka umunsi n'ijoro. Ibyo byishimo ni Imana, kandi kuyimenya bivuze gutwikira agahinda kose no kukashyingura nta kwicuza.

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Mu gihe cy'igihe gito amaze hano, umuntu aha agaciro gakomeye iki gitaramo. Ariko ntagomba kucyibandaho cyane n'ibintu bitagira iherezo, kuko aramutse abikoze, azitandukanya n'Imana, ihora igerageza, mu buryo bwose no mu buryo bwose, kudukurura kuri yo kubera ko itwitaho cyane kandi idukunda cyane.

Idushyira imbere ibitangaza byose twifuza kubona: ibitangaza by'ibintu bikura n'urutonde rudasubirwaho rw'ibidukikije

Iri inyuma y'indabyo n'indabyo, kandi umuntu wese uyishaka abikuye ku mutima nta kabuza azayibona

Abahanga mu bya siyansi b'ibinyabuzima ntibageze ku byo bavumbuye binyuze mu isengesho ritanyuze mu bitekerezaho, ahubwo banyuze mu gukurikiza amategeko ya siyansi y'ubuhanga. Mu buryo nk'ubwo, umuntu wese ushyira mu bikorwa amategeko ya siyansi y'umwuka mu buryo bw'ukuri kandi bushishikaye azahita abona Imana iruhande rwe.

Igihe kirageze ngo umuntu afungure amaso ye yo mu mwuka maze amenye ko gushaka Imana bisaba

icyifuzo gikomeye kandi gihoraho no kubahiriza amategeko y'Imana witonze.

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Imana irakomanga bucece ku rugi rw'imitima yacu, ikaduhamagara ngo tuyigarukire, ariko abantu benshi ntibashaka kugaruka. Nyamara, iyo isi yijimye imbere yabo, bagahura n'ibibazo cyangwa bakagwa mu mutego w'uburwayi, bihutira kuyisenga no kuyisaba ubufasha.

Abakomeza ubumwe bwabo n'ubwumvikane bwabo n'Imana mu bihe by'ibyishimo n'uburumbuke bazasanga Imana iri iruhande rwabo igihe bayikeneye. Ariko abatinda guteza imbere uyu mubano bicira urubanza rwo guhangana n'ingorane zabo no guhangana n'ibigeragezo byabo bonyine kugeza igihe bazabasha—bafite ubwenge n'ubupfura bwuzuye—guhindukirira inshuti yabo y'iteka no gukomanga ku rugi rwayo rw'ubuntu.

Mu bantu benshi cyane, bake cyane ni bo bashaka Imana by'ukuri. Ni hehe abibwiraga ko iyi si ari iyabo mu myaka magana abiri ishize? Bose baragiye, kandi wenda bake gusa, abahindukiriye Imana bakamenya ubwabo, bigeze basobanukirwa ukuri kw'ubuzima. Nyamara buri gisekuru gikurikiraho gifata ubu buzima nk'ukuri!

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Mbere y'uko undi muntu wese abaho, ni nde wari kumwe natwe? Imana Kandi nituva kuri iyi si, ni nde uzaba ari kumwe natwe? Imana nta yindi Ariko bizagora kuyimenya icyo gihe keretse duharanira kuyimenya ubu Niba ushaka Imana mu by'ukuri kandi mu buryo bwimbitse, uzayibona, kandi icyizere cyawe cy'uko ihora iri kumwe nawe kizakomera Amaganya n'ibishuko bizagusiga, kandi ntuzongera gushukwa ukundi

Ibintu byose biriho ni igishuko cyo kureshya abantu ku Mana Ariko Imana irakurura cyane kurusha ikishuko icyo ari cyo cyose cyo ku isi Iyo ubonye n'ishusho yayo, wamenya uku kuri kandi ukabasha kuyisanga binyuze mu isengesho, gutekereza ku mwuka, no kwiyemeza kudacogora.

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Urusengero Imana ikunda cyane ni urusengero rw'ituze n'amahoro yo mu mutima ku bayoboke bayo, aho binjira bakazirikana kandi bakaganira, basiga inyuma isi n'imyidagaduro yayo itagira iherezho.

Ntitugomba gutangazwa n'uru rugendo rw'abantu ruhora ruhindagurika Uko uru rugendo rw'ibihe rukomeza urugendo rwarwo, amaherezo uzamenya ko uri igice cy'ingenzi cy'ikintu gikomeye Iyo umuntu ashinze urusengero rw'ubwiza n'amahoro yo mu mwuka muri we, azabasha kumva ko Imana iri kumwe na we no kumva ko ari hafi ye. Bitabaye ibyo, amayobera y'isi ni menshi, ahora ahari, kandi imihangayiko yayo yuzuye mu mitima yacu.

Buri wese muri twe azakurwa kuri iyi si vuba cyangwa nyuma, bityo rero tugomba gusobanukirwa intego y'ubuzima Intego y'ibanze y'uburambe bw'abantu muri iyi si ni ukudushishikariza gushakisha icyo ubuzima busobanura. Kumenya Imana ni byo bigufitiye intego, kandi umenye ko gushakisha ibanga ry'ubuzima mu buryo bukomeye kandi buzira umuze bizakurinda ingorane nyinshi kandi bikagukiza ubwoba butandukanye.

Ubwoba bw'urupfu, gutsindwa, ibibazo, cyangwa agahinda butera ubwoba bwinshi mu muntu Iyo umuntu adashobora kwifasha ubwe, umuryango we n'inshuti ze badashobora gutanga ubufasha ubwo aribwo bwose, kwiheba biramurenga, kandi isi isa n'icuraburindi kuri we Ariko nta mpamvu yo kugera

**kuri iyo mimerere Niba batekereza ku Mana mu
buzima bwabo bwose kandi bagakomeza kugirana
umubano na Yo, bazayisanga hafi mu bihe bikomeye
no mu minsi igoye.**

*** * ***

**Niba abantu benshi babona umuntu adakunzwe,
bagomba kwisuzuma. Hashobora kubaho imico runaka
iteye isoni. Wenda bavuga cyane, bakunze kwivanga
mu bibazo by'abandi, cyangwa bakunze kubwira
abandi ikibazo cyabo n'uko bagomba kubaho, batitaye
ku nama zo kwiteza imbere. Izi ni zimwe mu ngero
nke z'imico yo mu mutwe ishobora gutuma
tudukunzwe n'abandi.**

**Kwemera Imana no kwizera Imana ni ibintu bibiri
bitandukanye Kwizera ntacyo bimaze keretse
tubyiboneye kandi tukabikurikiza Kwizera guhinduka
ubunararibonye kuba ukwizera, kandi ukwizera
kutajegajega ntigushobora guhakana cyangwa ngo
kuvuguruza kuko ari ukwemera ukuri kudasanzwe
kandi kutajegajega. Ni imbaraga zikomeye, kandi
umusaruro wabyo ni uw'ako kanya kandi utangaje.
Kwizera gukora neza cyane kandi nta mwanya gusiga
ikosa.**

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**Mu maso y'umuntu hari amateka yose y'ubuzima
bwe, kandi ntashobora guhishwa abazi kuyasoma.
Hariho amaso y'umwuka n'amaso y'isi ashukana,
amaso y'uburiganya n'amaso y'irari, ikintu cyose
umuntu akora cyanditswe mu maso ye, kandi iyo nza
gusesengura ibyo mbona muri yo, abantu
bazatangazwa n'ubushishozi bwanjye.**

**Tugomba kwirinda ibikorwa byanduza ubwenge
no kwangiza ubugingo Ibikorwa bibi bitera imitingito
mibi cyangwa mibi mu mutwe igaragarira mu miterere
n'imico y'umuntu. Ahubwo, tugomba gukora ibikorwa**

**no gutekereza ibitekerezo bikuza imico myiza twifuza.
Abatekereza kuri uku kuri bazabona ubuzima bwabo
buhinduka bwiza cyane.**

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**Inshuti nyazo ntizikunze kutwumva nabi.
Ushobora kuvugana n'inshuti yawe nta kujijinganya,
ariko ubucuti ntibushobora gukura no gutera imbere
igihe cyose hari igitekerezo cyangwa icyifuzo kiva kuri
umwe ku wundi.**

**Ubucuti bushobora kubakwa gusa ku rufatiro
rw'ubwigenge n'uburinganire mu by'umwuka. Bityo
rero, imikoranire hagati y'inshuti igomba gushingira
kuri iri hame kandi hakurikijwe uku kuri. Niba ufashe
nabi umuntu, ntuzigera ubona uburyohe bw'ubucuti
bwe.**

**Hari benshi bagenda mu nzira z'ubuzima badafite
inshuti sinzi uko bakomeza!**

**Inshuti nyazo ntizikunze kutwumva nabi, kandi
iyo zitubeshye, ni iby'igihe gito gusa. Niba umuntu
aguhemukirye kandi ukamugirira icyizere, komeza
umuhe urukundo n'ubuhanga nk'aho nta cyabaye,
nk'uko nawe wakwifuza ko nawe ugirirwa icyizere
kandi ukamugirira icyizere.**

**Ariko niba uwo muntu akomeje kugusuzugura no
kukwanga, kandi agakomeza kumukubita ikiganza cye
cy'ubucuti, ni byiza gukuraho ikiganza cyawe igihe
gito.**

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**Buri wese muri twe azakurwa kuri iyi si vuba
cyangwa nyuma, bityo rero tugomba gusobanukirwa
intego y'ubuzima ubu**

**Intego nyamukuru y'ubunararibonye bw'abantu
hano ni ugushishikariza no gushishikariza gushakisha
icyo ubuzima busobanura n'intego yabwo. Urugendo
rw'abantu ntirugomba guhabwa agaciro karenze**

urugero. Uko urugendo rw'igihe rukomeza urugendo rwarwo, amaherezo tuzamenya ko turi bamwe mu bagize ubuzima bukomeye, bityo rero, tugomba kugira ubumenyi bw'Imana intego yacu nyamukuru.

Ubwoba bw'urupfu, gutsindwa, ibibazo, cyangwa agahinda gakabije butera ubwoba bwinshi mu muntu

Iyo umuntu adashobora kwifasha, kandi iyo umuryango we udashobora gutanga ubufasha, imimerere ye yo mu mutwe iba mibi cyane. Ariko Imana ntizatererana abayizera kandi ikiringira ubushobozi bwayo bwo kubafasha.

Mbere yuko umuntu uwo ari we wese aba kumwe natwe, Imana yari kumwe natwe. Kandi nituva kuri iyi si, Imana izaba iri kumwe natwe.

Ariko ntidushobora kumenya Imana keretse dushyizeho imihati ubu kandi tugaharanira by'ukuri kuvugana na yo no kuyiyegereza.

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Mu myaka yanjye ya mbere nagize ikibazo cyo kumva ibintu bidasanze, bityo ni njye wagize ikibazo gikomeye kurusha abandi bese.

Byari inzira yo kwibabaza Kubera ko nari mfite ibyiyumvo bikomeye, kuri njye byasaga n'aho abandi bishimiraga kunbabaza no kunyima amahoro yo mu mutima.

Ntukemere ko hagira umuntu ukubuza amahoro Kurakara kwanjye ntikwatewe gusa n'amagambo y'abandi yo gushinyagurira no gushinyagurira; byanatewe no kuba narakundaga ibitekerezo byabo. Nasanze uko narushagaho kuja impaka n'abanengaga, ari ko barushaho kubishimira.

Amaherezo, nafashe icyemezo cy'uko nta muntu n'umwe washobora gusenya amahoro yanjye yo mu mutima, maze ndibwira nti: "Reka banenge uko bashaka, ariko sinzongera kwita ku banenga babo"

Kandi ni ko byagenze rwose. Nirengagije rwose amagambo yabo mabi kandi ababaza, nk'aho atabaho. Buhoro buhoro, batakaje icyifuzo cyo kunseka, baba inshuti zanjye; bamwe banankurikiye.

Nta cyo bimaze kugerageza gusaba abandi ineza n'icyubahiro; ahubwo, natwe ubwacu tugomba kubikwiriye

Niba tuvugisha ukuri ku bandi, tukabagaragariza icyubahiro, kandi tukabagaragariza ineza n'urukundo, bazahora batwubaha.

Ntidukwiye guhosha umutima mwiza w'abandi ku bwacu dukoresheje uburyo bwacu bwo kumva ibintu mu buryo bwubaka iyo badunenze mu buryo bwubaka, ahubwo tugomba gufatanya na buri wese ugerageza kudufasha.

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Iyi si izahora ihura n'ibibazo n'imivurungano Aho kwiheba no guhangayika, umuntu yagombye guhindukirira Imana maze akabona amahoro, umutekano n'umutekano, atari kuri we gusa ahubwo no ku bakunzi be Imana yashyize mu maboko ye.

Ntidukwiye kwihambira cyane ku nzizi z'ubu buzima bw'akanya gato, ahubwo tugomba kuba mu bumwe bwa hafi n'Imana

Hanze y'Imana, nta mutekano uhari ahantu hose Tugomba kumenya isano dufitanye n'Imana kugira ngo twikureho uburiganya burundu.

Mu gutekereza ku Mana, twumva ko ihari mu byishimo kandi tukareka inzizi mbi zo mu buzima

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Imyitozo yo kuruhura umubiri no gutuza ubwonko: Komeza imitsi y'umubiri wawe mu rugero ruciriritse ukoresheje imbaraga z'ubushake. Ukoresheje imbaraga z'ubushake, yobora imbaraga z'ubuzima (mu gihe cyo gukaza imitsi) kugira ngo

zikore umubiri cyangwa igice icyo ari cyo cyose cy'umubiri.

Numva imbaraga zirimo guhindagura, gutera imbaraga, gushyira imbaraga mu mubiri no kuwuha imbaraga

Humura kandi wumve ubuzima n'ingufu binyura mu turemangingo n'ingingo z'umubiri wawe

Numva ko utari umubiri, ahubwo uri ubuzima bukomeza umubiri

Wumve amahoro, umudendezo, n'ituze ryinshi rituruka mu gukora iyi myitozo.

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Niba uyoborwa n'ubumenyi bw'Imana, nubwo ejo hazaza hasa n'aho ari habi, ibintu bizakomeza kuba byiza kandi ntuzatsindwa igihe cyose uagenda mu mucyo w'Imana kandi ukayoborwa n'ubuyobozi bwayo.

Tugomba kwikuramo igitekerezo cy'uko Imana, hamwe n'imbaraga zayo zose zitangaje, iri kure cyane mu ijuru, kandi ko turi abanyantega nke kandi dushyinguwe mu bibazo n'imirundo y'ingorane kuri iyi si.

Twibuke ko tutari twenyine, ko inyuma y'ubushake bwacu bwa kimuntu hari ubushake bukomeye bw'Imana, kandi ko umuntu wese ushaka ubufasha abikuye ku mutima kandi mu budahemuka nta kabuza azabuhabwa.

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Ibintu byose biri mu isanzure bifatanye isano kandi bifatanye isano ya hafi n'ibindi

Binyuze mu gukoresha neza ubwenge bwa muntu twahawe n'Imana, tumenya ko ubuzima bwose bifatanye isano n'Ubwenge Bukuru

Hari igihe dushobora gutekereza ko turi ikintu cy'ikinamico kiri mu maboko y'ibyadubayeho, ariko

**iyoy turekuye ubwenge bwacu mu buryo burenze
urugero, bw'impimbano kandi tugasuzuma urwego
rw'ubumenyi bwacu n'ubuhanga bwacu, tumenya ko
muri twe hari urumuri rw'imbaraga z'Imana zirema
kandi zigashyigikira ubuzima bwose, kandi ko
zitegereje gukangurwa.**

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**Itandukaniro ry'ubuswa rivuka bitewe no
kumenya intege nke nyazo cyangwa izisanzwe**

**Mu rwego rwo gukosora iyo ntege nke, hari
abantu bashobora kwambara ingabo y'ubwibone
bw'ikinyoma bakishyira hejuru mu kwirata.**

**Abatazi impamvu nyayo y'iyoy mimerere
idasanzwe yo mu mutwe bashobora kuvuga ko
umuntu afite ikibazo cyo kwishyira hejuru**

**Izi ngingo zombi zigaragaza kutumvikana imbere
kandi zangiza iterambere ry'umuntu. Zivuka mu
bitekerezo no kutita ku kuri, kandi ntaho zihuriye
n'imiterere y'ubugingo bufite imbaraga.**

**Kwiyizera bigomba gushingira ku rufatiro rw'ibyo
umuntu yagezeho nyabyo no kumenya ko roho
zimurikiwe ntacyo zibura kuko ari abakire mu Mana.**

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Sisitemu y'imitsi ifite imirimo ibiri:

**Uturemangingo tw'imitsi tudufasha gukorana
n'isi. Yoga ya kera yavumbuye ko uturemangingo
tw'imitsi tunafasha guhuza abantu n'Imana.**

**Imbaraga z'ubuzima mu mubiri w'umuntu zikunze
gutembera hanze, ziva mu bwonko no mu ruti
rw'umugongo zinyuze mu mitsi zijya mu byumviro
n'ibyo zihura na byo mu bwenge.**

**Iyo iyo mbaraga y'ubuzima igenzuwe - binyuze mu
gutekereza cyane - isubiza inyuma inzira yayo imbere
aho kuyishyira hanze, hanyuma ikayikurura ubwenge
ikabujyana mu byuma bibonerana cyangwa ahantu**

hagaragara aho ubwenge n'ubumenyi bw'Imana mu buryo bw'umwuka biba.

Ubwoba—butuma imitsi irushaho gukangura—bugabanya ubushobozi bwo gutekereza bw'umubiri, mu gihe ituze rikurura ubwenge bw'Imana

Iyo utekereje kandi ugafunga imbaraga z'ubwonko zo hanze hanyuma ugatuza, imbaraga z'ubuzima ziva mu byumviro zijya mu mizi y'ubwenge bw'umwuka, hanyuma hagashyirwaho isano hagati y'imitsi yawe n'ubwenge bwo hejuru, bityo ukumva Imana ihari maze ukaba mu gihugu cy'umucyo kiri hirya y'agace k'ibitotsi no kutagira ubwenge.

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Benshi bashishikajwe n'ubushya bw'ubuto, kuko mu buryo bumwe cyangwa ubundi buri wese aba ashaka "isoko y'ubuto buhoraho," ariko ubuto ni iki?

Si abakiri bato bose baba bakiri bato, kuko bamwe baba bakuze cyane kandi basa n'abadafite imbaraga kurusha imyaka yabo nyayo. Ibinyuranye n'ibyo, hari abageze mu za bukuru bagumana ubuto bwabo nubwo bageze mu zabukuru. Bakomeza kugira ubwenge bwiza, imbaraga zabo zituruka ku mwuka wabo w'imbaraga zikagera ku mibiri yabo no mu maso, kandi amaraso yabo atera ibyishimo byo kubaho.

Ahubwo hari abantu babi, bafite ibyiyumvo bibi, bihebye, banenga kandi baca intege, nk'aho bapfuye - ubuzima bwanyu burambe

Nta mpamvu yo kugira imiterere mibi mu by'imitekerereze. Tugomba guhora dufite icyizere, dufite icyizere, dufite ubuzima n'imbaraga, dushimira Imana ku bw'imigisha yayo, kandi tukinjira mu buto bw'umwuka buturuka mu nda yacu.

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Bavandimwe na bashiki banjye muri iyi si, ndakwinginze mwibuke ko Imana ari imwe kandi ko twese turi abagize umuryango umwe w'isi yose. Bityo rero, tugomba gukoresha uburyo bwubaka bwo gufashanya—mu buryo bw'umubiri, mu by'umuco, mu by'imari no mu by'umwuka—kugira ngo tube abaturage b'iki gihe b'intangarugero.

Iyo buri muntu mu muryango w'abantu 1.000 atangira uburiganya, uburiganya, no kurwana kugira ngo yigwizeho ubutunzi ku bandi, buri wese yagira abanzi 999. Ariko, buri muntu aramutse agerageje gukorana n'abandi no kubarwanya, buri wese yagira inshuti 999.

Mu buryo nk'ubwo, ibihugu byose biramutse bifashijanya kubera urukundo, isi yaba ifite amahoro kandi hari amahirwe menshi yo guhaza ibyo buri wese akeneye no kunoza imibereho myiza ye.

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Abageze ku mucyo wo mu mwuka baba bafite imico myiza y'ubugabo n'ubugore Iyo umuntu ageze ku burunganire butunganye hagati y'ubwenge n'amarangamutima, aba yize kimwe mu masomo y'ingenzi cyane yatumye aza kuri iyi si. Umuntu agomba kumenya ko kamere ye y'ingenzi ari iyo mu mwuka, atari iyo mu mubiri.

Iyo umugabo n'umugore babonana nk'uburyo bwo guhaza ibyifuzo byabo gusa, bashobora kwangiza ubwumvikane no gutakaza ibyishimo nyakuri. Umugabo agomba gutuma umugore yumva ko atari kumwe na we kugira ngo asohoze irari rye ry'imibonano mpuzabitsina gusa, ahubwo ko ari umufasha n'inshuti aha agaciro, yubaha, kandi abona ko ari ikimenyetso cy'ubusobanuro bwiza kandi bwimbitse bw'ubuzima. Umugore na we agomba kubona umugabo muri ubwo buryo.

**Iyo umugabo n'umugore bakundanye urukundo
rutunganye kandi ruzira uburyarya, bagira
ubwumvikane bwuzuye ku rwego rw'umubiri, mu
mutwe no mu mwuka.**

**Iyo bagaragaje urukundo rwabo mu buryo bwiza,
umusaruro uba mwiza kandi bagashya ibyishimo**

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**Iyo umuntu adafite ibyishimo mu buzima, aba
abizi neza mu mutima we. Hari inzira imwe gusa igana
ku byishimo, kandi iyo ni ugushyikirana n'Imana.**

**Imana ntabwo izigera itererana abayiringira,
kandi ntabwo izigera itenguha abayikunda**

**Abafite ubushishozi mu by'umwuka bashobora
kugaragaza inzira no kwerekana inzitizi n'imitego,
ariko abashaka cyane bagomba gushyiraho imbaraga
no kunyura intera ubwabo. Kubana mu buryo
bw'umwuka n'abafite isano nyayo n'Imana bitanga
inyungu mu by'umwuka ku bifuza kunyura mu nzira
no kugera ku ntego bifuza.**

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**Amahoro yo mu mutima
Iyo gushyuha guhangayika bigabanuka
Haravuka ituze, rizana amahoro n'ituze
Ni inkingi y'ubwato bw'ubuzima yera
Yuzura umuyaga w'ibyishimo birambye, nta
byishimo bihari**

**Nuko asunika ubwato buhoro buhoro hejuru
y'ikiyaga cya Al-Rida**

**Uruhuke ni urujya n'uruza rworohereje rw'ibyishimo
rugana mu nyanja y'amahoro, rudakozweho n'imiraba
y'amaganya. Ni umupfundikizo w'ubugingo,
ukwirakwira mu bwenge no mu mutima w'umuntu
kugira ngo urinde ibyishimo by'ubuzima bwe, byaba
ibyoroshye cyangwa ibinini, imvura y'ubwoba
n'imihangayiko.**

**Ni ijwi ryo mu ijuru rituruka ku inanga y'ubuzima.
Ni umunyu wera ku meza y'ubuzima, ifuro riguruka
mu mazi y'ibirori byo kugera ku ntego, n'umwuka
mwiza kandi utuje ubwami bw'ubugingo buyoborwa
mu bwumvikane n'ubwumvikane.**

**Uruhushya ntirugarukira gusa ku kwiherera
ahantu hiherereye**

**Nta n'ubwo ari bwo buryo bwo guhunga urusaku
n'induru**

**Ahubwo, biza aho imitima ibyakira neza
Kandi aguma aho roho zibona ihumure muri we
Hatitawe ku gihe n'ahantu
Ni indabyo zoroshye kandi zoroshye
Ntishobora kwihanganira gukozwaho ibintu
bikabije**

**Ahubwo, irazima, irakura, kandi igakura neza
Iyo inyotewe n'amazi meza kandi meza
Umutuzo ni ikiyaga gituje cy'ibyiyumvo
Nta minkanyari y'agahinda
Uwo mugore urira kubera ubwoba
Kugira ngo habeho impungenge n'agahinda gato
Iyo urupapuro rw'ubugingo butuje rupfundikiye
Urubura rwera kandi rukeye:
Urubura rw'ituze n'amahoro yo mu mutima
Inkubi y'umuyaga n'imiyaga y'ubwoba
ntibizatsinda**

**Guhungabanya amahoro n'ituze
Munsi y'uru rwego rukomeye kandi rubengerana
Kubera uyu muco mwiza kandi uhebuje**

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**Ubucuti ni bwo bwoko bw'urukundo rutagatifu
cyane rw'Imana**

**Kuko bivuka ku bushake bw'umutima
Ntabwo tubiterwa n'imitekerereze y'umuryango
Inshuti nziza ntizigera zitandukana**

**Nta kintu na kimwe gishobora guca imirunga
y'urukundo rwabo rwa kivandimwe**

**Ubutunzi bw'inshuti ni ikintu cy'agaciro kanini
kurusha ibindi byose**

**Kubera ko ubucuti nyakuri bufitanye isano
n'ubugingo**

Kurenga imipaka y'iyi si

Inshuti zose dusangiye urukundo

Tuzongera kubasanga mu nzu yo mu ijuru

Kuko urukundo nyakuri rudapfa

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**Benshi baza mu nzira y'umwuka, ariko
abihangana kugeza ku iherezo bazabona ibyishimo
byo mu mwuka kandi bishimire amahoro nyayo.**

**Abigishwa b'inyangamugayo - bamenya ko inzira
z'umwijima n'ibyondo byo mu isi ziganisha ku kwiheba
no kubura amahoro - bahindukirira Imana
bakayishaka nta buryarya, kandi nta gushidikanya
bafite ku bushobozi bwayo bwo kubakiza no
kubahumuriza.**

**Umuntu usaba Imana yaba abonye igisubizo
gifatika cyangwa atakibonye, ntabwo atakaza icyizere
muri yo, ahubwo agakomeza kuyitakambira mu
mutima we, yizeye ko yumva ubusabe kandi ko
izasubiza umuhamagaro w'umutima mu gihe gikwiye.**

*** * ***

**Siyansi yagaragaje ko buri kantu kose k'ibintu
kadashobora kwangirika, kandi ko buri muraba
w'ingufu udashobora kwangirika**

**Ibi kandi bireba umuntu ubwe cyangwa kamere ye
y'umwuka idapfa**

**Ibintu bishobora guhinduka, kandi roho y'umuntu
ihura n'ibintu bihinduka**

**Impinduka ya nyuma yitwa urupfu, ariko urupfu
cyangwa impinduka mu miterere ntizihindura
cyangwa ngo zisenye kamere y'umwuka**

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**Mwami w'isi n'ijuru kandi ukundwa n'imitima,
twitaho, tumenye ko uri Umwami w'Imana wenyine,
wicaye ku ntebe y'ibyifuzo byacu.**

**Hirya y'irembo ry'ubuzima n'urupfu, wowe
Mwami, ni wowe ntego yonyine kandi y'ikirenga**

**Uri ubuzima nyakuri, kandi nta kintu na kimwe
kibaho utari kumwe nawe**

**Dufite umugisha wo kubona ibyiza, kumva ibyiza,
no gutekereza ibitekerezo bitanga imbaraga kandi
by'ingirakamaro**

Abicisha bugufi ni bo bakomeye ku isi

**Ushaka Imana ubwayo agomba kuyishaka, kuko
nta muntu ushobora kumuha ubwo bumenyi; ahubwo
agomba gukora kugira ngo abone igihembo
cy'ikirenga.**

**Iyo umuntu ushakisha Imana afashe icyemezo
gihamye cyo kuyishaka, agahuza uwo mwanzuro
n'icyo kuyitekererezaho cyane, azayibona.**

**Iyo umaze gukora ku kuboneka kw'Imana, uba
urenze itegeko ry'impamvu n'ingaruka**

**Ibyishimo umuntu yibwira kandi agashaka
abisanga mu Mana, kandi abahura na yo ni bo bafite
ibyishimo by'ukuri.**

**Uwiteka, duhe umugisha kugira ngo tuguhe
umwanya wa mbere mu buzima bwacu kandi kugira
ngo tudakomeza kureka ibishuko by'isi biduhiga
urukundo rwawe mu mitima yacu.**

**Dukingurire imitima yacu urukundo rw'Imana
kugira ngo ruje mu buzima bwacu, rwuzuzuze
urumuri, kandi rurambishe indabyo z'ibyishimo**

Igikorwa cyiza cyose dukora ni ishoramari ritsinda iteka ryose

Inyuma y'ubwenge buke bw'umuntu hari imbaraga zitagira iherezaho z'Imana

**Ubuzima bworoshye butanga umudendeko
Iyo ibitekerezo bituje, birashoboka kumva
ikiganiro cy'Imana binyuze kuri radiyo yo kwifuza.
Kandi iyo dufite ukuri, dukurura abantu
b'inyangamugayo, kandi binyuze muri bo, tubona
ineza n'urukundo by'Imana.**

*** * ***

**Uko imyaka yawe yaba iri kose, niba uvuze ngo
"Ndashoboye" uracyari muto**

**Ubwonko Imana yaduhaye ni igikoreshe gikomeye
kandi ishaka ko tubukoreshe mu gukora ibyiza**

**Uko nkomeza gutekereza ku Mana muri njye, ni ko
kuboneka kwayo kugaragara neza mu isi ikikije**

*** * ***

**Uwiteka, duhe umugisha kandi uduhe kugukunda
urukundo rwinshi**

**Kugira ngo twishimire kuboneka kwawe no
kwishima kwawe**

**Buri muni w'ubuzima bwacu
Kugira ngo isi n'ibishuko byayo bitabasha
kwigarurira imitima yacu**

**Cyangwa ukadukurura ukatubuza kugutekereza
Duhe umugisha kugira ngo tubashe kubaho buri
muni mu mucyo wawe n'amahoro yawe**

**Turagutegereje cyane kandi dutegereje cyane
uburyo waduhamagaye**

**Aho kugira ngo umuntu ashishikazwe n'ibintu byo
mu isi bitagira igihe kirekire**

**Erekeza inzira y'ubuzima bwacu kuri wewe
Kugira ngo iyo ingeso mbi zigerageje**

**Kudufata no guhambira ubwenge bwacu ku nzitizi
z'iyi si**

**Ibitekerezo byacu biragusanga ku muvuduko
mwinshi**

**Isi, Nyagasani, idutera guhangayika
Mu gihe urimo gutekereza
Bizana umutekano n'amahoro mu mutima mu
mitima yacu**

**Uri ubuzima bwacu
Kandi uri umukunzi wacu
Kandi uburyohe bwo kubaho kwacu
Dufite ubwitange buhebuje turagupfukamira
Mwami w'imitima yacu
Turagusaba kuzuza ubuzima bwacu n'urukundo
rwawe**

**Kandi kugira ngo wiyereke kuri twe
Kandi ku bayoboze bawe bese n'abakunzi bawe
Budha n'umukunzi we: Umwigisha #Paramhansa
Izindi nyigisho zatanze na mwarimu**

Paramhansa Yogananda

Kuri iyi link ikurikira:

[wwwswaidayogacom](http://www.swaidayogacom)

**Mu Buhinde, Buda afatwa nk'umuntu w'Imana.
Yabayeho imyaka magana atanu mbere ya Yesu Kristo
kandi yari umwana w'umwami w'Umuhinde.**

**Se wa Gautama (waje kwitwa Buda, bisobanura
"uwamurikiwe") yakikije umuhungu we
w'igikomangoma kuva akivuka afite ibintu byose
byiza n'ubwiza, amutura ibiryo bitagira imipaka
Ubukwe bwa Gautama bwavugwaga ko bwari bwiza
cyane kandi butangaje ku buryo ubwami bwa kera
butigeze bubona nk'ubwo**

Muri ubwo buryo, Gautama yakuze agera ku bugabo, yizeye ko isi imukikije ari ahantu harangwa n'ibyishimo bidashira n'ibintu bishimishije bidashira.

Ariko Igikomangoma Gautama yari afite amatsiko yo kuvumbura isi iri inyuma y'amarembo y'ingoro n'ubusitani butoshye Umunsi umwe, yasohotse yiyoberanyije n'umushoferi we w'igare kugira ngo yirebere isi ubwe.

Umusore mwiza yatunguwe cyane kandi akorwa n'isoni cyane ubwo yabonaga bwa mbere mu buzima bwe umusaza ushaje, ufite intege nke, n'undi muntu bahumeka umwuka we wa nyuma, ndetse no kubona umurambo udafite ubuzima.

Yarebye umubiri we muzima kandi uzima maze abaza umupilote niba umubiri we na wo uzasaza, ubore, kandi ugatakaza ubuzima bwawo. Umupilote yasubije abishaka ati:

"Yewe Muganwa, imibiri y'abantu yose ishobora kurwara indwara, intege nke, no gusaza, bityo iherezo ryabo ni urupfu"

Akimara kumva ibi, igikomangoma gikiri gito cyatangiye gutekereza cyane ku bintu bidasanze ku buzima bwo ku isi. Ijoro rimwe, ubwo umugore we n'umuhungu we w'ikinege bari basinziriye, Gautama yabarebye bwa nyuma, maze arira cyane, ava mu ngoro ashaka ukuri kwari kubohora abantu iteka ryose agahinda n'ububabare no kubaha gusobanukirwa neza ibanga ry'ubuzima n'urupfu.

Igikomangoma cyakoraga uburyo bwinshi bwo kwiyima no kwiyinga. Bivugwa ko yamaze imyaka irindwi mu gisibo n'indi migenzo y'iby'umwuka.

Amaherezo, ubwo yatekerezaga munsi y'igiti cy'umutini mu karere ka Bodh Gaya mu Buhinde, yabonye ubumenyi bwuzuye.

Hanyuma yongeye kurya bisanzwe kugira ngo agire umubiri we kandi akwirakwiza mu Buhinde amahame y'impuhwe n'urukundo rungana ku binyabuzima byose - abantu, inyoni n'inyamaswa. Yanatanze inama yo kwirinda kwihambira ku bintu byo ku isi yizeye kugera kuri nirvana, cyangwa imimerere yo kwitandukanya ibohora roho kuva mu kwivugurura mu bundi buzima.

Nyuma, abayoboke be bakwirakwiye inyigisho ze mu Buhinde, mu Buyapani, mu Bushinwa no mu bindi bice by'isi

Imiterere ya Nirvana, cyangwa kutagira ubumwe, akenshi ifatwa nk'irimbuka ry'umuntu. Ariko icyo Buda yashakaga kuvuga ni ukurimbuka kw'umuntu ufite imiterere iciriritse cyangwa umuntu w'ikinyoma. Iyi miterere ifunganye igomba kurimbuka kugira ngo roho idapfa ishobore kubona ukwibohora kuva mu ruziga rwo kugaruka mu mubiri w'umuntu.

Inyigisho y'Ababuda yo kurimbura, yabonaga ko ari yo ntego y'ubuzima, yaje gusimburwa mu Buhinde n'inyigisho y'Abaswami ya Shankara, washinze umuryango w'Abaswami mu Buhinde, wigishije ko intego y'ubuzima ari ukugira ngo umuntu agere ku bumwe bwiza n'umwuka w'isi yose nta kurimbura kwimenya.

Umwigisha Buda n'abigishwa be bari ingaragu Ubwo bari mu rugendo mu Buhinde, Buddha yagize ikintu kidasanzwe cyamuteye urujijo abigishwa be

ndetse gituma bamwe muri bo bashidikanya ku myitwarire y'umwarimu wabo.

Ubwo Buda mukuru yari aruhukiye mu gicucu cy'igiti, umugore yarabegereye maze akururwa ku buryo budasubirwaho n'umubiri wa Buda n'isura ye, byamurikaga bidasanze. Ahita amukunda cyane. Atewe n'urukundo rwinshi, yirutse amusanga afunguye amaboko kugira ngo amuhobere kandi amusome, atera hejuru ati: "Yewe byishimo n'urumuri rw'ubuzima, umutima wanjye uragutera urukundo!"

Abigishwa baratangaye bumvise shebuja asubiza umushukanyi ati "Mukunzi wanjye, nanjye ndagukunda ariko ntunkoreho ubu, kuko igihe kitaragera."

Yarasubije ati: "Uravuga ngo 'mukunzi wanjye' nyamara umbuza kugukoraho!"

Buda mukuru aramusubiza ati: "Humura, mukunzi wanjye, ko nzagukoraho nyuma, ariko ntabwo ari ubu. Kandi nzakwereka ko nkunda cyane."

Abonye ko amagambo ye atamwemeye, yongeyeho ati: "Wizere amagambo yanjye, mukunzi wanjye, ntuzigere uyashidikanyaho Nyuma, igihe abakunzi bawe bagukundaga bazaba bamaze kugusiga, nzaza aho uri"

Abanyeshuri be baratangaye bumvise izi nkuru z'urukundo ziturutse kuri shebuja, kandi bamwe muri bo batekereje ko umwarimu wabo yari yaguye mu mutego w'uwo mushukanyi.

Nyuma y'imyaka myinshi icyo kintu cyabaye, ubwo Buda yari arimo gutekereza hamwe n'abigishwa be, yahise avuga ati: "Ngomba kugenda, kuko

**umukunzi wanjye ukunda cyane arimo kunyita
Arankeneye ubu, kandi ngomba gusohoza isezerano
namusezeranyije"**

**Akimara kuvuga ayo magambo, yarahagurutse
ariruka, maze abigishwa baramukurikira bagerageza
kumukiza igishuko cy'uwo mugore w'umushukanyi.**

**Amaherezo, umwigisha ukomeye n'abigishwa be
bageze ku giti kimwe aho yahuriye n'umushukanyi
imyaka myinshi mbere yaho. Ni iki babonye muni
y'icyo giti?**

**Babonye umugore umwe aryamye hasi, umubiri
we mwiza wuzuyemo ibisebe by'inkorora kandi
byuzuyemo uduheri twinshi duhumura nabi.**

**Abigishwa barahinda umushyitsi maze bahita
bamuva iruhande, ariko Buda, n'umutima we
w'ubugwaneza n'urukundo rwinshi, yicara iruhande
rwe, aterura umubiri we wari utangiye kubora,
awushyira ku bibero bye, maze amwongorera mu
gutwi ati:**

**"Mukunzi wanjye, naje kwerekana uburyo
ngukunda cyane, kandi kugira ngo nsohoze isezerano
ryanjye ko nzagukoraho Nategereje igihe kirekire
kugira ngo nkwereke urukundo rwanjye ruzira
uburyarya Ndagukunda igihe abandi bose baretse
kugukunda Nanjye ndagukoraho igihe inshuti zawe -
iminsi y'icyubahiro - zidashaka kugukoraho"**

**Ubwo yavugaga ayo magambo, yahise amukiza
indwara ye mbi cyane, amusaba kujya mu muryango
w'abigishwa be, maze uwo mugore asubiza icyifuzo
cye afite umurava n'ibyishimo bitagira ingano!**

Amahoro abe kuri mwe

Ibyemeza Kuvura muri rusange

**Ku ntebe y'ubwami y'ibyiyumvo byose,
igitekerezo cyose n'ubushake bwose,**

Uwiteka, uricara, kandi urinze ubugingo bwanjye

Utekereza, ubushake, n'ibyiyumvo byawe

**Uyobora Uyobora buri gitekerezo, ubushake,
n'ibyiyumvo byose**

**Kugira ngo ubashe gukora ibihuje n'ubuyobozi
bwawe**

Kandi ukurikize ubuyobozi bwawe

Kandi ube urugero rwawe

Mu rusengero rw'ubwenge hari umucyo

Umucyo wawe ni wo mukiza ukomeye

**Ibyo amaso yanjye yabonye mbere, ndabibona
ubu**

**Urusengero rwanjye ubu rwaramurikiwe, nta
mwijima urimo!**

Nasinziriye maze nrota isenywa ry'urusengero

**Hamwe n'imitego y'ubwoba n'ubujiji, hamwe
n'umuriro w'amaganya**

**Wankanguye gusa mbona inyubako imeze neza,
ntabwo ari amatongo!**

Ndashaka kugusenga, ndashaka kukubona

Mu buzima bwanjye, mu nyenyeri

Mu turemangingo tw'umubiri, dukora buri gihe

Ikosora kandi igasana inenge zose ziri mu mubiri

Yewe, mbega ukuntu nifuza cyane kugusenga

**Ndakubona mu mubiri wanjye, hafi yanjye, no mu
buzima bwanjye bwose**

Uriho byose

**Urukundo rwanjye kuri wowe, Nyagasani, nta
mupaka!**

**Ubushake bwawe, Mwami, burimo bukora binyuze
muri njye**

Ubushake bwanjye ni urumuri rw'urumuri rwawe

**Muri njye, umucyo urabagirana, kandi umwijima
usubira inyuma**

Nzateganya kandi nzashaka

Nzakora kandi nzubake

Ntureke ngo ego yanjye inyobore

Ahubwo, ni wowe uyobora

Kandi ni wowe numva

Nzabigeraho binyuze mu bushake bwanjye

Gukorana umwete udahwema

Komezwa rero icyemezo cyanyije, Nyagasani
Ku bw'ubushake bwawe bukomaye
Reka, Nyagasani, tube
Nk'abana bato b'inzirakarengane
Nk'abakunda ubwami bw'ijuru
Urukundo rwawe ruri muri twe ni urutunganye
Kandi nkuko uri intungane
Uku ni ko tuba dufite ubuzima bwiza, haba ku
mubiri no mu mutwe
Uri hose kandi gutungana kuri mu maso yawe
Umucyo wawe urabagirana mu mubiri
Uturemangingo twayo turi muzima dukura mu
mucyo wawe
Reka menye ko uba mu bitekerezo byanyije
Hamwe n'ubugingo bwanjye n'ubuzima bwanjye
Hamwe na buri atome y'umubiri wanjye
Reka menye!
Ubuzima bwanjye, uri umuntu utunganye, uri mu
byuzuye byose
Uri mu mutima wanjye kandi uri mu bitekerezo
byanjye
N'amaso yanjye, isura yanjye, n'umubiri wanjye
Ni wowe unyimura ibirenge byanjye kugira ngo
ngende

Zombi ni amajwi

**Imbaraga zawe ni inkunga yawe; ibikorwa byawe
ni imbaraga zawe**

Sinzagwa kuko unshyigikiye

Sindagwa kuko

Ndizeye imbaraga zawe!

Uri mu muhogo wanjye

Uri mu nda yanjye no mu maraso yanjye

Buri rugingo rucana urumuri

**Mu mugongo wanjye urabengerana,
urabengerana**

Afite imbaraga nyinshi, afite ubuzima bwiza rwose

Unyura mu mitsi yanjye, imbaraga zisanzwe

Ameze neza rwose

Mu mitsi yanjye mu mitsi yanjye itemba

Uri umuriro utwika imyanda yose

Bisukura umubiri indwara zose

**Nk'uko uri umukunzi wanjye, nanjye ndi umukunzi
wawe**

Numva ko uriho mu bitekerezo byanjye

Iraterana n'umuyoboro w'ubuzima

**Reka ibitekerezo byanjye birusheho kurenga
imipaka yose**

**Reka iguruke mu turere twose nta nkomyi
cyangwa ngo igire icyo ikora**

**Iyo ntekereje ku ndwara, nanjye nshobora
kurwara**

Iyo ntekereje ku buzima, numva meze neza

Buri kanya, buri saha, buri munsi

**Numva mfite imbaraga, numva mfite ubuzima
bwiza**

Numva nishimye, mfite imbaraga kandi nishimye

Narose nkiri ndwaye

Nakangutse ndaseka ubwo nabonaga

Amarira yanjye arimo kuzura mu maso yanjye

Aya ni amarira y'ibyishimo, si amarira y'agahinda

Mfite ubuzima bwiza kandi mfite ubuzima bwiza

Nubwo inzozu zo kurwara

Mana yanjye, reka nyumve ibyishimo byawe

**Kandi ndagukunda kandi ndagukunda no kuba
uriho**

Naba numvira cyangwa nkigomeka

**Nzagumana urukundo rwawe, Mwami wanjye,
iteka ryose**

Reka numve ko nhora mfite ubuzima bwiza

Kandi ndishimye mu buzima bwanjye

Reka nyuzuze ibyishimo byanyu

Reka nsobanukirwe, wowe Muzi byose

Ku bushake bwawe bw'ubwenge!

Kwisesengura: Urufunguzo rw'ubuzima bwiza

Umwigisha Paramhansa Yogananda

Ubuhinduzi: Mahmoud Abbas Masoud

Nimuze tureke imbibi z'ubwikunde maze tujye mu byaro binini kandi bitagira imipaka by'iterambere ry'umwuka. Kimwe n'itsinda ry'abantu bo mu gihe runaka, bahora bagenda mu nzira z'ubuzima, ni ko n'itsinda ry'abantu bo mu mwuka rigomba kugenda mu nzira zo kwaguka burundu rigana ku muryango w'umwuka w'Imana.

Ingamba zo gusohoza inshingano z'ingenzi mu buzima akenshi ziguma zihishe munsu y'ibisigazwa n'imyanda y'ingeso z'abantu Umuntu agomba kwigobotora ingaruka mbi z'izi ngeso maze agatangira kubiba imbuto z'intsinzi yifuza mu butaka bw'ubuzima bwe Ubuzima bugira agaciro n'agaciro iyo dushoje umurimo w'ingenzi kandi w'ingenzi: kuvumbura icyo ubuzima bwacu busobanura n'agaciro nyakuri.

Abantu bagomba kumva ko aya mashusho y'ubuzima ahindagurika adatangwa nta mpamvu Buri munsu tubona ibintu bishya, kandi buri munsu uzana amasomo mashya tugomba kwigira twibanda ku ntego nyamukuru yo kubaho k'umuntu: kumenya Umuremyi Usumba Byose wihishe inyuma y'igitambaro cy'ubuzima

Abantu babarirwa muri za miriyoni ntibigera bishora mu isesengura ry'umubiri wabo. Mu buryo bw'imitekerereze, bashobora kugereranywa n'ibintu

byikora mu bidukikije. Bamara ubuzima bwabo bahugiye mu ifunguro rya mu gitondo, ifunguro rya saa sita, ifunguro rya nimugoroba, akazi, gusinzira, no kujya hirya no hino bashaka imyidagaduro n'imyidagaduro. Ntibazi icyo bashaka, impamvu bagishakisha, cyangwa impamvu batabonye ibyishimo byuzuye no kunyurwa birambye. Badafite isesengura ry'umubiri, abantu bakomeza kuba abahanga mu by'umubiri, bagengwa n'imimerere y'aho batuye. Kwisuzuma neza ni bwo buryo bwiza bwo gutera imbere no guteza imbere ubushobozi bw'umuntu.

Kwisesengura bigomba gukorwa mu bunyangamugayo no mu bunyangamugayo. Uburyo bwiza bwo kubikora ni uko umuntu yandika ibitekerezo bye n'ibyifuzo bye buri muni, bikamufasha guhangana n'uwo ari we nyawe nta kwiyoroshya cyangwa kwiyitirira. Abantu benshi ntibahinduka ngo babe beza kuko bananirwa kubona inenge zabo bwite.

Buri wese ni umusaruro w'ibidukikije bye n'umurage we. Umuntu wavukiye mu gihugu runaka azagaragaza imiterere yihariye y'icyo gihugu. Umuntu wavukiye mu Bushinwa cyangwa mu gihugu cy'Iburengerazuba ashobora kugaragaza imico n'imico bifitanye isano n'ibyo bihugu. Imiterere umuntu abamo ni ingaruka z'ibintu by'umurage: ibyiza n'ibyifuzo yakuye mu buzima bwa kera. Imiterere yavuye mu kwigira mu buzima bwa kera ituma umuntu avukira mu muryango cyangwa mu bidukikije yisanzemo.

Iyo dusomye ku miryango izwi cyane, akenshi tubona ko abana b'abantu bakomeye atari ngombwa ko baba bari ku rwego rumwe rw'ubwenge n'ababyeyi

babo. Uku kunanirwa k'umubiri n'uturemangingo mu bantu bitera gushidikanya n'ibibazo: Kuki tutabona umusaruro umwe mu buzima bw'abantu nk'uko tubibona mu bimera n'inyamaswa, aho ubwoko bwiza bukunze gutanga ubwoko bwiza? Tugomba gushakisha igisubizo cy'ubuzima bw'abantu.

Ntabwo bitangaje kubona umwana mu muryango wihariye mu buvanganzo na siyansi udafite inyungu na gato mu buvanganzo. Ni ukuri ko yavukiye kandi agakurira mu buzima bw'ubuvanganzo mu bakunda ubuvanganzo, nyamara nta mitekerereze imwe afitanye. Kuki kandi bite aho ibintu nk'ibi bibaho? Ibidukikije n'inkomoko y'umuntu ntibitanga ibisobanuro byumvikana kuri iki kintu. Ariko inyuma y'ibi bintu byose hari ukuri ko kuvuka mu buzima bushya. Twavukiye mu muryango runaka bitewe n'uko hari ibintu bimwe na bimwe bisa. Ariko buri wese mu bagize umuryango ni umuntu wigenga, ufite imico yavuye mu buzima bwe bwa kera. Kubera iyo mpamvu, nubwo hari ibintu bimwe na bimwe bifitanye isano mu mubiri no mu ngirabuzimafatizo hagati y'abagize umuryango, buri muntu atandukanye n'undi mu mico no mu miterere.

Umuntu ahitamo kuvukira mu muryango runaka no mu muryango runaka cyangwa mu gihugu runaka bitewe n'impamvu runaka zishingiye ku bikorwa bye bya kera. Muri uru rwego, umuntu ni we ugena iherezo rye bwite kandi ni we utegura iherezo rye. Umuntu ashobora guhanura, ku rugero runaka, uko azaba mu buzima bwe bw'ejo hazaza akoresheje isesengura ry'ibyifuzo bye n'ingeso ze zigaragara muri ubu buzima.

Aha niho akamaro ko kwisesengura mu gukura mu mwuka gaherereye Hari abantu bakunda gusoma inkuru zibabaje, bazibona nk'ubwoko bakunda kandi bumva ko bazakomeza kuzishimira ubuzima bwabo bwose. Ariko baramutse bisesenguye, bazabona ko akenshi bacika intege kandi bakarakara bitewe no gusoma buri gihe ubwoko bw'ibitabo. Kubera iyi ndwara yo kwiheba, bashobora gushaka gucika ku ngeso ahubwo bagahinga umuco wo gusoma ibitabo by'umwuka bitera imbaraga ibitekerezo byabo kandi bigatera imbaraga amarangamutima yabo n'ibitekerezo byiza kandi bihebuje. Nibakora iyi mpinduka, bazasanga ubuzima bwabo bwafashe inzira nshya nziza bitewe n'ubushishozi n'ubushake bukomeye.

Ni ukuri ko dushobora kwihindura vuba cyane niba tubishatse, ariko guhindura imiterere n'imytwarire y'imyaka myinshi bisaba imbaraga n'ubushake bukomeye.

Kugira ngo ingeso mbi irandurwe burundu, imbaraga zose zo kwiyemeza zigomba gushyirwa mu cyerekezo gitandukanye kugeza igihe ingeso mbi icitse kandi imbaraga zayo zigaseswa. Abantu benshi babura kwihangana no kwihangana bikenewe kuri ibi. Ariko, umuntu agomba kumenya ko ibyo yaremye cyangwa yakoze bishobora gusibangana cyangwa bigaseswa.

Iyo wisesenguye, gira icyifuzo gikomeye cyo gukuraho intege nke zawe no kuba umuntu wagenewe kuba we. Ntugacike intege cyangwa ngo ucike intege iyo ubonye inenge zigaragazwa no kwisuzuma mu buryo bw'ukuri; ahubwo, fata

nk'umwanya wo kumenya icyo ugomba gukemura mu miterere yawe.

Hari inyigisho yavutse ivuga ko igitekerezo ari umusaruro w'uturemangingo tw'imisemburo. Iki gitekerezo nta shingiro gifite. Inyama n'amagufwa ntibishobora gutanga igitekerezo. Ubwenge ni umuhanga mu by'ubwubatsi bw'ibintu byose , muri rusange no mu buryo bwihariye. Nk'uko amazi ahinduka urubura binyuze mu gukonja, igitekerezo gifata imiterere ifatika binyuze mu gukonja. Ibintu byose biri mu isanzure bitekerezwa mu buryo bufatika. Ndetse n'urugingo rw'imisemburo ni ikimenyetso cy'icyitegererezo gito cy'ibitekerezo.

Imiterere y'umubiri n'imitekerereze y'umuntu birafitanye isano rya bugufi Urugero, byagaragaye ko abantu barwaye umwijima bakunze kurakara no kurakara Iyo umuntu afite ikibazo cyo gusohora indyo yuzuye cyangwa umwijima udakora neza, ashobora kutagira ubushake bwo kumwenyura cyangwa kwishimana n'abo bahura nabo bose. Ahubwo, ashobora kurakara no kurakara Ibitekerezo n'amarangamutima bigira ingaruka ku miterere y'umubiri.

Iyo ingingo zangiritse, bigira ingaruka mbi ku mbaraga zo mu mutwe, ibyo bigatuma abantu bacika intege Abarya inyama nyinshi bakunze kugira uburakari no kurakara Iyo umuntu ariye umutobe w'imizabibu gusa mu cyumweru kimwe, yumva aruhutse kandi akumvana neza na buri wese.

Kurya cyane no kurya ibiryo bidakwiye bitera kandi bikabika uburozi bwinshi mu mubiri, nta gushidikanya ko bigira ingaruka mbi ku bwonko, bigatuma butinda, bucika intege, kandi bugahita

burakara Kwiwiriza ubusa buri gihe ku mutobe w'imizabibu cyangwa umucunga bifasha gusukura umubiri, ibyo bikaba bifasha kongera imbaraga mu bwonko no kubutera imbaraga. Byongeye kandi, kwiwiriza ubusa kuvura umunsi umwe mu cyumweru, rimwe na rimwe iminsi itatu (mu gihe unywa amazi n'umutobe mu gihe cyo kwiwiriza ubusa), byagaragaye ko bifasha gusukura umubiri uburozi n'imyanda byirundanyije. Kwiwiriza ubusa iminsi irenga itatu icyarimwe bigomba gukorwa munsu y'ubugenzuzi bwa muganga cyangwa inzobere mu kwiwiriza ubusa.

Nigeze guhura n'umugabo w'imyaka mironko irindwi wari wambaye imyenda yoroheje, nta koti, nta masogisi, nubwo hari hakonje cyane. Yanyijeje ko yumvaga akonje na gato! Yari yaramenyereye umubiri we mu gihe cy'ubukonje. Ubwenge bugira ingaruka ku mubiri kurusha uko umubiri ugira ingaruka ku bwenge, nubwo ibintu bigize umubiri bigira ingaruka ku bwenge buri gihe.

(Icyitonderwa: Ubushakashatsi bukomaye ku ngaruka z'ibiribwa n'imirire ku buzima bwo mu mutwe bwari bumaze imyaka myinshi bukorwa mbere yuko Paramhansa akora ibi. Abantu bakuriye mu bukene kandi badafite imirire ikwiye bagaragaje ko batagikura neza mu mutwe kandi ko batitabira neza. Byongeye kandi, siyansi yagaragaje ko bumwe mu bwoko bw'ubusazi [bukifatwa nk'ubudakira] bwateye imbere cyane hakoreshejwe vitamine. Nanone, impamvu zimwe na zimwe zo kwiheba, guhangayika, n'ibindi byiyumvo zishobora gukomoka ku kutumvikana kw'ibintu bigize shimi mu mubiri)

Nubwo ubwonko bufite ingaruka zikomeye ku mubiri, si byiza kwirengagiza umubiri Umuntu agomba gushyira imbere ibiryo bizima kuruta ibiryo bidafite akamaro Niba hari ibintu bisaba ko ubana n'abantu bagutera kurakara, ni byiza guhindura aho utuye rimwe na rimwe. Ariko ikiruta byose ni uguhindura imiterere yawe y'imitekerereze kugira ngo udahangayikishwa n'ibikorwa by'abandi. Ihindure ubwawe, kandi uzashobora kubaho mu mahoro no mu byishimo aho uri hose.

Isi muri rusange ni nk'ubuhungiro bwo mu mutwe. Hari abantu barwaye ishyari n'ishyari, abandi umujinya, urwango, n'irari. Ni abagizi ba nabi b'ingeso zabo n'amarangamutima yabo. Ariko ushobora kurema amahoro mu bidukikije. Isuzuma. Amarangamutima agira ingaruka zikomeye mu mutwe no ku mubiri. Ishyari n'ubwoba bituma isura isa n'aho yera, mu gihe urukundo rutuma irabagirana. Iyo ushoboye gutuza, uzakora wishimye.

Uko umuntu yakwitwara kose, agomba kwihatira gusesengura kamere ye nyayo no guteza imbere imico ye myiza. Umuntu ashobora kuba afite imico myiza, imyitwarire myiza, gukunda igihugu, ubuhanzi, cyangwa kwihangira imirimo, n'ibindi. Niba intego ye ari uguhuza n'amahame mbwirizamuco yo hejuru, agomba kubaho mu bunyangamugayo no kugira umutima mwiza n'imigambi myiza kuri bose. Iyi ni yo shingiro ry'imyitwarire myiza. Ubwibone ni bwo butuma abisobanura banenga kandi bagacira imanza abanyantega nke babakikije. Ariko abafite imico myiza n'ubugingo busobanukiwe bashyira mu mwanya w'abandi kandi ntibabacira urubanza ku makosa aturuka ku bujiji no kudafata ibyemezo neza.

Abafite ingeso yo gukunda ibintu bakunze kubabara bitari ngombwa. Abantu nk'abo bagomba kwiga kwifata, bitabaye ibyo bameze nk'ibice by'isi bizenguruka, bategetswe kunywa itabi runaka ku munsu no kurya ibiryo byihariye. Barwara umutwe iyo basibye ikawa cyangwa ifunguro rya saa sita kandi bashobora kuryama gusa kuri matelas ifite imiterere yihariye. Nubwo ihumure ari ryiza, umuntu ntagomba kubareka ngo bigire abacakara. Kunganya ni ngombwa, kandi keretse umuntu akurikije kamere ye yo mu mutwe, umubiri, n'umwuka, ntazamenya ibyishimo. Ntibikwiye kureka kamere y'ibintu ikaganza ubwenge n'ubushishozi bw'umuntu. Ijambo rya nyuma n'icyemezo cya nyuma bigomba guhora ari iby'umutimanama n'ubushishozi.

Ubuzima bworoshye n'ibitekerezo bihanitse bigomba kuba intego z'abantu Tugomba kwitwaza ibintu byose by'ibyishimo muri twe. Ibi birashoboka binyuze mu gitekereza no guhuza ubwenge bwacu n'ibyishimo byo mu buryo bw'umwuka bihora bivugururwa. Imana ni ibyishimo rusange, kandi mu buryo buhuye na Yo, twumva ibyishimo byayo kandi tukaryohereza n'uburyohe bwayo. Ntitugomba na rimwe guha ibyishimo byacu imbaraga iyo ari yo yose yo hanze. Uko ibidukikije tubamo cyangwa dukoreramo kose, tugomba kurinda amahoro yacu yo mu mutima ingaruka zayo. Isuzume kandi ube icyo ukwiye kuba cyo n'icyo ushaka kuba cyo. Abantu gake biga kwifata by'ukuri; ahubwo, bakora ibintu byangiza imibereho yabo nyamara bakizera ko bishimye! Ariko ibyishimo byabo ni nk'ibihimbano. Urufunguzo nyakuri rw'ibyishimo n'intsinzi ruri mu gukora ibintu ushaka gukora kuko ari inshingano zawe, kandi kwirinda gukora ibintu bibi kuko kubwirinda ari byiza.

Ntugakwiye guhugira mu bitekerezo byawe ku bintu byinshi n'ibyo ukunda. Bisuzume kugira ngo umenye niba ari ingenzi koko. Igihe ni ingenzi kandi ntikigomba gupfushwa ubusa. Gusoma igitabo kimwe cy'ingirakamaro bishobora gutuma ubuzima bwawe burushaho kuba bwiza kuruta kureba filime. Nkunda kuvuga nti, "Niba wasomye isaha imwe, andika ibiri. Niba wanditse amasaha abiri, tekereza atatu. Niba watekereje amasaha atatu, tekereza igihe cyose."

Aho ngiye hose, mpora mbungabunga amahoro yanjye yo mu mwuka n'ituze. Urushinge rwa busole ruhora rwerekeza mu majyaruguru. Mu buryo nk'ubwo, ubwenge bugomba guhora bwerekeza ku nkingi y'ibyishimo byo mu mwuka; icyo gihe nta muntu uzashobora kuguhungabanya cyangwa ngo akubuze kuringaniza.

Umuntu agomba kwihatira kuba mwiza buri munsu kurusha uwashize, bitabaye ibyo ashobora gusubira inyuma mu bijyanye n'ubuzima, amahoro yo mu mutima, n'ibyishimo Kuki? Kubera ko badashyiraho imbaraga zihagije zo kugenzura ibitekerezo n'ibikorwa byabo Abantu biha ingeso zabo, kandi bashobora kuzihindura Niba ubona ukunda gutekereza nabi, ukikira abantu beza, usome ibitabo byiza, kandi utekereze Guhindura inshuti zawe, nibiba ngombwa, bishobora kugira ingaruka nziza ku buzima bwawe

Iyo wiyemeje guhinduka ukamera neza, ibuka ko kuba uri kumwe n'abandi neza n'ingaruka nziza ari ingenzi cyane kugira ngo ugere ku ntego zawe. Ingaruka z'ibidukikije, byaba ari nziza cyangwa mbi, zirakomeye kuruta ubushake, bityo rero wibuke ibi mu gihe ukorana n'abandi.

Kwisesengura ni ingenzi cyane kugira ngo umuntu yiteho. Niba ushobora kwisesengura ushize amanga kandi udafite ubwoba, uzabasha kwihanganira isesengura ry'abandi kandi ibyo banenga ntibizagira ingaruka kuri wewe.

Abibanda ku ntege nke z'abandi ni abanyamahane Isi yuzuyemo ibibi, bityo umuntu ntagomba kuvuga nabi, cyangwa ngo atekereze ibibi, cyangwa ngo akore ibibi Ahubwo, umuntu agomba kuba nk'indabyo y'iroza, akwirakwiza impumuro nziza y'ubugwaneza, imigambi myiza, n'urukundo rwa kivandimwe Reka abantu bumve ko uri inshuti nyakuri - umwubatsi, ntabwo ari umusenyi Niba wifuza kuba mwiza kurusha uko uri, isuzume kandi utere imbere imico myiza iri imbere. Umuntu mwiza avuga neza nyirawo kuruta amagambo, kuko atanga umwuka udasanzwe abandi bumva kandi bakumva nta kwibeshya Tekereza umucyo, maze umwijima uzashira. Iga, utekereze, kandi ukore uko ushoboye kose kugira ngo ufashe abandi kandi ubakureho umutwaro w'amaganya, ububabare, ubwoba, n'akarengane.

Abantu benshi bagendagenda mu buzima bwabo nta ntego bafite, badafite intego isobanutse. Sobanura intego yawe kandi ukorere kuyigeraho. Tegura umwanya wo kwisuzuma no gusenga wenyine. Hari ibintu byinshi bitera imbaraga bitegereje kuvumburwa, ariko akenshi dutakaza umwanya wacu n'imbaraga zacu mu bintu bidafite akamaro. Ibyishimo ntibizaza keretse twitaye ku bwenge bw'abantu bakomeye kandi tukayoborwa n'urumuri rwabo. Ibitekerezo byabo biboneka mu bindi bitabo n'inyandiko by'umwuka kugira ngo bidufashe kandi biduyobore.

Ni byiza kwishimira ibinezeza by'ubuzima, ariko nta cyasimbura ubuzima bw'imbere no gutekereza mu buryo bwimbitse, kuko ibyishimo biterwa no gutekereza no kumenya ubwenge bukomeye binyuze mu bitekerezo byabo bibitswe mu bitabo, nk'uko biterwa no kwikinga n'abantu beza kandi b'abanyacyubahiro.

Kwigunga ni ikintu gishimishije ku bakunda gutekereza cyane, ariko ibyo ntibivuze kwitandukanya n'abandi cyangwa kwigunga Iyo wifuza gusabana n'abandi, bikore ubikuye ku mutima, ubigiranye urukundo rwawe rwose n'ubucuti, kugira ngo inshuti zawe zumve zihumuriye no kuba uri kumwe nawe kandi zihore zitegereje kukubona no kwishimira kubana nawe neza.

Amahoro abe kuri mwe

Ingaruka nziza

Paramhansa Yogananda

Ninjiraga muri hermitage maze ntanga ishema ku mwarimu wanjye, Sirri Yuktsuwar, igitebo cy'imboga, ngira nti:

"Iyi ni impano kuri wowe, bwana! Izi nyoni esheshatu nini za chouflage naziteye n'amaboko yanjye kandi nazitayeho mu gihe cyose zikura neza nk'uko umubyeyi akunda umwana we w'uruhinja"

Sri Yuktiswar yasubije amwenyura ashimira ati: "Murakoze, nyabuneka ubibike mu cyumba cyawe; nzabikenera ejo kugira ngo nkore ifunguro rya nimugoroba ridasanzwe"

Nari maze kugera mu muji wa Puri kugira ngo ngire ikiruhuko cy'impeshyi ku kigobe cy'umwarimu wanjye cyo ku nkombe. Iki kigobe cy'amagorofa abiri, gishimishije, giteganye n'ikigobe cya Bengal kandi cyubatswe n'umwarimu abifashijwemo n'abigishwa be.

Nabyutse kare mu gitondo, numvise umuyaga w'umunyu wo mu nyanja n'ubwiza bw'ahantu ho gutura. Numvise mwarimu ampamagara mu ijwi rye ryiza, nuko ndeba imbuto z'amashu, zuzuyemo urukundo n'uburanga, hanyuma ndazishyira muni y'igitanda cyanjye.

Mwarimu yaravuze ati: "Tujye ku mucanga" Yaragiye imbere, nanjye ndamukurikira hamwe n'itsinda ry'abanyeshuri bakiri bato. Mwarimu yaraturebye atunenga maze aravuga ati:

"Ndakwinginze ugende mu mirongo ibiri, intambwe zawe zigakomeza guhuzwa"

Hanyuma yaradusuzumye ubwo twamwumviraga maze atangira kuvuga ikintu cyagize ingaruka kuri we ati:

Yemwe bahungu, nimukomere kandi mugende mu murongo mu buryo bunoze!

Natangajwe n'uburyo mwarimu yashoboye kugendana n'intambwe nziza z'abanyeshuri be bato

Mwarimu yarandebye mu maso maze arambwira ati "Hagarara! Wafunze urugi rw'inyuma rw'inzu y'abashyitsi?"

Nasubije nti "Ndatekerezwa ko ari byo, bwana"

Seri Yuktsuwar yamazwe iminota muke acecetse, inseko ye isa n'aho imuca intege imukubita ku minwa, hanyuma amaherezo aravuga ati:

"Oya, nirengagije ko gutekereza ku Ntagatifu bitagomba gukoreshwa nk'urwitwazo rwo kwirengagiza kurya amafunguro y'umubiri"

Natekerezaga ko arimo gusetsa, ariko yongeyeho ati: "Imbuto zawe esheshatu za koliflawa zizahinduka eshanu vuba aha"

Twagarutse nk'uko mwarimu yari yarabidutegetse, maze twegera aho umuhango wabereye aravuga ati:

"Tegereza gato Reba, Mukunda (Paramhansa), ibumoso bwawe hakurya y'urugo ugana ku muhanda. Hari umuntu uzazaye vuba kandi azaba impamvu y'ibihano byawe"

Nahise uburakari bwanjye kubera aya magambo adasobanutse neza. Mu buryo butunguranye, nabonye umuturage wo mu mudugudu mu muhanda abyina mu buryo butangaje kandi akora ibimenyetso bitari byo. Nari hafi gukubitwa n'ikiragi maze ndeba cyane ikintu gisekeje cyane. Ubwo uwo mugabo yari agiye gucika, Sri Yuktswar yaravuze ati: "Noneho azagaruka"

Umuturage yahise ahindura inzira yerekeza inyuma y'inzu y'ishyamba. Nyuma yo kwambuka inzira y'umucanga, yinjiye mu nyubako anyuze mu murango w'inyuma, ntari narawufunze, nk'uko mwarimu wanjye yari yabimutegetse. Nyuma y'igihe gito, yasohotse yitwaje imwe mu mbuto zanjye z'amashu, ishema rye ryagaragaraga ubwo yagendaga afite icyubahiro n'icyubahiro.

**Iyi nkuru isekeje, aho nagaragaye
nk'uwahohotewe, ntiyambujije kwiruka ku mujura,
uwo namukurikiranye n'umuvuduko mwinshi cyane.
Nari maze kugera hagati ubwo Sri Yuktiswar
yampamagaye, anyeganyega aseka kuva ku mutwe
kugeza ku birenge, ansaba kugaruka. Yasobanuye
agira ati:**

**"Uriya mukene yari afite inyota ya cauliflower.
Nibwiraga ko bitamubabaza kubona imwe muri
cauliflower zawe utazitayeho neza!"**

**Nahise njya mu cyumba cyanjye maze nsanga
umujura akunda imboga, kuko atari yarakoze ku
mpeta zanjye za zahabu, ku isaha yanjye, cyangwa ku
mafaranga yanjye, byose byari byasandaye ku
gitambaro. Ahubwo, yari yihishe munsu y'igitanda ajya
mu gitebo cyihishe cya cauliflower, asohoza icyifuzo
cy'umutima we.**

**Kuri uwo mugoroba nasabye Sri Yuktwar
kunsobanurira icyo kibazo, ariko kitari gidafite ibintu
bitangaje. Umwarimu yazunguje umutwe buhoro
buhoro, aravuga ati:**

**"Uzasobanukirwa ko umunsi umwe Siyansi
izavumbura amategeko menshi atazwi vuba aha"**

**Nyuma y'imyaka mike, ubwo ibitangaza bya
radiyo byahitaga bitangira kugaragara ku isi
itangaye, ubuhanuzi bw'umwarimu bwari butse.
Ibitekerezo bya kera ku isanzure n'igihe byazimiye
burundu, kugeza ubu nta rugo na rumwe, nubwo
rwaba ari ruto, rutagerwaho n'imiyoboro myinshi ya
radiyo (na satellite) ku isi. Ndetse n'ubwenge budafite
ubwenge bwarafungutse kandi bwaragutse mbere**

y'uko habaho ikimenyetso kidashidikanywaho cy'imwe mu mico iranga abantu: kubaho kose.

Inkuru isekeje ivuga ku gihingwa cya kawurube irashobora kumvikana uyigereranya na radiyo Umwarimu wanjye yari umuhuza wuzuye n'uwakira Ibitekerezo si ikintu kitari ikintu kidasanzwe, nk'uko radiyo yumvikana ifata gahunda runaka mu bihumbi byatambutse hirya no hino, ni ko na Sri Yuktiswar yakiriye igitekerezo kimwe - igitekerezo cy'umupfapfa ukunda kawurube - mu bitekerezo byinshi byatambutse muri iyi si Ubwo twagendaga twerekeza ku mucanga, umwarimu yumvise icyifuzo cy'umuturage woroshye maze ahita akora kugira ngo agisohoze. Ijisho ryera ry'umwarimu wanjye yabonye umugabo abyina mbere y'uko abanyeshuri bakora. Kuba naribagiwe gukinga urugi rw'ingoro byatumye umwarimu abona impamvu yo kunyambura kimwe mu bimera nkunda. Bityo, Sri Yuktiswar, amaze gukora nk'uwakira, yanakoze nk'uwakira. Muri uru ruhare, umwarimu yashoboye kuyobora umuturage kugira ngo ahindukire intambwe ze akajya mu cyumba runaka kugira ngo abone kawurube imwe.

Ubushishozi ni ubuyobozi bw'ubugingo kandi bugaragarira mu muntu mu bihe by'ituze. Hafi ya buri muntu yigeze kugira ubushishozi budasanzwe cyangwa yashoboye kugeza ibitekerezo bye ku wundi muntu.

Ubwenge bw'umuntu budafite ibintu bimutera guhangayika bufite ubushobozi bwo gukora imirimo yose igoye ya radiyo: kohereza no kwakira ibitekerezo, no kuyungurura ibidakenewe Nk'uko imbaraga zo kohereza radiyo ziterwa n'ingano y'amashanyarazi ikoresha, imikorere y'ubwenge

bw'umuntu, kimwe na radiyo, iterwa n'ubushake bwa buri muntu.

Ibitekerezo byose bihora bihora mu isanzure. Binyuze mu kwibanda cyane, umwarimu ufite ubumenyi ashobora gufata no gusoma ibitekerezo by'umuntu uwo ari we wese, waba uriho cyangwa wapfuye. Ibitekerezo ni iby'isi yose, ntabwo ari iby'umuntu ku giti cye. Ukuri ntigushobora kuremwa ariko kuvumburwa. Ibitekerezo by'ibinyoma—bito cyangwa binini—bituruka ku bushobozi budahagije bwo gushishoza. Intego ya yoga ni ugutuza ubwenge kugira ngo bushobore kumva ubuyobozi budahinduka bw'ijwi ry'imbere, nta kugoreka cyangwa urujijo.

Radiyo na televiziyo byazanye amajwi n'amashusho y'abandi bari kure icyarimwe mu ngo z'abantu babarirwa muri za miriyoni. Iki cyari ikimenyetso cya mbere cya siyansi cyerekana ko abantu ari umwuka uhuriweho n'abantu bose. Nubwo ubumuntu budafite aho buhuriye n'ubwenge bugerageza mu buryo bwose gutegeka no gufata ishingiro ry'ikiremhamuntu, si umubiri ufungiyeho ahantu runaka mu kirere, ahubwo ni umwuka w'ubuzima rusange.

Muri urwo rwego, Charles Robert Richet, wahawe igihembo cya Nobel muri Fiziyojari, yanditse ibi bikurikira:

"Ni ibintu bitangaje kandi bitangaje rwose ko ibintu bidasanzwe bidashobora kubaho iyo bishyizweho, ntibizongera kudutangaza kurusha siyansi mu kinyejana gishize. Ibintu twemera ubu bifatwa nk'aho bireka kudutangaza kuko byatangiye kumvikana. Ariko si ko bimeze. Niba bitagitangaje, si uko tubisobanukiye, ahubwo ni uko byamaze

kumenyera. Niba tugomba gutangazwa n'ibintu byose bidasobanutse, noneho twagombye gutangazwa n'ibintu byose: ibuye ryajugunywe mu kirere, umurama ukura ukaba igiti kinini cy'umwela, mercure yaguka iyo ishyushye, n'icyuma gikururwa na rukuruzi."

"Ubumenyi bw'iki gihe ntabwo bukigoye. Ibintu bitangaje kandi bitunguranye abazadukomokaho bazagaragaza ubu biri hafi yacu kandi biratureba, nubwo tutabibona. Ariko ntibihagije kuvuga ko tutabibona: ntidushaka kubibona, kuko iyo ikintu kidasanzwe kandi kitamenyekanye kigaragaye, tugerageza kubishyira mu rufatiro rw'ubumenyi bwemewe, kandi turarakara iyo hari uwigeze agerageza nyuma y'ibyo!"

**Inkomoko: Igitabo cya Yogi: Inkuru y'ubuzima bwe
Nakubonye wihishe**

Narebye indabyo ndasenga, maze ako kanya ndakubona, Roho Mutagatifu, wihishemo. Yatangaga impumuro nziza yo kubaho kwawe, indabyo zayo zarabagiranaga kubera ubuziranenge bwawe bw'umutuku, kandi umutima wayo warabagiranaga n'izahabu y'ubwenge bwawe.

Kandi nabonye imbaraga zawe zose zishyigikira igiti cyazo gito n'amababi yacyo y'icyatsi kibisi. Ku bijyanye n'amayobera y'ubuzima n'iteka ryose, nabonye zisinziriye mu mukungugu w'umukungugu, kandi gukoraho kwawe kutagira iherezo kwahumekeye inzuki kandi ishyushya igituza cyayo, bityo itangira kunywa uburyohe bwawe.

**Mpa ubumenyi ku bitangaza by'ibyo waremye
kandi umpishurire amabanga yawe atagira iherezo,
ahishe ndetse no mu byatsi bito bikura ku nkengero
z'umuhanda.**

**Induru ziturutse mu bihe by'iteka ryose
Gutonda kamere yawe cyangwa gutsinda imico mibi
Ntabwo byoroshye gusobanura imiterere, ariko
tuzi icyo ari cyo Iyo uri mu bihe by'uburakari n'ishavu,
imyitwarire yawe ntabwo isanzwe, kandi utari uwo
wagakwiye kuba we. Ingaruka zabyo ni uko wumva
ubabaye kandi wigunze. Ni iki cyaba ari ubupfapfa
kuruta ko umuntu yitera agahinda binyuze mu
bikorwa bye n'imyitwarire ye?**

**Nta muntu ukunda imibabaro Ese umuntu
ntiyagombye kwisuzuma ubutaha azaba afite
agahinda? Niba abikoze, azabona ko yishyira mu kaga
ku bushake Iyo ari mu kaga gakomeye, abandi
bamukikije bumva agahinda ke kandi bakirinda
kubana na bo**

**Aho umuntu agana hose, avuga cyane nta
magambo, kuko uko abyumva muri rusange
bigaragara mu maso ye, kandi umuntu wese umureba
yumva ibintu bibi bimuturutseho. Abonye
amarangamutima mabi kandi yijimye agaragara mu
maso ye, abandi barayanga, bahitamo kwitandukanya
n'ayo majwi atuma umuntu ahungabana. Uburakari
bugomba kubanza kwirukanwa mu ndorerwamo
y'ubwenge mbere yuko isura yabwo mu maso
ihanagurwa.**

**Muri iyi si, umuntu aba mu nzu y'ibirahure,
yiyerekana ku bandi, adashobora kwiyoberanya
cyangwa kwiyitirira. Bityo rero, agomba kubaho
ubuzima busanzwe. Kuki atakora ibintu bimuhesha
icyubahiro no gushimwa? Kuki atabona icyubahiro mu**

maso ye n'ibyishimo biri mu maso ye? Imico myiza n'ingeso nziza z'umuntu byose byihishe imbere, munsu y'umwijima n'agahinda.

Abandi ntibabona gusa imyitwarire ye, ahubwo banareba iyabo Kubera ko akunda kwigereranya n'abandi bitewe no guhora yitegereza abamukikije, agwa mu mutego wo kubura ibyishimo mu mutwe Cyangwa ashobora guhangayika no guhangayikishwa n'ingorane ahura nazo muri iyi si Ubushyuhe bukunze guterwa n'ingaruka z'ibidukikije Buri wese muri twe agerwaho n'ingaruka z'isi idukikije mu buryo butandukanye Ariko ntidukwiye kwemera kwiheba bitewe n'imimerere yo hanze Kandi kuki twagombye kwikorera umutwari w'ingaruka zibangamiye z'ibidukikije?

Hari abantu bakoresha amarangamutima mabi kugira ngo birinde guhura n'ikibazo cyangwa ikibazo runaka. Ariko, iyi myitwarire mibi si uburyo bwo guhunga cyangwa bwo kwirinda amarangamutima. Ni ibisanzwe ko rimwe na rimwe umuntu agwa mu kaga no kwiheba, ariko ayo marangamutima ntagomba kwemererwa kukwigarurira.

Buri karanga k'umuntu gafite impamvu yihariye imuteye Kugira ngo wirinde akaranga, impamvu yako igomba gukemurwa Ni ngombwa guhagarara no gutekerezwa buri munsu, ugasuzuma ibitekerezo byawe n'impamvu zigutera gusobanukirwa kamere yawe no kwiga uburyo bwiza bwo kuyikemura no kuyikosora niba ari mbi Ushobora kwisanga uri mu mimerere yo kutita ku nama z'abandi. Muri iki gihe, ni ngombwa gushyiraho imihati ifatika yo guteza imbere uburamba bwiza kandi bushishikajwe. Witondere kutita ku bintu bikubangamira mu iterambere kandi bigatera imbaraga zo gukora ibintu.

Cyangwa umuntu ashobora gucika intege no gucika intege bitewe n'uburwayi, akizera ko adashobora kugarura ubuzima bwe. Muri iki gihe, amahame y'ubuzima bwiza agomba gukoreshwa kugira ngo habeho ubuzima bwiza kandi butanga umusaruro bushingiye ku shingiro ry'umuco n'amahame mbwirizamuco. Byongeye kandi, umuntu agomba kwiambaza Imana Ishoborabyose mu isengesho kugira ngo arusheho kwizera imbaraga zayo zo gukiza.

Niba umuntu yiyumvishije ko ari umuntu wananiwe kandi ko adashobora kugira icyo ageraho, ikibazo kigomba gusesengurwa kandi hagasobanurwa neza niba yarakoze ibishoboka byose.

Imana ni yo icunga isanzure ryose, kugeza ku tuntu duto cyane kandi duto cyane, kandi abantu baremwe mu ishusho yayo. Bityo rero, ntidushobora kwitwaza cyangwa kwitwaza impamvu zo gutsindwa. Ntugatinye akazi, nubwo kaba kagoye gute, kuko akazi "gakomeza" umubiri kandi ntawe kagira icyo kangiza. Ariko, umuntu agomba kwiga gukora no gutekerezwa atuje. Iyo ufite imbaraga kandi utuje, ushobora kugera ku cyo ushaka, kuko ubwenge bwawe buba busobanutse.

Uretse kudashyiramo imbaraga zikenewe kugira ngo bagere ku ntsinzi, abantu benshi baba badakora mu mutwe. Bamara igihe kinini badatekerezwa. Bamwe batekerezwa ko ari ukuruhuka no kuruhuka. Ariko mu kuruhuka by'ukuri, ubwenge bukora kandi buratuje. Muri ibyo bihe by'ituze, umuntu ashobora gutekerezwa ku Mana, ahantu heza, cyangwa ibintu bishimishije. Gukora mu mutwe mu buryo bwiza kandi butuje biraruhura kandi bitera imbaraga. Nyamara, abantu benshi bitiranya imbaraga zo guhanga n'imihangayiko no gukora mu gihe cy'ubwoba.

Gutekereza ku guhanga udushya ni wo muti mwiza wo kurwanya imico mibi. Iyi mico ifata ubwenge iyo umuntu ari mu mimerere mibi cyangwa ihungabana Iyo ubwenge budafite ibitekerezo byiza, nyirabwo acika intege kandi aremerewe n'imihangayiko. Kandi hamwe n'ihungabana n'imihangayiko haza shitani, icumbika mu bitekerezo by'uwo muntu kandi ikagenzura byuzuye nyirayo!

Kubwibyo, nshuti yanjye, kora ku guteza imbere ibitekerezo byo guhanga Iyo udakora akazi k'ingufu, kora ikintu cyo guhanga mu mutwe wawe. Gira ibyo uhugiyemo kugira ngo hatagira umwanya usigara wo gutekereza ku mihangayiko n'imihangayiko.

Gutekereza ku guhanga ni ibintu bitangaje kandi bitangaje, nk'aho uba mu yindi si Buri wese agomba guteza imbere ubu bushobozi. Sinkunze gutekereza ku ijamba na rimwe mu nyigisho zanjye—kandi iri ni rimwe muri zo—mbere yo kuzitanga. Ariko nkimara kwinjira muri iyo ngingo, roho yanjye itangira kumbwira ibintu bitangaje. Iyo utekereje ku guhanga, ntuba wumva umubiri cyangwa amarangamutima ahangayikishije, kuko muri ibyo bihe uba uhuje n'umwuka w'Imana.

Ubwenge bwacu bugaragazwa n'ishusho y'ubwenge bw'Imana, buhanga ibintu byose bishoboka. Iyo tudafite ubwo bumenyi, tuba duhuje imico igoye. Binyuze mu bitekerezo byiza kandi bihanga, dutsinda iyo mico. Byongeye kandi, binyuze mu bitekerezo bihanga, tubona ibisubizo n'ibisubizo ku bibazo byacu byose n'ibibazo by'abandi.

Uburakari bubi bumeze nka kanseri, bugatuma umuntu abura amahoro yo mu mutima. Iyi ni yo mpamvu abafite uburakari bwinshi badashobora guhunga ingorane n'ibibazo byabo.

Uko ibintu bimeze kose umuntu yaba ari mu bihe bikomeye, ntagomba kwiheba. Ashobora gutsinda mu bitekerezo bye. Iyo umuntu ufite uburakari bukabije ananiwe, atera amaboko ye akemera ko yatsinzwe. Ariko ukomeza ubwenge bwe budatenguha ni we utsinda intambara y'ubuzima, nubwo isi imukikije yaba irimo ishyuha nk'ikirunga.

Ese umuntu arashaka gufungwa cyangwa kurekurwa? Iyo yishyize mu kaga cyane mu mico ye, aba adashobora gukomeza guhangana n'ibibazo by'ubuzima Iyo yemereye amarangamutima mabi gupfukirana ubwenge bwe, imbaraga ze z'ubushake ziragabanuka kandi icyemezo cye kiragabanuka. Ingeso z'ubushyuhu zitwikira ubwonko mu gihu cy'urujijo n'urujijo, bikabangamira ubushobozi bwo gutekereza neza kandi bigatuma imbaraga zose zitagira umumaro.

Umuntu ashobora gutsinda uburakari bwe, nubwo bwaba bukabije kandi buteye ubwoba. Icyamba mbere, agomba kwiyeemeza ko atazongera kugira agahinda no kwibwira. Kandi niba hari ikibazo cy'amarangamutima kibayeho nubwo yafashe icyemezo, agomba kugisengura kugira ngo asobanukirwe uburyo cyamuteye kandi agire icyo akora ku buryo bwubaka.

Byongeye kandi, nta kintu na kimwe gikwiye gukorwa mu buryo butari bwo, ahubwo gikwiye gukorwa mu buryo bwitondewe kandi bwimbitse mu mutwe. Tugomba gukora ibikorwa byo guhanga kuko Imana yaduhaye ubushobozi butagira imipaka. Ni iyihe mpamvu yo kwigobotora mu gutsindwa mu mitekerereze binyuze mu kwishora mu bitekerezo binaniza kandi bitameze neza? Umuntu agomba kwibohora mu miterere y'imatekerereze isenya ikora nk'iferi ku biziga by'iterambere nyakuri. Keretse iyo

ibiziga bibohowe ku biziga bibifata, kugenda no gutera imbere ntibishoboka. Ibuka buri gitondo ko Imana iri kumwe nawe, kandi uko ingorane zawe zaba ziri kose, ufite ububasha bwo kubitsinda. Uri umuragwa ukwiye w'imbaraga z'Umwuka Wera, bityo rero, urusha imbaraga imimerere kandi uruta ibintu.

Umuhungu w'umunyabwenge kandi w'umunyabwenge ntakunda guhangana n'ibibazo byoroshye; yishimira ibigoye Ariko abantu benshi baterwa ubwoba n'ibibazo byo mu buzima sinigeze mbitinya, kuko nahoraga nsenga nti "Mana yanjye, ongera imbaraga zawe muri njye Unkomeze mu bitekerezo byiza kugira ngo, hamwe n'ubufasha bwawe, nshobore guhora nshobora gutsinda ingorane zanjye"

Tekereza ku kibazo mu buryo bwubaka kugeza igihe utazongera gutekereza. Iyo ndimo guhangana n'ikibazo, njya kure cyane kugira ngo ngere ku ntambwe zose zishoboka zo kugikemura, kugeza igihe nshobora kuvuga mu by'ukuri kandi mu by'ukuri nti: "Nakoze uko nshoboye kose kandi ibi ni byo byonyine nshobora gukora" Hanyuma nibagirwa ikibazo.

Umuntu uhora yibanda ku bibazo ararakara kandi agahita arakara. Irinde ibi. Iyo havutse ikibazo, aho kucyibandaho, tekereza uburyo bwose bushoboka bwo kugikemura. Niba ubona ko udashobora gutekereza neza, gereranya impungenge zawe n'ibibazo bisa n'ibyo abandi bahura na byo kandi wige ku byo banyuzemo kugira ngo umenye inzira zigana ku gutsindwa n'izo kugera ku ntsinzi. Hitamo intambwe zisa n'izifatika kandi zifatika, kandi wiyemeze kuzishyira mu bikorwa. Isomero ryose ry'isi ribitswe muri wowe. Byose ushaka kumenya birahari. Kugira ngo ubihishure, ugomba gutekereza mu buryo buhanga kandi bugezweho.

Umujinya ukabije ugabanya ubwumvikane kandi ugakomera ku byiyumvo, bigatuma umuntu adashoboka kubana neza n'abandi. Ubuzima bwo mu rugo bugomba kuba ahantu ho guhungira, ariko uburakari butuma buhinduka ikuzimu hababaje. Umugabo agarutse mu rugo agasanga umugore we afite agahinda, bigatuma atabasha kuvugana na we. Cyangwa ashobora kugaruka afite agahinda, bigatuma atabasha kumufasha gutekereza. Ibibazo byinshi bigwirira abantu kubera uburakari. Iyo umuntu wo mu muryango arakaye cyangwa atitaye ku byo akora, uhita ugerwaho n'uburakari bwe. Cyangwa wenda usuye umuntu wuzuye ibyishimo, ugasanga ahora atongana kandi ababaza, bigatuma ahita ahindura ibyishimo byawe amarira, bigatuma nawe wifuza kwihorera. Ntureke ngo uburakari bw'abandi bugukomeretse.

Biroroshye kwihorera, ariko gutanga urukundo ni bwo buryo bwiza bwo guhosha uburakari bw'abandi no kwirinda ibibi byabo. Urukundo rugomba kuba rutunganye, kuko iyo ruturutse mu mutima, rugira ingaruka nziza.

Ntitugomba kwibanda ku ngaruka, nubwo urukundo rwacu rwaba rubifitemo uburangare. Urukundo rurakomeye kuruta urwango, kandi ingaruka zarwo zirakomeye kandi zitangaje.

Ese uzi ko ubusitani bwiza buri mu mutima wawe? Ubusitani bwiza bw'ibitekerezo, buhumura neza urukundo, ineza, ubwumvikane, n'amahoro—ubusitani bufite ubwiza n'ibyishimo biruta indabyo zose zo ku isi n'ibimera bihumura neza. Urema indabyo zihumura neza igihe cyose umuntu aguteshutse nabi mu burakari, kandi uhora utanga urukundo. Ese impumuro y'urwo rukundo n'ubwumvikane si yo iramba kandi isukuye kurusha indabyo zisanzwe?

Kubwibyoye, jya wibuka ko ubwenge bwawe ari ubusitani, kandi bukomeze kuba bwiza kandi buhumura neza hamwe n'ibitekerezo bitunganye, byera. Ntukemere ko buhinduka igishanga cyuzuyemo imico mibi y'urwango. Niba uHINGA indabyo z'amahoro n'urukundo, zuzuyemo impumuro nziza yo mu ijuru, inzuki zo kumenya iby'umwuka zizakururwa mu busitani bwawe. Nk'uko inzuki ishaka indabyo gusa zisohora ubuki bwiza cyane, ni ko Imana izagusura igihe ubuzima bwawe buzaba bwuzuyemo ibitekerezo byiza kandi bitoshye. Ujye wemera ko utazemera ko ibyatsi bibi, bibi by'ibibi n'uburakari bikura mu busitani bw'imico yawe myiza yo mu mwuka. Uko urushaho gukuzanya imico yera imeze nk'indabyo zikura, niko Imana izarushaho kugaragaza ubuziranenge bwayo muri wowe.

Inyandiko z'ubwenge bwo mu Burasirazuba zivugako umuntu utuje kandi utuje mu gihe ahanganye n'inshuti n'umwanzi, adakozwaho ubushyuhe n'ubukonje, ibyishimo n'ububabare, Imana imukunda cyane. Mu gihe uhora uha urukundo abafite kamere mbi n'ubugome, amahoro ku bafite ubwoba n'imihangayiko, uburyohe ku bafite uburakari, ibyishimo ku bafite imitwaro n'amakuba, no mu gutanga urugero ku bayoba mu nzira z'ubuyobe n'ibyaha, utsinda imico mibi ukomeza gutekereza ku bintu by'ingirakamaro kandi bihanga.

Nkunda kuvuga nti: "Niba wasomye isaha imwe, andika amasaha abiri; niba wanditse amasaha abiri, tekereza amasaha atatu; niba watekereje amasaha atatu, tekereza igihe cyose"

Imana ni isoko y'ibyishimo byose, kandi birashoboka kuyigeraho mu buzima bwacu bwa buri muni. Ariko umuntu akunze kwibanda ku bintu bimutera kubura ibyishimo. Gutekereza ni bwo buryo

bwiza bwo gukuraho ingeso mbi no kubaho mu isi itangaje—isi nk'iyo umunyabwenge ukomeye yamenye ubwo yagiraga ati: "Mwami, naririmbagi izina ryawe ry'icyubahiro maze niyibagirwa wowe. Ubwo nagarukaga kuri ubu buryo bwo kumenya, nasanze navuye mu mubiri wanjye wa kera kugira ngo mbone umubiri mushya wampaye!"

Hari inkuru isa n'iyi mu Buhinde ivuga ku wundi mutagatifu. Umusore yari aherutse gupfa umurambo we ujyanwa mu muriro. Ubwo abari mu cyunamo bari bagiye gutwika umuriro, umusaza yahageze yiruka arataka ati: "Hagarara! Ntugacane umuriro! Nzakoresha uwo mubiri!" Akimara kuvuga aya magambo, umurambo w'umusaza waguye hasi arapfa, mu gihe umusore yahagurutse mu kirundo cy'inkongi yihuta yerekeza mu ishyamba. Umusaza yari umutagatifu ukomeye kandi ntiyashakaga guhagarika gusenga kwe asubira mu buzima mu mubiri w'umwana udafite ubuzima, bityo yahisemo gukoresha umubiri w'uwo musore kugira ngo akomeze imyitozo ye y'iby'umwuka.

Hari ibintu byinshi bitangaje ku buzima n'urupfu bitegereje kuvumburwa. Gutekereza ni bwo buryo tugomba kubaho duhuje na kamere yacu y'Imana kandi duhuje n'Imana. Urupfu ruterwa ubwoba abantu kuko rwatumye Imana itadusanga mu buzima bwacu.

Ibintu byose bibabaza bitwuzuza ubwoba n'ubwoba kuko dukunda isi tutasobanukiwe icyo isobanura n'intego yayo. Ariko iyo tubona Imana muri byose, ubwoba burashira. Duhora "tuvuka" mu buzima no mu rupfu. Mu by'ukuri, urupfu ni izina ritari ryo kuko nta rupfu rubaho. Iyo ubuzima bunaniwe, twiyambura umwambaro w'umubiri maze tugasubira mu isi yoroheje kandi idafite ishingiro.

Urupfu bivuze iherezo Igare rifite ibice byacitse ni igare ryapfuye kuko ryageze ku iherezo ryaryo Ariko roho idapfa ntishobora gupfa Buri joro, mu gihe dusinziriye, roho iba mu mubiri utagira icyo utekereza, itazi umubiri ufatika. Iyo gutakaza ubwenge bw'umubiri byasobanuraga urupfu, roho yapfa iyo dusinziriye. Ariko ntidupfa iyo dusinziriye, kandi ntidutakaza ubwenge burundu, kuko iyo tukangutse, twibuka niba ibitotsi byacu byari byiza cyangwa bitameze neza. Kimwe n'uko, ntabwo dupfa nyuma y'urupfu.

Abemera ko ubwenge bwabo bukomera baba bapfuye koko Kugira ngo bakemure ibanga ry'ubuzima, ugomba kuvuka bundi bushya buri munsu. Ibi bivuze ko duharanira buri munsu kwiteza imbere mu buryo runaka. Ikirenze byose, tugomba gusenga Imana ikaduha ubwenge, kuko ubwenge burimo byose.

Gusobanukirwa, gutekereza kurema, n'ibikorwa byubaka kandi by'ingirakamaro bigomba gutegurwa kugira ngo twiteze imbere kandi twungukire abandi. Buri wese wifuza kwinjira mu Bwami bw'Imana agomba gufasha abandi buri munsu uko ashoboye kose. Mu gukurikira iyi nzira, umuntu azagira ibyishimo bizima bikuraho imico mibi. Ibi byishimo nabyo ni ikimenyetso kidakuka cy'iterambere ryo mu mutwe, mu mubiri no mu mwuka. Nta gushidikanya ko urwego rwo hejuru ruzagerwaho, kuko iyi ari yo nzira igana mu Bwami bw'Imana.

Hagomba gukorwa ibishoboka byose kugira ngo umuntu atsinde imyitwarire ye, kuko iyo umuntu yumvise yihebye kandi afite intimba, aba abyibye imbuto z'amakosa mu butaka bwe.

Kwishora mu ngeso mbi ni urupfu rugenda buhoro buhoro. Ariko kwihatira kumva wishimye kandi ufite

**icyizere buri munsi, nubwo hari ibigeragezo
biguhangayikishije kandi bigutesha umutwe,
bigaragaza kuvuka ubwa kabiri mu buryo bwiza. Iyo
uku kuvuka bwa kabiri kw'umuntu kuhindutse kuvuka
ubwa kabiri mu buryo bw'umwuka, ntibishoboka ko
umuntu avugururwa; azakomeza kuba umuntu
uhagaze.**

**Imitekerereze irandura Kandi mu bihe
by'imihangayiko no kwiheba, bishobora kugira
ingaruka mbi ku bantu benshi. Umuntu ntagomba
gufata ibintu bibi byabaye mu buzima nk'ikintu
gikomeye. Ni byiza guseka gato kuruta kubabara no
kwinubira ibyago byose bishobora kukugeraho.**

**Ni byiza cyane kugira icyizere no guhora
ugera kumwenyura**

**Iyo umuntu agaragaje ubutwari, ibyishimo,
cyangwa indi mico myiza, avuka bundi bushya, bivuze
ko ubwenge bwe buvugururwa no kugaragaza kamere
ye nyayo y'umwuka.**

**Kandi uko ni ko kuvuka mu buryo bushya
bw'umwuka kuduha uburenganzira bwo kubona no
kwinjira mu Bwami bw'Ijuru**

Amahoro abe kuri mwe

Ubucuti: Ishingiro n'Ubudacogora
Ubucuti ni uburyo bwo kugaragaza icyifuzo cy'Imana cyo
kugaragaza urukundo rwayo ku bantu mu buryo buhanitse
Imana iha umwana ukiri muto impuhwe n'ubugwaneza
binyuze kuri se na nyina. Amarangamutima yabo ku mwana
ni kamere kandi ni kamere, kuko Imana yategetse ko
ababyeyi bacu badashobora kureka kudukunda. Ubucuti,
rero, buza kuri twe nk'ikimenyetso cyuzuye cy'urukundo
.Imana idukunda rudashingiye ku ruhushya
Abantu babiri bataziranye barahura, kandi bafite
icyifuzo cy'ako kanya kandi kivuye ku mutima, bifuza

gufashanya. Ese wigeze usesengura iki kintu? Iki cyifuzo
cy'ubucuti giturutse ku itegeko ryera ryo gukururana.
Ibikorwa by'ubucuti buhamye hagati y'abantu babiri bo mu
buzima bwa kera bigenda birema umurunga w'umwuka
ubahuza mu buryo budasubirwaho muri ubu buzima—aho
baba bari hose

Keretse iyo iyi byifuzo yandujwe n'ubwikunde no
gukururwa n'abo badahuje igitsina, ni byiza kandi nta
cyandujwe. Ariko ikibabaje ni uko akenshi byangizwa
.n'ibitekerezo bihumanye

Ubucuti burakura kandi bugakura nk'indabyo z'ikime ku
giti cy'amarangamutima yacu, kandi bwandujwe n'irari
ryanduye n'urwango n'imyitwarire y'ubwikunde, yo kwiharira
Iyo ushyize ubwoko butandukanye bw'ifumbire ku mizi
y'igiti, imbuto ziba nke kandi zidakomeye. Mu buryo
nk'ubwo, iyo umuntu agaburira igiti cy'ubucuti afite
ibiyumvo by'ubwikunde, intego ze zidakwiriye zihindura
kandi zikangiza imbuto z'ubwo bucuti. Gushishikazwa
n'umuntu kubera ko ari umukire cyangwa ukomeye kandi
ashobora kutugirira akamaro ntibishobora kwitwa ubucuti.
Mu buryo nk'ubwo, gukururwa n'umuntu kubera isura ye
nziza si ubucuti. Iyo iyo sura itakaje ubwiza bwayo buto
.kandi bukurura, "ubucuti" buzashira buhinduke amateka
Ni ukuri ko ubucuti bugoye kuboneka ahantu hose Hari
abantu ubona buri munsu kandi ntuba uzi neza Abandi
wumva uzi neza nubwo utarigeze uhura na bo Umuntu
agomba kwiga no gukuza ubwo buryo bwo gutekereza neza
imbere

Komeza urebe aho uri hose, kandi niba wumva ukunze
umuntu by'ukuri, ugomba gukomeza ubucuti n'uwo muntu
.kuko yari inshuti yawe yo mu buzima bwa mbere
Hari inshuti nyinshi twamenye mu buzima bwa kera,
ariko ubwo bucuti ntibwakuze cyangwa ngo bugere ku
bushobozi bwabwo bwo. Ni byiza kubaka ku rufatiro ruriho
aho gucukura ku musenyi w'abantu baziranye by'akanya

gato. Biroroshye gutekereza ko ufite inshuti nyinshi kugeza
igihe zigutera kubabara cyangwa kukugiraho ingaruka mbi,
.zikagusiga ubabaye cyane

kandi Ifatanye n'abantu bazwiho ubwenge bwabo,)

(uhitemo inshuti yawe mu bafite imico myiza

Abantu benshi bakora ikosa ryo guhitamo inshuti kuko

bashukwa n'isura igaragara inyuma. Uburyo bwonyine bwo
gutandukanya inshuti nyazo ni ukuzirikana no gusaba Imana

ko iguhuza nabo. Ugomba kwihatira gushaka inshuti mu
buryo buboneye kandi bwera. Ibi bivuze gusukura ubwenge

bwawe ku bitekerezo byose bijyanye n'ubwiza bw'umubiri

cyangwa ibindi bintu byose ubona ko ari byo by'ingenzi
bigena uko ubyumva ku bandi. Niba ubikoze, umunsi umwe,

ku buntu bw'Imana, uzashobora kubona inshuti z'ukuri
zigukikije aho uri hose, kandi Imana izaguhuza, nubwo byaba

ari mu buryo bw'umwuka gusa, n'inshuti ziri kure, kuko
amarangamutima meza ntagengwa n'amategeko y'ibintu

kandi ntagengwa n'igihe n'ahantu. Uzumva urukundo

rw'Imana binyuze muri izo nzira zoroheje z'abantu

zitarwanya Imana ahubwo zikemera ko urukundo rwayo

runyuramo zitunganye kandi zisobanutse. Kuva mu mutima
utunganye haza imigisha y'ubucuti bwera kuri wewe kandi

.ikakuratira urumuri rwayo

Ntibishoboka gukurura inshuti nyakuri keretse iyo

umuntu adasukuye imico ye y'ubwikunde n'imico idahwitse.

Ubuhanga bukomeye bw'ubucuti n'ubusabane ni ukwitwara
neza no kubaha. Bisobanura kuba umuntu w'umwuka, ufite

intego n'imigambi bitunganye, witanga, udafite ibitekerezo
n'amayobera, kandi utangira kubaka inyubako ikomeye

.y'ubucuti ku rufatiro rwashyizweho kera

Ku bw'ubuzima bwawe, nta kintu na kimwe mu buzima

bwawe cyose

Amaso yanjye araryoherwa n'inshuti yanjye yemera

Kandi buri nshuti ye yose urukundo rwe rutari urw'Imana

Sinizeye urukundo rwe

Ubucuti n'urukundo bigomba kugaragara mu mibanire
yose y'abantu: hagati y'ababyeyi n'abana, hagati y'abagabo
n'abagore, hagati y'abagabo n'abagabo, hagati y'abagore
n'abagore, no hagati y'abagabo n'abagore nk'abavandimwe.
Ni byiza kandi nta mbogamizi n'ibibuza. Iyo wumva wifuza
.kuba hamwe n'abandi, icyo wumva ni ukubaho kw'Imana
Ubucuti ni impamvu ituruka ku Mana Imana ntiyita ku
bana bayo b'abantu gusa binyuze ku babyeyi
n'abavandimwe bake; inaduha inshuti kugira ngo ziduhe
amahirwe yo kugaragaza urukundo rutunganye kandi ruzira
.uburyarya ruturutse mu mitima yacu
Uko inenge za muntu ziba nke kandi umuntu akagira
imico myiza, ni ko azagira inshuti nyinshi Abahanuzi
n'abantu bakomeye bari inshuti za bose, kandi kugira ngo
tube nka bo, tugomba gusukura urukundo rwacu
.tukarukuramo ubwandu bw'ubwikunde
Iyo dushobora kwemeza abandi urukundo rwacu
Kandi iyo tugize icyizere binyuze mu bigeragezo by'igihe
n'ibindi bigeragezo
Hari umuntu udukunda by'ukuri abikuye ku mutima
Kandi natwe twumva kimwe kuri uwo muntu
Ntabwo ari ukugira ngo umuntu yibonere inyungu ze
bwite, ahubwo ni ukugira ngo yumve ibyiyumvo by'ubucuti
Tubona ishusho y'Imana kandi tukumva ko Imana iriho
Kandi twumva ijwi ry'Imana muri ubwo bucuti bwiza
Ntitugomba kwemera ko urukundo rwacu rukomeza
kugarukira ku muntu umwe gusa, ahubwo tugomba
gukomeza ishingiro ry'urwo rukundo rutagatifu mu bandi
.bafite ibitekerezo byiza
Nugerageza - Imana ikurinde - kubaka ubucuti
n'umuntu ufite umugambi mubi, uzababara banza ugire
ubucuti n'abantu beza, hanyuma ukomeze gukwirakwiza
amarangamutima y'ubucuti ku bandi kugeza igihe uzagira
urukundo kuri buri wese kandi ukabasha kuvuga uti "Ndi
"inshuti ya buri wese

Abahanuzi bakomeye bumvaga bafitiye abandi
urukundo, bityo bababariraga neza kandi bagashishikariza
abantu kubabarira ibicumuro no kwirinda kwihorera mu
.buryo nk'ubwo

Ubucuti nyakuri ni urukundo rutagatifu kuko ari
urukundo rw'ukuri, rutunganye, rw'ukuri kandi ruramba
Umuhanga mu bya filozofiya umwe mu by'umwuka
:yasobanuye neza ubucuti ubwo yagiraga ati
Isezerano ryiza cyane dushobora kugirana n'inshuti"
zacu ni ukuvuga tuti: Ukuri kuguma hagati yacu iteka ryose
Mbega ukuntu ari byiza kuvuga kuri uwo ari we wese: Si
ngombwa ko mbonana na we, tukavugana na we, cyangwa
tukamwandikira kugira ngo menyeshe ko ndi inshuti ye
kandi ntabwo dukeneye kohereza impano kugira ngo
twemeze ubucuti bwacu kandi twibukiranye kuko
ndamwizera kandi ndamwishingikirizaho kuko nishingikiriza
"ku bwanjye aho ari hose n'uko ari kose
Dushobora kuvugana n'inshuti zacu mu bwisanzure
kandi tudashidikanya batadusobanukiwe. Ariko ubucuti
ntibushobora gukura no gutera imbere igihe cyose hari
igitekerezo, amagambo, cyangwa icyifuzo kiva kuri umwe ku
.wundi

Ubucuti bushobora kubakwa gusa ku rufatiro
rw'ubwisanzure n'uburinganire mu by'umwuka. Bityo rero,
tugomba gufata buri wese dukurikije uwo mucyo mwiza,
tukemera ko buri muntu wese yaremwe mu ishusho y'Imana.
Iyo ufashe nabi umuntu, ntuzigera ubona uburyohe
.bw'ubucuti bwe

Hari benshi bagenda mu nzira z'ubuzima badafite
inshuti sinzi uko bakomeza urugendo rwabo
Inshuti nyazo ntizikunze kutwumva nabi. Kandi iyo
zitwumva nabi, ni iby'igihe gito gusa. Niba umuntu
aguhemukiye kandi ukamugirira icyizere, komeza umuhe
urukundo rwawe n'ubuhanga bwawe nk'aho nta cyabaye,

nk'uko nawe wifuza ko abandi bazagusobanukirwa kandi
.bakagukunda

Ariko niba uwo muntu akomeje kwitwara mu buryo
bugaragaza ko agusuzugura kandi akwanga, kandi
agakomeza kumukubita ikiganza cy'ubucuti, ni byiza
gukuraho ikiganza cyawe kugeza igihe akosoye imyitwarire
.ye kandi akaba akwiriye icyubahiro cy'ubucuti

Ubucuti bugomba gutangirira mu rugo Niba ubonye
umuntu mu muryango wawe muhuje by'umwihariko, banza
ushyireho imbaraga zo kubumbatira ubwo bucuti. Hanyuma,
niba wumva ukunzwe n'umuntu musangiye imico nk'iyawe,
.gerageza gukomeza ubwo bucuti
Ibyifuzo byose by'ubwikunde n'amarangamutima y'irari
mu nshuti bigomba gukurwaho. Imibanire myiza n'abantu
beza ikwiye gukomezwa. Uko urushaho gutekereza, ni ko
urushaho kumenya inshuti zawe zo mu bihe byashize.
Kwibuka bikangura kwibuka inshuti wari uzi kandi ukunda
.mu bihe byashize

Hari abantu benshi nabonye bwa mbere mu iyerekwa
ryo mu buryo bw'umwuka hanyuma nkongera guhura nabo
nyuma

Ubucuti ni imbaraga ikomeye mu isanzure. Iyo icyifuzo
cyawe cy'ubucuti gikomeye, ndetse n'iyi haba hari umuntu
utazi uhuje nawe mu buryo bw'umwuka, ndetse no muri Pole
.y'Amajyepfo, imbaraga z'ubucuti zizagufasha kwegerana
Ubwikunde bwonyine bufite imbaraga zo gusenya
rukuruzi rw'ubumwe muri twe

Uwitekererezaho wenyine aba abangamiye ishingiro
ry'ubucuti kandi akangiza indangagaciro zabwo zera
Aba bantu ntibashobora gukurura inshuti kuko
badashobora kwagura icyerekezo cyabo no kwakira imigisha
y'ubuzima Imana yaguhaye umugisha wo kugira umuryango,
nshuti yanjye, kugira ngo ubanze wige gukunda abandi
.hanyuma utange urwo rukundo kuri bose

Abacu bavanywe muri twe binyuze mu rupfu n'ibindi
bihe, kugira ngo twige gukunda abantu mu mibanire
y'abantu gusa, ahubwo dukunde urukundo ubwarwo—urwo
rukundo ari rwo Mana, ruri inyuma y'udupfukamunwa twose
tw'abantu. Kandi hamwe n'urukundo rw'Imana, tuzashobora
gukunda buri wese nk'ibyerekanwa bitandukanye
.by'Umwami w'Isi Yose

Ubucuti bivuze gushora urukundo rwacu nta nyungu
zacu bwite. Mu ishyingiranwa, hari inshingano z'imibonano
mpuzabitsina, kandi mu buzima bw'umuryango, hari kamere
z'umubiri. Ariko mu bucuti, nta nshingano cyangwa agahato
bihari, nta mwanya w'agahato cyangwa agahato k'ubwoko
ubwo aribwo bwose. Ahubwo, ni urukundo ruturutse mu
mutima kandi ntirugengwa n'ibintu keretse ubudahemuka,
nta bucuti bushobora kwihanganira. Iyi ngingo ni inshingano
!z'inshuti zombi, kuko bisaba babiri kugira ngo bakore tango
Duhe urukundo rwacu buri wese. Dusenge kugira ngo
duhure n'inshuti zacu zo mu bihe byashize, kandi dukomeze
ubucuti bwacu nazo kugira ngo amaherezo dusobanukirwe
.kandi tube abakwiriye ubucuti bw'Imana

Tudakunze abana b'Imana binyuze mu mwuka
w'urukundo n'ubwumvikane, ntabwo tuzashobora kumva
urukundo rw'Umwami w'abantu
Sinzi umuntu ntazi Kandi mbega ibyishimo n'ibyishimo
!bikomeye
Ndetse n'umuntu wifata nk'umwanzi wanjye ntashobora
gutuma numva ko ndamwanga
Iyo ubwo bubyutse bugeze, wumva urukundo rwa buri
wese

Urukundo wumva ufitiye ibiremwa by'Imana ntirupfa
burundu, ahubwo rurakura kandi rukarushaho kwiyongera
kugeza igihe wumva urukundo rw'Imana ruturuka mu
.mutima w'Imana iri mu ijuru mu rukundo rw'inshuti zawe

Amahoro abe kuri mwe, nshuti zacu dukunda

Guteza imbere kwibuka

Abantu ni ibiremwa bidasanze bitewe n'ubushobozi bwo kwibuka, bubatandukanya n'ibindi biremwa byose. Buri roho yifuza gushaka inkomoko yayo iturutse ku Mana mu buryo butunguranye binyuze mu kwibuka isoko yayo yera idatekerezwa. Ibi bisobanura iterambere ry'ibintu byose biri mu isanzure. Dukurikije gahunda y'Imana, buri roho, iyo imaze kubona umubiri w'umuntu—harimo n'ubwonko n'imitsi—iba ifite ubushobozi bwo kwibuka ubumwe bwayo bw'ingenzi n'Imana.

Kwibuka ni ubushobozi butuma twibuka ibyo twanyuzemo mu bwenge; iyo bitabaho, twakwibagirwa uburyo twumva ubuzima kandi tugatangira bundi bushya buri muni, nk'abana bato. Umuntu wataye ubwenge bityo kwibuka kwe kukamera nk'umwana.

Nta gaciro cyangwa akamaro ko gukora ibizamini niba tudashobora kubyibuka no kubyibuka. Twiga dusuzuma ibitekerezo byacu, ibyiyumvo byacu, n'impamvu zacu, no gusesengura ibikorwa byacu bya kera. Agaciro n'akamaro k'umuntu biri mu kwibuka neza.

Urugero, “Sami,” yibuka ko ari Sami buri gitondo iyo abyutse, kandi binyuze mu kwibuka, ahuza ibyamubayeho mu buzima n'izina Sami.

Iyo dushaka kwibuka ibyatubayeho mu bihe byashize, cyangwa iyo tubikeneye nanone, dushobora kubigarura binyuze mu bwenge bwacu bwo mu mutwe. Twibuka ibyo twakoze cyangwa ibyatubayeho mbere, dushobora gusohozwa inshingano iyo ari yo yose isaba ubuhanga twize cyangwa twitoje mbere.

Dushobora kandi gutandukanya icyo tugomba gukora n'icyo tugomba kwirinda, bitewe n'imimerere.

Ubwonko butagira ubwenge buhora buri maso, bwandika ibyo umuntu yanyuzemo ku manywa kandi bugakomeza akazi kabwo ndetse no mu gihe asinziriye, bugakurikirana umubiri nk'umurinzi wa nijoro Iyo umuntu akangutse, ahora azi niba ibitotsi bye byari bimutuje kandi biruhutse cyangwa atari byo. Imbaraga zo kwibuka ubwenge butagira ubwenge ni bumwe mu bushobozi bw'ubwenge buhora buri maso kandi bufite umugisha bw'Imana.

Imbuto y'ubwo bumenyi iterwa muri buri bugingo, kuko ubugingo, muri kamere yabwo, busobanukiwe ko bubaho iteka ryose mu Mana. Kwibuka ni imbuto y'iteka ryose; iyo tubireze kandi tukabiteza imbere, dushobora kwibuka ibyabaye muri ubu buzima byose ndetse n'ubuzima bwacu bwa kera.

Nk'abantu, dushobora kwibuka ibigeragezo byose twahuye nabyo muri ubu buzima None se kuki tudashobora kwibuka ibigeragezo byose byo mu buryo bw'umwuka roho zacu zahuye nabyo?

Ukwibuka gufite kamere ebyiri: kwibuka kw'umuntu, kwibutsa ibyo yanyuzemo byose muri ubu buzima, n'ukwibuka kwera, kwibutsa ibyo roho yagiye ihura nabyo mu buryo bwose. Abantu benshi bazi kwibuka kw'umuntu gusa

Ariko kuki urwibutso rwacu rutagatifu rudasinziye kandi rudahagaze, rudasobanutse mu bitotsi byinshi?

Hari abantu bafite ubushobozi bwo kwibuka ibintu bitandukanye: ibya muntu n'iby'umwuka. Abandi ntibashobora kwibuka neza ndetse n'ibyababayeho vuba aha.

Ukwibuka kugira urwego n'impamyabumenyi bikurikije ubushobozi bw'ubwenge bwo

gusobanukirwa Uburezi, kwibanda ku bwenge, gutekereza, n'ibintu byose bitazibagirana ni ingenzi mu kugira kwibuka neza Umuntu adakomeje kugira kwibuka, ntashobora kugira ubumenyi buhagije kandi bwuzuye Iyo umuntu yakoze ikizamini hanyuma akacyibagirwa, atakaza agaciro n'akamaro k'icyo kizamini.

Mu kunoza ubwiza bw'urwibutso rwacu, dushobora kurukomeza kugeza aho dushobora kwibuka byose, harimo n'aho twaturutse mu ijuru. No mu gukangura urwibutso rwacu rutagatifu—kugira ngo tubashe kwibuka ibintu byose twanyuzemo mu buzima bwacu bwa kera, ndetse na kamere yacu y'umwuka idapfa—tugera ku kudapfa.

Guhagarara neza no gukora imyitozo ngororamubiri ikwiye ni ingirakamaro mu kongera imbaraga zo kwibuka. Muri iki gihe, aho imirimo y'amaboko yasimbuwe n'imashini mu mirimo itandukanye n'ubuzima, abantu bagiye bicara kandi bakeneye cyane imyitozo ngororamubiri ihoraho. Bityo, hashyizweho uburyo bwo gukora imyitozo ngororamubiri bwikora kugira ngo bukoreshwe mu ngo no mu nyubako.

Mu gihe ukora siporo, ni ngombwa gushyira ubwenge bwawe ku ngufu z'ingenzi kugira ngo ubone inyungu nyinshi. Ntabwo bihagije kurambura no gukaza imitsi yawe; ugomba gukangura no kuyobora imbaraga z'ubuzima ziha umubiri wawe imbaraga n'ubuhanga.

Hari ibiryo bimwe na bimwe bifitiye ubwonko akamaro, ibindi bifasha imitsi n'imitsi, ndetse n'ibindi bifasha mu mikurire y'umubiri no kubungabunga ingingo zitandukanye n'ibice by'umubiri. Kugira ngo umuntu yongere kwibuka, agomba kurya ibiryo byongera imbaraga z'ubwonko. Urugero, kurya

imbuto z'imbogo n'amande zivanze n'ibitonyanga bike by'indimu cyangwa umutobe w'icunga mbere yo kuryama bishobora gutuma umuntu yongera kwibuka.

Abakora yoga bavuga kandi ko amata na foromaje ari ibiryo byongera ubwonko. Bavuga ko mu gihe cy'umunaniro n'imihangayiko, umuntu agomba kunywa uruvange rw'umutobe w'indimu imwe cyangwa ebyiri mu kirahure cy'amazi, akaraba mu mutwe n'amazi akonje, kandi akawusuka ku misaya ye, hagati y'amaso ye, ku mazuru ye no mu matwi ye. Ibyo bituma imitsi iruhuka, ubwenge bugatuza, kandi kwibuka neza kukanguka.

Kurya ibinure byinshi bigomba kwirindwa, kuko bishobora gutuma ibinure byiyongera mu mitsi y'amaraso iri ku buso bw'ubwonko.

Abahanga mu by'umwuka bo mu Buhinde bavuga ko ingurube n'inyama z'inka byangiza ubuzima bw'abantu. Ubwo bwoko bubiri bw'inyama bukubiyemo aside irike nyinshi. Byongeye kandi, ingurube n'inyama z'inka bivugwa ko zigira ikibazo cyo kwibuka. Kurya inyama zazo, bavuga ko bishobora kongera ubushobozi bw'umuntu mu mubiri no mu bwenge.

Kwibuka bishobora kunozwa binyuze mu myitozo. Si byiza kuvuga ko umuntu ufite intege nke kuva akivuka adashobora gukomera. Buri gihe hari amahirwe n'ubushobozi bwo kugera ku bintu bikomeye mu bice byose by'ubuzima.

Tugomba kumenya uburyo bwo gushaka inzira ikwiye n'inzira ikwiye

Abaganga bamwe bavuga ko umuntu ufite ubumuga bwo mu mutwe warazwe azakomeza kubaho ubuzima bwe bwose. Ariko, byagaragaye ko ubumuga bwinshi bwo mu mutwe bushobora gukemurwa binyuze mu myitozo yo kwita ku bintu mu mutwe.

Ubushakashatsi muri uru rwego bwaragabanutse mu Burengerazuba bw'Isi, bityo abahanga mu by'imitekerereze ya muntu benshi ntibazi neza uburyo bwo kwita ku bintu mu buryo bwimbitse bwigishwaga n'aba-yoga b'Abahinde mu binyejana byinshi bishize.

Uburyo bukwiye bwo guteza imbere ukwitonda ntabwo buzwi n'abantu benshi Ubushobozi bwo mu mutwe busanzwe buriho ariko budatera imbere Kunanirwa guteza imbere ubushobozi bwo mu mutwe no kwakira neza bitera ibibazo bikomeye Nk'umubiri, ubwonko bukeneye imyitozo ngororamubiri ikwiye kugira ngo bugire ubuzima bwiza, ibikorwa, n'imbaraga.

Bityo rero, kugira kwibuka neza bisaba imyitozo ngororamubiri, kurya ibiryo bizima, no gutekereza neza

Gerageza kwibuka ibintu byihariye no kwishyira mu mwanya wo kureba ibintu mu mutwe. Reba ikintu runaka, ahantu runaka, cyangwa ishusho nziza, hanyuma ugerageze kongera kugarura iyo shusho mu mutwe wawe. Kugerageza kwibuka indirimbo n'indirimbo zihimbaza Imana, no kuziririmba mu mutwe, nabyo bifasha mu kongera kwibuka.

Ikintu cyose gikozwe mu buryo bwimbitse kandi bwitondewe kizongera kwibuka

Ubusizi n'umuziki bifite imiterere yihariye y'amarangamutima Twese twibuka byoroshye agahinda gakomeye n'ibyishimo bikomeye byo mu buzima bwacu Kuki? Kubera ko ibyiyumvo byari inyuma y'ibyo bintu byari bikomeye Ikintu cyose cyumvikanaga gikomeza kwibuka cyane Byongeye kandi, guhimba imivugo n'imyitozo yo mu mutwe nko guteranya no gukuramo nabyo ni uburyo bwiza bwo guteza imbere kwibuka no kwibanda ku bwenge

Kugira ngo hongerwe ubushobozi bwo kwibuka, byose bigomba gukorwa hibandwa cyane mu mutwe. Abantu benshi bakora imirimo yabo bafite ubwenge busanzwe, bigatuma habaho icyuho kinini hagati y'ibikorwa byabo n'ibitekerezo byabo. Niyo mpamvu batibuka neza ikintu icyo ari cyo cyose. Niba umuntu ashaka kwibuka ikintu, agomba kugikora afite ubwenge n'ubwenge bwuzuye.

Ku bakunda Imana, gutekereza ku nshingano zabo mu gihe bazisohozza ntibibabuzwa gutekereza ku Mana icyarimwe. Ariko, mu gihe cyo gutekereza, umuntu agomba gutekereza ku Mana yonyine. Tugomba kumenya ko kwibuka bikomezwa kandi ubushobozi bwo gusobanukirwa bugakwirakwira binyuze mu gutekereza.

Gutekereza ni iki? Ni ubumwe n'umwuka w'isi yose, urenga inzitizi zose za muntu, no kwihatira kwibuka ko umuntu ari umwuka, atari umubiri Iyo umuntu utekereza atangiye imbaraga zo mu mutwe ze zo kwihuza na roho idapfa aho kwihuza n'umubiri abamo mu buzima bumwe gusa, azibuka byinshi mu byo yanyuzemo mu buzima bwe bwa kera kandi amaherezo azibuka ko yaturutse mu mutima w'Imana.

Mu Mana ni ho hari urwibutso rw'ubuzima bwose bw'umuntu n'ubuzima bwa buri muntu Iyo umuntu ahuje n'ibyo yiyumvamo mu buryo bw'umwuka, ibihe byashize n'imbaraga z'Imana zitabwira bizongera kugaragara mu bwenge bwe. Gutekereza bivuze kwibuka ko umuntu atari umubiri upfa ahubwo ari ubugingo budapfa: umwe n'Imana

Ku manywa dukunda kwibona nk'abantu bafite aho bagarukira, ariko nijoro, mu gihe cyo gusinzira cyane, tutagira inzizi twibagirwa imimerere yacu nk'abantu.

Binyuze mu gutekereza ku bintu bishya, dushobora, binyuze mu mbaraga zacu, guhunga, nubwo byaba by'agateganyo gusa, kuva mu bintu byo ku isi. Dushobora kureka kumenya ibintu bifatika no kwibuka ko turi imyuka y'Imana. Abakomeza gukora iki gikorwa baba abahanga mu byo bakora kandi bakaba abayobozi nyakuri.

Imana yaduhaye kwibuka kugira ngo tubashe kurema no kwibuka ibyiza byose kandi byiza Gukoresha nabi kwibuka bitera ingaruka mbi zikomeye ku bantu

Umuntu ugirira inzika n'urwango undi muntu bitewe n'ibyamubayeho mu gihe cyashize aba akoresha nabi kwibuka kwe. Ariko, nta kibi kiri mu kwibuka ibintu bibi byamubayeho kugira ngo abigireho. Muri ubu buryo, umuntu asesengura ibikorwa bye bya kera kandi akirinda gusubiramo amakosa amwe yazanye ingaruka mbi n'imibabaro.

Ibitekerezo by'ibinyoma ntibikwiye kongera kugaruka, kuko bizaguma mu bitekerezo igihe kirekire Imana yaduhaye kwibuka kugira ngo dukomeze amasomo y'ubuzima n'ibyatubayeho byiza Ibitekerezo by'ibinyoma bya kera bigomba kwirukanwa no kwirinda kubyibuka. Niba byinjira mu bitekerezo byacu, tugomba kwanga kubyakira cyangwa kubiha ikaze.

Turasubiramo: kwibanda ku bintu bibi no kugaruka ku byabaye ni ugukoresha nabi kwibuka Imana yaduhaye. Ahubwo, umuntu agomba kwiyezeza gukoresha kwibuka kwe mu bitekerezo byiza n'ibintu byiza gusa, no kwirukana mu bwenge bwe ibintu byose bibi n'ibyago.

Tugomba kubona, kumva, gusogongera, gukoraho, kumva no kwifuza ibyiza byose, byiza, bizima, kandi bifite akamaro. Tugomba no

kubungabunga ibihe byiza n'ibigeragezo mu bwihisho bwacu.

Umuntu wumva amarangamutima meza, agatekereza ibitekerezo byiza, kandi akabona ibyiza gusa muri kamere, abantu bazirikana ibyiza gusa.

Twahawe kwibuka nk'impano yera kugira ngo tubashe kwitoza kwibuka ibintu byiza kugeza igihe tuzaba dushobora kwibuka ibyiza bikomeye: Imana

Uko twitegereza ibyiza n'ubutungane muri byose, umunsi umwe tuzasanga imbaraga z'Imana zihishe zizamenagura kandi zigatatanya utuntu twose tw'ibitekerezo, amarangamutima, n'amarangamutima twanyuzemo tubona gusa ubwiza bw'Imana n'ubwumvikane mu byaremwe, kandi binyuze mu idirishya ry'ubwenge bw'umwuka tuzabona ibyiza byose n'ubuziranenge busesuye.

Turasaba Imana kudufasha gukangura no kongera gukongeza urumuri rw'iteka rw'urwibutso rutagatifu kugeza igihe rutwikiye umwijima wo kwibagirwa no kutita ku bintu, kugira ngo twibuke ko twari bamwe kandi ko tukiri bamwe n'umwuka w'Imana n'urukundo rwayo rw'isi yose.

Niba wibuka Imana mu gitondo

Saa sita na nimugoroba

Uzumva ufite imbaraga kandi wishimye

Duguruka nk'igisiga mu kirere

Uzamara igihe cyawe wishimye

Kandi itwarwa nk'impumuro nziza mu kirere

Kwiringira Umuremyi wawe ni yo ntwaro ikarishye cyane

Ihange imbaraga zo kwizera no kugira ibyiringiro

**Niba ushaka Imana, isoko
y'ubutungane**

**Ahinduka umukire, ahubwo aba
umukire kurusha abandi bose
Ikintu cyagaragaye**

Umwigisha Paramhansa Yogananda

Ubuhinduzi: Mahmoud Abbas Masoud

**Ntimugasuzugure amagambo yanjye
mushidikanya mbere yo kugerageza uburyo ubwanyu.
Mushobora kuba murambiwe kumva inyigisho nyinshi
zidafite aho zihuriye n'ubuzima bwanyu. icyo mvuga
si inyigisho, ahubwo ni ukuri kwemejwe, kandi
nzagerageza kubagezaho igitekerezo cy'ibishobora
kugeragezwa mu by'ukuri.**

**Nagize amahirwe yo kumenya ukuri kwa siyansi
kuri umwe mu bahanga bakomeye bo mu Buhinde mu
myaka myinshi ishize. Ushobora kwibaza impamvu
ngutera inkunga kandi nkagukururira ibitekerezo kuri
ibi bintu. Ese mfite impamvu z'ubwikunde? Igisubizo
cyanjye ntabwo ari cyo nshaka gusa ni ukukwereka ibi
bintu, nizeye ko nzaguha ibyishimo gusa kubera
kugufasha kubona ibyishimo byawe mu kubishyira mu
bikorwa no kwishimira ibyishimo byabyo.**

**Noneho ngomba gukoresha bimwe mu bice bya
fiziyoloji kugira ngo nibura ndusheho gusobanukirwa
muri rusange inzira nzajya ndeba imikorere y'ibice
bikuru cyangwa imirasire n'amashanyarazi ava mu
bwonko—anyuze muri ibyo bice—ajya mu ngingo
z'inyuma n'iz'imbere, bigatuma zikomeza kubaho
kandi zikagira imbaraga.**

Hari ahantu hatandatu hakurura umuyoboro w'amashanyarazi, cyangwa amashanyarazi y'ubuzima, anyura mu buryo bwose bw'imitsi. Aha hantu ni:

1 Medulla

2 Ikigo cy'inkondo y'umura

Ikigo cya Dorsal cya 3

Ikigo cya 4 cya Lumbar

5 Sacral

6 Coccygeal

Ubwonko ni bwo bukwirakwiza amashanyarazi ku rwego rwo hejuru (hagati yo hejuru), kandi amashami yose ahujwe kandi agakora ayobowe n'urwego rwo hejuru (uturemangingo tw'ubwonko). Uturemangingo tw'ubwonko twohereza umuriro w'ingenzi (cyangwa amashanyarazi) binyuze muri izi mpande cyangwa axon z'umugongo, na zo zigasohora ingufu zazo z'amashanyarazi mu mitsi ijyana n'iy'itumanaho ifata imikorere y'ingufu z'ibyumviro n'ibiyumvo byo gukoraho no kubona, nibindi.

Iyi miyoboro y'amashanyarazi isohoka mu bwonko ni yo maraso y'umubiri (harimo n'ingingo zawo z'imbere n'inyuma) Binyuze muri ubu buryo bw'amashanyarazi, amakuru y'ibyumviro yoherezwa mu bwonko, bigatera itegurwa ry'ibitekerezo

Niba roho ishaka guhagarika urujya n'uruza rw'amakuru ateye ubwoba y'ibiyumvo by'umubiri (bifasha mu kugaragara kw'imirongo y'ibitekerezo ifitanye isano), igomba kugenzura amashanyarazi no guhindura urujya n'uruza rwayo kuva mu buryo bwose bw'imitsi ikagera ku bice birindwi by'ingenzi (harimo

n'ubwonko), kugira ngo muri ubwo buryo ibashe guha ingingo zo hanze n'izo imbere ikiruhuko cyuzuye.

Mu gihe cyo gusinzira, amashanyarazi ahuza ubwonko n'ingingo z'ubwonko arahagarara gato, bigatuma ibyiyumvo bisanzwe nko kumva no gukoraho bitagera mu bwonko. Kubera ko uku guhagarara kutuzuye, imbaraga zose zihagiye zo hanze zishobora kongera gushyiraho iyi migenderanire y'amashanyarazi, bigatuma iyo mashini igera mu bwonko ikangura umuntu. Ariko, mu gihe cyo gusinzira, amashanyarazi ahoraho anyura mu ngingo z'imbere—umutima, ibihaha, n'ibindi—bikomeza kubaho kandi bigakora.

Kubera ko imikorere y'amashanyarazi y'umubiri mu gihe cyo gusinzira idagenzurwa neza, ibyiyumviro nk'ububabare, uburwayi, n'ibintu bikomeye byo hanze bishobora kubangamira umuntu usinziriye. Ariko, dukoresheje uburyo bwa siyansi, dushobora kugenzura icyarimwe kandi burundu imikorere y'imbere n'iy'inyuma y'umubiri—iki ni cyo gihe cy'ingenzi cy'imyitozo. Ariko kugera ku buyobozi bwuzuye bishobora gusaba imyaka myinshi yo kwitoza.

Nk'uko ingingo zo hanze zisubizwamo imbaraga nyuma yo gusinzira, bikaba ari ikiruhuko cy'umubiri, ni ko n'ingingo zo imbere zisubizwamo imbaraga cyane bitewe no gukoresha ubu buryo bwa siyansi, kandi imbaraga zazo zikiyongera, bifasha kongera igihe cyo kubaho.

Nk'uko tudatinya gusinzira ngo ibyumviro byacu bigume bisinziriye kandi bidashobora gukora, ni ko natwe tudakwiye gutinda gukora urupfu rudasobanutse, ni ukuvuga guha ingingo zacu

z'imbere ikiruhuko. Hanyuma urupfu ruzaba ruri munsu y'ubuyobozi bwacu, ku buryo nidusanga iyi nzu ifatika yarangiritse kandi idatuwemo, dushobora kuyivamo tubikunze kandi tubizi neza "Umwanzi wa nyuma utsinzwe ni urupfu"

Dushobora kugaragaza ubu buryo dukoresheje urugero rukurikira:

Iyo ikigo cy'itumanaho gikuru mu muji gifatanye n'ibice bitandukanye by'umujyi, abahamagara muri ibyo bice bashobora kwihuza buri gihe n'ikigo cy'itumanaho gikuru binyuze mu muyoboro w'amashanyarazi unyura mu nsinga, hatitawe ku micungire cyangwa igenzura ry'ikigo. Ariko, niba ikigo cy'itumanaho gikuru gishaka guhagarika ikigo cy'itumanaho gikuru, gishobora kuzimya icyuma gikuru cy'amashanyarazi, bityo kikabuza amashanyarazi kugera mu bice bitandukanye by'umujyi.

Mu buryo nk'ubwo, uburyo bwa siyansi buduha inzira ikenewe yo gukurura amazi y'ingenzi—akwirakwizwa mu mibiri yacu yose—mu bice byacu byo hagati, ari byo umugongo n'ubwonko. Uburyo bukora mu gukurura umugongo n'ubwonko, birimo ibigo birindwi by'ingenzi by'ingufu. Ingaruka zabyo ni uko imbaraga z'ubuzima zikwirakwizwa mu mubiri wose zikururwa kandi zigakwirakwizwa binyuze mu mugongo zijya mu bwonko. Iyo tugeze mu bwonko, tubyumva kandi tukabyibonera nk'urumuri. Muri iyi mimerere, umuntu wo mu mwuka ashobora kwibohora ku bintu bimutera kurangazwa n'umubiri n'ubwenge.

Umuntu wo mu mwuka ahungabanywa n'amakuru atangwa kuri telefoni—atari ku bushake bwe—aturuka mu byiciro bibiri by' "abantu": urwego rwo hejuru

(ibitekerezo) n'urwego rwo hasi (amarangamutima y'umubiri). Kugira ngo ace isano n'ibi byiciro byombi, agomba gukurura amashanyarazi anyura mu nsinga za telefoni akayashyira kuri batiri yo hagati azimya icyuma cy'amashanyarazi (ni ukuvuga, mu kwitoza gutekereza) kugira ngo abashe kwishimira amahoro n'umudendezo.

Ibyerekeye kwita ku bintu ni umuyobozi mukuru akaba n'umukwirakwiza ingufu, ushinzwe kohereza ingufu z'amashanyarazi ziva mu bwonko zijya mu mitsi y'amatwi n'iy'imitsi. Urugero, iyo twirukanye isazi iteye ishozi, dukoresha imbaraga z'ibyerekeye kwita ku bintu kugira ngo twohereze ingufu z'amashanyarazi mu mitsi y'amatwi, bigatuma ukuboko kwifuzwa kugenda. Ibi ndabivuga kugira ngo ntange igitekerezo cy'imbaraga z'ibyerekeye kwita ku bintu, aho ingufu z'amashanyarazi ziri mu mubiri zishobora kugenzurwa no kwerekezwa mu bice byavuzwe haruguru.

Aha ndashaka gusobanura imiterere ikurikiza kugenzura burundu umuyoboro w'amashanyarazi. Mu ntangiriro, umuntu agira ibyiyumvo bikurura cyane bitewe no gukurura umugongo. Ariko, gukora imyitozo ihoraho kandi irambye bizazana ibyishimo mu bwenge bikuraho ubwivumbure mu bwenge bw'umubiri.

Twasobanuye iyi mimerere y'ibyishimo nk'intego yacu y'ibanze n'ikintu cy'ingenzi kuri bose, kuko muri yo tubona ubumenyi nyakuri ku Mana cyangwa ibyishimo kandi tukumva kwaguka k'ubwenge bwacu. Uko turushaho kubona iyi mimerere, ni ko imiterere yacu (umuntu wacu muto cyangwa ubwibone bwacu) irushaho kugabanuka no gushonga, kandi uko

turushaho kwegera ubwenge bw'isi yose vuba kandi tugahuza neza n'Imana.

Mu by'ukuri, idini si ikindi uretse kurimbura ubwacu mu bwenge bwacu bw'isi. Bityo, muri ubu buryo bwiza, tuzamuka urwego rw'ukwemera, dusiga inyuma umwuka ubuza amarangamutima n'ihungabana ry'ibitekerezo, maze tukinjira mu byishimo by'Imana.

Binyuze muri ubu buryo, tumenya ukuri kw'isi, kandi iyo iyi miterere y'umugisha ibaye impamo - binyuze mu bikorwa bihoraho - twisanga buri gihe imbere y'Umwami mwiza uri muri twe, kandi tugakora inshingano zacu mu buryo bwiza tudarebye imbuto z'umurimo, bityo tukita cyane ku nshingano kuruta kwita ku bwacu (ego) n'ibiyumvo by'ibyishimo n'ububabare ubwo bwibone butera.

Mu nyigisho z'amadini yose—Ubukristo, Ubuyisilamu, n'Ubuhindu—hari ukuri kw'ibanze: keretse umuntu yemeye ko ari umwuka—isoko y'ibyishimo—azakomeza kugengwa n'ibitekerezo bike kandi akagengwa n'amategeko adacogora kandi adaharira ya kamere Kumenya ko ari kamere nyakuri bizana umudendezo w'iteka. Ntidushobora kumenya Imana keretse twiyizi, kuko kamere yacu isa n'iyayo. Abantu baremwe mu ishusho y'Imana. Binyuze mu gukora cyane no mu buryo buboneye bwo gutekereza mu bya siyansi, uzamenya ko uri umwuka w'umugisha —kandi uzamenya Imana.

Uburyo bwo gutekereza mu buryo bw'umwuka burimo uburyo bwose bukenewe bwo kumenya Imana. Ntibwibanda ku itandukaniro riri mu madini n'imyizerere kuko bumwe muri ubwo budasa butera urujijo mu mitekereze y'abantu.

Icyiza cyo gutekereza cyane kurusha ubundi buryo kiri mu isano yacyo ya hafi n'imikorere yacyo itaziguye n'ikintu kiduhuza n'imipaka yacu: imbaraga z'ubuzima Aho kohereza izi mbaraga, ni ukuvuga kuzishyira imbere no kuzishyira mu mbaraga z'umwuka zigenda zikura kandi zagutse, zitembera hanze, zigatuma umubiri n'ubwenge bihora mu nzira, bigatera imivurungano mu buryo bw'umwuka mu buryo bw'ibyiyumvo by'umubiri n'ibitekerezo by'igihe gito.

Kubera ko imbaraga z'ubuzima zitembera hanze, amarangamutima n'ibitekerezo bihindura ishusho y'ubugingo butunganye kandi butuje. Ubu buryo butwigisha uburyo bwo kuyobora imbaraga z'ubuzima imbere. Bityo, ni uburyo butaziguye kandi bwihuse, butujyana mu buryo butaziguye ku bwenge bw'ubugingo: ku bwenge bw'Imana, hatabayeho ubundi buryo ubwo ari bwo bwose.

Ubu buryo ni uguhindura no kuyobora urujya n'uruza rw'ingufu z'ubuzima binyuze mu guhindura no kugenzura kimwe mu bimenyetso bizwi bifitanye isano itaziguye n'ingufu z'ubuzima ubwazo.

Ni ngombwa kumenya ko inzira zose z'amadini ku isi zisaba gukoresha uburyo butaziguye cyangwa butaziguye, byaba ari agace gato cyangwa kagaragara, kugira ngo tugenze urujya n'uruza rw'ingufu z'ubuzima no guhindura icyerekezo cyazo kugira ngo turenze umubiri n'ubwenge kandi tumenye roho tumenya ishingiro ry'imiterere yayo n'imiterere yayo.

Kuba ubuzima buri mu muntu ni ukubaho, naho kubura kwabwo ni ukurimbuka. Bityo rero, uburyo

buyobora umuntu mu kugenzura ubuzima ni bwo buryo bwiza cyane.

Abanyabwenge bo mu bisekuru bitandukanye n'ibihugu bitandukanye batanze inama ku buryo bujyanye n'imatekerereze n'imimerere y'abantu babagamo. Bamwe bashimangiraga isengesho, abandi amarangamutima, abandi ibikorwa, abandi urukundo, abandi gutekereza cyangwa gutekereza no gutekereza. Ariko impamvu zabo zari zimwe.

Bose bemeje ko ari ngombwa kurenga ubwenge bw'umubiri binyuze mu gusubiza inyuma urujya n'uruza rw'ingufu z'ubuzima kugira ngo zijye imbere. Bavuze kandi ko ari ngombwa kwimenya no kugaragara inyuma y'amadirishya, nk'uko ishusho y'izuba igaragara neza kandi neza mu mazi atuje kandi atuje. Bose bashimangiye ko uburyo bwo gutekereza ku bintu ari ingenzi kandi bufite akamaro, hatabayeho undi muntu ubikora.

Nanone kandi, bigomba kumenyekana ko gukoresha ubu buryo bitabangamira iterambere ry'imbaraga zo mu mutwe cyangwa iz'umubiri, nk'uko bitabangamira ibikorwa by'imibereho myiza biyobowe n'amarangamutima meza kandi atunganye n'intego nziza cyane zigamije gukorera abantu.

Mu by'ukuri, dushyigikira kandi tugasaba iterambere ryuzuye ry'umuntu ku giti cye, kuko iri terambere ryoroshya ishyirwa mu bikorwa ry'iyi nzira aho kuyibangamira. Igisabwa cyonyine ni ugusobanukirwa no gushyira mu bikorwa inzira neza, maze ibikorwa byose n'ibyifuzo byose bizaba mu nyungu z'ushaka.

**Ingingo y'ingenzi muri ubu buryo ni
ugusobanukirwa neza ingufu z'ubuzima zikomeza
umubiri w'umuntu kandi zigatuma uhorana imbaraga
n'imbaraga.**

Incamake z'ibyo gukira

**Uwiteka, urumuri rwawe rwiza rurabagirana
ruturutse ku bahanuzi, abatagatifu n'abanyabwenge
bo mu madini yose, ndetse no kuri njye. Uru mucyo
wera ruri muri buri karemangingo n'ingingo z'umubiri
wanjye, kandi ku bw'ubuntu bwawe ndi muzima kandi
meze neza.**

Umurimo w'isanzure ushingiyeye ku bwenge

Uri muzima muri njye!

**Ibiryo bikomeye, byuzuye amazi n'imyuka
bihinduka imbaraga z'Imana mu buzima**

Kugira ngo nkomeze umubiri wanjye

**Uwiteka, uturemangingo tw'umubiri wanjye
twakozwe n'urumuri**

**Ni ingenzi cyane kuri wewe, kuko uri umwuka
w'ubutungane**

**Azaba afite umutekano, kuko ari wowe soko
y'ubuvuzi**

**Ishingiro ryayo ni umwuka, kandi uri umwuka uri
mu isanzure rinini**

**Kandi ni iby'iteka ryose kuko uri inkomoko
y'ubuzima**

Kuko uri icyo Imana ishaka ko kibaho iteka ryose

**Numva ndushaho kugira imbaraga, imbaraga
n'imbaraga**

Ibikorwa byawe byuzuye ubuzima

Kandi umubiri wanjye urimo gutemba muri yo

Imbaraga z'umwuka zikiza

Naremewe urumuri

Biturutse ku ishingiro ryuzuye ry'Imana

Buri gihe numva mfite ubuzima bwiza

Kuko biri muri njye

Imbaraga ze zirahari

Muri buri gice cy'umubiri

Inda irakomeye kuko irimo urumuri rwe

Umuwuzi w'indwara zose!

**Ndabizi neza ko indwara zose, mu buryo
butandukanye, ziterwa**

**Ku bijyanye no kwirengagiza amabwiriza
y'ubuzima nzakuraho iyi ndwara nkoresheje ibiryo
bizima**

**Imyitozo ngororamubiri ikwiye, gutekereza neza,
n'imigambi myiza**

**Uwiteka, umucyo wawe uri muri buri atome
y'umubiri wanjye**

Muri buri selile yanjye

Muri buri selile y'amaraso,

Kandi imitsi yose iri mu mubiri wanjye

Mu bwonko bwanjye no mu ngingo zanjye

**Kubwibyo, ndi mu buzima bwiza kandi mfite
ubuzima bwiza**

Kuko uba muri njye, kandi uri imbaraga zo gukiza

**Umucyo n'imibereho myiza by'Imana bikwirakwira
mu mfuruka z'umwijima z'uburwayi bwanjye
bw'umubiri**

**Umucyo we ukiza urabagirana muri buri
karemangingo k'umubiri wanjye**

Rero ni amajwi kuko arimo urumuri rwe

Mu buryo nk'ubwo, gutungana kwe

**Gushyira imbaraga z'ibitekerezo ku buryo
bwihariye**

**Ndatekereza kandi nzi ko igikorwa cyanjye
gitangiye**

Kuva mu bwonko kugera ku mubiri

Umutobe w'urumuri urasohoka vuba cyane

Kuva mu mizi y'ingingo zanjye

Kandi biva mu bwonko bwanjye

Ku turemangingo n'imitsi

Kandi mu ngingo atangira

Urujya n'uruza rw'imbaraga zo gukiza

Kuva mu mugongo

Nk'ifuro cyangwa nk'imiti ipfapfaizwa

Kugira ngo tunoze uturemangingo tw'umubiri

Ubuzima bwiza!

Uwiteka, ndagusenga

Muri byose byiza

Kandi ndabona gukiranuka kwawe

Muri buri gitekerezo cyiza

Imbaraga zawe zose ni umuti w'indwara zose

Irahari muri njye, bityo sinkumva ndushye

Umucyo wawe wo gukiza urabagirane

Kuva mu mwijima w'ubujiji bukomeye

**Aho umucyo uri hose, hari ubutungane
n'ubuziranenge**

Mu byiyumvo, ubushake, n'ibitekerezo

**Noneho, shyira mu bikorwa amarangamutima
yanjye hamwe n'ubushake bwanjye n'ibitekerezo
byanjye**

**Kugira ngo nkurikire ubuyobozi n'ubwenge
n'ubushishozi bukwiye**

**Buri munsu nzashaka ibyishimo by'umutima
wanjye**

Ntabwo ari ukubera ibyishimo

**Imana ireba ibitekerezo byanjye kandi
ikabiyobora kuri**

**Isi y'umutekano n'amahirwe yo kuzabona
amahoro**

Nzakuraho ubwoba bwose mu mutwe wanjye

Kumenya ko Imana inshyigikiye kandi ikanyobora
Atuma inzira yanjye yoroha
Kandi aranyorohera ibintu
Muri buri kibazo no mu rwego urwo arirwo rwose
Kwiringira Imana byuzuye ni wo muti
Kandi mfite inyungu n'ubuvuzi bivuye muri byo
Amahoro abe kuri mwe

Ubwenge n'ubushishozi bw'umwuka
Umuntu agomba kwigenga no gukora ibimukwiriye,
adayobowe n'ibikorwa bisanzwe n'ibitekerezo bye ahubwo
.ayobowe n'ubushake n'ubwenge

Ni uburenganzira n'ubushobozi bw'umuntu kwihangira
paradizo ye no kuyishimira kuko afite ubushobozi bwose bwo
kubigeraho, kuko Imana yamuhaye ubushobozi bwo
.kwerekeza ibitekerezo bye kuri yo no kuyimenya

Ikintu gikomeye mu buzima ni ukuba mu gihome
cy'umutimanama wawe ukeye kandi utuje

Iyo umuntu yibanze ku Mana kandi agasenga bivuye mu
mutima, ashobora kubona umugisha wayo

* * *

:icyibandwaho

Umucyo w'Imana uranyuzuye kandi uranyimurikira,
urandura indwara zose kandi umpa ubuzima bwiza
n'imibereho myiza. Umucyo wayo w'Imana uramurikira buri
karemangingo k'umubiri wanjye, bityo umubiri wanjye ukaba
.muzima kandi meze neza

* * *

Kuri uwo muni wibuka aho waturutse mu ijuru,
ubwenge bwawe buzongera kuvukira mu nzu ikomeye
y'Imana y'Umwuka

Bisa nkaho ubwenge n'ubushake by'umuntu
bishyinguwe muni y'ubutaka bw'ubujiji Iyo zahabu
y'ubwenge ikuwe mu kirombe cy'ubugingo, igashonga,
igahindurwamo ibikoresho bityaye byo mu mutwe,
ntibishoboka gutema no kurandura ikimera cy'ikibi gikura
.mu busitani bw'ubwenge bw'umuntu

Imisozi ikomeye kandi itangaje, imiterere itangaje
y'umubiri w'umuntu, indabyo n'amaroza bishya kandi
bitangaje, icyatsi kibisi, ubunini bw'imitima myiza,
.n'ibitekerezo bihebuje bitunganye
Kandi urukundo rwinshi, ibi byose bitwibutsa Imana, yo
soko y'ubupfura bwose, ubukuru, n'ubwiza

* * *

Gushyira ubwenge ku murongo ni ingenzi mu gukangura
no gukoresha imbaraga zihishe mu muntu. Kwibanda ku
murongo bivuze gushyira ibitekerezo ku ngingo imwe
Impamvu nyamukuru itera gutsindwa kenshi ni ukutagira
icyo wibandaho. Kwita ku bintu bishobora kugereranywa
n'urumuri; iyo urumuri rwarwo rukwirakwiriye ahantu hanini,
imbaraga zarwo ziragabanuka. Ariko uwo muco uba
ukomeye kandi usobanutse neza iyo wibanda ku ngingo
runaka. Abafite ubwenge budasanzwe bibandaho cyane,

bafite ubushobozi bwo gushyira imbaraga zabo zose mu
.mutwe ku kintu kimwe icyarimwe

* * *

Urukundo nyakuri—urukundo rw'umutima n'ubugingo—
ni urukundo rw'Imana. Uru rukundo rw'Imana rushaka
.kwigaragaza binyuze mu mitima n'ubugingo by'abantu

Hari imiraba iri kure cyane ku buso bw'inyanja ku buryo
itigeze igera ku nkombe. Hari n'ibitekerezo biri mu buturo
bw'ituze birebire cyane ku buryo umutima utabasha
.kubisobanura

Gusobanukirwa ni uburinganire hagati y'umutima utuje
n'umutimanama ukeye

Ubuhanga bwo gukora neza buri mu kuba ushobora
gukora buhoro buhoro cyangwa vuba udatakaje amahoro yo
mu mutima wawe

Ntidushobora kwiga ikintu tutazi keretse dufite ikindi
twagereranya nacyo. Bityo, Imana yigisha abantu urukundo
rw'Imana binyuze mu buryo butunganye bw'urukundo rwa
.muntu

Buri gihe yerekeza urushinge rw'ibitekerezo byawe mu
majyaruguru y'ibyishimo byo mu mwuka, hanyuma nta
.muntu uzashobora kukubangamira mu kuringaniza kwawe

Komeza ukwizera kwawe mu Mana kandi wizere ko
lyakuremye izaguha ibyo ukeneye kandi ikurinde

Ugenda mu butungane akunda Imana kandi irakundwa
n'Imana, yaba akorera mu ishyamba ry'umwimerere
cyangwa mu ishyamba ry'umuco wa none, kuko ibibazo,
ingorane, ibigeragezo n'amakuba biba muri byombi. icya
mbere kirimo inyamaswa z'inkazi, mu gihe icya kabiri
kigaragaza ubwoba bukabije, bugaragarira mu ntambara
ikomeye yo kurwanya ibyifuzo bitagira umupaka n'irari
ry'inkazi. Iyo umuntu ashyize irari rye mu byo ashaka ni bwo
.yumva ibyishimo nyakuri

Hari igihe ushobora kumva ko inshuti yawe ije kugusura,
nubwo nta kimenyetso cy'uko yagusuye. Ntibarakubwira ko
bazaza, ariko ukumva ko uzababona, hanyuma, nimugoroba,
bakagukomanga! Cyangwa rimwe na rimwe wumva umunsi
wose ko hari ikintu cyiza cyangwa kibi kigiye kubaho, kandi
iyo bibaye, utangazwa no gusanga intuition yawe yari
ikwiye. Izi ni zimwe mu ngero z'intuition (ubwenge
.bw'imbere) n'uko ikora ititaye ku bimenyetso n'ibimenyetso

Imana yaduhaye ubugingo, ubwenge n'umubiri, kandi
tugomba gukuza izi mpano mu buryo bwumvikana kandi
buringaniye. Ntitugomba kwemera kuba imbata z'ibidukikije
cyangwa imfungwa z'ingeso mbi. Ababyeyi bakuze mu buryo
bw'umwuka bashobora gufasha isi barera abana bafite
imyifatire yo mu buryo bw'umwuka no kubaho mu buzima
.buciriritse burangwa no gutekereza no kwitonda

Igitekerezo cyose cyiza kigutera kwegera Imana. Ibi
bitekerezo bimeze nk'uruzi rutemba mu nyanja y'umwuka
.w'Imana

Buri muni ukwiye kuba umuni wo gushimira no
gushimira imigisha y'ubuzima ituruka ku zuba, amazi,
imboga nziza n'imbuto, ari impano zitaziguye zituruka ku
.Mutanzi Mukuru

Urukundo rutunganye, urukundo rw'Imana, rukuraho
inzitizi hagati y'umuntu n'Umuremyi we

Ubucuti burangirika kandi urukundo hagati y'abantu
rurashira bitewe n'ibintu bibi byo kwikubira, ubwikunde,
imibanire y'umuryango, gukunda imibonano mpuzabitsina,
gukunda ibintu, gushyuhagurana mu marangamutima, no
guhanahana amakuru afitiye akamaro, kuko ubucuti
bw'igihe gito bukurikirwa n'urwango rutunguranye,
biganisha ku rupfu rw'urukundo rwa muntu. Ariko mu
mutima wa buri muntu hari urukundo ruhoraho, rw'Imana
rushobora kugumaho igihe gito, ariko ntirwigera rupfa
.by'ukuri

Mu butaka bw'umutima wawe, imbuto z'urukundo
zirakura. Gerageza izo mbuto kandi uzivomereze impuhwe
.n'urukundo rusesuye

Imana ni urukundo, kandi urukundo ruduhuza n'Imana
Niba dushaka gukunda Imana, ntitugomba kwitandukanya
cyangwa ngo duhagarike urukundo rwacu, ahubwo tugomba
.kuruhuza n'urukundo rw'Imana

Imbaraga zose n'ibintu byose biri mu isanzure ni
umusaruro w'ubwenge bw'Imana, nk'uko ibintu ubona mu
nzozi byaremwe n'ubwenge bwawe

Uburyo bwonyine bwo kwirinda ikibi ni ugushyira mu gaciro kugira ngo wemere ikibi kandi wiyemeze kutagikora Kurwanya undi nabi ntibitanga ukuri. Ubujiji ni umwanzi .nyakuri w'abantu kandi bugomba kwirukanwa muri iyi si Dufite byose dukeneye muri iyi si kugira ngo twinjize igihe cy'uburumbuke, ibyishimo, n'ubutabera busesuye. Imbogamizi imwe rukumbi ni ubwikunde bw'abantu, butuma ibi bidashoboka. Imibabaro iteye ubwoba kandi idashingiye ku mpamvu z'uko umuntu yababara iterwa n'umururumba w'abantu n'inyungu zabo bwite, batitaye ku bandi. Amafaranga yashoboraga gukoreshwa mu kugaburira no kwambika abakene, ahubwo akoreshwa mu gusenya no .gusenya

Impamvu nyamukuru y'ibibazo by'isi ni ubu bwikunde bwavutse mu bujiji. Buri wese atekereza ko akora ikintu gikwiye, ariko iyo akurikiranye intego ze bwite gusa, ashahiraho itegeko rya karmic ry'impamvu n'ingaruka, .rizasenya ibyishimo bye n'iby'abandi Uko nkomeza kubona ibyago byo ku isi biterwa n'ubujiji bw'abantu, ni ko nrushaho gusobanukirwa ko ibyishimo ari iby'igihe gito, nubwo imihanda yaba irimo zahabu. Ibyishimo nyakuri biri mu gutuma abandi bishima Iyo buri wese abikora, buri wese yakwishima, kandi buri wese yahabwa .umugabane we mu byiza by'isi

Kumenya Imana ibyishimo byayo byo mu ijuru n'ibyishimo bitagira iherezo ni nk'inkoni y'ubumaji ihita ihindura icyuma gihendutse cy'ubuzima busanzwe bw'ibintu ikagihindura zahabu irabagirana y'ibyishimo birambye byo .mu mwuka

Ubucuti ni ikintu gikurura abantu bose mu by'umwuka
gihuza imitima n'umurunga w'urukundo rw'Imana

* * *

umutaka w'ubugingo cyangwa ituze ry'ubugingo
Iyo gushyuha guhangayika bigabanuka
Haravuka ituze, rizana amahoro n'ituze
Ni inkingi y'ubwato bw'ubuzima yera
Yuzura umuyaga w'ibyishimo birambye, nta byishimo
bihari

Nuko asunika ubwato buhoro buhoro hejuru y'ikiyaga
cya Al-Rida

Umutuzo ni uruzi rw'ibyishimo
Itemba buhoro buhoro yerekeza ku nyanja y'ituze
Kwitandukanya n'imiraba y'imihangayiko
Ni umutaka w'ubugingo
Gukwirakwira hejuru y'ubwenge n'umutima by'umuntu
Kugira ngo arinde ibyishimo by'ubuzima bwe, byaba bito
cyangwa binini

Kuva mu mvura y'ubwoba n'amaganya
Ni ijwi ryo mu ijuru
Ituruka ku inanga y'ubuzima
Ni umunyu wera
Ku meza y'ubuzima
Kandi ifuro riguruka riva mu mazi y'ibirori by'iterambere
Ni umwuka mwiza kandi utuje
Ubwami bw'ubugingo bugengwa nabwo
Mu bwumvikane n'ubwumvikane
Uruhushya ntirugarukira gusa ku kwiherera ahantu
hiherereye
Nta n'ubwo ari bwo buryo bwo guhunga urusaku
n'induru

Ahubwo, biza aho imitima ibyakira neza

Kandi aguma aho roho zibona ihumure muri we
Hatitawe ku gihe n'ahantu
Ni indabyo zoroshye kandi zoroshye
Ntishobora kwihanganira gukozwaho ibintu bikabije
Ahubwo, irazima, irakura, kandi igakura neza
Iyo inyotewe n'amazi meza kandi meza
Umutuzo ni ikiyaga gituje cy'ibiyumvo
Nta minkanyari y'agahinda
Uwo mugore urira kubera ubwoba
Kugira ngo habeho impungenge n'agahinda gato
Iyo urupapuro rw'ubugingo butuje rupfundikiye
:Urubura rwera kandi rukeye
Urubura rw'ituze n'amahoro yo mu mutima
Inkubi y'umuyaga n'imiyaga y'ubwoba ntibizatsinda
Guhungabanya amahoro n'ituze
Munsi y'uru rwego rukomeye kandi rubengerana
Kubera uyu muco mwiza kandi uhebuje
* * *

Ingoro y'urukundo rw'Imana
Iyo ibisasu by'urwango bikuguyeho
Hungira mu gihome cy'urukundo
Kandi niba ibisasu by'ubwumvikane buke bikomeje
Komeza gukomera mu buvumo bw'urukundo
Munsi y'ibyumba by'impuhwe n'impuhwe
Kandi niba umwuka w'uburozi w'uburiganya ugerageza
Kugira ngo uhagarike ubuzima bw'ubwenge bwawe
Ishyireho agapfukamunwa k'urukundo ruzira inenge
Igihome cy'urukundo rw'Imana ni ahanu hatekanye
Kuva ku bitero by'ingabo z'ibintu bidasanze n'ibishuko
Cyubura umuyoboro w'ubudahemuka n'ubudacogora
Wuzuze n'amazi y'urukundo
Ubwo bwikunde ntibushobora kubunyuramo
Kugira ngo usenye ubwenge bw'ubugingo bwawe

Abatekereza bakumva bafite amahoro yo mu mutima.
Ibyo twiga mu gutekereza bigomba gukoreshwa mu bikorwa
byacu bya buri munsu no mu biganirwa byacu, kandi
ntidukwiye kwemerera umuntu uwo ari we wese kutwiba
.amahoro cyangwa ngo atwibagizeho ituze
Gutekereza kutabogama ni nk'indororwamo isobanutse
neza, itunganye, ihamye kandi idahungabanywa no gufata
ibyemezo byihuse
Urukundo rw'Imana ni ubusitani bw'indabyo zo mu ijuru
n'ibuye rya basil, kandi ni ibitekerezo bishya kandi
biryoshye. Ni isoko y'urukundo rwose rutunganye rukubita
.mu mitima y'abatanyanya

Ba woroshye uko ushoboye kose uzatangazwa n'uburyo
ubuzima bwawe buzaba bwiza kandi butoroshye

Ibyishimo by'ukuri mu muryango bishingiye ku
bwumvikane n'amagambo meza

Mu gutekereza cyane, hazavuka umuseke mushya
w'ubukanguke. Igicu cy'ituze n'amayobera bitwikiriye byose
bizashira kandi bishire imbere y'urumuri rw'ubukanguke bwo
mu buryo bw'umwuka n'inyota yo gushaka Imana ikomeje
.kwiyonera

Mu mibanire yacu n'abandi, ni ingenzi cyane kumenya
imico n'ibyiza bakuye mu byo banyuzemo no mu miterere
.yabo, no kwishimira iyo mico
Nitwiga abantu bafite ibitekerezo bifunguye, tuzabasha
kubasobanukirwa no kubafata neza, kandi tuzashobora
.guhita tumenya imiterere y'umuntu duhanganye na we
Ntukaganire n'umuhanga mu bya filozofiya ku birebana
n'amasiganwa y'amafarasi, cyangwa ngo uganire

n'umuhanga mu bya siyansi ku bijyanye no kwita ku rugo.
Menya ibishimisha umuntu kandi bikamukurura, kandi
.ubiganireho, atari ngombwa ku bintu bigushimisha

Niba twifuza kumva abandi, tugomba kwirinda
kubanenga no kubacira urubanza. Ahubwo, twagombye
kwirebera mu ndorerwamo y'ubushishozi bwacu kugira ngo
turebe igikeneye gukosorwa no kunozwa. Iyi ndorerwamo
y'imbere itandukanye cyane n'iyi tumenyereye kureba buri
gitondo. Buri muni, ndeba muri iyi ndorerwamo y'imbere,
kandi iyo mbonye ikintu ntakunda, ndicuza kandi nkihatira
kugikosora. Muri ubu buryo, umuntu abona ishusho yabo
nyayo mu ndorerwamo y'ubugingo bwe kandi agatera
imbere umunsi ku wundi mu nzira igana ku byishimo
.n'amahoro yo mu mutima

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Uwiteka, uri hafi yanjye kuruta uko umutima wanjye
utera, kandi numva ko uri hafi y'ubwenge bwanjye

Iyo umuntu ahora yibanda ku miraba y'inyanja igihe
kirekire, yirengagiza kwibanda ku nyanja ubwayo. Mu buryo
nk'ubwo, iyo umuntu yibanda ku muraba muto w'ubuzima
bwe akawufatanyaho burundu, yibagirwa inyanja nini
y'ubugingo, ubuzima bwe bukaba nk'umuraba uri ku
.isanzure rinini ry'umutima we

Nk'uko amatara y'amashanyarazi ashirwa ahantu
hatandukanye amurikwa na moteri imwe y'amashanyarazi,
ni ko n'amataru y'abantu amurikwa na moteri imwe y'ikirere
ishyira ubwenge mu bitekerezo kandi igaha umubiri
.imbaraga zifatika

Igitonyanga cyose cy'amazi gikora ku kubaho
kw'inyanja. Nubwo ubuzima bw'umuntu bushobora gusa
n'aho ari igitonyanga gito mu nyanja y'abantu, ingaruka
z'ubwo buzima zishobora kuba ingenzi cyane kandi
.ntizikwiye gusuzugurwa

imiraba y'inyanja ikaze
Imiyaga y'izuba
n'imigezi y'imbaraga zo mu kirere
n'imibumbe iri kureremba mu kirere
Nk'ibirunga by'urubura hagati mu nyanja
Bose babyina ku gituzza cy'urugendo rw'iteka ryose
Umubyeyi wuzuye ubwuzu n'urukundo ni ikimenyetso
cy'impuhwe z'Imana
Imana igaragaza ubwuzu bwayo mu ndabyo
Shinga muri wowe urusengero rw'ubwiza n'amahoro aho
ushobora gusanga Imana mu buturo bw'ubugingo bwawe
Mu mibanire yacu yose irangwa n'ubwumvikane,
tugomba kwibuka ko urukundo rw'Imana ruri inyuma
.y'umutima wose uterana urukundo n'ubwumvikane

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Ubuzima burara mu butaka bugoye, burota ubwiza mu
ndabyo, bukanguka mu nyamaswa cyane, kandi mu bwenge
bw'umuntu bubona ubushobozi bwabwo butagira imipaka
Nta gushidikanya ko bishobora kwinjira mu mutwe ku
bijyanye no kubaho kw'Imana no kuba iri hafi yayo iyo
umuntu abonye ko isi yose ari ikimenyetso cy'ibiremwa
by'Imana. Byose biva mu bitagaragara, bikaguma kuri iyi si
igihe gito, hanyuma bigasubira mu buryo butagaragara iyo
.ubuzima bwabyo bwo ku isi burangiye
Muri buri atome y'iyi si itangaje, Imana ihora irema
ibitangaza n'ibitangaza
Intsinzi izahora ari iy'ukuri n'ingeso nziza amaherezo,
uko byagenda kose byatwara igihe kingana kose

Ntureke ngo imibabaro n'igihombo biguce intege kandi
biguce intege Umunsi umwe uzinjira mu bwami bw'umwuka
maze ugire ibyishimo bitagira uko bisobanurwa n'ibyo
witeze. Mu bubabare, tugomba kwiga kubabarana n'abandi,
kumva amarangamutima yabo, no gukora uko dushoboye
.kose kugira ngo tubafashe

Ibintu byose biri mu isi bigaragara bigaragaza ingendo,
impinduka, no kudahuzagurika, ariko kamere y'Imana ni
ituze, ituze, n'ituze

Ubunyangamugayo bwimbitse ni ngombwa mu nzira
y'umwuka, kuko mu isuku ry'umutima no mu gusobanutse
.neza kw'umugambi, niho umwuka utangira gushya
Mu busitani bw'ubuzima, ndimuka mu byishimo mva ku
giti nje ku kindi, kandi amaherezo nzagwa, Mwami, ku
kuboko kwawe kurambuye kwanyakira

* * *

:Kwiteza imbere

Umuntu agomba gushyira ubuzima bwe mu bikorwa no
gusoma ibitabo byiza cyane byakozwe n'ubwenge bw'abantu
aho gupfusha ubusa umwanya we mu gusoma ibintu bidafite
akamaro, agashaka akazi kamubereye mu buzima kandi
.agaharanira gukora akazi ke neza kandi neza
Abantu benshi bashyira imbaraga nyinshi mu nzego
nyinshi ariko ntibagire icyo bageraho. Abifuza kwiteza
imbere ntibashobora gusobanukirwa ibintu byose, ariko
bashobora kumenya bike kuri byose, no kumenya byose ku
.kintu kimwe

Ubumenyi ni inyanja nini, kandi ubwenge bw'umwuka
ntibugira imipaka Nubwo Isi ari agace gato mu isanzure, ni
nini cyane mu maso yacu
Nubwo bimeze gutyo, bitewe n'iterambere ry'abantu, isi
yacu irimo kuba ntoya bitewe n'uburyo bugezweho bwo
gutwara abantu n'ibintu [itumanaho], kandi vuba aha
!tuzatangira gutekerezwa ku ngendo zijya mu yindi mibumbe

Umuntu agomba kugira uburinganire Abirengagiza
ubuzima bw'umubiri bakibanda ku ruhande rw'umwuka gusa
bahanishwa gutakaza uburinganire bwabo bwo mu mutwe
Inshingano z'ibintu bifite akamaro kanini kandi zifitanye
isano n'inshingano z'imibereho myiza, iz'igihugu
n'iz'amahanga Inshingano z'ubwenge ziruta inshingano
z'ibintu bifite akamaro, kandi inshingano z'umwuka
n'iz'umuco zigomba gushyirwa imbere Ubwenge bugomba
kuba budakoresha ingeso zidafite akamaro zituma umuntu
ahangayikishwa cyane n'ibintu bifite agaciro
Kuramo amasoko y'ubuhanga bwawe n'imbaraga zawe
zihishe, kandi usekere inseko y'ibyishimo byo mu mutima
.nta muntu ushobora kukwambura
Iyi si iyobowe n'imbaraga ebyiri: imbaraga z'icyiza
n'imbaraga z'ikibi. Umuntu wese ufata icyiza nk'umuyobozi
n'umujyanama we azagira iminsi myiza n'ubuzima bwiza,
kandi umuntu wese wemerera ikibi kuyobora inzira ye no
kugenzura ibyifuzo bye azagira imibabaro n'agahinda
.nk'umugabane we
Ijambo ry'ingenzi ku bantu benshi ni "nnyewe," ariko
abantu b'umwuka batekereza ku bandi nk'uko bitekereza
.kuri bo ubwabo
Abitekerezaho bonyine bikururira urwango n'ubugizi
bwa nabi bw'abandi, mu gihe abiyumviraho abandi kandi
bakumva amarangamutima yabo basanga abandi nabo
.babatekereza kandi bakabagirira impuhwe
Ni igitutsi kuri wowe ubwawe kuvuka, kubaho no gupfa
utazi impamvu yo kuzananwa muri iyi si nk'umuntu mbere
.na mbere
Kwibagirwa Umuremyi wawe bivuze kutamenya intego
yo kubaho, mu gihe gutekereza kuri We no gushaka by'ukuri
kumva ko ariho bizana inyungu nyinshi zo mu buryo
bw'umwuka n'imigisha myinshi uko igihe kigenda gihita
Kubona ubutunzi n'ubutunzi si garanti yo kwirinda
kwiheba no kubabara. Umunsi uzaza aho umuntu yumva

adafite icyo akora kandi adafite imbaraga, nk'ikintu cyo
gukina kiri mu maboko y'ibyamubayeho; icyo gihe
bazamenya ko Imana yonyine ari yo ibafasha, ikabarinda,
.n'ubuhungiro bwabo

Igihe cyose wumva utangaye ku kintu gitangaje
cyangwa ikiremwa kidasanzwe, funga amaso yawe,
hindukira imbere, kandi utekerezwe ku isoko y'Imana yacyo

Umuntu abona gusa ibintu byinshi biva mu ruganda
rw'Imana byihishe inyuma y'irema, kandi aramutse yinjiye
mu ruganda ubwarwo, yabona uburyo ibintu byose biri muri
.iyi si bibaho mu buryo butangaje

* * *

Nagusabye

Buri gitondo ntanga umubiri wanjye, ubwenge bwanjye,
n'ubushobozi bwose mfite kuri wewe, Umuremyi Utagira
Imbibi, kugira ngo ubikoreshe mu buryo ubwo aribwo bwose
.uhisemo, kugira ngo ubashe kwigaragaza binyuze muri njye
Indirimbo zanjye zicetse zo kugutegereza zizaririmba

ku buryo umutima wanjye utera

Ndabizi ko akazi kose ari akazi kawe kandi ko nta kazi
.kagoye cyangwa gaciriritse mu gihe uhawe serivisi nziza
Mu buryo bw'umwuka, ndagusaba kumenya ko uriho Uri
inkomoko n'ishingiro ry'ibiremwa byose Reka nkubone muri
buri atome y'umubiri wanjye kandi nkumve muri buri
gitekerezo mfite

Uwiteka, yobora imigezi y'ibyishimo byacu kugira ngo

bitazacika intege mu musenyi w'ibinezeza by'igihe gito

Ese imigezi mito y'impuhwe zacu itagomba kuma mu

butayu bw'ubwikunde butagira abantu

Reka inzira z'amarangamutima yacu zonyine, zitagira
aho zihuriye, zivange n'ikiyaga cy'urukundo rwawe kitagira
imipaka

Imigezi mito y'ubuzima bwacu yaguke kubera imvura
nyinshi y'imigisha yawe, kugira ngo bashobore kwambuka
ikibaya kinini kandi kinini cy'ubwiyoroshye, kwitanga, no
kwita ku byiyumvo by'abandi, kugira ngo amaherezo binjire
.mu nyanja yawe nini, mu buziranenge bwose
Ubwenge bw'Imana, hamwe n'ibyishimo byayo byo mu
ijuru, ni uburyo bw'ubumaji buhindura ako kanya ubuzima
bunini bw'isi butari bwiza bukaba zahabu irabagirana
.y'ibyishimo bihora bivugururwa
Iyo ibyondo by'ibitekerezo bihangayikishije bitangiye
gutuza, imbaraga z'Imana zitangira kugaragara mu mazi
meza kandi meza y'ubwenge

* * *

Ijwi ry'iteka ryambwiye mu ijwi ryoroheje kandi rito,
:rigira riti

Nagusogongeye mu matwi yawe imyaka yose yo"
gusinzira nti 'Kanguka!' None ubu wavuye mu bitotsi byawe;
ndakubwira nti: Kangura abavandimwe bawe. Kora nanjye,
".kugira ngo bose bumve ijambo ryanjye
:Rero nasezeranye, mvuga nti

Nzakora uko nshoboye kose kugira ngo nkwirakwize"
umuhamagaro wawe no gukwirakwiza ubutumwa bwawe,
kandi nimva umubiri wanjye wo ku isi, nzaguza ijwi ryawe
ry'abari aho bose kugira ngo nongere nduhuze imitima ihuje
:umutima

Umva indirimbo ze z'Imana zihumuriza mu buryo
bw'umwuka, kuko ahora aguhamagara
Nzategereza abavandimwe banjye bose batabarika; uko
bagenda buhoro buhoro mu rugendo rurerure, rugana ku
ntego nziza yo kumenya kwimenya, kandi binyuze muri
:(Induru zo mu Iteka ryose) nzabasobanurira
Nimukanguke, bavandimwe banjye, dukurikize ijwi rye"
riduhamagara ubudahwema, kandi dusubire hamwe mu rugo
"rwo mu ijuru

Tugomba kuvuga izina ry'Imana mu mitima yacu ku
ishapule y'urukundo n'irabu, kandi ni ryo shengero ry'ukuri
.rikora ku mutima w'Imana

Guvuga izina ry'Imana n'umutima ukonje n'ubwenge
butembera ni ugutuka Imana no kuyisuzugura Iyo umuntu
asenga, umutima we n'ubwenge bye bigomba kuzura
urukundo rw'Imana

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Guhindukira kure y'ibintu bikurura isi no kwihakana
ibyifuzo by'isi si ibintu bibi, ahubwo ni ibintu byiza. Nta kindi
.uretse kureka kwishima, nta kindi uretse kureka imibabaro
Kwikunda ntibikwiye gufatwa nk'inziya yo kwigomwa.

Ahubwo, ni ishoramari ryiza, ku buryo amafaranga make
dukoresha mu kwiyezondereza azatanga amamiliyoni
y'amadolari yo mu buryo bw'umwuka. Si byiza gukoresha
ibiceri bya zahabu byo mu minsi yacu y'akanya gato kugira
?ngo tugure ubwami bw'ibyishimo by'iteka ryose
Tugomba kwishyiramo icyo cyizere gisobanutse kandi
cyimbitse gituzamo kandi kikadukurura iyo twitegereje
ibitangaza by'ibyo Imana yaremye. Ubu ni bwo buryo bwo
kumenya Imana binyuze mu bwiza
Umuntu ukora ibikorwa byiza, nubwo yaba ari ukwigana
gusa, afite amahirwe yo guhumeka impumuro nziza ihumura
neza kandi ikurura, imutera gukora byinshi. Ariko umuntu
ukora ibibi nkana yigana abandi nta kabuza azahuzwa
.n'impumuro mbi kandi iteye ishozi y'ibibi

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Nta muntu ufite kamere nk'iyawe Nta muntu ufite isura
nk'iyawe Nta muntu ufite umwuka nk'uwawe Imana
yakuremye mu buryo bwihariye, kandi nta muntu usa nawe
Umuntu agomba gukuramo ishingiro ry'ibyo asoma,
akabona inyungu zifatika muri ibyo bintu
Igicuruzwa cya Peace gishobora gukorwa mu nganda
z'ubuzima kugira ngo gikoreshwe mu buzima bwa buri
.munsi

Amahoro ni umuti w'indwara zose zo mu mutwe. Abantu
bafite ukwifata, haba mu mirire, mu myitwarire, cyangwa mu
mibanire y'abashakanye, kandi bakaba inyangamugayo,
abizera kandi bazigama amafaranga, ni bo bagira amahoro
.nyayo

Amahoro ashobora kuboneka mu buryo buhuje
n'amategeko y'Imana n'amategeko y'isi. Abakunda Imana,
bishimira ituze, bishimira gukora ibyiza, kandi
bakayitekerezaho kandi bakayitekerezaho ni bo babona
.amahoro

Umubyeyi wuzuyemo amarangamutima y'abagore
y'ubwuzu ni ikimenyetso cy'imbabazi z'Imana
Gukura kw'amahoro y'Imana n'ibyo umuntu ageraho mu
buryo bw'umwuka ni imbuto karemano yo gutekereza buri
munsi kandi ni ibyishimo byimbitse kandi byimbitse kurusha
.ubutunzi n'ubutunzi bw'isi

Nta kintu cyiza cyangwa gishimishije kuruta ukubaho
kw'Imana Iyo umenye uku kuri, uzaba wishimye kurusha
abandi bose kandi ukize kurusha abandi bose. Ubutunzi
bw'ibintu bushobora gukoreshwa hano ku isi gusa;
ntibushobora gukoreshwa mu isi itaha. Ariko zahabu
y'ibyishimo by'Imana, ivanywe mu birombe byo gutekereza,
ni icyuma cy'umugisha kandi gihora gishya, gifite akamaro
.mu isi zombi kandi kidashira iteka ryose

* * *

Mu gukanguka k'ubugingo, amabara ararushaho kuba
meza, ijwi rikagira ijwi ryiza, ibyiyumvo birarushaho kuba
byiza, roho yumva ubwiza bwayo mu kirere, ubwenge
bumenya imitingito ituruka ku bandi, kandi ubushobozi bwo
.kwishimira ubuzima buriyongera

* * *

Abantu binubira igitekerezo cyo guhara ibintu bimwe na
bimwe mu buzima, nyamara mu by'ukuri, bahara ibintu
byinshi by'agaciro, cyane cyane amahoro yo mu mutima.
Hari n'ubwo bitangira amafaranga, ahita ashira kandi ashira.

Ubutunzi bushobora kwamburwa umuntu, cyangwa
bugakurwamo, iyo bavuye kuri iyi si kandi ntibashobore
kuyajyana. Agaciro nyakuri k'amafaranga kari mu
kuyakoresha mu bikorwa by'ingirakamaro no mu kuzanira
umuntu ibyishimo no kuzana ibyishimo ku giti cye no ku
.bandi mu buryo bushimisha Imana n'umutimanama we
Isi yuzuyemo inkubi z'umuyaga zisanzwe n'iz'abantu,
kandi Imana ni yo ngabo ikomeye n'ubuhungiro bukingira
.inkubi z'umuyaga, inkubi z'umuyaga n'ibibi byo muri iyi si
Aho Imana iri hose, nta bwoba cyangwa agahinda biba.
Umwizera nyakuri ahagarara ashikamye kandi atewe ishema
n'intambara y'ubuzima n'intambara y'ibintu, yizeye ko Imana
iri kumwe na we, imurinda ibyago kandi ntizamutererana na
gato. Bityo, ubwoba burashira mu mutima we kandi icyizere
.kiramufata, uburinzi budashobora gushyirwaho

* * *

:Niba ushaka igisubizo cye
Yaba yarasubije cyangwa ntiyasubije
Komeza umuhamagare
Komeza ubusabe bwawe mu rusengero rw'amasengesho
ahoraho

,Yaba azaza cyangwa atazaza
Wizere ko arushaho kwegerana nawe
Ufite icyifuzo cyose cy'umutima wawe
,Yaba asohoza icyifuzo cyawe cyangwa atagisochoza
Komeza kumugaragariza urukundo
Nubwo atasubiza
,Uko wabitekerezaga
Wizere ko azasubiza mu buryo bufitse
Kandi mu mwijima mwinshi cyane, amasengesho yawe
Hagati mu mbyino y'ubuzima, urupfu, n'ububabare
Niba ukomeje kumwitabaza
Nta guceceka kwe kwaguteye agahinda
Uzabona igisubizo cye

* * *

Dukore ibishoboka byose kugira ngo twubake isi yunze
ubumwe, aho buri gihugu ari umunyamuryango
w'ingirakamaro, uyobowe n'Imana binyuze mu mutimanama
w'umuntu uri maso

Mu mitima yacu, twese dushobora kwitoza kwibohora
ubwikunde n'urwango

Dusabire ubwumvikane hagati y'amahanga yose, kugira
ngo ashobore kugendana bafatanye amaboko mu marembo
y'umuco mushya kandi uhebuje

Amagambo aturuka ku mutima, aryoshye kandi arangwa
n'urukundo ni nk'umutobe w'amazi uhumuriza abantu bafite
inyota. Amagambo nk'ayo arakenewe kandi arakenewe hose
.no mu bihe byose

Ku bijyanye n'amagambo akarishye, akomeretsa kandi
ababaza, yica roho z'abandi kandi arimbura amahoro yabo
yo mu mutima. Ni nk'umupira usenya mu kubaka ubucuti
.n'umuriro utwika amazu atekanye kandi afite umutekano
Umuntu agomba kubika amagambo akarishye mu
kanwa ke iteka ryose, kandi ubuzima bwe bugatuza ibibazo
.no gutandukana bitunguranye

Amagambo meza atera ibyishimo mu mitima y'inshuti
n'abanzi, mu miryango, ahantu ho gusengera, mu biro, mu
kazi, n'ahandi hose Abantu bumva ibyishimo byo mu mutima
iyo umuntu ugoye kandi wijimye abavuyemo, bakishimira
kubona inshuti y'ukuri, ivuga neza, ifite umutima mwiza
.kandi yoroheje

Iyo ushyizeho imihati kugira ngo ubone ibyo ukeneye
kandi ukanyurwa n'ibyo Imana ikworohereza, uzaba umukire
mu mutima kandi unyurwe kurusha abafite ubushake bwo
kwishimira isi kandi bakagira umururumba wo gusahura
.ibyayo

Imana ikora kugira ngo iteze imbere ubuhanga bwo
kubaho neza binyuze mu kugaragaza ukuri kwayo binyuze
mu ruvange rw'imico, imitekerereze, n'ibihugu
.bitandukanye

Nta gihugu na kimwe gitunganye ubwacyo, kandi
uruvange rw'imico myiza y'ibihugu byose ruzaduha
ubumenyi bwiza ku buhanga bwo kubaho neza no kugira
ubuzima bwiza. Ni ngombwa kumenya ko abantu bose
bakomeye bageze ku rwego rwo hejuru mu iterambere
ry'umuco kandi bagaragaza amahame n'amahame ya muntu
.yo mu rwego rwo hejuru mu buzima bwabo
Urusengero rw'Imana ruri mu bugingo. Injira mu ituze
ry'urwo rusengero wicare utekereze aho umucyo w'ubwenge
umurikira igicaniro cy'umwuka. Injira muri urwo rusengero
rukozeho n'amaboko y'abantu, aho nta guhangayika
.cyangwa ubwoba
Ngwino mu mahoro yo mu mwuka, uzumva ijwi ry'Imana
rikuvugisha mu rurimi rw'ubucece, kandi uzamenya ko
ibitagaragara byagaragaye kandi ko ibisa n'ibidashoboka
.byabayeho
Kuringaniza ni byiza kandi bigomba kuba ishingiro
ry'ibiyumvo byacu, ibitekerezo byacu, n'ibikorwa byacu,
.ndetse n'aho ubuzima bwacu buzenguruka
Roho zikomeye zigumana ituze n'amahoro, bibafasha
kunyura mu bigeragezo n'ingorane z'ubuzima badatakaje
.ubwenge cyangwa kuringaniza
Imana ibaho hose, icunga isi kandi iyobora inyenyeri mu
miyoboro itagira iherezo. Kandi abantu, baremwe mu
ishusho yayo, bafite ubushobozi bwo gucunga ubuzima
bwabo no guhuza ibikorwa byabo nta mpungenge cyangwa
.ngo bagire icyo bahungabanya
Tugomba koherereza abandi ibitekerezo by'urukundo,
ubushake bwiza n'amahoro buri gihe
Mu miterere y'ibitekerezo, aho urumuri rw'ubushishozi
ruhora rumurikira ku gicaniro cy'ubugingo, nta guhangayika,
nta mihangayiko, nta guhangayika, nta bwoba, ahubwo ni
.ituze, ituze, kwiyizera, n'ibyishimo nyakuri
Mwami, dufashe gutsinda abadayimoni b'ubwikunde
batera amacakubiri n'amakimbirane mu bantu kandi

bakabuza imitima guteranira hamwe mu rukundo rw'ineza
.n'ubwumvikane

Ibikorwa byiza byose byemerwa n'Imana igihe cyose
bikorwa mu buryo bw'umwuka. Ibikorwa by'ubutunzi ni ibyo
mu buryo bw'ubwikunde gusa. Inzitizi iri hagati y'imirimo
y'umubiri n'iy'umwuka igomba gusenywa. Ibikorwa byose
bikorwa mu buryo bwiza ni byiza kandi bifasha mu gusukura
.ubugingo imyanda n'ibihumanya

Hitamo inshuti zawe witonze kandi uzitekerezaho. Ba
inshuti nyakuri, ariko buri gihe komeza kuba kure, kandi
kubahana ni byo biguhuza nawe. Ntukarenze imipaka
.y'ubuziranenge hagati yabo

Biroroshye kubana neza n'abandi, ariko niba ushaka
gukomeza kugukunda no kubaha, ugomba gukurikiza iyi
nama

* * *

Binyuze mu isengesho, gutekereza no kwizera, umuntu
abona ubuyobozi bw'umwuka, kandi nta muntu ushobora
kubaho mu mahoro no mu mutuzo adafite ubwo bumwe bwo
mu mutima. Ariko, kugira ngo umuntu abone ubuyobozi
buturutse ku Mana mu buryo butaziguye, aho kwishingikiriza
ku byifuzo, ibyifuzo, cyangwa ingeso, bisaba ubumenyi
.bw'ubwenge n'ubushishozi bwimbitse

Menya ko ibyo ushaka byose, n'ibindi byinshi biruta
ibyo, bigutegereje mu Mana

Umugoroba umwe, mwarimu Paramahansa yabwiye
:abanyeshuri ati

Gutunga ntacyo bimbwiye kuri njye, ariko ubucuti ni"
ubw'agaciro cyane Mu buvandimwe nyakuri, umuntu abona
"ishusho nyayo y'inshuti y'inshuti: Imana

Hanyuma yongeyeho ati: "Mwirinde gushuka inshuti
cyangwa guhemukira umuntu, kuko ibyo ari kimwe mu
byaha bikomeye nk'uko amategeko y'ubutabera bw'Imana
"abiteganya

* * *

Kongera imbaraga zo mu mutwe Kongera imbaraga zo
mu mutwe kugira ngo, uko byagenda kose, ubashe
guhagarara ushikamye nk'intwari mu ntambara y'ubuzima
.no guhangana n'ibibazo byose
Niba ukunda Imana, ugomba kugira ukwizera kandi
ukitegura kwihangana no kwihangana igihe habayeho
.ibyago, ibyago n'ibigerageze
Ntukihebe cyangwa ngo utinye ububabare, ahubwo
komeza ubwenge bwawe bugire imbaraga kandi bwiza
Iyo uryohewe n'urugero nyarwo rw'ibyishimo byo mu
mwuka, uzasanga nta kindi kintu na kimwe cyagereranywa
.na cyo

Ababyeyi bagomba guhora bihatira gushishikariza
abana babo kumenya iby'umwuka binyuze mu kubigisha
gutekereza no gushishoza kugira ngo badatsindwa
.n'ibishuko byo gukina n'umuriro w'ibinezeza by'ibinyoma
Iyo ibyishimo by'Imana bimanuka, guhumeka kwanjye
kuratuza, kandi umwuka wanjye urazamuka, nkumva
ibyishimo nk'iby'abantu igihumbi icyarimwe, nyamara
sintakaza ibyumviro byanjye bisanzwe. Ubu bunararibonye
bwo mu isanzure bugenewe abantu binjira mu buryo
bwimbitse kugira ngo bagere ku rwego rwo hejuru
.rw'ubwenge

* * *

:Ijisho ry'umutima

Buri muntu agaragaza, ku rugero rutandukanye,
imbaraga z'ijisho ry'imbere cyangwa ubushishozi. Bituruka
mu ituze n'amahoro, bigatanga ubumenyi nyakuri kandi
bwizewe ku bintu n'abantu hatabayeho gukenera
ibimenyetso cyangwa ibimenyetso by'amarangamutima; ibi
.tubizi mu byo twanyuzemo ubwacu

Ubwenge nyakuri buza nk'ibiyumvo bituje kandi
by'ukuri, bitandukanye n'imihangayiko y'amarangamutima
n'ibitekerezo bihungabanya. Ubu bwenge bugaragarira
nk'ijwi ry'imbere cyangwa ijwi ryo mu mutima, kandi ni

ngombwa gutandukanya ubuyobozi bw'imbere nyakuri
.n'amajwi ayobya y'umuntu udafite ubwenge
Gusobanukirwa neza (ubwenge) si ukwemera gukomeye
ariko gusobanukirwa neza ukuri no gutekereza ku buryo
buhanga ni wo muti mwiza wo kurwanya imiterere
.idasanzwe

Ingeso zo mu mutwe zifata ubwenge iyo umuntu ari mu
mimerere mibi cyangwa ihungabana Iyo ubwenge budafite
ibitekerezo byiza, nyirabwo acika intege kandi aremerewe
n'imihangayiko. Kandi hamwe n'ihungabana n'imihangayiko,
shitani iba umushyitsi mu bitekerezo by'uwo muntu, ikagira
!ububasha bwose ku muntu urimo

Kubwibyo, nshuti yanjye, kora ku guteza imbere
ibitekerezo byo guhanga. Iyo udakora akazi k'amaboko, kora
ikintu cyo guhanga mu mutwe wawe. Gira umwanya wo
.kutagira umwanya wo kwibagirwa imihangayiko n'ibibazo
Ubucuti ntibushimisha imitima yacu keretse bushingiye
ku rukundo dusangiye dukunda Imana. icyifuzo cyacu cyo
gusobanukirwa no kubana n'abandi, mu by'ukuri, ni icyifuzo
cy'umutima cyo guhuzwa n'isoko yabwo: Imana
Uko tugerageza guhaza icyo cyifuzo binyuze mu bintu
byo hanze, ni ko amahirwe yacu yo kubona inshuti yo hejuru
.aba make

Niba ufite ubwenge bukomereye kandi ugakomera ku
cyemezo kidakuka, ushobora kugenzura iherezo ryawe.
Gerageza kugerageza imbaraga zawe zo mu mutwe mu
bintu bito, hanyuma ukore akazi ko kuzishimangira kugira
ngo ugere ku bintu byinshi bikomeye. Nabibonye mu buzima
.bwanjye, kandi mvuga mfite icyizere

Uburyo bwonyine bwo kwirinda ikibi ni ugushyira mu
gaciro kugira ngo wemere ikibi kandi wiyemeze kutagikora
Kurwanya undi nabi ntibitanga ukuri. Ubujiji ni umwanzi
.nyakuri w'abantu kandi bugomba kwirukanwa muri iyi si

Dufite byose dukeneye muri iyi si kugira ngo twinjize
igihe cy'uburumbuke, ibyishimo n'ubutabera busesuye.
Imbogamizi imwe rukumbi ni ubwikunde bw'abantu, butuma
ibi bidashoboka. Imibabaro iteye ubwoba kandi idashingiye
ku mpamvu iterwa n'ubwikunde bw'abantu no gushaka
.inyungu zabo bwite batitaye ku bandi

* * *

Kuva mu bubiko: Umusaruro w'urwango
Nasi na Zakir baranze Intambara hagati yabo yatangiye
bakiri abanyeshuri bato ku ishuri, kandi bamaze gukura,
urwango rwarushijeho kwiyoungera bahinduka abahanganye
mu bucuruzi bw'inkweto
Igihe kimwe, bahataniye gushaka umukobwa, kandi
kubera ko Nasi yari afite imbaraga nke kurusha Zakir,
yamukubise cyane amusiga ata ubwenge. Ubwo Zakir
yagaruraga ubwenge, yagize isoni, yicuza, kandi aterwa
.ishozi n'ibyamubayeho
Nyuma y'imyaka myinshi, Zakir yahisemo kwimukira mu
mujiyi kugira ngo akore kandi ature
Nasi yari yibagiwe ibyabaye, ariko Zakir ntiyashoboraga
gusiba mu bwenge bwe ikimwaro n'isoni Nasi yari
yaramuteye. Nyamara, yakomeje gusubiramo no kwiyeemeza
"ati: "Nzababarira Nasi kandi sinzibuka icyaha yankoreye
Ariko nyuma y'amezi menshi, Zakir yabonye ko mu gihe
yamwizezaga imbabazi buri munsu, mu mutima we yifuzaga
kwihorera, kandi yari ategereje amahirwe yo kumukubita
.nk'ayo kugira ngo ahaze inyota ye yo kwihorera
Nyuma y'igihe gito, Nasi yumvise akururwa mu buryo
budasanze kamukurura mu mujiyi aho uwo bahanganye wa
kera, Zakir, yari yimukiye. Nta gushidikanya ko hari ikintu
cyari kigiye kuba, ariko, yari azi ko Nasi ari mu mujiyi maze
.atangira gukurikirana neza ingendo ze
Umugoroba umwe, Nasi yagiye gutembera no
"guhuma umwuka mwiza," nubwo ikirere cyari cyijimye
kandi cy'imvura

Ubwo yagendaga wenyine mu muhanda wiherereye,
yanyuze imbere y'ububiko buri hanze, mu gihe Zakir
yamukurikiraga yihishe kandi yitonze, maze ubwo amahirwe
yabonekaga, afata icyemezo cyo kwishyura amafaranga
.y'inguzanyo aturutse ku nyungu z'abandi
Yishimye cyane, yasanze lisansi ikomeye yaguye
iturutse ku rukuta rw'ububiko, nuko arayifata ayikubita
umutwe w'uwahoze ari uwo bahanganye cyane, ayijugunya
.hasi, maze asubira inyuma mu nzira yaje Nasi atazi ko ariho
Nyuma y'amasaha make, imvura yarahagaze, ibicu
biragabanuka, maze urumuri rw'ukwezi rugaragara mu
mwobo uri hejuru y'urukuta. Nasi yakangutse yisanga
.aryamye hasi, yumva afite intege nke cyane
Yagerageje kumenya ibyabaye, maze abona
agasanduku iruhande rwe n'umwobo mu rukuta hejuru
yarwo, yanzuye ko ubwo yari arimo kugenda iruhande
rw'ububiko, amahirwe ye mabi yatumye ako gasanduku
.gagwa hejuru y'urukuta kamugwa ku mutwe
Ihame ry'iyi nkuru ni uko abantu bakunda kwibagirwa
ibibi bakoreye abandi, nubwo ingaruka z'ibikorwa byabo
zitazibagirana, kandi ingaruka z'ibyo bikorwa zibikurikirana
bucece mu mwijima w'ubujiji Nk'uko inka ishobora kubona
inyana yayo mu zindi ibihumbi, ni ko n'ingaruka z'ibikorwa
byacu zifite ububasha bwo kudukurikirana no kumenya aho
.turi, nubwo nyuma y'igihe kirekire
Iyo Nasi aza kuba afite ubwenge akagerageza gukemura
amakimbirane yari hagati ye na Zakir mukeba we no
kumusaba imbabazi nyuma y'icyo kibazo, wenda yari
kugabanya uburakari bw'uwo bahanganye kandi ibintu
.ntibyari gukomeza kurenza ibyo
Ariko ibintu ntibyahindutse, kandi imbuto z'ingaruka mbi
zarakuze kandi zikura mu nda y'ejo hazaza heza, ziva ku
ivuka ribi Kugira ngo hirindwe gutungurwa, imbuto z'ibyifuzo
bibu zihishe mu butaka bw'ubwenge zigomba gutwikwa,
kandi kureba kure bigomba kubanza gukorwa, kuko

amategeko rusange ategeka ko umuntu asarura imbuto
z'ibikorwa bye, byaba byiza cyangwa bibi, biryoshye
.cyangwa bisharira

Twibuke ko buri gikorwa gisiga ibimenyetso bibikwa
nk'imyitwarire n'ibyifuzo mu bitekerezo. Keretse ibi
bikozweho mu buryo bw'ubwenge no mu buryo
bw'ubushishozi, bizatera ingaruka zishobora guteza akaga.
Ariko, iyo imbuto z'ibikorwa bibi zitwitswe n'umuriro
.w'ubwenge, ntizishobora kongera gukura

Ikarita y'ejo, cyangwa: icyifuzo kimwe gikwiye imbaraga

Bivuye mu nyigisho z'umwarimu

Paramhansa Yogananda

**Niba ugendagenda mu buzima utegereje
amahirwe yo gutsinda, ayo mahirwe ntazagutera
imbaraga, kandi ntuzabona intsinzi. Ariko niba ari
wowe ushushanya ahazaza hawe kandi ugashushanya
ikarita y'ejo hazaza hawe n'amaboko yawe, jya
wishimira kugera ku ntego yawe, kuko uri hafi cyane
kugera ku ntego wifuza.**

**Kugira ngo ushushanye ikarita nziza, ugomba
kubanza gusobanura intego yawe. Intsinzi bivuze iki
kuri wewe? Urashaka iki mu ntsinzi? Niba igisubizo
cyawe ari icyamamare, ubutunzi, cyangwa ibyifuzo
by'ibintu by'ubwikunde, noneho ugiye kubabara
cyane no gutsindwa burundu.**

**Abantu batsindwa cyane ni abafite amazina yabo
ari ku kanwa ka buri wese, abafite ubushobozi bwo
kugura icyo bashaka cyose - hakurikijwe ibipimo
by'umubiri - byose roho zabo zifuza, ariko nyamara
badafite ibyishimo! None se kuki bakomeza inzira
imwe idasobanutse?**

Kuba icyamamare n'amahirwe bishobora kuba imbuto z'intsinzi nyayo, ariko si byo shingiro ry'intsinzi, cyangwa ngo bibe ari byo biranga ingenzi cyane. Mu by'ukuri, si ngombwa na gato kugira ngo umuntu agere ku ntsinzi.

None se intego ni iyihe? Ni iki umuntu akwiye gushaka mu buzima? Hari intego imwe ikwiye gukurikira no guharanira: ibyishimo. Ibi bisaba gukuramo ubutunzi bw'ubuzima buhishe buri kanya, ku bantu bafite ubuhanga mu gushakisha no kumenya aho ubwo butunzi buri.

Kandi umenye, wowe ushaka ibyishimo, ko niba ushyira imbaraga zawe ku muni wawe gusa

Kandi niba urushaho kunoza umuni wawe n'amagambo yawe meza, ibikorwa byiza, n'ibitekerezo byiza

Umuni wawe uzaba inshuti yawe y'indahemuka n'amahirwe yawe y'agaciro

Pasiporo yawe na viza bizagufasha kwinjira mu hazaza heza kandi heza huzuyemo intsinzi

Kubwibyo, intambwe ikurikiraho mu gushushanya ahazaza hawe ni ukwitegereza witonze ibikubiye muri buri muni w'ubuzima bwawe no kugumana ibyiza n'ibyiza. Niba unaniwe kubikora, ugomba guhagarara gato ugasuzuma.

Kugira ngo umuntu agere ku ntsinzi, ibintu by'ingenzi bikurikira bigomba kwitabwaho, kandi iyo bitabayeho nta ntsinzi bidashobora kugerwaho:

Mu gitondo iyo ubyutse, ntugahite uva mu buriri ngo utangire imirimo y'umuni.

Humura umubiri wawe wose inshuro nyinshi kugira ngo wongere imbaraga zawe buhoro buhoro Mbere yo gutangira gahunda yawe ya buri munsi, fata umwanya wo kwiyeemeza ko uyu uzaba umunsi mwiza mu buzima bwawe. Izere ko uko byagenda kose, umunsi wawe uzaba umeze gutya. Gutangira gusenga no gutekereza bizashimangira ukwemera kwawe kandi biguhe imbaraga ukeneye.

Oroshya ubuzima bwawe

Ntukishingikirize ku bihangano by'abantu kugira ngo wishimire ubuzima Niba wishyize mu binezeza by'akanya gato, uzarakara, uzangaye, kandi ugire amarangamutima. Nta mpamvu yo guhora ukunda televiziyo, amakoraniro ya nijoro, n'ibirori - ibi byahindutse imico y'imibereho myiza. Nk'uko umuntu yigeze kubivuga - kandi ukuntu amagambo ye ari ukuri - si akazi kacu katwica, ahubwo ni uburyo dukoresha igihe cyacu cy'ikiruhuko! Uzabaho igihe kirekire kandi wishimire ubuzima cyane niba woroshye kandi utihambiriye kuri sosiyete. Shaka ibyishimo biboneka mu tuntu duto.

Kora uko ushoboye kose kugira ngo urangize umurimo ufite uko ushoboye kose

Niba utanyuzwe n'akazi kawe ubu, guhangayika no gukora nabi ntacyo bizahindura. Gerageza guhangana n'ikibazo ufite imyumvire myiza, uko cyaba kiri kose, maze kimwe mu bintu bibiri kizaba: uzasanga waratakaje amahirwe y'agaciro, cyangwa urugi rushya ruzagukingura mu buryo butunguranye, rukwemerera kwinjira no gushaka akazi gahuye neza n'ibyo ukeneye kandi gasohoza ibyifuzo byawe.

Ubuzima ni inzira ihoraho yo gutanga no kwakira

Gira uburimbane kugira ngo udafata ibirenze ibyo utanga, cyangwa ngo wiyibagize mu gutanga udafashe

Ongera uburyo ubona ibintu mu buryo bwagutse

Garagaza ko ushishikajwe n'ubuzima n'ibikorwa by'abandi. Reba kure yawe ubwawe—ku muryango wawe, no kure y'umuryango wawe ku nshuti zawe, no kure y'inshuti zawe ku bantu bose. Siyansi yemeza ko uri igice cy'ikintu cyose, bityo ntukibagirwe ko uri umuntu ukomeye.

Kuringaniza ubuzima bwawe

Buri muni ugomba kuba urimo akazi, ikiruhuko, kwidagadura, kwiga no gutekereza. Uri ikiremwa gifite umubiri, ubwenge, n'umwuka. Kura ibi bintu by'ingenzi mu buryo burunganiye kandi bunoze kugira ngo ugere ku buzima bwiza, imbaraga n'ubumenyi.

Gira vuba kumwenyura, utinde gukanguka, ushishikajwe no gufasha, witeguye gutegereza no guhinduka, kandi umenye amahirwe ashobora kubaho.

Reba konti mu mpera z'umunsi

Ishimire iterambere wagezeho ibintu ntibizahinduka mu ijoro rimwe, bityo ntugatinye guhangana n'amakosa wiyemeje gukora neza ejo. Kandi mbere yo gusinzira, shyira Imana ibyaweho mu maboko yawe, uzi neza ko itazakureka wenyine, ahubwo izaguha amahirwe kandi igukingurire amarembo igihe cyose ushyizeho imbaraga kandi ugashaka ubufasha n'ubuyobozi bwayo.

**Iyo urembejwe n'ibitotsi mbere yuko uryama,
menya neza ko ejo hazaza hazaba heza kurusha uyu
munsi, ubifashijwemo n'Imana.**

**Niba uri umuhanga mu gutegura igenamigambi
kandi ukaba n'umwubatsi w'umuhanga**

**Niba ukurikije ibisobanuro birambuye ku ikarita
yawo**

Ntibishoboka gutsindwa!

Mukomeze kandi amahoro abe kuri mwe!

**Inkomoko: Ikinyamakuru Self-Knowledge
Gutigita gukomeye**

Ubuhinduzi: Mahmoud Abbas Masoud

**Mwami, uri amashanyarazi y'amayobera yo mu
ijuru atemba mu mitsi yacu kandi agaha imbaraga
imikorere y'imibiri yacu, hamwe n'inyama zayo zose,
amagufwa, imitsi n'imitsi.**

**Imbaraga zawo z'ubuzima ziri muri twe, mu
mwuka wose duhumeka no mu gutera k'umutima
wacu. Reka tumenye ko imbaraga zose, ibyiza byose,
n'imigisha byose bituruka kuri wowe, wowe Soko
y'ubuntu n'inkomoko y'ibyiza byose, imbaraga,
n'imigisha byose biriho.**

*** * ***

*** Mu busitani bwa mu gitondo, ndagutora indabyo
z'umucyo zo kuzishyira nk'igitambo cyoroheje ku
birenge byawe**

**Inyenyeri y'urukundo rwanjye kuri wewe inyure
mu mwuka wanjye, ikureho igihu cyo kutita ku byo
nshaka n'umwijima wo kutita ku byo nshaka.
Ntunyibagirwe, Mwami, nubwo nakubagirwa.**

Unyibuke nubwo ntakwibuka

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**Uwiteka, duhe umugisha kugira ngo tubeho
twishimye kandi dufite icyizere**

**Nimuze twishimire inshingano zacu zo ku isi
hamwe n'ubwiza butagira imipaka kandi butagira
iherezo bw'ibiremwa**

**Dufashe kunoza ubushobozi bwacu bwo kumva
kugira ngo dushobore gusogongera no kwishimira
imiterere itangaje**

**Kandi reka turyohereze uburyohe bwawe bwiza
bw'ubuzima bwose butagira inenge**

**Twakuyeho ibitekerezo bibi n'iby'ihungabana
byica mu buryo budafite ishingiro ibyishimo byo
kubaho n'ibinezeza byo mu buzima.**

*** * ***

**Maze igihe kirekire mbabazwa n'iyerekwa
ry'ibintu byo mu isi aho kukubona, wowe mwuka w'isi
yose, amaso yanjye abona intumbi y'ibintu idafite
ubuzima kandi yera**

**Mpa umugisha kugira ngo hamwe n'ubwenge
nshobore kubona muri byose ubuturo bwawe bwiza**

*** * ***

**Sukura icyuma cyacu, yewe Muhanga mu
by'ubumenyi bw'ijuru! Hindura intege nke zacu mo
imbaraga, n'ibitekerezo byacu biyobya bihindure
ubumenyi nyakuri bw'ukuri. Hindura abadayimoni
babi b'ibyifuzo byacu by'ubwikunde babihindure
ibyifuzo bihanitse kandi bifite amababa, ubujiji bwacu
bubabaza buhindure ubwenge bwera, n'ibikoresho
by'ibanze by'ubunebwe bwacu bihinduke zahabu
itunganijwe y'ibyo twagezeho mu buryo bw'umwuka.**

*** * ***

**Uwiteka, ndakwegereye n'amaboko yicishije
bugufi kugira ngo nguhe ubugingo bwanjye bwose,**

nshyiremo impumuro nziza y'urukundo rw'Imana mu isengesho ryanjye!

Umpe icyizere cy'abana b'inzirakarengane muri wowe no kukwiyegurira byimazeyo

Mpa umugisha kugira ngo numve ko uri inyuma y'amagambo y'amasengesho yanjye

Ntera imbaraga zo kumva ko uriho mu marangamutima yanjye yose

Kandi kugira ngo menye ko ubwenge bwawe bwuje umucyo byongera ubumenyi bwanjye kandi bugatunganya ubumenyi bwanjye

Kandi menya neza ko ubuzima bwanjye ari kimwe mu bigaragaza ubuzima bwawe bwihariye kandi bwihariye

*** * ***

Mwami, urukundo rwanjye kuri wewe ntirushobora guhishwa n'amagambo avugwa cyangwa amabanga avugwa mu buryo butuje Kuko mu rurimi rwera, rutavugwa, nzakwereka urukundo rwanjye rwinshi n'icyifuzo cyanjye gikomeye cyo guhura nawe

Ijwi ryawe ni ituze, kandi mu ituze ry'umutima wanjye nzumva ijwi ryawe ryorohereje

Reka numve ko wankunze kuva kera, nubwo ntari narigeze mbimenya mbere

*** * ***

Mwami, twigishe gukunda inyoni, inyamaswa, indabo nto, n'ibyatsi bitagira icyo bivuga bikunze gukubitwa munsu y'ibirenge byacu bitabyitayeho

Ubwoko bwinshi bw'ibidukikije ni ikimenyetso cy'ubuhanga bwawe bufite impande nyinshi: ibihangano nyabyo bivuye mu kuboko kwawe, bihora bigenda kandi binyeganyega

Reka turebe mu byaremwe byose umurimo wawe wihariye udashobora kwiganwa!

*** * ***

**Uwiteka, mbabarira kugira ngo nta kindi mbona
uretse ubwiza n'ubuziranenge**

**Kugira ngo numve amagambo atera imbaraga
n'indirimbo z'urukundo rw'Imana gusa**

**Mpa ubuntu bwawe, Roho, impumuro nziza
y'ijuru, kugira ngo mpumure impumuro nziza gusa
inyibutsa wowe**

**Reka njye numva uburyohe bw'ibiryo byoroshye
kandi bifite intungamubiri gusa**

**Kandi icyo nkoraho cyose kinyibutsa gukoraho
kwawe gutunganye kandi kw'umugisha**

*** * ***

**Urugendo rwanjye rw'amasengesho rurimo
kurugana nubwo hari inkubi z'umucanga z'ibyihebe
ziruhuha rimwe na rimwe, zigerageza kubangamira
iterambere ryarwo**

**Uko nkomeza urugendo rutagatifu, mbona kure
aho umpumuriza bucece, imbaraga zanjye zirongera
zigasubiramo kandi morale yanjye ikongera
kuvugurura, bityo nongereye imbaraga zanjye zo
kukugeraho.**

**Ningera mu mwobo w'ibyiza, nzashyira iminwa
yanjye y'ukwizera ifite inyota mu isoko y'ibyishimo
byawe maze nnywe kugeza igihe nzashira.**

*** * ***

**Imiraba myinshi y'ijwi ryawe ryera iranyura mu
kirere**

**Amatwi apfutse amatwi kubera ibinezeza
by'umubiri ntashobora kumva inyigisho zawe
z'abamarayika**

**Wowe Mutangamakuru w'Imana, reka ibikoresho
by'ubwenge bwacu, bitajyanye nawe ubu, bihuze
n'icyitegererezo cyuzuye cy'icyitegererezo nyacyo
cy'ubushishozi bwo mu mwuka.**

**Twigishe uburyo bwo gufata indirimbo zo mu ijuru
n'umuziki wo mu mwuka urimo kuvurungana mu
mwuka w'ubugingo**

*** * ***

**Uwiteka, fungura ubwenge bwanjye bwo mu
mwuka kugira ngo bukomeze kuyobora intambwe
zanjye kandi bundinde inzira z'ubwikunde zitagira
iherezaho**

**Uko ngenda mu bihe bigoye byo gutekereza no
mu nzira zayo zigoranye, nzabona kandi nkirukane
abajura b'inzira mbi: umururumba, ubwikunde, no
kwirengagiza amategeko y'umuco.**

**Umucyo w'imbere uzi byose, nyereka ibisubizo
by'ibibazo byose by'ubuzima**

*** * ***

Ndirahiye iyi ndahiro yera:

**Izuba ry'urukundo rwanjye ntirizarenga mu ijuru
ry'ibyo ntekereza kuri wowe iteka ryose, Uwiteka**

**Sinzagukuraho amaso ngo ndebe ikindi kintu
kitari wowe**

Sinzakora ikintu kitakwibutsa ibyawe

**Ibikorwa bikomoka ku bujiji n'ubupfapfa bitera
inzizi mbi n'inzizi ziteye ubwoba**

**Reka ntekereze gusa ku nzizi nziza z'ibintu byiza,
kuko zituruka ku mwuka wawe n'ubuyobozi bwawe,
Nyagasani!**

*** * ***

**Uwiteka, niba ibitwikirizo by'ibintu biguhisha,
uzaguma wihisha inyuma y'amadirishya meza
y'indabyo, indabyo z'amaroza, ibicu bibengerana
ibara rya zahabu, n'amajoro atuje yuzuyeho urumuri
n'inyenyeri kugeza ryari?**

**Nubwo biguhisha, ndabikunda kuko bigaragaza
mu buryo bugaragara ko uriho**

Ariko, ndifuza kukubona uko uri, nta shusho y'irema!

*** * ***

Yewe Ubona Byose, utagerwaho n'ibitotsi cyangwa ibitotsi!

Undeba mu jisho rihoraho, ridahinduka ry'izuba n'ukwezi guhora guhindagurika. Kandi undeba mu buryo bwuzuye, undeba mu myenge itabarika y'ikirere n'urumuri rumurika rw'inyenyeri zireba kure.

Unkoraho nk'umuyaga, urankorakora, kandi binyuze mu bitekerezo byanjye byiza kuri wowe n'abagaragu bawe, uransukaho imvura nziza y'imbabazi zawe

*** * ***

Ijwi ry'isi yose, ijwi ry'iteka ryose! Reka ngere ku bwenge bw'umwuka binyuze mu ijwi ryawe ryera.

Byaranyumvikanaga muri nje, bikura ibitekerezo byanjye kuva ku mubiri kugeza ku isanzure ritagira imipaka

Kandi untere imbaraga zo kumva imbaraga z'irema zihoraho binyuze muri wowe

*** * ***

Uranyimura ibirenge, Ukora mu biganza byanjye, Urakubita mu mutima wanjye, Uratembera umwuka wanjye, Kandi uboha ibitekerezo mu bitekerezo byanjye.

Ubushake bwawe bwinjira buri muni nk'ikimenyetso cy'inyenyeri mu kirere cy'ubushake bwanjye bwa muntu

Reka mvange igitonyanga cy'ubuzima bwanjye mu nyanja yawe y'isi, kugira ngo mbone ifuro ry'umuntu wanjye muto rireremba ku gituma cyawe kinini.

*** * ***

Imfubyi n'abakomeretse bumvise ubuntu bwawe n'impuhwe zawe, none bari ku muryango wawe.

**Uzabasubiza inyuma bababaye kandi badafite
ihumure?**

**Erega, iyaba ukuboko kwawe kutagaragara
kwashoboraga guhanagura amarira asharira mu maso
y'abafite imitima imenetse n'imitima ibabaye**

**Abazimiye mu nzira z'uburiganya n'uburiganya,
bazahindukirira nde kandi bazashaka nde wundi utari
umuryango wawe w'ubuntu?**

**Mu gitondo cyo kuhaba kwawe, ibibazo byabo
bizashira kandi ingorane zabo zizashira**

**Uwiteka, kuraho umwenda kugira ngo tubone
isura yawe nziza kandi y'impuhwe**

*** * ***

**Ijwi ryera cyane ry'Imana, vuga cyane ku nkombe
z'ubugingo bwanjye kandi uce imigozi y'ibitekerezo
by'ubutunzi, kugira ngo mbone uko mbohorwa muri
gereza y'umubiri**

**Reka numve mu gihe cyo gutekereza ijwi ryawe
ryoroheje ry'inyanja mu mubiri wanjye, mu bwenge
bwanjye, no mu mwuka wanjye no mu bidukikije
byanjye, kandi numve ko rikwirakwira mu mijyi minini
n'inini yose, no ku isi, ku mibumbe y'izuba no mu
isanzure ryose.**

**Kandi kugira ngo menye neza ubuzima bwanjye
bwagutse mu mubiri munini w'ibidukikije!**

*** * ***

**Ewe murabyo w'Imana uhoraho, ushyira
udushashi duto tw'ububengerane bwawe bw'Imana
mu bugingo no mu bwenge bw'abantu, tugaragara
nk'aho dufite imipaka, duto, kandi ducitsemo ibice
Nyamara uracyari isoko yonyine itagira iherezo
y'umuriro wose n'urumuri byose biriho.**

*** * ***

**Wowe Utsinda Iteka! Mfasha kwihingamo imico
myiza: abasirikare batuje kandi bitonda kugira ngo**

**batsinde intambara yo guhangana n'abanzi bakomeye
cyane: uburakari, ibinyoma, no kudashima**

**Bityo nzazamura ibendera ry'iburyo bwawe hejuru
y'imfuruka z'ubuzima bwanjye, riruta ayandi yose
kandi ridashobora kurengwa**

*** * ***

**Roho w'Imana, reka tureke inshingano iyo ari yo
yose iruta inshingano yera yo kukumenya. Buri
gikorwa cyose, uko cyaba kiri kose, gishobora
kugerwaho binyuze mu mbaraga zo kugera ku ntego
waduhashe.**

**Rero, reka tugukunde kuruta ibindi byose, kuko
tudaite ubuntu bw'ubuzima bwawe n'urukundo
rwawe ntabwo dushobora kubaho cyangwa ngo
dukunde na gato.**

*** * ***

**Yewe Nyenyeri y'Amajyaruguru ihoraho! Aho
ngenda nkihindukira hose, urushinge rw'ingufu
z'ingufu z'ingufu z'ubwenge bwanjye ruguma
rwerekeza kuri wewe**

**Nubwo nakubitwa n'umuyaga w'ibintu
bitunguranye cyangwa se naraguye mu mvura
y'amakuba n'ibyago, komeza ubwenge bwanjye
bugarukire kuri wowe iteka ryose.**

**Urukundo rwanjye, nk'inanyi ikubita amababa
yayo hagati y'ibicu by'urujijo n'inkubi y'umuyaga, nta
kabuza izagusanga**

*** * ***

**Wowe Mucuranzi w'Imana ukomeye, humura mu
mwirongi w'amadini yose indirimbo z'ubumwe bwawe
butangaje, kandi ureke umuziki wera ujyane
indirimbho nyazo z'umwuka wawe, zikungahaye ku
buhanga n'umwimerere.**

**Reka duhuze nawe kandi duhuze indirimbo
z'imitima yacu mu ndirimbo imwe tugusingiza. Nta
yindi mana ibaho uretse Imana!**

*** * ***

Mwami, ndagutuye iri sengesho:

**Byaba ari byinshi cyangwa bike, mpa imbaraga zo
kubona ibyo nkeneye byose umunsi ku wundi.**

*** * ***

**Nsubiramo ubusabe bwanjye buvuye ku mutima
ku ishapule y'urukundo, amasaro yayo afatanye
n'umugozi w'ibyishimo Amazina ahirengeye: Imana,
Umwuka w'Isi Yose, Brahma, Data wo mu ijuru, Mama
w'Imana—yose ni amazina yawe yera**

**Mu ishusho yawe y'ikirere mu byiciro by'ibihe,
wabonye amafoto menshi, nk'uko wabonye amazina
menshi, ariko kamere yawe iguma ari imwe kandi
idahinduka, ari byo byishimo by'iteka ryose!**

*** * ***

**Mana y'amategako yose, mfasha kwambara
ibikomere byanjye n'inkovu zanjye, byavutse mu
byago n'ibigeragezo, nk'imidari n'ibirango by'igihano
nahawe n'ukuboko kwawe kw'Imana, kutarobanura ku
butoni.**

**Ingorane zanjye za buri munsi zimbere umuti
w'uburiganya n'uburiganya, kandi zinkureho
ibyiringiro by'ibinyoma byo kuzagira ibyishimo by'isi.**

**Ndifuzako amarira natewe n'ubupfura bw'abandi
yankuraho ibizinga n'ibizinga byihishe mu mutwe
wanjye**

**Kandi buri gitero gikomeye giturutse ku mvururu
gifungure ubwenge bushya n'ubuhanga muri njye**

**Ndifuzako umwijima utari uwera w'ubuzima
busanzwe wantera ubwoba kugira ngo niruke
nshakisha icyerekezo cy'ubuziranenge bwawe
n'urumuri rwawe rukiza.**

**Gukomereka mu buzima n'ibikomere
bitunguranye birampatira gutaka, nshaka ubufasha
bwawe**

**Kandi reka ubucukuzi bw'ibintu bibabaza mu
butaka bw'ubuzima bwanjye bugaragaze amasoko
menshi kandi ahora atemba y'ihumure ryawe**

**Ndifuzza ko ububi bw'ubukana mu bandi
bwampatira kwinezeza no kwitonda no kugira neza,
kandi amagambo ababaza ya bagenzi banjye
yanyibutsa gukoresha amagambo meza gusa.**

**Niba ubwenge bubi bunteye amabuye, nzahura na
bo n'imitwe y'inshuti z'abantu bafite imigambi myiza.**

**Nk'igiti cya jasmine gitera indabyo zacyo
zihumura neza ku kuboko kigatera ishoka ku giti
cyacyo, ni ko nanjye ntera indabyo z'indabyo
z'imbabazi ku bantu bose banfata nabi kandi
bandwanya.**

Ibitekerezo by'umwuka

Kubwumunyabwenge Paramhansa Yogananda

**Kumva ko Imana iriho mu gutekereza cyane
bituma ubwenge bugira amahoro kandi bigatera
umubiri imbaraga z'ubuzima.**

**Binyuze mu gusabana mu buryo bw'umwuka mu
buryo bwimbitse kandi butuje no mu kwerekeza
ibitekerezo n'amarangamutima ku Mana, umuntu
ushakisha yumva ibyishimo byiyongera, kandi ibyo
byishimo ni ikimenyetso gifatika cyo kuvugana
n'Imana no gukora ku kubaho kwayo kw'umugisha.**

**Nakubonye uhinga ubutaka bw'umutima wanjye
n'isuka y'ibigerageze n'amakuba, ukwirakwiza imbuto
z'ubwenge bwawe mu miyoboro yabwo nakomeje**

**kuhira izo mbuto, kandi igihe izuba ry'imbabazi zawe
ryazimurikiraga, zarakuze zirakura, zera umusaruro
mwiza wo kunyurwa no kunyurwa.**

**Iyo umuntu amaze kumenya Imana,
ntakiyumvamo ko abandi batandukanye na we ubwe**

**Abantu b'abanyabwenge bagumana uburimbane
n'ituze nubwo ibintu n'imimerere bihinduka, uko
byaba bitandukanye kose**

**Imana ni yo gihembo cy'ikirenga cy'isi n'inyungu
ikomeye cyane mu kubaho**

**Uwiteka, kuva uyu munsu nzakora uko nshoboye
kose kugira ngo nkumenye kandi nkore uko nshoboye
kose kugira ngo nzegere kandi numve urukundo
rwawe nta kwirengagiza cyangwa ngo nirengagize
inshingano zanjye zo ku isi, kandi nzasohoza
inshingano zanjye zose nk'igitambo gitunganye kuri
wowe, bityo nzabona ubutoni bwawe.**

**Imana ni yo soko y'ubwenge n'ihumure ryiza. Ni
impumuro nziza ituruka mu mitima myiza yose. Ni
ubusitani bw'indabyo zo mu ijuru n'indabyo
z'ibitonyanga by'ibitekerezo. Ni urukundo ruhebuje
ruteramubabwira kandi rugatunga urukundo rwacu.**

**Imana yanyihishuriye mu ituze, kandi naryohewe
n'ibyishimo byayo mu masoko y'ubugingo bwanjye,
kandi numvise ijwi ryayo mu mutima wanjye
wakangutse, kandi nsobanukiwe neza nakira umucyo
wayo uhora unyinjiramo.**

**Igitekerezo ni cyo mubabwira zihinduka cyane kuko
ari cyo kintu kidasobanutse kandi kidasobanutse cyo**

mu bwenge. Ushobora kugabanya ibitekerezo mu bice bito bitagira ingano, ariko ntuzigera ugera ku iherezho.

Umuntu ntagomba kwigunga mu buroko bufunganye bw'ubwikunde, ahubwo agomba gushyira abandi mu byo yagezeho n'ibyishimo bye, akaba igikoreshe cy'umurimo w'ubushake bw'Imana. Iyo twitekerejeho, tuje dutekereza ku bandi; iyo dushaka amahoro, tuje tuyashakira n'abandi. Abakora kugira ngo bazane ibyishimo ku bandi bazahirwa kandi Imana izabagororera.

Reka ngutekerezeho kugeza igihe uzaba igitekerezo cyanjye cyonyine

Isi tubona ni inzizi mu nzizi. Ibintu si imbaraga "zikonje" gusa, ahubwo ni n'ubwenge "bwo mu kirere"

Uwiteka, mfasha kandi uyobore ubwenge bwanjye n'imbaraga zanjye kugira ngo nzane urumuri rwawe mu bwenge bw'umwijima, kugira ngo bumurikire kandi bumurikire n'imirasire y'ubwenge bwawe. Kandi binyuze mu imbaraga z'impuhwe zo kubabarira, reka nze aho uri hamwe n'abavandimwe bese bagwa mu nzira z'umubabaro.

Umuntu wese wifuza kumenya Imana agomba kugira urukundo rwo hejuru mu mutima we, nk'umuntu w'umunyamururumba ukunda amafaranga, umukunzi wifuza uwo akunda, n'umuntu urohama wifuza umwuka w'umwuka.

Ibyishimo by'ibintu bifatika biragabanuka kandi bikayoyoka, ariko ibyishimo by'Imana, bitavugwa, ntibijya bigabanuka cyangwa ngo bishire

**Reka umwuka w'urukundo rw'Imana ukwirakwize
inseko zawe nziza, kugira ngo urumuri rwazo
rushobore kwirukana umwijima mu mitima y'abandi.**

**Muri rusange, urukundo rusaba imbaraga nyinshi
zo mu mutwe kuruta urwango, nyamara
abanyabwenge babona urukundo rworoshye kuruta
urwango kuko babona ibiremwa byose nk'igice
cy'umuntu wo hejuru kandi bifitanye isano rya hafi
n'ubwenge bw'ikirere.**

**Amahoro ni umuti w'indwara zose, kandi abantu
bafite imitima yuzuye urukundo, bishimira ituze,
kandi bishimira gukora ibikorwa byiza bazi uburyohe
bw'amahoro, ari yo mpamvu ikenewe kandi ni inkingi
y'ibanze y'ubuzima bwose bushimishije.**

**Ha urukundo abafite imitima inangiye, amahoro
ku bababaye mu mihangayiko no mu byiyumvo,
uburyohe ku bafite umujinya ubabaye, ibyishimo ku
baremerewe n'agahinda n'ububabare, kandi ube
urugero rwiza ku bagendera mu nzira z'ubuyobe.**

**Nta kintu kiruta ubunyangamugayo
n'ubunyangamugayo mu mibanire n'abandi.
Biroroshye kugira inshuti udafite ubunyangamugayo,
ariko ntibishoboka kugira inshuti udafite
ubunyangamugayo.**

**Hariho ibihe byiza cyane byo kwibandaho, kandi
iyo umuntu utekereza ageze kuri ibyo bihe, agira
ibihe bidasanzwe by'ibyishimo byo mu mwuka
n'iyerekwa ryiza, maze agatangara ati:**

**"Icyo nashakishaga hose, nakibonye muri njye no
muri njye, kandi mbona urumuri rwacyo inyuma**

y'inkuta z'umwijima kandi numva ko kiri mu mwijima w'ituze"

Urukundo rw'Imana ni ubusitani bw'indabyo zo mu ijuru n'ibitekerezo bitanga umusaruro. Ruturinda urukundo rwacu, rudutera imbaraga mu byiyumvo byacu, kandi rusohoza inzozo zacu nziza.

Mwami, uko ibintu byose nahura nabyo, ndabizi ko ari intambwe ikurikira mu gukura kwanjye mu mwuka. Nzakira ibigeragezo byose kuko nzi ko mfite ubwenge, ubumenyi, n'imbaraga zo gutsinda [imbogamizi n'ingorane binzamo]

Nubwo abahanga mu bya kamere ubu basobanukiwe ko ibintu byose ari imbaraga zifatiwe mu mutego, abarimu bafite ubumenyi bashoboye kuva mu bumenyi bw'inyigisho bakajya mu bikorwa bifatika mu rwego rwo kugenzura ibintu byose.

Niba wiyemeje kugira ibyishimo mu buzima bwawe, nta kintu na kimwe kizagutwara ibyishimo byawe

Urukundo rw'Imana rutunganye rwuzuza ubugingo bw'umukunzi ubwiza, rukurura amaso y'Umwami w'Isi Yose, kandi rukurura urukundo rwe rw'iteka ryose

Nzi abacuruzi benshi b'abahanga kandi b'abahanga, mu mutima, bifuza kumenya Imana no kunguka ubwenge, ariko nyamara bayobowe n'akazi kabo n'ibyo bakora mu mibereho yabo, kandi mu kubikora, bigomwa inshingano z'ingenzi cyane— inshingano zabo ku Mana, amasomo y'icyiciro cya

kabiri cya kaminuza, n'ubuzima bwo mu rugo—ku bw'amafaranga n'amasezerano adakomeye kandi adakomeye.

Uwaturemye ashaka ko tumukunda urukundo rutunganye, rudahinduka kandi ntituzamenya uburyohe bw'ibyishimo keretse duhayeho Imana urukundo rwacu.

Nzatsinda ubwibone nkoresheje ukwicisha bugufi, uburakari nkoresheje urukundo, ibyishimo nkoresheje ituze, ubwikunde nkoresheje ukwitanga, ikibi nkoresheje icyiza, ubujiji nkoresheje ubwenge, n'imihangayiko nkoresheje ituze n'amahoro.

Mu mitima yacu hagomba kuvamo umutima w'impuhwe uhumuriza ibikomere by'abandi kandi ugakuraho agahinda n'ububabare mu mitima yabo.

Umwarimu Paramahansa yabwiye umwe mu banyeshuri ati:

"Ingeso zawe nziza ziragufasha mu bihe bisanzwe n'ibisanzwe, ariko zishobora kuba zidahagije kugira ngo ziyobore ubuzima bwawe iyo habayeho ibibazo n'igihe habayeho gukeneye ubushishozi karemano. Utekereje neza, ushobora gutandukanya icyiza n'ikibi no gufata icyemezo gikwiye muri byose, nubwo waba uhura n'ibintu bidasanzwe"

Ntidushobora kubaho tudafite Imana n'umusegonda umwe, idukorakora mu mwuka mwiza, ikaduha imbaraga zituruka ku mirasire y'izuba, kandi ikaduha ibyo kurya. Ari mu mitima y'abandi badukikije, kandi ni we wenyine dushobora kwita uwo dukunda n'uwacu.

**Kwicisha bugufi bifite impumuro nziza kandi
ikurura abantu bose.**

**Tugomba kwitoza gutekereza ku bintu bikomeye
nk'ubuziraherezo n'ubuziraherezo**

**Imana igaragaza imirimo yayo ihebuje mu bwiza
bw'irema, ariko ntabwo ihishura ko yihishe kandi
yihishe muri ubwo bwiza buhebuje**

**Niba ufite ubwenge bukomeye kandi ukabutera
mu butaka bw'ubushake buhamye, kandi niba
ukwizera kwawe ari kwimbitse, ushobora gushyira mu
bikorwa ibitekerezo byawe no kugera ku bintu
bikomeye ku butaka.**

**Ubuzima bugomba koroshywa, kandi ibintu
bigakorwa mu buryo bworoshye kandi butuje
ibyishimo biri mu kugira umwanya wo gutekereza no
kwisuzuma. Gerageza kumarana umwanya uri
wenyine rimwe na rimwe, wishimira amahoro yo mu
mutima aturuka ku ituze n'umutuzo.**

**Ikibi gifite imbaraga zacyo; nukurikira inzira
zacyo, kizakunesha. Nunyerera, ugomba guhita
usubira mu nzira z'ubuyoboze n'ubutungane.**

**Mwami, emera icyifuzo cy'ubugingo bwanjye
n'urukundo rw'ibihe byose naguhishe mu bubiko
bw'umutima wanjye**

**Mu buturo bwanjye bw'ituze, naguteye ubusitani
kandi ndabushyiramo indabyo z'urukundo rwanjye**

**Mfite umutima ushishikajwe, ubwenge
bushishikajwe, n'umutima ushishikajwe, ndashyira ku
birenge by'ibirimo byose indabyo zose z'ibyifuzo**

byanjye byo mu mwuka n'urukundo rw'Imana ku birenge byawe.

Nzakira buri munsu ntekereza ku Mana no kuyitekerezaho

Inyenyeri yose irabagirana mu kirere, igitekerezo cyose gitunganye, igikorwa cyiza cyose ni idirishya nkurangamo, Mana yanjye

Reka numve ijwi ryawe, Mwami, mu buvumo bwo gutekereza nzasangamo ibyishimo by'iteka byo mu ijuru muri nje; hanyuma amahoro azuzura umutima wanjye n'ubugingo bwanjye mu ituze no mu bikorwa byanjye.

Shimangira ituze n'amahoro kandi woherere ibitekerezo by'urukundo n'ubugiraneza niba wifuza kubaho mu mahoro no mu bwumvikane muri iyi si.

Abantu benshi ni nk'abandi, bigana ibyo abandi bavugaga n'ibyo bakora. Umuntu agomba kuba umwihariko kandi akagaragaza ibyiza by'imiterere ye yihariye.

Niba warihebye kugera ku byishimo, ishime kandi ntutakaze icyizere Kuko roho yawe ari ishusho y'Umwuka Mukuru uhora wishimye, kandi mu by'ukuri, ni isoko y'ibyishimo

Iyo ufunze amaso y'imitekerereze yawe, ntuzabasha kubona izuba ryinshi ry'ibyishimo mu iherezo ry'ubuzima bwawe. Ariko uko wafunga amaso y'ubwenge bwawe cyane, izuba ry'ibyishimo rizakomeza kugerageza kwinjira mu byumba by'ubwenge bwawe bifunze.

Fungura amadirishya y'ituze maze uzabona urumuri rw'ibyishimo muri wowe, kuko imirasire

y'umwuka w'ibyishimo ishobora kugaragara iyo ushyize ibitekerezo byawe imbere mu mutima.

Gutekereza bikuraho igihu cyo mu kirere iyo kumenya kwiyumvamo bitangiye kuzamuka ku rwego rwo hejuru no mu mucyo w'ubuzima

Buri muvumbuzi wese aterwa no gukenera ibintu; gukenera ni nyina w'ibihangano. Mu buryo nk'ubwo, abanyabwenge babaye—babitewe n'ibikenewe—abashaka ibintu by'umwuka cyane. Bavumbuye ko hatabayeho kunyurwa mu mutima, nta mahirwe menshi yo hanze yashoboraga kuzana ibyishimo birambye.

Ukwezi kumwe kwirukana umwijima w'ijoro. Mu buryo nk'ubwo, roho imurikiwe n'urumuri n'ubumenyi by'Imana, roho ifite imizi mu rukundo rw'Imana, yirukana umwijima w'imitima y'abandi aho ijya hose, igakwirakwiza urumuri rw'urukundo, ubwumvikano n'amahoro.

Kugira ngo tugire inshuti, tugomba kugaragariza abandi urukundo nyakuri Abafungurira amarembo y'ubucuti bw'imbaraga z'agatangaza bazakurura abantu bafite imitingito nk'iyo [ibyifuzo n'imico]

Ibyishimo biri mu kubungabunga ubushishozi mu mitekerereze mu bigeragezo byose byo ku isi n'ibyo umuntu yanyuzemo mu buryo bubiri.

Iyo umutima uri kumwe n'umuntu, ukurura imico yose y'uwo muntu. Umuntu wese utekereza ku bantu beza, ineza yabo iramugeraho, kandi umuntu wese wibanda ku gushishikariza abantu, imyuka iramugeraho, kandi umuntu wese ufatanya, ndetse no mu bitekerezo, n'abafite umutimanama muzima, imico

**myiza, n'imigambi myiza basangira icyubahiro cyabo
n'imico yabo, kuko ubwenge bukurura nk'ingufu
[n'ibindi bisa]**

**Iyo urukundo rwinshi rukabije Imana ikunda
rurenze urugero rwuzuye umutima w'umutima wifuza,
amagambo ntasobanura uko byagenze. Uru rukundo
ni ibanga ry'ubugingo, isano ikomeye n'Imana,
nk'umuriro wera utwika umwijima w'umuntu,
wemerera ushaka kubona umucyo w'Imana no kumva
ko iri hafi yayo.**

**Igikombe gito ntigishobora gushyiramo inyanja
muri cyo. Mu buryo nk'ubwo, ubwenge bw'umuntu,
bugengwa n'inzitizi z'umubiri n'iz'ubwenge zo kubona
ibintu, ntibushobora gushyiramo ubwenge bw'isi, uko
icyifuzo cyaba gikomeye kose. Ariko, binyuze mu
gutekerezwa cyane kandi mu buryo buhoraho, ubwenge
bw'umuntu bushobora kwiyongera kandi uburyo
abona ibintu bukagera aho bugakora ku bwenge
bw'isi.**

**Igihe kimwe, umugabo wo muri New York
yaranyegereye [ako kanya nyuma yo kurangiza imwe
mu nyigisho zanjye] ampamiriza ko ashobora kuva mu
mubiri we w'umubiri akagenda mu mubiri we
w'ikirere Namubwiye nti: "Sinizera ko wibwira ko ufite
ubwo bushobozi" Ariko yankomeje kungerageza,
ndabyemera, ndamubwira nti: "Nibyo rwose, manuka
mu mubiri wawe w'ikirere umbwire ibiri muri
resitora." Yakomeje guceceka akanya gato, hanyuma
aravugaga ati: "Hari piyano nini mu mfuruka y'iburyo"
Nari nzi ko yari arimo kuyitekererezaho kuko guhumeka
kwe n'imitsi ye byari bisanzwe, nuko ndavugaga nti:
"Ahubwo ndatekerezaga ko uramutse ugiyeyo, wasanga**

abagore babiri bicaye ku meza." Yanenze igitekerezo cyanjye, nuko ndavuga nti: "Reka tujye muri resitora hamwe ubu ngubu" Tugezeye, twagiye mu mfuruka yavuze, ariko nta piyano yari ihari; ahubwo twasanze abagore babiri bicaye ku meza Amaherezo, inshuti yacu yabonye ko yari yashutswe n'ibyo yibeshyagaho.

Kwizera Imana no kugirana ubumwe imbere mu mutima ni byo bifasha cyane umuntu kwihanganira imitwaro y'ubuzima.

Tugomba kumva ijwi ry'Imana risubiramo mu bitekerezo bizima. Ibitekerezo byiza ni nk'ubusabe buturutse ku Mana n'imyuka y'abamarayika kugira ngo baduyobore kandi badufashe. Satani na we, agerageza kwigarurira abantu akoresheje amagambo ye ya Satani, agaragara nk'ibitekerezo bibi, imigambi mibi, n'imigambi mibi idakwiye kwemererwa gufata ubwami bw'ibitekerezo no kwanduza umwanya w'ubwenge.

Iyo isengesho ry'umuntu usaba rivuye mu mutima we, amagambo ye arangwamo urukundo akunda Imana, abandi bakumva ingaruka zaryo mu buryo bw'umwuka kandi bakagira urukundo rw'Imana imbere ye. Ariko, iyo uwo muntu adafite imbaraga, abamukikije bashobora kumwiba urwo rukundo. Ibi bibaho iyo atangiye gushima no kwishimira ibyo arimo mu mwuka. Iyo atwawe n'ibyiyumvo byo kumva ko ari abantu bakomeye kuko bashobora gutera abandi inkunga, intege nke ziramwinjiramo, ubwibone bugafata imitima ye, maze bagatakaza urukundo akunda Imana.

Ubwenge bw'umuntu bukomezwa binyuze mu kurwanya indwara no gutsinda ingorane. Ikintu cyose

kidakomeza ubwenge ni umwanzi, kandi icyo cyose kibukomeza ni ubuhungiro bw'amahoro. Reba ibyabaye mu buzima ufite ubutwari n'imbaraga. Imana yanyeretse ko ubu buzima ari inzozo zo mu isanzure. Iyo ubwenge bwacu bwo mu mwuka bubyutse, twibuka ibyo ubuzima buhura na byo nk'inzozo z'akanya gato z'ibyishimo n'agahinda, kandi tukamenya ko turi abapfuye mu Mana.

Umugabo w'umunyabwenge Paramahansa yabwiye umwe mu bigishwa be ati:

Kwagura imbibi z'ubwami bwawe bw'urukundo kugira ngo buhoro buhoro ugere ku muryango wawe, abaturanyi bawe, umuryango wawe, igihugu cyawe, ibihugu byose, n'ibiremwa byose bifite ubuzima. Ba inshuti rusange, umutima wawe wuzuyemo impuhwe n'ubugwaneza ku biremwa by'Imana, kandi ukwirakwize urukundo hose.

Usuzuma imitima nta kindi ashaka kuri twe uretse imitima yacu

Imana ntigomba gushakishwa kugira ngo umuntu yibonere inyungu ze bwite, ahubwo igomba gushakishwa kubera kuyifuza, kuyishaka, no kuyisaba urukundo rutunganye, rudacogora kandi rwibanda ku ntego.

Iyo urukundo rw'umuntu ku Mana rungana n'uko yifatanya n'umubiri we upfa, Imana izamwegera

Utafashe isaro rimwe cyangwa abiri mu kwibira ntagomba gushinja inyanja, ahubwo agomba gushinja uburyo bwe bwo kwibira no kutagira uburebure buhagije.

Umuntu wese winjira mu nyanja y'ubwenge azabona isaro ry'ubumwe bw'Imana

Amahoro ni ikinyobwa cyo mu ijuru gisutswe mu mbibi z'ituze

Inyuma y'ibicu by'izuba by'ibihe by'agateganyo byo gutenguha no gucika intege, imirasire y'ibyagezweho irabagirana cyane

Ibyishimo, intsinzi, n'amahoro yo mu mutima bituruka ku kwihatira guhuza binyuze mu gutekereza no gusaba n'ubushake bw'Imana, ari na yo mbaraga iboha ubuzima mu buryo buhuye n'imbaraga zo mu kirere.

Impamvu mu buzima igomba kuba ugukora ibikorwa byiza no gukwirakwiza umwuka w'urukundo n'amahoro.

Kamere yawe ihoraho, bityo ntukigere wikorera imitwaro y'ibintu bito n'inzitizi zo mu isi. Hindura buri kwicuza ku mahirwe watakaje mo icyizere cy'ibyo wagezeho bizakuzanira ibyishimo n'ibyishimo.

Oroshya ubuzima bwawe kugira ngo ubone umwanya uhagije wo kwishimira utuntu duto duto tw'ubuzima

Muri buri atome y'iyi si itangaje kandi itangaje, Imana ikora ibitangaza idahwema

Imana ni urumuri ruhora rwirukana umwijima w'ubujiji Ni uruzi rw'ubuzima rugaburira ubutaka bw'ubugingo bwacu

Gutekereza neza bibyara ubwumvikane n'ubwumvikane muri iyi si isa n'aho yuzuyemo ubwumvikane n'amakimbirane by'ubwoko bwose

Igitekerezo cyo gukora ibikorwa byiza kandi byiza dushoboye ni imbaraga zo guhanga inyuma ya buri kintu cyose cy'ingirakamaro. Duharanira gutungana kuko roho zacu zifuza kongera guhura na kamere yazo y'umwuka n'ubumwe bw'ingenzi n'isoko yazo y'Imana.

Turi hano uyu munsi kandi ejo tuzagenda, igicucu gusa mu nzozi zo mu isanzure. Ariko inyuma y'ibitari ukuri by'aya mashusho y'akanya gato hari ukuri kw'ubugingo buhoraho.

Abantu b'abanyabwenge ntibashaka ko ubagandukira, ariko niba witanze kwemera ubuyobozi bwabo, bazakubwira ukuri n'icyakubereye, mu kuri no mu butabera.

Ba igiti kizima gikura kandi gitanga amashami mashya n'imitsima. Abafite imitima ikomeye bavuga bati:

"Hari imirasire y'izuba mu buzima bwacu, kandi dufite amahirwe yo gukora no kuzana ibyiringiro n'amashami y'ibyo twagezeho"

Nta kintu kiruta ubunyangamugayo n'ubunyangamugayo mu mibanire n'abandi

Kora uko ushoboye kose, hanyuma uruhuke kandi ureke ibintu bigende uko bisanzwe aho kugerageza kubihindura ku ngufu

Umwigisha Paramahansa yaravuze, ashishikariza umwe mu bigishwa be ati:

Niba amasengesho yawe agera ku Mana, ntacyo bitwaye niba ibyaha byawe ari byinshi kurusha inyanja y'umwijima kandi biri hejuru cyane kurusha Himalaya; Imana izabibabarira kandi ikabihanagura nk'aho bitarigeze bibaho, igihe cyose wiyemeje kutazabisubiramo Ushobora kwibira mu mwijima igihe runaka, ariko uri ikibatsi cy'umuriro w'Imana—urumuri ruturutse ku rumuri ruhoraho, rudashira cyangwa ngo rushire Ushobora gutwikira umuriro, ariko ntushobora kuwuzimya

Gukoresha ubushake bw'umuntu mu buryo buhoraho, mu ituze, kandi bukomeye bizashyira imbaraga zo mu kirere mu bikorwa kandi bizane igisubizo giturutse ku Mwami w'Isi Yose.

Abantu benshi ntibemera ko ari ngombwa gusesengura imiterere y'urukundo Barusobanura nk'ibyiyumvo bafite ku bavandimwe babo, inshuti zabo, n'abandi bumva bakuruwe bikomeye. Ariko urukundo ni byinshi cyane kuruta ibyo. Uburyo bwonyine nagusobanurira urukundo nyakuri ni ukugusobanurira ingaruka rugira ku bugingo. Kumva ndetse n'akantu gato k'urukundo rw'Imana byuzuza umuntu ibyishimo byinshi ku buryo bigoye kubyihanganira. Ibyishimo urukundo ruzana ntabwo ruri mu byiyumvo by'urukundo ubwarwo, ahubwo ruri mu byishimo ruzana. Urukundo nyakuri ruduha ibyishimo birenze ibisobanuro.

Imbaraga z'ubuzima bw'umubiri zigomba kubungabungwa binyuze mu mirire yuzuye, icyizere, no kumwenyura. Ababona ibyishimo muri bo bavumbura ko imibiri yabo ifite ingufu z'amashanyarazi zikomoka ku ngufu z'ubuzima,

**zifitanye isano rya bugufi n'ubushake bw'Imana
n'ubwenge bw'isi yose. Kumwenyura ni ingirakamaro
cyane ku buzima. Bikurura imitingito myiza, bifungura
icyerekezo cy'icyizere, kandi bigatanga amahoro yo
mu mutima n'ihumure ryo mu mutwe.**

**Isi yose yibagiwe ibisobanuro nyabyo by'ijambo
"urukundo," kandi byasobanuwe nabi kandi
bikoreshwa nabi. Nk'uko amavuta aboneka muri buri
gice cy'umwelayo, ni ko n'urukundo rwinjira mu
byaremwe byose. Ariko gusobanura urukundo
biragoye cyane, nk'uko ugerageza gusobanura
uburyohe n'uburyohe bw'icunga. Umuntu agomba
kwishimira icunga kugira ngo yumve neza uburyohe
bwaryo, kandi ni nako bigenda ku rukundo.**

**Buri wese yagiye abona urukundo mu buryo
runaka mu mitima ye, bityo akaba afite ubumenyi ku
miterere yarwo, ariko ntazi uburyo bwo kuruteza
imbere, kurutunganya no kurubyaza umusaruro mu
rukundo rw'Imana. Umucyo w'urukundo rw'Imana uba
mu mitima myinshi kuva akiri muto, ariko akenshi
urabura kuko abantu batazi uburyo bwo kururera no
kuruteza imbere.**

**Ubuzima ni ishuri ry'ibiberamo, kandi byose
byerekeza mu cyerekezo kimwe: Imana**

**Impinduka mu buzima zihishe ubuzima nyakuri
Inyuma y'amashusho akora ku bintu bifatika
bigaragara hari ubuzima nyakuri bwo mu kirere
bwihishe kure y'aho bugaragara.**

**Ingorane n'ibibazo bivuka bitewe n'uko umuntu
atazi ibikorwa bye bya kera, byakozwe mu gihe
runaka n'aho byabereye Imibabaro ye y'ubu ituruka**

ku bitekerezho n'ibikorwa yavugaga, byashinze imizi mu butaka bw'ubwenge bwe, bigakura bikaba ikimera kandi byera imbuto zigaragaza imiterere y'ibyo bitekerezho n'ibikorwa.

Ibigeragezo n'amakuba ntibiza ngo bivune umuntu no kumubuza gukora ibyo ashaka, ahubwo biza kugira ngo bimutere gushimira Imana nk'uko ikwiye gushimwa no kubaha amategeko yayo ashobora kunyuramo kugira ngo abone ibyishimo nyakuri.

Umwariimu Paramahansa yabwiye itsinda ry'abigishwa ati:

Itoze ubuhanga bwo kubaho muri iyi si udatakaje amahoro yo mu mutima, kandi ugendere mu nzira y'uburimbane kugira ngo ugere mu busitani butangaje kandi butangaje bwo kumenya kwiwibagiza.

Mu kwicisha bugufi dusanga ikibaya cy'inzozi cyuzuyemo indabyo zihumura neza kandi zikura neza zo kumenya kwigira

Ubwiza bw'Imana nta mupaka Ni byiza kwishimira indabyo n'amaroza, ariko ikiruta kwishimira ubwiza bwabyo ni ukubona isura y'Imana inyuma y'ubuziranenge bwabyo n'ubwiza bwabyo. Ibyishimo bikomoka ku muziki, urukundo rw'umuziki ubwawo, ntibishobora kugereranywa n'ijwi ry'Imana rirema rinyura mu ndirimbo zaryo.

Abantu bakunda amahoro bakusanya amazi y'ubwenge aturuka mu masoko y'abantu n'ay'Imana

Mwami, nzi ko wumva amagambo y'umutima wanjye atuje n'ibyo umutima wanjye usaba kuri wewe

Duhorane duhatanire gushariza ubuzima bwacu mu buryo bwose binyuze mu kwakira urukundo, ubunyangamugayo, n'ukuri, no kwirebera buri munsu mu ndorerwamo yo kwisuzuma no gushakisha ubwimbike bw'ubugingo.

Kutamenya [ingeso zibabaza] ni nko kwishimagura cyangwa kwikubira. Uko urushaho kwemera uruhu gushaka kwikubira kugira ngo wikureho irari ry'uruhu, niko ubushake bwo kwikubira burushaho kwiyoungera, kandi uko urushaho kwirengagiza iyo rari ntuyireke, niko igabanuka.

Umuntu ntagomba guhonyora uburenganzira bw'abandi, cyangwa ngo ababuze ubutaka bwabo, amahoro, urukundo, icyubahiro, cyangwa ikindi kintu cyose cy'umubiri cyangwa ibintu bitagaragara Niba utumvise icyifuzo cyo gufata ibitari ibyawe, icyo ukeneye cyangwa wifuza kizakugeraho Ubujura butangira mu mutwe iyo umuntu atangiye kugirira abandi ishyari Imbuta z'irari ribi zigomba kurandurwa mu mutwe

Ubwo umuntu yatangiraga gushaka ibintu by'umwuka, ahitamo ubuhanga bwo kurema ubuzima bwe neza cyane

Iyo turebye ibyiza byose biri mu bidukikije, twumva tumeze nk'ubugwaneza n'impuhwe muri twe.

Intambwe iyo ari yo yose y'ingenzi mu buzima ikwiye gutekerezwaho mu buryo bwimbitse kandi burambuye, kandi igasuzumwa mu buryo bw'ibintu bibera buri munsu mu bihe bitandukanye.

**Abihagije ni bo babaho mu buryo butunganye.
Ibyishimo bituruka gusa ku bitekerezo biboneye no
mu bikorwa bitunganye. Niba wishimye ubu, uzagira
ibyishimo mu gihe kizaza, haba hano no mu isi itaha.
Tugomba kwikubira amahirwe mu gukusanya imbuto
z'ubwenge mu gihe izuba ry'amahirwe rirabagirana.
Mu yandi magambo, tugomba gufata amahirwe mbere
yuko ashira.**

**Genda mu nzira z'ubuzima ushikamye kandi utuje,
uzi neza ko imbaraga zitagira iherezo zo kurema ziri
kumwe nawe, zikujiyana kandi zigushyigikira.**

**Buri wese akeneye igihe cyo kwigunga no
kuruhuka kugira ngo ahangane n'ibibazo by'ubuzima
bikomeza kwiyongera, kandi abantu ku giti cyabo
bagomba kubaha ubwigenge bwa buri wese.**

**Inyuma y'igicucu cyose cy'ubuzima hari urumuri
runini rw'Imana**

**Komeza ku ruhande rw'ukwizera kandi ntutinye
ibintu bibi byo hanze bigutera kwigarurira ubwato
bw'ubuzima bwawe. Izere ko "ibidashoboka" wifuza
kugeraho, uzabigeraho ubifashijwemo n'Imana,
binyuze mu mbaraga z'ukwizera kwihanganira
ibigeragezo byose.**

**Iyo ushobora kugera ku bwumvikane, nibwo
ushobora kuba mu bwumvikane n'abandi bose**

**Iyi si si iwacu; iwacu riri hakurya, mu bwenge
bw'Imana bwo mu kirere**

Ese hari ikindi kintu gishimishije kuruta kubaho ubuzima bwiza bwuzuyemo ubwumvikane, urukundo, no gutanga?

Humura ibitekerezo by'ingenzi by'abandi kandi wungukire ku bitekerezo byabo byiza kandi biboneye

Umutima wanjye wuzuye ibyishimo iyo mbonye abantu bake b'indahemuka bifuza urukundo rw'Imana. Twaje muri iyi si kugira ngo gusarure imbuto zo gukunda Imana no kuyikorera mu budahemuka no mu bwitonzi.

Baho mu gihe cy'ubu gusa, ntabwo ari mu gihe kizaza. Kora uko ushoboye uyu munsu ntugategereze ejo hazaza.

Mu buvumo bw'ituze ryo mu mutima uzahasanga isoko y'ubwenge

Ku gahanga, hagati y'amaso, hari irembo rigana mu ijuru. Iri tsinda riri mu bwonko [aho ijisho ry'umwuka cyangwa ubwenge bw'umwuka] ni umurongo w'ubushake. Iyo werekeje imbaraga zaweho mu mutwe kuri iri tsinda kandi ugashishikariza ubushake bwawe witonze, icyo wifuza kizagerwaho (Akenshi tubona ko umuntu ugerageza kwibuka ikintu atabizi akora kuri iyi ngingo ku gahanga ke)

Kubwibyo, umuntu ntagomba gukoresha ubushake bwe mu ntego mbi Kwifuriza abandi ibibikana ni ugukoresha nabi cyane ububasha Imana yaduhaye. Niba ubona ubushake bwawe bukuyobya, hagarara, kuko gukomeza muri ubwo buryo atari ugupfusha ubusa imbaraga z'umwuka gusa, ahubwo

bizanagutera gutakaza ubwo bubasha, bigatuma utabasha kubukoresha neza.

Twebwe abantu twahawe ubushobozi bwo kwifata Nubwo tutari dufite umudendeze wose, dufite urufunguzo rw'ubwisanzure Nyamara, benshi babaho mu buryo butunguranye, bananirwa gukoresha ubwenge n'ubushake bahawe n'Imana kugira ngo bigenzure.

Ingwe iyoborwa n'ubwenge bwo kwica kandi nta yandi mahitamo ifite muri iki kibazo. Ariko abantu bafite uburenganzira n'ubwenge, bikabafasha gukomeza kunoza imibereho yabo no kuzamura amahame yabo aho gukomeza kuba imfungwa z'ubwenge n'ingeso mbi.

Igihe kimwe nari ndi mu rugendo muri gari ya moshi kandi ikirere cyari gishyushye cyane, kandi umwuka numvaga nk'aho uturutse mu itanura. Abantu bose bari banzi barwaye ubushyuhe bwinshi, ariko narimo nsekera imbere kuko ubwenge bwanjye bwari butazi icyo bushyuhe buvuga, kuko nari nizeye ko amashanyarazi amwe atuma ubushyuhe mu itanura butuma urubura rumera muri firigo, kandi icyo gihe numvise nk'aho urubura rwari rutwikiriye umubiri wanjye.

Iyo noherereje abandi urukundo rwanjye n'ibifuriza ibyiza, mba nifunguriye irembo ry'urukundo rw'Imana kugira ngo ruze kuri njye.

Gerageza kwikuramo ibintu bikubangamira mu buzima bwawe, cyangwa ubyihanganire bibaye ngombwa, utabiretse ngo bikubuze imbaraga mu mitekerereze

**Niba umuntu ashobora kuba isuku, nta mpamvu
yo kuguma ari umwanda**

**Umuntu ashobora kuba akunda gutura mu kazu
gato nk'uko aba mu ngoro**

**Ikintu cy'ingenzi cyane mu kugera ku ntsinzi mu
buryo bw'umwuka ni ugushyiraho imihati**

**Ab'isi bashaka impano z'Imana, ariko
abanyabwenge bashaka Uwayitanze ubwe**

**Mu ijoro, nditandukanya burundu n'ibyo isi isaba
kandi nkabyitandukanya na byo burundu, njyenyine
n'ubushake bwanjye nyobora ibitekerezo byanjye,
nkabiyobora mu nzira nifuza kugeza igihe nzafatira
umwanzuro ukwiye n'uburyo bwo kubishyira mu
bikorwa. Hanyuma, nshishikariza ubushake bwanjye
gufata ingamba zikwiye, kandi ku bufasha bw'Imana,
ngeraho intsinzi. Muri ubu buryo, nakoresheje
ubushake bwanjye neza inshuro nyinshi, ariko ibi
birashoboka gusa iyo mbukoresheje buri gihe kandi
buri gihe.**

**Ishusho y'imisozi yashushanyijwe ku isanzure
ry'ubururu, imikorere itangaje y'umubiri w'umuntu,
indabyo z'amaroza n'itapi y'icyatsi kibisi, icyubahiro
cy'imitima, ubushobozi bw'ubwenge, n'ubwinshi
bw'urukundo ibi byose bitwibutsa Imana nziza n'isoko
y'icyubahiro cyose n'icyubahiro.**

**Keretse umuntu akoze ibishoboka byose kugira
ngo akure kamere ye mu buryo buri ku rugero—mu
bwenge, mu buryo bw'umubiri no mu buryo
bw'umwuka—ntabwo azaryohereza n'ibyishimo
nyakuri. Ubwenge bw'umwuka butuma tugira
ubwenge, kandi si byiza kureka ngo ubwibone
buganze ubwenge, ubushishozi buhamye,**

n'ubushishozi; ahubwo, icyemezo cya nyuma kigomba gushingira ku bwenge n'umutimanama.

Niba wujuje umutima wawe urukundo n'icyifuzo cy'igitekerezo ku Mana kandi ukagikomeza imbere muri wowe, Umwami w'Isi yose azaza aho uri maze yemere icyo gitekerezo kivuye kuri wowe kuko icyifuzo cy'Imana gikora ku mutima w'Imana.

Iyo uri mu mutekano mu Mana, ushobora kwishimira byose nta kwishyiramo. Bityo rero, ni ingenzi cyane gushyiraho imihati yo kumenya Imana, bitabaye ibyo ubuzima bushobora kugutenguha no gusenya ibyiringiro byawe mu buryo buteye ubwoba.

Igihe cyacu kizashira, kandi ibyo tubona ubu bizashira bishire umunsi umwe Impinduka ni nziza igihe cyose utazemera ko bikugirira nabi, kandi iyo bikubabaje, bibera umuburo wo kureka ibyifuzo bizagutera imibabaro niba udashobora kubisohozza.

Ibintu byose biri mu isanzure bifitanye isano kandi bifitanye isano ya hafi. Binyuze mu gukoresha neza ubwenge bwa muntu twahawe n'Imana, tumenya ko ubuzima bwose bufitanye isano n'Ubwenge Bukuru

Ibyaremwe byose bigaragarira amaso y'umuntu bitanga gusa ibimenyetso bitangaje by'ibitangaza bitangaje by'isanzure

Nta gikorwa na kimwe kigomba kugeragezwa ufite ubwenge buvanze kandi buhungabanye, nk'aho umuntu ahugiye mu muyaga. Ahubwo, imirimo yose igomba kurangizwa mu mahoro yo mu mutima no

hanze, mu ituze no mu kwifata, mu bwenge no mu kwitonda cyane.

Numara umwanya buri munsu utekereza cyane ku Mana no kuyisaba, uzabona ihumire rikomeye n'ibyishimo nyakuri.

Buri munsu ukwiye kuba umunsu wo gushimira Imana ku bw'impano z'ubuzima: izuba, amazi, imbuto nziza n'imboga, ari impano zitaziguye zituruka ku mutanga ukomeye: Imana

Ndi umwami uri hejuru yanjye, ntabwo ndi umwami w'ubutunzi ntacyo mfite, nyamara ntegeka ubwami bw'amahoro yanjye, kandi nambitswe ikamba ku ntebe y'ibyishimo bidashira.

Iyo utuje, wumva isi y'ibyishimo igutera imbere

Urukundo rw'abantu ntacyo ruvuze keretse rushingiye ku rukundo rw'Imana rudafite aho rubogamiye. Umusore n'inkumi bashobora gukundana, ariko nyuma y'igihe runaka, amakimbirane n'urwango birabisimbuza. Urukundo rw'abantu rudatunganye, mu gihe urukundo rw'Imana rutunganye kandi ruhoraho.

Uburyo bwonyine bwo kubona urukundo rw'Imana ni ugukora byose kugira ngo ushimishe Imana kandi uzabona ko Imana ije ikwakira mu buryo utabyiteze, kandi ibyishimo byayo bizagukwirakwira kandi umucyo wayo uzakurasira.

Icyifuzo cyanjye ni ugushinga insengero z'Imana mu mitima y'abantu no kubona inseko yayo nziza imurikira mu maso habo. Ikintu gikomeye mu buzima

ni uko umuntu yegurira Imana urusengero mu mitima ye, kandi ibi biroroshye kugeraho.

Abantu benshi baza aho ndi kugira ngo bavuge ku mpungenge zabo, kandi ndabasaba gutuza, gutekereza, no kudatekereza ku bindi bisubizo kugeza igihe bumviriye amahoro n'ituze ryo mu mwuka. Iyo ubwenge butuje kandi kwizera Imana gukomeye, ibisubizo by'ibibazo bizaboneka. Kwirengagiza ibibazo ntabwo ari garanti ko bizashira, kandi kubihangayikishwa ntibitanga umusaruro mwiza. Tekereza kugeza igihe wumviriye gutuza, hanyuma utekereze ku kibazo cyawe kandi usenge Imana cyane kugira ngo igufashe. Ibande ku kibazo, kandi uzabona igisubizo nta guhangayika cyangwa imbaraga nyinshi.

Mwami, curanga indirimbo zawe zidapfa ku mwirongi w'ubuzima bwanjye, kugira ngo mbone umugisha w'imivugirwe y'indirimbo zawe zera

Ni ingenzi cyane kugenzura amarangamutima kugira ngo wishime kandi utuze. icyo gihe nta muntu uzashobora kukurakaza cyangwa kukubyutsa ishyari, kandi uzakomeza gukomera no kwirata mu mutima wawe, kandi nta muntu uzashobora kuguhiga cyangwa kukubuza amahoro.

Kwicisha bugufi ni bwo buryo bwizewe bwo kwakira imvura y'imbabazi z'Imana

Hari igihe abantu bibwira ko Imana iri kure yabo, ahantu kure mu isanzure, bityo ntibayitabaze. Ariko iba hafi cyane kandi ikundwa kurusha abayitekerezaho kandi bakayifata hafi yabo.

iby'umwuka



Roho igomba gukangurwa

Kuva mu gusinzira kw'intege nke n'iminyururu yo gucika
intege

Kandi ikagera mu bwami bw'ubwenge, umucyo,
n'amahoro

Hari uburyo bwinshi bwo kubikora

Muri byo harimo kwifata

Indyo ikwiye

Ubutwari no gushikama ku mahame

Imiterere ihamye y'imitekerereze

N'ubutwari mu guhangana n'ibibazo

No kugabanya ubwenge ku bintu bibangamira ibyumviro

Kwibanda ku byiza mu bwenge

Yanze gutsindwa mu ntambara zo mu buzima

Kubera ko kwemera ko watsinzwe bigabanya
ubushobozi bwo kwiyezwa

Gukoresha imbaraga z'umwuka zitagira imipaka

Ibyo Umuremyi yahaye abantu

Kandi utekereza ku Mana kugeza igihe umuntu akoze ku
kuboneka kwayo

Ibimenyetso by'ukuri cyane bigaragaza ko Imana iriho

Ni ibyishimo bikura iyo ubitekerejeho

Iyo ubwenge bumaze kwisanzura

Kuva ku ivangura, ivangura, n'akarengane

Kandi iyo ibitekerezo bigufi birangiye

Iyo twishyira mu mwanya w'abandi

Twumva ko amazu yo gusengeramo, mu buryo
butandukanye bwayo bwose

Ni amazu y'Imana

Iyo tubonye ko ubuzima ari urugamba n'inshingano
bigomba gukorwa

Kandi icyarimwe, inzosi z'igihe gito

Iyo dutekereje ku Mana dukoresheje urukundo

Dukora kugira ngo dushimishe abandi

Mu magambo meza kandi mugakora ibikorwa byitanga

Ubwo tuzamenya ko Imana iri kumwe natwe

Kandi turi mu mibanire ya hafi na we

Gahunda y'Isi Yose: Hagati y'Imbaraga n'Ubwenge
Hari abantu batabizi

Hari itandukaniro hagati y'imbaraga n'ubwenge
Amashanyarazi ni ingufu
Ariko keretse iyo bishyizwe mu itara
Ntabwo bizatanga urumuri dushobora gukoresha
Ubwenge ni bwo bushyira amashanyarazi mu itara
Ntabwo imbaraga zose z'ibidukikije zishobora
Gukora neza ubwabyo
Nta bwenge bwo kubayobora no kubahuza
Bityo tubona ko uruganda rw'ubwenge bw'ikirere
Ikora mu buryo buhuriweho
Ingufu z'umwuka (Steam) zifite imbaraga zo kwimura
ibintu

Umuriro uhindura amazi umwuka w'umwuka
Izi ni imbaraga ebyiri gusa
Biturutse ku mbaraga z'ibidukikije
Ariko mu buryo bwabo busanzwe, butarayoborwa
Nta nyungu ikomeye batanga
Ariko iyo bikoreshejwe neza
Kandi ubayobore neza
Batanga serivisi nziza ku bantu
Ibi tubihera ku mwanzuro
ko Isi n'isanzure ryose
Bakurikiza gahunda ikomeye
Ibyo bituma ubuzima bw'abantu bushoboka
Iyi gahunda y'ikirere
"Cyangwa "umuvuduko w'ibiri mu kirere
Ni umusaruro w'ubwenge bw'Imana buhebuje
Isi yose ntiyabaho iyo atabaho
Kandi ubwenge bw'umuntu bufite aho bugarukira nta
mbaraga bufite
Kumenya amabanga n'amayobera byayo
Gusaba
O Umucyo w'Imana
!Atome z'ibintu zinjira mu mubiri
Urihisha kandi ntugaragara

Ibyumviro ntibishobora kukubona
Ese haba mu zuba
umutuku wijimye
Cyangwa mu migozi y'ifeza ikonje y'ukwezi
Amatara yo mu kirere agaragaza ibidukikije
Ariko ntabwo ikwereka
Isi igaragara y'ibintu
Kubera amatara menshi
Ni umwijima gusa mu maso yanjye
Toza ubwenge bwanjye kugira ngo bumenye ubwiza
bwawe buhishe
Bigaragara mu byaremwe byose
Mu gace k'ubwonko
Ubwonko bw'umuntu, harimo
Kuva ku imiterere y'ubutaka n'ibyiciro
Irimo imiyoboro y'amaraso
N'imigezi yijimye y'imitsi y'amaraso
Ni ubwoko buto bw'igihugu kinini
?Ese aka gace ni akataraboneka
?Ese nta muntu w'Imana utuyemo
?Ese hashobora kubaho igisigo kidafite umusizi
?Cyangwa isaha idafite igikoresho cyayikoze
Cyangwa indabyo y'iroza idafite umuhanga mu
?kuyishushanya
Oya rwose ntabwo ari byo
Mu buryo nk'ubwo, agace k'ubwonko
Ubwiza bwihishe
Yakozwe hakoreshejwe uburyo
Ubwenge butangaje kandi budasanzwe
Ndibaza abatuye muri iyi salle nziza cyane
Inkuta zayo zikozwe muri
ingingo z'amagufwa zifatanye
Kandi ibintu bitangaje biyigize
?Ni iyihe idakurikiza ukwigana
Kubera ko muni y'agahanga hari agace

Yuzuyemo uturemangingo tubarirwa muri za miriyari
Ufite imbaraga kandi ufite ubwenge
Kandi akazi kenshi cyane
Hamwe n'ibikorwa biremereye cyane kandi bigoye
uduce duto tw'ubwonko
Ikora igihe cyose
Ifite imikorere itandukanye
Gutegura ibirori
Isuzuma rya mikorosikopi
Kwakira abashyitsi binjira
Binyuze mu miryango y'ibyumviro
Hari ikintu gisa no kugura no kugurisha
Ibikorwa bikomeje
Kuva mu kwinjiza no gusohora amazi
Kandi nk'ubwato buto
Uturemangingo tw'amaraso twimuka
Hagati mu miyoboro y'amaraso
Yuzuyemo ibikoresho by'ingenzi
Ubwoko butandukanye n'amoko atandukanye
Yahumetswe n'Umuremyi w'Ubugwaneza
Ubwibone butera ubuhumyi mu buryo bw'umwuka
Kuko bisohora mu bugingo
Iyerekwa ry'ubuso bunini
Utuye mu mitima ikomeye
Abantu bakomeye barabizi
Ububasha bwabo bwaraguzwe
Bituruka ku Mana Ishoborabyose
Ukunda abicisha bugufi
Kandi abongerera ubumenyi, ubuyobozi, n'imbaraga
Niba uwo muntu
umucuruzi watsinze
Cyangwa umunyapolitiki w'umunyabwenge
Cyangwa umunyagitugu w'umunyagitugu
cyangwa umuvuguruzi ukomeye
Imbaraga ze ntacyo zivuze

Ugereraniye n'imbaraga z'Imana zitagira iherezo
Kwicisha bugufi ni irembo rifunguye
Niho hava ubwinshi bw'imbabazi
Urukundo no kwizezwa
Ku mitima myiza
Umukunzi w'ibyiza
Kandi kwakira amatara
N'imigisha iva mu ijuru
Nk'uko umwijima udashobora kugumaho
Aho umucyo ugaragara hose
Uku ni ko umwijima w'indwara ukwiye gucika
Iyo umucyo w'Imana umurikiye mu turemangingo
tw'umubiri

Abasobanukiwe n'iki kintu ni bake
Iyo abantu bumva bafite icyifuzo gikomeye cyo gukira
Basenga bafite imitima ibabaye
Cyangwa ufite agahinda
Gutekereza ko Imana itazumva amasengesho yabo
Cyangwa barasenga ariko ntibategereze
Kugira ngo bamenye niba amasengesho yabo yageze ku
Mana

Nk'uko bidashoboka kumva
Ku muziki unyura kuri radiyo
Gukoresha icyuma gitanga amakuru kidafite ishingiro
Bityo, imitingito ntishobora kumenyekana
Ubuzima, imbaraga, n'ubwenge bituruka ku Mana
Hamwe n'ikibazo cyo mu mutwe kidakora neza bitewe
n'ubwoba n'impungenge
Ubwoko bwose bw'imihangayiko, gushidikanya, no
kutizera

Reka tukwibuke kandi tugushimire, Nyagasani
Mu bukene no mu burumbuke
Mu ndwara no gukira
Mu mwijima no mu mucyo
Mu bihe byose

Twibuke twishimye iminsi y'imibereho myiza
Ibyo waduhaye
Dufashe gufungura amaso y'ukwemera
Reka turebe urumuri rwawe rwiza
Umuvuzi w'indwara zose n'ibindi
Bazongera kuryohereza n'ibyishimo byo mu mutima
Itegeko ry'ingendo rishingiye ku itegeko ry'impamvu
n'ingaruka, cyangwa igikorwa n'ingaruka
Umuntu wavutse ari mwiza muri ubu buzima yari ameze
atyo mu mubiri we wa mbere {kubera ibyo amaboko ye
yashyizeho} Kandi nibaharanira gukora ibyiza, igipimo
cy'ibyiza kizarushaho kuzamuka mu nyungu ze - "Ufite
"azarushaho guhabwa, kandi azagira byinshi
Abafite imico myiza mike gusa bashobora gutakaza
n'iyi mike, kuko "ibitariho bizakurwaho," bitewe n'ibyifuzo
.bibi bikomeye bibatera kandi bikabatsinda
Umuntu ukunda gukora ibibi agomba kuba yari afite iyo
ngeso mbi mu buzima bwe bwa mbere, kandi iyo ngeso mbi
ishobora gukomera no kuyigenzura. Abafite ingeso mbi ni
uko bari bameze mbere, kandi niba icyiza kiruta ikibi, imico
.myiza izirukana ingeso mbi mu mitima yabo
Iyi ni yo mikorere isanzwe y'itegeko ry'impamvu
n'ingaruka (karma). Ariko, umuntu ntagomba kumva adafite
icyo akora cyangwa ngo agire umutegeko mu gihe afite ingeso
mbi yifuza kuzireka. Ubu ni bwo buryo bwiza bwo gutsinda
.izo ngeso binyuze mu kwiyeemeza no gutekereza neza
Umuntu ashobora kwibohora mu ngeso mbi no
kwiremamo ingeso nziza mu bitekerezo no mu bikorwa, ibyo
bikaba bizamuzanira umusaruro yifuza
Nubwo ingeso mbi zaba zarashinze imizi mu muntu,
agomba kwibuka ko ari bo ubwabo biremye izo ngeso
binyuze mu gusubiramo ibitekerezo n'ibikorwa runaka, kandi
ko bashobora kuzisimbuza ingeso mbi nziza binyuze mu
.gutekereza neza kandi byubaka

Ibitekerezo byiza n'ibibi ni imiterere itandukanye
y'ubwenge bw'umuntu. Mu by'ukuri, ni byiza kugira inzizi
nziza kuruta kurota inzizi ziteye ubwoba. Ubwenge
burahindagurika kandi bushobora kwiyumvamo imiterere
.wifuza cyangwa kurota inzizi zikurura
Ariko ikibazo abantu bafite ni uko bemerera imiterere
yabo y'ubwenge—ku bushake bwabo n'amahitamo yabo—
kugengwa n'imyitwarire idahwitse n'imigambi mibi yavutse
ku ngeso za kera. Bityo, imbaraga zabo zo gutandukanya
ibintu ziguma zihunga kandi zitemba, kimwe n'uburinzi
bw'ibintu bidasanze bushinze imizi inyuma y'ibihome byo
.gutandukanya ibintu no gusobanukirwa ibintu
Iyo abasinzirijwe n'ingeso mbi basogongeye kubabara
ubuzima butari ubwa kamere, bazahindukirira umucyo wo
gusobanukirwa no kubaho mu buryo butunganye bashaka
agakiza, nubwo ingeso zabo mbi zaba zarashinze imizi kandi
.zishinze imizi
Hanyuma, nibakora ku guteza imbere no guteza imbere
ingeso nziza binyuze mu gushyira mu bikorwa imibereho
myiza, bazongera kubona ibyishimo byo mu mutima kandi
bishimire amahoro nk'ingaruka karemano zo kwifata no
.guteza imbere ingeso nziza

Ubucuti nyakuri
Uburyo bwiza bwo guhanahana
kwiyumvamo amarangamutima
Bivuze gutuma inshuti zumva zimeze neza
Mu bihe by'amakuba
Kandi nkabagaragariza impuhwe
Mu bubabare bwabo n'imibabaro yabo
Kandi bakabagira inama
Mu bihe bikomeye
n'ubufasha bw'amafaranga
Mu bihe by'ubukene nyakuri
Iyo umuntu yivugisha ukuri

n'inshuti y'indahemuka ku bandi
Azashobora kuba yujuje ibisabwa
Kugira ngo uryohereye n'ubucuti bw'Imana
Iyo abandi bumvise urukundo rwacu
Urwo rukundo ruzaguka rube urukundo rukikije byose
Itemba mu mutima wa buri wese
Bihuye n'umutima mwiza w'ubuzima
Kunanirwa kugaragaza amarangamutima y'ubucuti
Ibi bivuze kwirengagiza itegeko ryo kwiyagura
Ni muri ubwo buryo ibitekerezo by'ubugingo byaguka
Kugira ngo nkore ku kuboneka kw'Imana
Iyo dushinze icyizere
Mu mitima y'abandi bemera
Kandi dushobora kwagura imbibi z'urukundo rwacu
Kugira ngo habeho ibyiciro binini by'abaturage
Hanyuma tuzashobora kwagura ubumenyi bwacu
Kandi igera ku rwego rwo kumenya ibintu byose
Ibintu bibiri buri wese yifuza nta kurobanura
Abantu batandukanye inyuma hagati yabo mu miterere
yabo y'imitekerereze n'amarangamutima, mu nshingano
zabo mu buzima, mu mirimo bakora, no mu byifuzo bibatera.
Ariko munsu y'ibyo byose bitandukanye hari ibintu bibiri
abantu bose - nta n'umwe urobanuye - bifuzaga ndetse bumva
.bakeneye
Ibi bintu bibiri ni ukudahura n'imibabaro n'ubukene, no
kugera ku byishimo birambye nta kiguzi; cyangwa kunyurwa
.byuzuye birimo amahoro, urukundo, ubwenge n'ibyishimo
Abantu ntibazabona amahoro kugeza igihe bazagera
kuri uwo munyuro imitima yabo yifuza kandi baharanira
kuwugeraho mu buryo bwose n'uburyo bwose. Iyi ni ingingo
.y'ingenzi mu gusobanukirwa imimerere y'abantu
Ikibabaje ni uko abantu bashakaga kunyurwa ahantu
hadakwiriye kandi ntibabibone

Babishakira mu isi no mu bintu by'isi mu butunzi no mu
bihe byo hanze, no mu mibanire idashingiye ku bwumvikane
buhamye n'ishingiro rikomeye

Kubera iyo mpamvu, ntibishoboka ko umuntu abona
ibyishimo bitagira inenge bivuye mu mimerere iyo ari yo
yose cyangwa ku muntu uwo ari we wese muri iyi si, bitewe
.n'imiterere y'irema

Irema rishingiye ku ihame ry'ububiri Urugero,
ntushobora kugira ishusho mu ibara rimwe gusa; ukeneye
itandukaniro cyangwa itandukaniro. Mu buryo nk'ubwo,
.ntibishoboka ko ububiri budahari kuri iyi si

Bitewe n'ibyifuzo bya muntu, buri wese muri twe yifuza
ibintu byiza gusa - ibintu bishimishije, byiza, kandi byiza -
atiriwe ahura n'ibintu bidafite akamaro, ibimubabaza,
n'ibindi bintu bidashimishije Aiko ibyo ntibishoboka

Muri iyi si y'ubumwe bw'abantu babiri, nta byishimo
bitabaho nta bubabare, nta mucyo utabaho nta mwijima, nta
cyiza kitabaho nta kibi, nta buzima butabaho nta rupfu
Uruhande rumwe rw'igicere ntirushobora kuboneka tudafite
urundi icyo twifuza cyane imbere mu mutima ntigishobora
kuboneka mu kintu icyo ari cyo cyose isi ishobora gutanga
Amahitamo ni ay'umuntu ku giti cye. Ese bazakomeza
gushakisha icyo bashakira ahantu hatari ho, bakumva

?bababaye nyuma yo gucika intege
Abantu bashakashaka n'imbaraga zabo zose n'ibyifuzo

byabo byose, ariko ntibabone icyo bashakira, biganisha ku
kwiheba no kwiheba. Byongeye kandi, bitera inzika nyinshi,
ibyo bigatuma habaho uburakari bukomeye ndetse
amaherezo bikaba ibikorwa by'urugomo. Bityo rero, uburyo
bubi bwo gushakisha ntibutuma umuntu agira ibyishimo
.yifuza

Umuremyi Usumbabyose atwifuriza ibyishimo byuzuye
kandi bitunganye biboneka gusa mu ndiba y'ubugingo. Bityo
rero, Imana yaremye iyi si ku buryo nta kintu na kimwe muri
yo gishimisha umutima w'umuntu kandi kigasohozwa ibyifuzo

bye keretse iyo ihindukiriye isoko y'ibyishimo, ibyishimo, no
.kunyurwa, ari na yo soko yayo

Mu by'ukuri, ubwami bwo mu ijuru buri mu muntu

Kuringaniza ibipimo

Uburinganire ni igitekerezo cyiza gihuza ibitekerezo

Ibikoresho, imitekerereze, amarangamutima,

n'iby'umwuka

Mu bumwe buhuje, ni ingirakamaro muri kamere

Bikangura ibitekerezo byo guhanga udushya kandi

bigatera imbaraga akazi gatanga umusaruro

Buri wese muri twe yifuza kugira umubiri mwiza

Muzima kandi nta mbogamizi n'intege nke byose bihari

Turashaka kandi ko ubwenge bwacu buba maso

Kandi ko amarangamutima yacu n'ibyiyumvo byacu

bidukorera, ntabwo biturwanya

Twifuza ko byagira uruhare mu gutuma umubano wacu

.n'abo turi kumwe urushaho kuba mwiza

Bihuje kandi bidushimisha, nk'uko natwe twifuza kuba

Bijyanye n'uruhande rw'umwuka rw'ubugingo bwacu

Ibihe bishobora kuba bigoye

Hari ibigeragezo byinshi

Ihungabana riri kwiyongera

Kugira ngo habeho uburinganire muri ibyo bihe

Ishoramari ry'ingufu, igihe, n'ubwitonzi birakenewe

Uburimbane ntibugerwaho binyuze mu bitekerezo byo

kwifuriza ibintu nk'ibyo

Ahubwo, bigomba kugerwaho binyuze mu igenamigambi

nyaryo n'imbaraga zikomeye

Hari ibintu byinshi mu buzima bwacu bikeneye

kuringaniza

Byinshi muri byo bisa nkaho bitajyanye

Urugero, inshingano ku muryango

Gushaka imibereho no kubungabunga ubuzima bwiza

No kubahiriza amahame y'ubuvanganzo n'amahame

mbwirizamuco

No guhangana n'amakuru menshi akenewe
Inshingano kuri sosiyete
Uretse izindi nshingano nyinshi zisaba igihe cyacu
n'imbaraga zacu
Igihe ni gito kuri twese
Ariko tugomba koroshya ubuzima bwacu kugira ngo
tugabanye ibibazo byacu
Ni umwanya ungana iki w'agaciro upfushwa ubusa
?ushakisha ibintu bifatika
Tubona ko ari byo byiza kurusha ibindi kuko ari bishya
kandi by'ingenzi
Ariko iyi myitwarire ifite igiciro, nk'uko Buddha
yabigaragaje avuga
"Ushaka gutunga inka agomba kuzirera"
Nidusesengura ubuzima bwacu, tuzasanga twita ku
"bipupe" byinshi
Ibyo itangazamakuru n'amatangazo byatwemeje
Ni ingenzi kugira ngo tugire ihumure n'ibyishimo
Igitangaje, ni ibintu byitwa udushya twizigamira igihe
Umuntu wo muri iki gihe yibwe
Ibyo yakundaga mu bijyanye n'igihe cyo kuruhuka
Kugira ngo dushobore kuringaniza ibintu bishyamiranye
mu buzima bwacu
Dukeneye ingingo ihamye yo gushingiraho
Ntibihinduka bitewe n'igihe, ahantu, cyangwa imimerere
Uko ubuzima burushaho kuba ingorabahizi, ni ko
turushaho gukenera gusobanukirwa
Uwo musingi rukumbi ushobora gushyigikirwa no
kwiringirwa
Ni Imana Ishoborabyose, ni Yo irinda ubuzima mu bintu
byose bugaragaramo no mu buryo bugaragaramo
Ni ubwato bwo kurokora ubuzima hagati y'inyanja
y'ubuzima irimo imiyaga myinshi kandi ishyushye
Ubuhungiro butekanye bwo kwirinda ibikomere
by'ubuzima n'ibibazo bibabaza

Abantu biyizera
Birenze kwiringira Imana kwabo
Nubwo bazi neza ko
Amaherezo
Ntibashobora guhumeka
Cyangwa kugenda cyangwa kugenda
Hatabayeho imbaraga z'Imana ziyobora kandi zitaziguye
Bibikwa mu bwonko, mu mutima no mu turemangingo
tw'umubiri
Kubera ko bari bamenyereye kwishingikiriza ku biribwa
umwuka n'izuba
Bamaze kwemera ko ibyo bintu byo hanze
Arabafasha kandi akabaha ubuzima
Ariko ni ukwibeshya gutekereza gutya
Kubera ko umuntu yishingikiriza ku mbaraga imwe gusa
Izo mbaraga ni Imana
Kuko Imana ari yo Isumbabyose kandi ni yo Ikomeye
Kandi iy'ikirenga iriho
Abantu bari batewe ubwoba na we
Nubwo ari umwuka w'urukundo, ubwuzu, imbabazi
n'amahoro
Sinshaka gushyira mu bitekerezo by'abantu umuriro
ugurumana kandi utwika
Kuko Imana ari yo ikundwa cyane n'umutima n'ubugingo
Ni we mwiza cyane, ubwiza bwe ntibugereranywa
n'ikindi kintu icyo ari cyo cyose
Niba tubitekerejeho muri ubu buryo
Tuzumva turi hafi ye na we atwiyegereze
Kandi niba duharanira kubigeraho tubikuye ku mutima
Azadufungurira amaboko ye abigiranye imbabazi
n'impuhwe
Kandi niba tubisabye n'umutima wacu wose
Twumvise tumushaka cyane
Azaza aho turi

Nibyo rwose

-

Mu buryo butabarika
Imitekerereze iratwereka
Imana ni yo mpamvu n'impamvu y'ubu buzima
Ariko ikimenyetso nyacyo cy'uko Imana iriho
Ntibishoboka kugerwaho
Ku bw'ishingiro ry'ubwenge gusa
Niba twifuza kubona Imana
- Ni iyihe ntego yonyine yo kubaho kwacu -
Tugomba kujya kurenza
Uburyo busanzwe bwo gutekereza
Kubera ko Imana irenze ubushobozi bwo gusobanukirwa
ubwenge
Ishingiro ryayo ntirishobora kumvikana
Buri gihe kandi iteka ryose nshishikajwe n'ibitekerezo
byanjye
Hamwe n'ibyifuzo by'ibintu
Aho ahubanganywa n'imiraba y'ibyishimo n'ububabare
Ababazwa n'amarangamutima ahindagurika
Niba dushaka kugera ku rwego rwo hejuru
Kuva ku bwenge bwo hejuru no ku myumvire
Ni ngombwa gukuramo igitekerezo
Biturutse ku bikorwa bye by'ubukana n'umujinya
Mu kwibanda ku bitekerezo no gutekereza ku Mana
Iyo inkubi y'ibitekerezo igabanutse
Kugira ngo ituze ryiza kandi ry'umugisha ribe ku mutima
Hanyuma umwigishwa yumva atuje kandi afite icyizere
Uretse uburambe busanzwe
Uko ubushishozi bwe bugenda bukinguka n'ubushobozi
bwe bwo mu mwuka bukinguka
Abibona mu buryo butaziguye
Nta bwenge
Ubuturo bw'Imana bufite umugisha
Akenshi tunanirwa kubona ibintu byegereye cyane

Tunyura ku butunzi bw'agaciro tudahagarara
Kandi dukomeje gukurikirana ibitekerezo byacu
Cyangwa tugerageza gufata imikororombya
Dushaka umutekano mu mwijima
Nubwo roho zacu zifuza cyane urumuri
Tunywa inzosi zidatuma tumara inyota
Mu gihe roho zacu zifuza ukuri gukomeye
Turimo gukurikirana indorerwamo itabaho
Mu kugerageza kubona ubuhungiro mu gicucu cyayo
Kuva ku bushyuhe bw'ubuzima n'impeshyi yabwo
ishyushye

Iyo koko twifuza cyane
Uruzitiro rw'amahoro n'ubwumvikane
bihishe mu mitima yacu
Ubudasa budashobora guhuza
Uwo isi yuzuyemo
Ni iki kidushukashuka kandi kikadukurura
Gushyira ibitekerezo byacu ku bintu bifatika
Ni igicucu cyerurutse gusa
Ku bw'ubutunzi budasanzwe bubeshya
Mu birombe byo munsu y'ubutaka
Tugomba gukora kugira ngo dutuze ubwenge
buhangayitse
Guhora ukurikirana ibintu byo mu isi
Kandi ikayobora inzira yayo imbere
Tugomba guhuza ibitekerezo byacu n'ibyifuzo byacu
Hamwe n'ibintu bihagije bivura
Niboneye imbere mu mutima wanjye
Hanyuma tuzabona ubwumvikane
Mu buzima bwacu no muri kamere
Niduhuza ibyiringiro byacu n'ibyo twiteze
Dufite ubumwe karemano muri twe
Tuzagenda mu bwato mu mutekano mu nyanja
y'ubuzima
Nta bwoba bwo kurohama

Kubera ko twiyumvamo neza
Izaba ari ikoti ryo gufasha umuntu kurohama
Kandi bafite amababa yo kwiringira Imana
Tuzazamuka mu kirere cy'amahoro
Bamwe bashobora kwibaza
Igihe cyose dufite ubwisanzure bwo guhitamo"
?None se kuki ibisubizo bivuguruza ibyo twiteze
:Igisubizo ni iki gikurikira
Umuntu yagabanyije ubushake bwe
Yatakaje ubumenyi ku mbaraga z'umwuka
kubaho mu bwenge bwe
Ariko niba akorana mu gushimangira ubushake bwe
Mu kwitoza kwifata
Kandi atekereza ku mucyo w'Imana uri muri we
Ubushake bwe burarekurwa
Kandi igihe ubushake bwe buzaba bwarekuwe
Aba umuyobozi w'ibizaza bye bwite
Ariko niba asanze ari muzima
Mu buryo umutimanama we utamwemera
Ntazabohorwa kandi ntazashobora kuzamuka
Ku rwego rwo gutera imbere
Tugomba kumarana igihe
Gukora ibyo bintu
Ibyo bitanga ibyishimo byacu
Kandi biduhesha inyungu n'ibyiza
Nta muntu n'umwe ushobora guhagarika urugendo
rwacu
Igihe cyose icyemezo cyacu kizakomeza gukomera
Gukomeza imbere
Umuntu yishyira mu kaga
Imbere mu kazu gato
Uhereye ku iherezo rito
ibitekerezo bito
ihindagurika ry'amarangamutima
ingeso mbi

Niyo mpamvu agomba kwitoza
Kugira ngo ube umuntu urushaho kwiyoroshya,
ufunguye kandi wemere
Tugomba gukora kugira ngo dukomeze kugenzura irari
ryacu
Kandi gutoza ubushake bwacu mu cyerekezo gikwiye
Mu gukora ibintu byiza mu buzima
Kandi ko twagombye gutekereza cyane ku Mana
Dukwirakwiza umwuka w'urukundo, amahoro
n'ubuvandimwe
Mu mfuruka zose z'iyi si
Abafite ubwenge bwiza

Umwigisha Paramhansa Yogananda

Ubuhinduzi: Mahmoud Abbas Masoud

Kuva twaza muri iyi si tuvuye ahanu hatazwi, ni ibisanzwe ko twibaza ku inkomoko n'intego y'ubuzima. Twumva kandi tugasoma ibyerekeye Umuremyi w'iyi si, ariko ntituzi uko twamugeraho. icyo tuzi gusa ni uko isanzure ryose ritangaza ko hariho ubwenge bwe bw'Imana. Nk'uko ibice bito, by'ingenzi by'isaha bituma dushima uwayikoze, kandi nk'uko imashini nini kandi zigoye zo mu ruganda zitangaza kandi zigatera gushima uwayivumbuye, ni ko natwe iyo tubonye ibitangaza by'ibidukikije, dutangazwa n'ubwenge bwihishe inyuma yabyo, maze tukabaza tuti:

"Ni nde wahaye indabyo ishusho yayo irabagirana kandi ireba izuba?"

Impumuro n'ubwiza byayo byaturutse he?

Kandi se, ni gute indabyo zayo zakozwe neza cyane kandi zigasigwa amabara meza kandi ashimishije?

Mu ijoro, inyenyeri n'ukwezi, bidukikije urumuri rw'ifeza, bidutera inkunga yo gutekereza ku bwenge buyobora iyi mibumbe yo mu kirere mu kirere cyimbitse.

Umucyo woroshye w'ukwezi kuzuye ntuhagije mu bikorwa bya buri muni, bityo ubwenge bw'ubwenge n'ubwihangane budutera imbaraga zo kuruhuka nijoro. Hanyuma izuba rirasa, kandi urumuri rwaryo rutuma tubona isi idukikije mu buryo busobanutse kandi butuje, bigatuma dushobora gukora imirimo itwerekana.

Hari uburyo bubiri bwo guhaza ibyo dukeneye: iby'umubiri n'iby'umwuka Iyo ubuzima bwacu burushijeho kuba bubi, urugero, dushobora kujya kwa muganga kuvurwa. Ariko hagera igihe nta muganga cyangwa undi muntu uwo ari we wese ushobora kudufasha, maze tugahindukirira inzira ya kabiri: imbaraga z'umwuka zaremeye umubiri wacu, ubwenge bwacu, n'ubugingo bwacu. Imbaraga z'umubiri ziba zifite aho zigarukira, kandi iyo zinaniwe, tugahindukirira imbaraga z'Imana zitagira imipaka. Ibi kandi bireba ibyo dukeneye mu by'amafaranga Iyo dukora uko dushoboye kose ariko ntitubone ibyo dushoboye, tugahindukirira izo mbaraga.

Buri wese atekereza ko ibibazo bya ari bibi cyane. Bamwe bumva bafite igitutu kurusha abandi kuko imbaraga zabo zo kurwanya ari nke. Bitewe n'itandukaniro ry'imbaraga zo mu mutwe w'abantu, bakoresha imbaraga zitandukanye. Iyo umuntu ahuye n'ibibazo gikomeye cyane kandi ubwenge bwe bufite

intege nke, ntibazashobora kugitsinda. Abafite ubwenge bukomeye bashobora gutsinda ingorane zabo basenya inzitizi no kunyeganyeza ishingiro ryabo. Nyamara, ndetse n'abantu bakomeye cyane rimwe na rimwe bagiye bahura n'ingorane Iyo duhuye n'ibibazo byinshi kandi bikomeye by'umubiri, ubwenge, n'iby'umwuka, tumenya ukuntu imbaraga z'ubuzima zifite aho zigarukira muri iyi si y'ibintu.

Imbaraga zacu ntizigomba kuba gusa mu kugera ku buzima bwiza n'umutekano w'amafaranga, ahubwo zigomba no gushakisha icyo ubuzima buvuze Intego y'ubuzima ni iyihe? Iyo ingorane ziturenze, tubanza kureba aho dutuye, tugerageza buri kintu cyose twizera ko kizaduha ubutabazi. Ariko iyo tugeze ku iherezo tukavuga tuti: "Ibigeragezo byanjye byose byarananiranye; ni iki kindi nakora?" dutangira gutekerezwa cyane ku gushaka igisubizo cyiza cy'ikibazo cyacu. Kandi iyo ibitekerezo byacu birushijeho kuba byimbitse, tubona igisubizo muri twe. Iki, ubwacyo, ni ubwoko bw'isengesho ryasubijwe.

Isengesho: Igikenewe mu buryo bw'umwuka

Isengesho ni ikintu gikenewe mu buryo bw'umwuka Imana ntiyaturemye nk'abasabirizi, kuko yaturemye mu ishusho yayo. Ibyanditswe Byera bivuga ibi. Umusabirizi ujya mu rugo rw'umukire agasaba imfashanyo ahabwa umugabane w'umusabirizi. Ariko umwana ashobora kubona ikintu cyose kuri se ukize. Bityo rero, ntidukwiye kwitwara nk'abasabirizi.

Hari abantu basa n'aho bafite byose kandi bavukiye mu bihe byiza n'ihumure, mu gihe abandi basa n'abakurura ibibazo no gutsindwa Ishusho

y'Imana iri he muri bo? Imbaraga z'umwuka w'Imana ziba muri buri wese muri twe. Ariko se twakwihingamo dute iyo mbaraga? Wenda wigeze kumva ucitse intege mu bihe byashize kubera ko amasengesho yawe asa n'aho adasubizwa, ariko ntutakaze icyizere n'ukwizera Kugira ngo umenye niba amasengesho yawe afite akamaro cyangwa adakora, ugomba kugira ukwizera gukomeye mu mbaraga z'amasengesho imbere muri wowe.

Ahari amasengesho y'abantu bamwe ntasubizwa kuko bahisemo gusaba. Kimwe n'uko, umuntu agomba kumenya icyo asaba Imana. Ushobora gusenga n'umutima wawe wose n'imbaraga zawe zose kugira ngo utware isi n'ibirimo byose, ariko amasengesho yawe ntazemerwa kuko amasengesho yose ajyanye n'ubuzima bw'umubiri afite aho agarukira, kandi koko, agomba kugarukira. Ariko hari uburyo bwiza bwo gusenga. Bavuga ko injangwe igira ubuzima icyenda. Ariko ingorane zigira ubuzima icyenda n'icyenda! Ugomba gushaka uburyo bwiza bwo kwikuramo "injangwe y'ingorane". Ibanga ryo gusenga neza riri mu guhindura umwanya w'umuntu uva ku kuba umusabirizi ujya ku w'umuntu ufite uburenganzira. Iyo usabye Imana ikintu nk'icyo cy'umwuka, isengesho ryawe rizaba rifite imbaraga n'ubwenge.

Imbuto zo gutsinda ziri mu bushake

Abantu benshi bagira ubwoba n'amaganya cyane iyo bagerageje kugera ku kintu cy'ingenzi kuri bo Gukora ibintu bafite impungenge n'ubwoba ntibikurura imbaraga z'Imana, ariko gukoresha imbaraga z'ubushake mu buryo butuje kandi buhoraho bihungabanya imbaraga z'isi yose kandi

bigatanga igisubizo giturutse ku buryo butagira akagero. Imbuto z'intsinzi kuri buri kintu cyose uteganya kugeraho ziri mu bushake bwawe. Ubushake busenyutse kandi bugashegeshwa n'ingorane bugahagarara by'agateganyo. Ariko umuntu wiyemeje kandi ushikamye uvuga ati: "Umubiri wanjye ushobora gushwanyagurika, ariko umutwe w'ubushake bwanjye uzakomeza gukomera kandi uyobowe n'ubushake," agaragaza urwego rwo hejuru rw'ubushake

Ubushake n'icyerekezo cyabwo gikwiye nibyo bizamura kandi bikazamura urwego rw'umuntu Iyo umuntu aretse gukoresha ubushobozi bwe, aba umuntu usanzwe, ntacyo akora mu bihe byinshi. Benshi bavuga ko tudakwiye gukoresha ubushobozi bwacu mu guhindura imimerere, kubera gutinya kubangamira gahunda y'Imana. Ariko se kuki Imana yaduhaye ubushobozi bwo gushaka niba idashaka ko tubukoresha? Nigeze guhura n'umugabo uhora avuga ko atemera gukoresha ubushobozi bwo gushaka kuko butuma umuntu yishyira hejuru. Nasubije nti: "Urimo gukoresha imbaraga zawe ubu ngubu, kandi mu buryo bukomeye, kugira ngo undwanye. Uzikoresha mu kuvuga, guhagarara, kugenda, kurya, kujya muri sinema, ndetse no gusinzira. Urashaka ko ukora byose. Udafite ubushobozi bwo gushaka, uba robo" Ni inshingano z'umuntu guhuza ubushake bwe, bugengwa n'ibyifuzo, n'ubushake bw'Imana. Bityo rero, iyo isengesho rikwiye ritanzwe buri gihe, riba imbaraga zo gushaka ubwaryo.

Ugomba kwizera ko ushobora kubona icyo usengera Niba usenga kugira inzu, kandi mu gihe kimwe ubwenge bwawe bukavuga buti "Wabasha ute kugura inzu, wa muswa we?" uba urimo ugabanya

ubushake bwawe ukoresheje igitekerezo nk'icyo Iyo wirukanye interuro ngo "Sinshobora" mu bwenge bwawe, ubona imbaraga zo hejuru Birumvikana ko amazu adagwa ava mu ijuru, kandi kugira ngo ubone inzu, ugomba gukoresha ubushake no gufata ingamba z'ubwubatsi kugira ngo ugere ku ntogo yawe Iyo wihanganye kandi ukanga kwemera ko wananiwe, uzabasha kugaragaza icyo wifuza Kandi iyo ukomeje gukoresha ubwo bushake bwawe binyuze mu bitekerezo byawe n'ibikorwa byawe, ibyifuzo byawe bizasohozwa, kandi icyo wifuza cyose kandi wifuza kizakugeraho Iyo ukomeje guharanira ufite umurava no kwihangana, umusaruro wifuza uzagaragara mu buryo runaka, nubwo icyo wifuza kitabaho muri iyi si. Muri ubwo bushake niho igisubizo cy'Imana, kuko ubushake bwiza buturuka ku Mana. Ubushake bukomeza ni ubushake bw'Imana.

Shyira imbuto z'ibitekerezo bibi

Ubushake bw'intege nke ni ubushake bw'umuntu budafite intege Iyo ibigerageze n'ibinanyiranye bibushenye, butakaza isano bwabwo n'umutanga utagira iherezaho Ariko inyuma y'ubushake bw'umuntu hari ubushake bw'Imana, butazi gucika intege cyangwa ngo butsinde Ndetse n'urupfu, mu mbaraga zarwo zose, rudashobora gusenya cyangwa ngo ruhagarike ubushake bw'Imana Imana izasubiza iryo sengesho riyobowe n'ubushake bw'ubushake budatezuka no kwihangana

Abantu benshi ni abanebwe kandi bananiwe, haba ku mubiri, mu mutwe, cyangwa byombi. Bifuza gutekereza ariko batekereza ku bitotsi gusa. Igihe gito bakimara gusinzira, bagwa mu bitotsi bikomeye, kandi niho isengesho rirangira! Muri ubu buryo,

imbaraga z'ubushake zirabitswe. Ubwonko bw'umuntu usanzwe bwuzuyemo imbuto za "Sinshobora" Wavukiye mu muryango ufite imico n'imytwarire runaka, agirwaho ingaruka na byo, akamenya ko adashoboye ibi cyangwa ko Izi mbuto mbi zigomba gutwikwa kandi ingaruka zazo zikarandurwa mu bwenge. Ufite ububasha bwo kugera ku kintu cyose wifuza. Izo mbaraga ziri mu mutima w'ubushake bwawe.

Abifuza kugira ubushake bakeneye kubana neza. Niba wifuza kuba umuhanga mu mibare kandi bagenzi bawe badakunda imibare, ishyaka ryawe rizagabanuka. Ariko iyo wifatanyije n'abahanga mu mibare, ubushake bwawe buzakomera, kandi uzabasha kuvuga uti: "Niba abandi bashobora gutsinda, nanjye ndabishobora."

Ntukihutire gukora ibintu bikomeye kugira ngo wubake ubushake bwawe Kugira ngo ugire icyo ugeraho, ugomba kubanza kugerageza ubushake bwawe ukoresheje ibintu bito wibwiraga ko udashobora gukora. Iyo ushyizeho imbaraga, intsinzi izakurikiraho.

Ndacyibuka intego zose inshuti zanjye n'abandi bambwiye ko ntazigera ngeraho, nyamara narabikoze Aba bantu bafite intego nziza bashobora guteza akaga gakomeye mu bitekerezo byabo Imana iturinde kandi inama zabo Ubucuti bufite ingaruka zikomeye ku mbaraga z'ubushake Kuja mu mbyino n'inzoga n'umuziki mwinshi, aho gutekereza mu buturo bw'ituze, byanduza ubwenge n'umukungugu w'ibintu by'isi bihinda cyane ku buryo bigoye kubikuramo Imbaraga z'ubushake bw'umuntu zikomezwa cyangwa zigacika intege kubera ingaruka z'inshuti ze Guteza

imbere imbaraga z'ubushake binyuze mu kwiha imbaraga gusa biragoye cyane Ukeneye urugero rwiza rwo kwigana Niba ushaka kuba umushushanyi, kubaho ukikijwe n'amashusho meza kandi ugakomeza kubana n'abashushanyi Niba ushaka kuba umuntu w'umwuka, gukomeza kubana n'abantu b'umwuka bafite imico myiza

Hari itandukaniro rikomeye hagati y'imyizerere n'ibyakubayeho Kwizera bituruka ku bintu wumvise cyangwa wasomye kandi wemeye ko ari ukuri kw'ibanze. Ku rundi ruhande, uburambe ni byo wiboneye ubwawe kandi wasobanukiwe by'ukuri. Ibyiringiro by'abahuye n'Imana ntibihinduka. Niba utigeze urya icunga, ushobora gushukwa ku miterere yaryo. Ariko niba warigeze kurya icunga mbere, ntushobora kuyobywa, kuko waryoheje imbuto kandi uzi neza.

Shaka incuti z'abantu bakomeza ukwizera kwawe

Ibitekerezo ku Mana, intsinzi, gukira, n'ibindi, byose biba mu bitekerezo byawe nk'udupira tw'imitekerereze. Gerageza kubigerageza. Kugira ngo ugerageze ibitekerezo byawe, ugomba gukoresha imbaraga zawe z'ubushake kugira ngo ubigire ubuzima. Kugira ngo ukuremo imbaraga zikenewe z'ubushake, ugomba kwifatanya n'abantu bafite ubushake bukomeye. Niba wifuza gukira ku bushake bw'Imana, shaka inshuti z'abakomeza ukwizera kwawe kandi bagatera imbaraga ubushake bwawe.

Nazengurutse Ubuhinde bwose nshaka umuntu uzi Imana by'ukuri, ariko byari bike Buri mwarimu nahuraga yasangiye ibyo yemera. Ariko mu by'umwuka, nari niyemeje kutanyurwa n'amagambo gusa yerekeye Imana. Nifuzaga kuyibonera no kumva

koko ko iriho. Ibyo nabwiwe nta cyo byari bimaze keretse iyo nayisobanukiwe binyuze mu byo nanyuzemo.

Igihe kimwe, naganiraga n'inshuti yanjye ku batagatifu bo mu Buhinde. Inshuti yanjye yari umuhuza, kandi ntabwo yari ahuje nanjye ishyaka. Ahubwo, yaravuze ati: "Abo mwita abatagatifu bose mu by'ukuri ni abahemu batazi Imana." Sinamubajije, ariko nahinduye ikiganiro, maze dutangira kuganira ku mwuga w'ubuhuza. Nyuma yo kumbwira byinshi kuri byo, naravuze buhoro nti: "Uzi ko nta muhuza n'umwe wizewe uhari i Calcutta, kandi ko bose ari abanyabinyoma?" Yararakaye cyane maze asubiza arakaye ati: "None se uzi iki ku bahuza?" Namushubije nti: "Nibyo koko nashakaga kuvuga. Kandi uzi iki ku batagatifu?" Yabuze icyo avuga. Nakomeje gutuza no mu bugwaneza, nti: "Nta kintu na kimwe nzi ku buhuza, kandi ntacyo uzi ku batagatifu"

Iyobokamana rigeze aho abantu benshi batagishobora guhindura ibitekerezo byabo by'umwuka mu mibereho yabo. Mvuga hano mbikuye ku byo niboneye. Sinifuza kuvuga gusa ibintu nzi mu bwenge. Abantu benshi basoma ibitabo bike bivuga ku kuri kandi bakihaza badashyizeho imihati ikenewe kugira ngo basobanukirwe ukuri kuri inyuma y'amagambo. Amagambo adafite umumaro n'amagambo y'ukuri kw'umwuka ntacyo bidumarira kandi nta gitekerezo cyiza adusigira. Tugomba gutandukanya inyigisho z'umuntu n'inkuru y'ubuzima bwe. Umuntu wese wifuza kwigisha abandi agomba kubanza kugaragaza ko yamenye ibyo yiga kandi ko yasobanukiwe neza ibyo avuga.

**(Kandi nasanze umuntu ari umusaruro
w'imbaraga ze gusa)**

Uwihatira cyane ni we ukwiriye icyubahiro

Afite intego ikomeye, arazamuka cyane

**Uwari ufite ibyifuzo byinshi ni we wagaragaraga
cyane**

Abashaka iterambere ntibatinda

Kandi uwashakaga gutinda ntiyaje

Amahoro abe kuri mwe

Guhanga udushya n'umwuka wo guhanga udushya

**Turebye ahantu hatagira ingano kandi hadashira
h'iyi si, tubona imbaga y'abantu bihuta mu byiciro
by'ubuzima, twumva dutangaye cyane kandi twibaza
ibanga riri inyuma y'iki kintu kidasanze Intego
nyamukuru y'urugendo rwacu ni iyihe? Kandi ni iyihe
nzira nziza yo kurugeraho?**

**Abenshi muri twe dutembera nta ntego, nta ntego
cyangwa icyerekezo, nk'imodoka zigenda zigana
ubusa Mu gihe tugenda mu nzira z'ubuzima mu buryo
butuje kandi butuje, tunanirwa gusobanukirwa intego
y'urugendo rwacu. Ntidukunze kubona niba turimo
kugenda mu mihanda igoranye itagira aho igana,
cyangwa inzira igororotse igana aho twifuza. Kandi
twabona dute intego yacu niba tutigeze
tuyitekerezaho?**

**Abantu benshi—nubwo batazi intego y'ubuzima—
bafite ubushobozi bwo gushyiraho no gukurikirana
intego zabo no guhangana n'ibidukikije n'imimerere
yabo mu buryo bushyize mu gaciro. None se**

ubushobozi bwo gushyiraho ni iki? Ni ubushobozi bwo guhanga, urumuri rw'Umuremyi utagira iherezo ruri muri buri wese muri twe.

Ubwenge bw'abantu benshi bumeze nk'imashini zikoresha ingufu z'ifarashi imwe! Nubwo buri bwenge bw'umuntu bufite ubushobozi bunini, ni bake cyane bakoresha ubwo bubasha butari bukoreshwa. Inyungu z'abantu muri rusange zigarukira ku bintu by'ingenzi mu buzima nko kurya, gukora, kwidagadura, gusinzira, n'ibindi nk'ibyo.

Abahanga mu by'imitekerereze y'abantu bavuga ko hari itandukaniro rikomeye hagati y'abantu n'inyamaswa: mu biremwa byose, abantu ni bo bonyine baseka (wenda usibye inkende n'imyuka ivuza induru) Guseka ni ingirakamaro, kandi iyo umuntu adakoresheje iyi mpano, aba abuze kimwe mu bintu by'ingenzi mu iterambere ry'umuntu. Ntidukwiye kumera nk'abantu babona ubuzima mu buryo butajegajega, butarimo gusetsa cyangwa ngo buseke, bityo bigatuma batishimira ubuzima by'ukuri.

Uretse ubushobozi bwihariye bw'umuntu bwo guseka, abantu bafite ubundi bushobozi budasanzwe: bumwe mu bushobozi buhambaye kurusha ubundi bwose, ubushobozi bwo guhanga udushya cyangwa guhanga udushya Ubu bushobozi bw'amayobera kandi butangaje ni ubuhe? Iburengerazuba ni igihugu cy'udushya dufatika, tw'inganda, kandi dukoreshwa mu bya siyansi. Iburasirazuba ni igihugu cy'umucyo n'ubuhanga mu by'umwuka. Bityo rero, umwuka wo kwihangira imirimo ni ubushobozi bwo guhanga udushya—gukora ikintu kitari cyarigeze gikorwa mbere, mu buryo bushya

Umwuka wo guhanga udushya ni ubushobozi bwo guhanga udushya bukomoka ku Muremyi

Ni iki abantu bakoze kuri iyi mpano yera? Ni bangahe bagerageza gukoresha ubushobozi bwabo bwo guhanga? Ibyumweru, amezi, n'imyaka byarashize kandi bikomeza kugenda, kandi ntibihinduka, bihinduka gusa bitewe n'imyaka. Umuntu uhanga arabagirana nk'ikimenyetso cy'inyenyeri gica mu kirere, kirema ikintu kivuye mu busa kandi kigatuma ibidashoboka bishoboka binyuze mu mbaraga zo guhanga z'umwuka wo hejuru.

Hari ibyiciro bitatu by'abarema:

Hari ibyiciro bidasanzwe, bidasanzwe, kandi bidasanzwe; ibyiciro bisanzwe; n'ibyiciro bisanzwe. Hanyuma hari amagana n'ibihumbi bashobora gushyirwa mu cyiciro cy'ibintu bitagize icyo bitwaye.

Ibaze iki kibazo: "Ese nigeze ngerageza gukora ikintu kitari cyarigeze gikorwa n'undi muntu uwo ari we wese?"

Iyo ni yo ntangiriro yo gushyira mu bikorwa umwuka wo kwihangira imirimo no gushyira ahagaragara ubuhanga buhishe.

Ntimumere nk'abibwira ko badashobora gukora ibinyuranye n'ibisanzwe kandi bisanzwe. Bameze nk'abagenda mu bitotsi. Inama bahabwa n'ubwenge bwabo zabemereye ko bose ari bamwe.

Igihe kirageze ngo umuntu yikanguke ave mu bujiji bwe no gutangara, maze yiyemeze ko afite impano ikomeye kurusha izindi mu bantu: umwuka wo guhanga udushya

Buri muntu wese afite ubushobozi budasanzwe, bumufasha kurema ikintu kidasanzwe. Ikibabaje ni uko abantu bakunze kuba munsu y'imbaraga rukuruzi z'ibidukikije byabo kandi ntibashyiraho imihati ngo bivanemo imbaraga zabyo. Iyo umuntu avuze ati: "Nta mpamvu yo kugerageza, byamaze gukorwa," yemera kugwa mu mutego w'imyumvire y'isi idafite ubushake kandi ikabuza intego. Iyi ni yo mpamvu abantu benshi bananirwa mu buzima.

Ibi kandi bireba imiterere y'umwuka Hari benshi baguma badahinduka mu buzima bwabo bwose Nubwo batanyuzwe n'uko bafite ibitekerezo bigufi kandi bakaba bafite ubunararibonye buke, batinya gutekereza mu buryo butandukanye n'uko barezwe. Umuntu agomba kwihuza n'ibigeragezo by'ubuzima akurikije ibyo umutimanama we umusaba n'ibyo umutima we umubwira, kandi ntakore nk'umuntu utabizi nta bushishozi afite.

Umwari mu wanjye w'icyubahiro, Sri Yuktswarji, yarambwiye ati:

"Niba wizera Imana by'ukuri kandi ukaba wifuza ikintu icyo ari cyo cyose, Imana izaguha icyo kintu nubwo kitabaho mu by'ukuri mu isanzure"

Nari mfite ukwizera gukomeye mu Mana no mu bushake bwanjye, kandi nahoraga mbona ko hari amahirwe mashya arimo kumpa kugira ngo mbone ibyo nifuzaga.

Ubushobozi bwo guhanga mu bantu buracyari butinze, ntibutera imbere kandi ntibukoreshwa. Ubu bubasha ni ubwa kamere kandi buri muri buri muntu nta kurobanura, nyamara abantu bananirwa

kubukoresha. None se, uyu mwuka wo guhanga ushobora gukangurwa ute?

Niba utaramenya guhanga udushya kugira ngo wiyubakire inzira yawe, ushobora kugerageza kunoza ikintu undi muntu yigeze gukora mbere. Gushyira imbaraga mu kunoza udushya tw'abandi ni bwo buryo bukunze gukoreshwa cyane.

Ubwoko bwa kabiri cyangwa ubwa hagati bw'umwuka wo guhanga bugaragara mu bahimba cyangwa bahimba ibintu bishya, ariko nta kamaro gakomeye bafite

Ubwiza budasanze bw'umwuka wo guhanga ni bwo butuma nyirawo ahagarara imbere y'isi mu rumuri rumurika, nk'abantu bakomeye bazanye ibintu bishya kandi by'ingirakamaro ku isi, ibintu nta muntu n'umwe wigeze akora mbere. Abo bahanga badasanze bari bafite umwuka wo guhanga udashidikanywaho, ushyigikiwe n'ubushake budasubirwaho bwo kugera ku ntego zabo. Ese Imana yatonesheje abo bantu bakomeye, ikabaha icyubahiro gihebuje? Ese Imana yari yabatoranyije kugira ngo babone icyubahiro kiruta ibindi byose? Ntabwo rwose bakoresheje impano zabo zo guhanga kugira ngo bagaragaze ubuhanga n'icyubahiro ari byo murage wa buri muntu, kuko baremwe mu ishusho y'Imana, isoko y'ubuhanga bwose n'udushya.

Abashaka kwihesha icyubahiro si abakomeye by'ukuri. Bafite ubwibone, ubwibone, no kwishyira hejuru, ntibahabwa inkunga n'Imana. Abakunda gutanga, bagashishikariza abandi gushyira mu bikorwa ubushobozi bwabo, bagateza imbere ubushobozi bwabo, kandi bakigirira icyizere ni bo bakomeye cyane.

Abenshi mu babaye abakomeye bayoborwaga batabizi: bari bafite ubuhanga bwo gukomera bwabaye urufatiro rw'ibanze bubakagaho inyubako y'ubuzima bwabo, bakaba abadasanzwe kandi b'indashyikirwa mu buryo butangaje mu rwego rwabo rwo guhanga udushya.

Niba ufite ireme ry'ubuhangange, bivuze ko wayobowe n'imbaraga z'ubwenge mu buryo butaziguye, ubushobozi bwabwo bwagufashije guteza imbere imbaraga zawe zo guhanga binyuze mu gufungura imiyoboro ihishe mu bugingo bwawe no kuyihuza n'ubwenge bwose, isoko y'umwimerere n'ubuhanga bwose.

Ubuhanza bushobora kandi kugerwaho, bivuze ko bushobora guhingwa binyuze mu guteza imbere impano z'umuntu no kwihutisha iterambere rye Hari uburyo umuntu ashobora kuba ukomeye binyuze mu kubona izi mbaraga zidasanzwe kandi zitangaje. Mu gukora ibintu mu buryo bw'ubwenge no mu myitozo ikwiye, umuntu ashobora guteza imbere umwuka wo guhanga no kureka ubushobozi bwawo. Abamaze igihe kinini bashyiraho imbaraga nyinshi ni bo ubu bishimira isohozwa ry'ibyiringiro byabo no gusohoza inzosi zabo. Imbaraga zisinziriye imbere muri bo zigomba gucukumburwa, kandi hagakoreshwa imbaraga nyinshi kugira ngo hatsindwe ibisa n'ibigoye kandi bidashobora kuneshwa.

Umuntu ufite intego yo kwishimira ibintu agomba kuba yiteguye kwihanganira ibitekerezo bibi by'isi n'ibinengwa bibabaza kugira ngo agere ku ntsinzi mu rwego urwo arirwo rwose, byaba iby'umubiri cyangwa iby'ubwenge. Umuntu agomba kandi kwitondera ibitekerezo bica intege by'abafite icyerekezo gito niba

yifuza kuba umwimerere, guhanga udushya, kandi agashya, kandi niba yifuza gutekereza no kuvuga mu buryo butandukanye, nubwo byaba ari gato, ishyaka rye rigomba kuba ritajegajega, ntiryemere ko umunaniro cyangwa kutita ku bintu byinjira mu mwanya waryo.

Abantu bafite umwuka mwiza wo guhanga bamira ingorane zose, ibibazo n'imbogamizi, bizera mu mutima wabo ko bafite ukuri.

Ufite umurava utajegajega kandi ushikamye, urwanya guhungabana no gusubira inyuma, komeza umugisha w'Imana, uzi neza ko imbaraga zitagira iherezo zizagufata ukuboko no kugushyigikira mu nzira.

Ubwa mbere, umuntu agomba gukora ku mbaraga zitagira iherezo. Izi mbaraga nziza ni isoko y'ubuhanga n'udushya. Iyo ibi bibaye, ubwenge bw'ubwenge n'ubwo mu bwenge bwuzujwemo imbaraga n'ubushake.

Namaze imyaka myinshi ntinya gutakaza umwuka wo guhanga nari narateye imbere mu bihe bikomeye n'ibigeragezo bikomeye. Ariko ubu ndabona ko itegeko rihoraho kandi ritagira iherezo riri mu bugingo bwanjye. Iryo tegeko ryera ni ryo shingiro ry'ubumenyi bwose, ubuhanzi, n'ubumenyi. Kandi niba nshyigikiwe n'iyi nkunga y'Imana, ntibishoboka ko ntsindwa.

Iyo wifuza kurema ikintu gitangaje kandi gitangaje, icara utuje utekereze cyane kugeza igihe wumvise imbaraga zitagira iherezo zo kurema ziba muri wowe. Gerageza gukora ikintu gishya. Ariko buri gihe menya neza ko imbaraga zawe zishyigikiwe

n'ikintu gikomeye cyo guhanga udushya, ko iki kintu cyiza kiri inyuma y'ibyo ukora byose, kandi ko kizasohozwa ibyiringiro byawe kandi kizaguhesha intsinzi.

Imana Ishoborabyose irashaka ko tuyoborwa n'imbaraga zitagira imipaka z'umwuka w'Imana Abantu bafunze isoko y'imbaraga zirema mu mitima yabo binyuze mu kutita ku bintu no kudakora, kandi bagomba gukuraho inzitizi zose n'imyanda ibuza amazi yera gutemba mu mpande zose. Bagomba kugira icyemezo kidakuka n'ubushake bwo gukora icyiza, hanyuma inzozo zizagerwaho kandi ibyifuzo byiza bizashyirwa mu bikorwa.

Abantu benshi bishimira gusa gusubiramo ibitekerezo by'abandi kandi gake cyane bazana igitekerezo kimwe cy'umwimerere. Ni byiza kungukirwa n'ibitekerezo byiza by'abandi, ariko ni inshingano ya buri muntu kongeramo ikintu gishya, cyaba icy'ubwenge cyangwa ibifatika, ku murage w'isi no kongera ubukungu bw'ubumenyi bw'abantu. Buri muntu afite imico yihariye n'ubushobozi bwimbitse ategereje kuvumburwa no gushyirwa mu bikorwa.

Mbere na mbere, natinye kuba umwarimu. Ubwitange ni bukomeye kandi inshingano ni nyinshi. Umwarimu agomba kuba umuntu ufata abantu mu buryo butunguranye kuko iyo agize ikibazo kandi akabura icyo akora, ntashobora gufasha abamushaka.

Umwarimu nyawe agomba gukunda no gukorera buri wese, gusobanukirwa ikiremhamuntu, no kumenya Imana. Ubwo umujyanama wanjye, Seri Yokstuargi, yambwiraga ko uruhare rwanjye muri ubu buzima ari urw'umwarimu w'umwuka, nahindukiriye

Imana, ndayiringira, kandi ndayisenga nyisaba ubufasha n'ubuyobozi.

Ubwo natangiraga gutanga ibiganiro, nagambiriye ko ibiganiro byanjye bitazava mu bitabo no mu bumenyi bw'imitekerereze, ahubwo bizava mu guhumekwa imbere mu mutima no mu bunararibonye bwanjye, nzi neza ko imbaraga zo guhanga zifite isoko idakama kandi inzira yazo idashira ziri inyuma y'ibitekerezo byanjye n'amagambo yanjye.

Ubwo bubasha bwakoreshejwe kandi mu nzego nyinshi mu gufasha abandi mu kazi kabo no mu bundi buryo butandukanye

Sinavuze nti “Mwami, bikorere”

Ahubwo, naravuze nti: “Mwami, ndashaka kubikora, ariko gusa ku buyobozi bwawe n'imigisha yawe ndagusaba kumpa imbaraga no kumfata ukuboko”

Ushobora gukora ibintu bito mu buryo budasanzwe Ushobora kuba mwiza mu murimo wawe Ntabwo tugomba guhora dukurikiza inzira zinyuramo; tugomba kwihangira izindi nshya ku bwacu no ku bandi Umuntu ashobora gukora ikintu kitari cyarigeze gikorwa n'undi muntu—ikintu gikurura ubwenge kandi kigatangaza isi

Ushobora kwemeza ko umwuka w'Imana urema uba muri wowe kandi ukorera muri wowe. Ibyahise byarashize none ni amateka. Nubwo amakosa yawe yaba ari uburebure nk'inyanja, ishingiro ry'ubugingo rirakomeye cyane ku buryo ridashobora kumirwa na ryo. Ariko uku kuri ntacyo bivuze niba umuntu akomeza gutekereza nabi no gukora ibikorwa bibi

adagerageje cyane gukosora inzira ye no kwivugurura.

Ariko turasaba abantu bafite ubushake bwo kugera ku ntego zabo mu buryo buhamye kugira umurava uhamye n'ubushake budasubirwaho bwo gukomeza inzira badakemuye amakosa ya kera ngo abangamiye iterambere cyangwa ibitekerezo bike bibangamira ubushake bwabo.

Ubuzima bushobora guhinduka bubi n'ikirere kimeze nk'umwijima; ingorane zishobora kuvuka n'amahirwe ashobora gutinda ntawe ubytayeho. Ariko witondere kwemera gutsindwa cyangwa kwibwira uti: "Byose biranshizeho, Imana yarantaye" Kuko nubikora, uzakurimbura, kandi nta muntu uzagufasha icyo gihe.

Umuryango wawe ushobora kukwanga, amahirwe ashobora kugutererana, inshuti zishobora kugusiga, kandi imbaraga z'abantu na kamere zishobora kugucura umugambi. Ariko igihe cyose ufite ukwizera mu Mana n'ubushake bukomeye, ushobora kwirukana ibitero by'ibyago no guhangana n'ingorane nk'urutare rukomeye imiraba ikubitaho, kandi ukagenda utera intambwe uhagaze hejuru, nk'uko bikwiye abagabo n'abagore b'abanyacyubahiro.

Nubwo watsindwa incuro ijana, ongera ugerageze kandi wiyemeze ko uzatsinda ingorane kandi utsindire ikamba ry'icyubahiro Gucika intege si ibintu bihoraho, kandi gucika intege ni ikizamini cy'igihe gito Imana ishaka ko uba intsinzi kandi udashobora gutsindwa, kandi kugira ngo imbaraga zose ziri muri wowe zigaragare, kugira ngo ubashe gusohoza inshingano zawe nziza ku rubyiniro rw'ubuzima. Gira icyizere,

kandi uzabona ibyiza, kandi wibuke ko "Koko, hamwe n'ingorane haza ubworoherane"

Gira ukwizera mu Mana kandi wizere imigisha yayo

Kuko nyuma y'ijoro ryijimye cyane haza umuseke n'urumuri

Ariko se uzabibona ute inshingano ikubereye mu buzima? Iyo buri wese ashaka kuba abami n'abaperezida, ni bande bari kuba abagaragu n'abagaragu? Inshingano z'umwami n'inshingano z'umugaragu ni ingenzi cyane muri iki gitaramo igihe cyose abakinnyi bakina inshingano zabo neza.

Kandi kubera iyo mpamvu, twaje muri iyi si dufite itandukaniro ridasanzwe, ibyifuzo, n'ibyifuzo byo gukora ibintu bitandukanye n'ibyo dukunda Imana yashakaga ko iyi si iba ahantu ho kwidagadurira mu gihe turi kure y'urugo rwacu rwo mu ijuru. Ariko twibagirwa gahunda y'umuyobozi w'Imana akaba n'umuhuza w'iyi ntambwe maze tukifuza gukina inshingano zacu dukurikije ibyo tubona ko bikwiye, atari uko Imana ishaka. Iyi ni yo mpamvu iyi kajagari itera, hamwe n'imvururu n'ihungabana bikwirakwira ku isi yose.

Abantu barananirwa ku rubyiniro rw'ubuzima kuko bagerageza gukina imirimo itandukanye n'iyo bari bagenewe mbere. Hari igihe umuntu ukora urwenya akurura abantu benshi kandi agashimwa kurusha umwami. Bityo, nubwo inshingano yawe yaba isa n'aho idafite agaciro, kora uko ushoboye kose kandi ufite umutimanama ukeye, kandi mu maso y'Imana, uzaba mu batsinze.

**Imana iduteganyiriza ibyiza Niba inshingano zacu
zibabaje cyangwa zibabaje, ntidukwiye kwigomeka ku
buzima ahubwo tugomba gukomeza ukwizera kwacu
mu Mana (Kandi muri urwo rwego, Intumwa, amahoro
abe kuri yo, yaravuze iti:)**

**"Imana ntituma indwara itabanje kuyitanga umuti
wayo. Nuko rero hura n'imibabaro uyisabe"**

**(Yewe roho, ntucike intege kubera ingorane
zikomeye)**

**Kandi ndizera ntashidikanya ko nduhutse ku
Muremyi, Imana y'ibiremwa byose**

**Ni ibihe bibazo byinshi byaje bikongera
bikagenda, hanyuma bigashira?**

**Nyuma y'ingaruka zayo ku mafaranga no ku
buzima)**

Amasimphoni yo mu mwuka
Amagambo, ibisigo, inama n'ubuhamya
Umwigisha



Tugomba kwigira kwitanga, kuko kubona ibyishimo
binyuze mu gutuma abandi bishima ari yo ntego nyakuri
y'abakunda Imana bose, abayizera
Kuzanira abandi ibyishimo ni ikintu cyiza cyane kandi
cy'ingenzi cyane kugira ngo tugere ku byishimo byacu, kandi
ubwabyo ni igikorwa cy'ingirakamaro

Hari abantu bitekerezaho bonyine, bakavuga bati “Ikintu
cy’ingenzi kuri njye ni ukwishima gusa” Ariko ikibabaje ni
.uko abantu nk’abo ari bo batigera babona ibyishimo
Ntibyemewe gushaka ibyishimo bwite wirengagiza
ibyishimo n'imibereho myiza y'abandi
Uwiba ibitunga abandi nta burangare ashobora kuba
umukire, ariko ntazishima, kuko inzika abandi bamugirira
.izaba yica kurusha uburozi bwica
:Amategeko y'Imana ateguka ibi bikurikira
Iyo umuntu agerageje kubaho neza ku bw'inyungu
z'abandi, abo bandi bazagerageza gutuma ubuzima bwe
buba bubi. Ariko niba agerageza gushimisha abandi, ndetse
no ku bw'inyungu ze, abandi bazatekereza ku mibereho
myiza n'ibyishimo byabo. Iyo dutekereje ku byo dukeneye
by'ingenzi, tugomba no gutekereza ku byo abandi bakeneye.
.Kandi iyo tubitayeho, tuzabifuriza ibyiza n'ibyishimo
Umuntu ukunda abandi abaho mu bwumvikane
n'umuryango we n'isi imukikije. Umuntu wikunda cyane, ku
rundi ruhande, ahora ahura n'ibibazo, agasitara, kandi
.agatakaza amahoro yo mu mutima
Numenya ko Imana ari amahoro muri wowe, uzamenya
ko ari amahoro n'ubwumvikane mu bintu byose byiza biri mu
byaremwe, kandi uzayibona mu bwiza bwa kamere, wumve
ko iri hafi yawe mu bucuti nyakuri, kandi wumve imigisha
yayo mu byifuzo byiza n'imigambi myiza idafite intego
z'ubwikunde. Uzumva ko iri inyuma y'uburinzi bw'ituze no
.mu bintu byose bitangaje
Mukome cyane ku rugi maze umwenda uzakurwaho
maze muzabona isura nziza cyane mu bwiza bwayo bwose
n'ubwiza bwayo bwose
Niba ukunda Imana, uzumva urukundo rwayo kandi nta
kindi kizagushuka
Ukururwa n'ibintu by'umubiri kuko utararyohereza
n'ibyishimo byo mu buryo bw'umwuka, kandi nubiryoha
uzamenya itandukaniro

Gira umudendeze wo guhitamo. Ntukemere ko ikintu
icyo ari cyo cyose kikubuza gukora ikintu runaka, kandi
ntukemere ko hagira umuntu ugutegeka cyangwa ngo
.akubuze ibyishimo byawe

Wewe ubwawe ni igice gitandukanye cy'isanzure ryose
kandi ugomba kubona iryo hinduka ritunganye kugira ngo
ugire ubwenge bwiza kandi uryohereye n'ibyishimo
.by'urukundo rw'Imana

Abantu benshi ntibashobora kugira uburinganire
bukenewe hagati y'ubuzima bwabo bw'umubiri
n'ubw'umwuka

Umuntu w'umwuka akeneye amafaranga, kandi umuntu
w'isi ntashobora kubaho neza adafite Imana

Umupfumu arakora, kandi amagambo ye atavuzwe
aravuga ati: Imana impa imbaraga kandi impa umurava,
bityo yongera imbaraga kandi Imana iha umugisha imihati
.ye

Umuntu wo mu isi na we arakora, ariko aravuga ati: Ni
njye ukora ibi byose ku giti cyanjye, kandi nta muntu
unkunda, bityo yizanira ibisubizo bitunguranye maze akagwa
.mu kaga

Ibikorwa byose bifatika, byaba ibyo mu buryo
bw'umubiri cyangwa ibyo mu buryo bw'umwuka, bigomba
gushingira ku mahame meza kandi bigategekwa
.n'umutimanama n'ubwenge busanzwe

Garuka ku Mana, uyibuke, kandi uyigire ishingiro
ry'ubuzima bwawe. Muyisenge kugeza igihe izakuyobora
kandi ikakwereka uko amategako yayo akora. Wibuke ko
gutekereza ku Mana no kumva ko iriho ari byiza kuruta
gusesengura no gusobanura miliyoni. Mubwire ko
udashobora gukemura ibibazo byawe wenyine, nubwo waba
utekereza ku bitekerezo bya tiriari, ariko ko ibisubizo
bishoboka niba ubishyize mu biganza byayo. Saba ubuyobozi
mbere na mbere, hanyuma ubitekerezeho mu buryo
butandukanye kugira ngo ubone igisubizo gikwiye. Imana

ifasha abifasha. Iyo ubwenge bwawe butuje kandi bwuzuye
ukwizera nyuma yo gusenga Imana mu gutekereza,
uzashobora kubona igisubizo gikwiye ku kibazo cyawe
.ufashijwe n'Imana n'ubuyobozi bwayo
Iyo ukwemera k'umuntu mu kuri kw'umwuka
n'ubushobozi bwe bihindutse ubumenyi nyakuri, uwo muntu
aba afite icyo ageraho kandi akaba n'umuhanga kurusha
intiti zose zo ku isi. Abantu bakomeye bamaze kumenya
Imana ntibaba bahuje urujijo cyangwa ngo bagire
gushidikanya kuko babona ukuri, ari ko Imana
Uwiteka, igihe nari impumyi, nta rugi nabonye rugana
iwawe Wankijije amaso, none nsanze inzugi zifunguye hose
—mu mitima y'indabyo, mu majwi y'inshuti, no mu byibutso
by'ibigeragezo byiza kandi bikundwa. Buri mwuka wo
gusenga kwanjye ufungura inzira nshya igana ku rusengero
.rw'ubuturo bwawe bwuzuyemo byose
Ubwenge bwanjye ntibukirangwa n'agacupa gato
gapfundikiye n'igitambaro cy'ubujiji. Sinkigenda hagati mu
nyanja yawe y'isi ntakoze ku mazi y'inyanja. Sinkiguma muri
wowe, Mwami, ntakumenye cyangwa ngo menye ko uriho.
Ubu umubiri wanjye wose ubu wuzuye mu kubaho kwawe
.kose
Nuhuza ibikorwa byawe byose n'Imana kandi
ugakurikiza amategeko y'imico myiza, ntuzatsindwa
cyangwa ngo ugende nabi Wibuke ko urukundo rw'Imana
rufasha kubabarira ibyaha byinshi Niba wumva ukunda
Imana by'ukuri—atari amarangamutima gusa, ahubwo
n'urukundo nyakuri—uzabohorwa
Ntitugomba kwinginga Imana dufite imitima yumye
n'ibitekerezo bihindagurika, kuko ubusabe bw'akazuyazi
budahagije kugira ngo duhabwe igisubizo cy'Imana. Icyo
gisubizo kigerwaho binyuze mu isengesho rikomeye kandi
.rivuye mu mutima rituruka mu mutima

Iyo umuntu atazanye Imana mu buzima bwe kandi
agashyiraho uburyo bwo kuringaniza ibintu neza, ibibazo
.bizamugeraho uko ubuzima bwe bwaba bumeze kose
Mwami, nintsinda ibigeragezo n'ibigeragezo by'ubuzima
neza, nzamenya ko ndi inyoni yo muri paradizo isingiza
kandi ikaririmba ibitangaza byawe bitagira iherezo kandi ko
umubiri wanjye wo mu mwuka winjira muri buri atome
.y'ubuzima

Nakangutse kandi nagura urukundo rwanjye ruto kugira
ngo ruhuzwe n'umwuka w'urukundo rw'isi yose aho ibiriho
byose bibaho kandi bigenda

Mu gufasha abandi gutsinda, ngera ku iterambere no
kumererwa neza kuri njye ubwanjye, kandi mu iterambere
.n'imibereho myiza y'abandi mbona ibyishimo byanjye
Abahanga mu bya siyansi bigeze gutekereza ko amazi
ari ikintu kimwe, ariko igerageza ryagaragaje ko ibintu bibiri
bitagaragara, hydrogen na ogisijeni, bihurira hamwe
bigahuza amazi. Mu buryo nk'ubwo, hari ukuri gutangaje
gushobora kumvikana binyuze mu bunararibonye bwo mu
mwuka. Iyo twicaye ducecetse mu gutekereza kandi
ibitekerezo byacu bikinjira imbere, tubona ubuturo
bw'Imana, kandi ibi ni byiza cyane kuko ibisubizo atari
.iby'inyuma ahubwo ni iby'imbere mu mutima

Uko izuba rigenda rikwirakwira, nzakwirakwiza imirasire
y'ibyiringiro mu mitima y'abakene n'abatereranywe, kandi
nzacana amatara y'ubushake n'icyizere mu mitima
.y'abibwira ko ari abananiwe

Mu ituze ry'ijoro no mu bwigunge bw'umutuzo, mu
busitani bw'ubwenge kandi kure y'uburyo bwo kumva, ganira
n'Imana Ikunzwe cyane uhora umutekerezaho kandi
umubwire mu rurimi rw'umutima n'ubugingo. Kandi iyo
umuhaye umutima wawe, ibipfukamiro byose bimuhisha
bizakurwaho, kandi ubwoba n'amayobera bizashira, hasigara
.umucyo we n'ibyishimo bye bikomeye gusa

Benshi bizera ko ubwami bw'Imana buri mu mfuruka
imwe y'ikirere, kure y'ibihu byanduye by'Isi, birimo imitingito
y'icyaha n'ibyaha. Bibagirwa ko imiterere minini y'umwuka
iri hafi cyane. Iyo abageze mu za bukuru mu buryo
bw'umwuka bapfutse amaso, Isi ifite imiterere n'ibintu
bifatika kandi bigaragara birashira, mu gihe imiterere y'iteka
ryose igaragara mu iyerekwa ritagira iherezo mbere y'amaso
.yabo y'imbere

Igihe ikoranabuhanga rizigama kigomba gushorwa mu
kwigira ubuzima mu buryo bwimbitse. Ibikorwa bifatika
n'amafaranga ni uburyo bwo kugera ku mibereho myiza,
ariko umuntu ntagomba gushukwa n'ubutunzi cyangwa ngo
areke umururumba udafite aho uhuriye n'ubusa umubuze
.ibyishimo byo kubaho

Nakoresheje umupira w'ubushake n'isuka yo
kwiyemeza, ncukura mu butaka bw'ubwenge, maze mpura
n'isoko y'imbaraga z'ubuzima Nabonye ko ndi umwe mu
bafite imbaraga zo mu kirere ntabwo ndi umubiri, ahubwo
ndi umuriro w'amashanyarazi wo mu ijuru uzenguruka
umubiri

Mwami, ndabizi ko mfite amahirwe y'agaciro yo
kuvumbura ubutunzi bw'ubugingo bwihishe mu bwihisho
bw'inyanja y'ubwenge, nzasimbuza ibintu byo mu isi
n'iby'umwuka, kandi nzashyira imbaraga zanjye n'ubushake
bwanjye kugira ngo ngere ku ntego y'ubuzima, nizeye ko
.uzahora umfasha kandi umpa imbaraga zo gukora ibikwiriye
Ntitugomba kwemera ko iyi si idutegeka cyangwa ngo
idutegeke, kandi ntitugomba kwibagirwa ko nta kintu na
kimwe gihoraho uretse Imana, kandi ko ibyishimo nyakuri
.biri mu byo twiboneye hamwe na yo

Mu rusengero rwo gutekereza cyane, ndacana buji
ebyiri: buji y'umuseke n'ubushyuhe bwanjye
Amatafari meza y'ibyishimo byanjye akikije ibirenge
byawe byose

Impumuro yawe, ituruka mu ndabyo z'urukundo ziri mu
nkono y'umutima wanjye, ikwirakwira mu mfuruka zose
z'ubuzima bwanjye
Ibicucu by'ubwoba bwanjye n'ibyo nibwira byarazimiye
kubera urumuri rwawe, Mana, rwankuye mu nzizi zanjye zo
.kubaho mu isi

Nzakomeza kuba maso kandi n'amaso arembye,
nzareba mu maso hawe ntazigera mpfe, ntekereza ku
!miterere yaryo n'imvugo nziza itazongera kubaho ukundi
Imbyino y'ubuzima n'urupfu ihora ihari, ariko
nzokwibohora iteka ryose nkongera kwigarurira kamere
yanjye yo mu mwuka. Kandi igihe inkubi z'umuyaga zinkikije
n'ibigerageze bintegereje, nzatwara ubwato bwanjye
.mbumbutse uruzi rw'ubuzima ngera ku nkome y'Imana
Iyo ingorane n'ibyago bije, nzashimangira icyemezo
cyanjye kandi nongere ubushake bwanjye bwo kubitsinda.
Kandi mu gihe cyose nzagirira abandi neza, Imana izampa
.imbaraga, ubwenge n'ubushishozi bukwiye
Kumenya Imana ni cyo kintu cy'ingenzi
mu buzima kuko bitanga amahoro mu mutima no mu
mahoro. Imana ni umuti ukiza ububabare n'ibibazo byacu
byose, ni igisubizo cy'ibibazo byacu byose, no guhaza ibyo
dukeneye byose. Ibintu imitima yacu yifuza - urukundo,
icyubahiro, ubwenge, n'uburumbuke - tubisanga mu Mana,
.isoko y'ibyiza byose n'imigisha
Ubunararibonye bwose bupimirwa n'ubushobozi bwo
kwakira no gusobanukirwa, bityo nzongera iterambere
ryanjye mu buryo bwimbitse nkoresheje imbaraga zo
.kwibanda ku kintu kimwe
Ndakumva mu bwihisho bw'ibitekerezo byanjye, numva
ukuriho mu byiyumvo byanjye byimbitse, kandi ndakubona
.urimo kurabya mu busitani bw'urukundo rwanjye
Unyuzuze impumuro nziza yo mu maso hawe, kugira
ngo nishimire impumuro nziza yawe

Ngwino uturutse hakurya y'ijuru, inyenyeri, ibitekerezo,
n'amarangamutima. Nyereka isura yawe yera cyane kandi
unyereke ko uri mu bugingo bwanjye, hafi yanjye, n'ahandi
.hose

Nagushakishaga mu bihe byose, mu nzira z'ibyifuzo
n'ibyifuzo, none ndabona ko utuye mu bugingo bwanjye
.kandi ushyiramo amarangamutima yanjye matagatifu cyane
Ntukinyihishe inyuma y'indabyo z'amarangamutima,
ibitekerezo, n'imivuduko y'umutima
Shyira umutima wanjye amabuye y'agaciro y'ubwenge
bwawe, kandi umpe umwuka w'ibyishimo byawe, kandi
unkuremo umwijima wagutwikiriye amaso yanjye n'ubwenge
.bwanjye

Wowe uri kure y'inyenyeri n'ikirere cy'ubururu, kandi uri
kure y'imiterere y'ikirere n'ibiremwa byose n'ibiriho byose,
emera amagambo y'urukundo rwanjye kandi winjize
ubuzima bwanjye mu rukundo rwawe, urumuri rwawe
.n'amahoro yawe

Inzira y'ubuzima ni iyi ikurikira: ku ruhande rumwe hari
ikibaya cy'umwijima cy'ubujiji, no ku rundi ruhande hari
.umucyo w'ubwenge udashira

Imbogamizi mu gukura mu mwuka ni ubwikunde,
ubwibone, umururumba, uburakari, n'ibindi. Iyi mico mibi
iyobora cyangwa isunika umuntu mu bujiji burenze ubwo
.asanzwe afite

Ariko, gukurikiza ubushake bw'Imana bijyana ku
kubohoka kandi bigatanga ibyishimo umuntu ashaka hanze
.ye, nubwo biba biri muri we

Izuba ry'amahirwe meza rishobora kutamurikira inzira
yanjye, kandi inzira ishobora kuba yasigayemo ubusa,
yijimye, kandi yuzuyemo ibigeragezo n'amakuba, nyamara
nzakora uko nshoboye kose kugira ngo mpangane n'ibibazo
kandi mve mu mwijima w'ibibazo, nzi mu mutima wanjye ko
umucyo w'Imana uzanyobora kandi ukamurikira inzira yanjye
.neza

Imbaraga zanjye zose ndaziguze kuri wowe, Mwami,
kandi ubuzima bwanjye nta gaciro bufite cyangwa ngo
bubeho nta bwenge bwawe n'imbaraga zawe Mbega ukuntu
!uri ukomeye, kandi mbega ukuntu ndi muto
Ntabwo buri gihe tugira impamvu zo kwirata nk'abantu,
nyamara ntidukwiye kwemera ko amakosa yacu aduca
intege. Tugomba guhora tureba ku ruhande rwiza
rw'ibigeragezo byacu, tukigira ku makosa yacu, kandi
.tugahindukirira Imana uko byagenda kose
Kubera ko Imana ari yo yonyine itunganye, nzagerageza
gusuzuma ubwenge mu bujiji, kubona imibereho myiza mu
.ntege nke, no kumva ituze mu rujijo
Imana iri mu bugingo bwanjye kandi irankikije, irinda
kandi iranyitaho, bityo nzakuraho ibicu by'ubwoba bitwikira
.urumuri rwayo ruyobora mu iherezo ry'ubuzima bwanjye
Nyagasani, reka sinkwiye kunenga cyane inshuti zanjye
Ariko niba bashaka inama zanjye kugira ngo biteze imbere,
reka mbahe inama zishingiye ku buyobozi bwawe n'ihumure
ryawe. Mu bwitonzi n'urukundo, nta gahato cyangwa
agahato, mfashe kuyobora abagusitaraho kuri wowe. Yobora
ubwenge bwanjye n'imbaraga zanjye kugira ngo nhindure
kamere z'umwijima zibe abigishwa bamurikiwe bagaragaza
.umucyo w'ubwenge bwawe
Uyu muni nzatera imbuto z'ubwenge, ubuzima bwiza,
iterambere n'ibyishimo mu busitani bw'ubuzima bwanjye
kandi nzashimira Imana igihe icyifuzo cy'umutima wanjye
.kizaba gisohoye
Nzasukura ubwenge bwanjye ntekereza ko Imana ari yo
iyobora ibikorwa byanjye byose
Uyu muni nzashyira imbaraga zanjye zose kugira ngo
ngaragaze amahoro n'uburinganire mu buzima bwanjye
binyuze mu bitekerezo byanjye, mu magambo no mu
bikorwa byanjye, kandi nzashyira imbaraga zanjye zose
n'ubushake bwanjye kugira ngo ngere ku bwumvikane
.n'ubushake bw'Imana

Wowe utegeka ku ntebe y'imitima yacu, duhujwe
n'urukundo rwawe, emera ibyifuzo byacu n'irari ry'imitima
yacu. Duhe umugisha twese, ukureho inzitizi mu nzira yacu,
.kandi wirukane umwijima w'ubujiji muri twe
Umucyo wawe utuyobora umurikire inzira zacu. Kangura
ibitekerezo byacu kandi udushimishe kubera ko uri hafi yacu,
.kandi utume twumva ko uri kumwe natwe igihe cyose
Ba inyangamugayo kuri wowe ubwawe Isi ntabwo
ikuvugisha ukuri kuko ikunda uburyarya Iyo wivugisha ukuri,
uzabona inzira igana ku mahoro yo mu mutima
Baho mu gihe cya none gusa, ntabwo ari mu gihe
kizaza. Kora uko ushoboye uyu munsu kandi
.ntugahangayikishwe n'ejo hazaza
Mwami, intego zose z'umubiri umuntu aharanira
kugeraho zimuzanira ibyishimo bike gusa, nubwo zose zaba
zarahawe ikamba ry'intsinzi. Ariko mu kukubona, Mwami,
.nzabona isoko y'ibyishimo byuzuye kandi birambye
Ibintu bifatika bitanga ibyishimo biba hanze
y'ibitekerezo; hamwe n'ibyishimo bitanga, binjira mu
bitekerezo binyuze mu kwibeshya no mu bitekerezo
Ku bijyanye n'ibyishimo bizima, ari na byo by'ingenzi mu
bugingo bwacu, bishobora kuboneka binyuze mu gutekereza
.neza, kandi biri hafi yacu kandi biri hafi yacu
Iyo impamvu zo hanze zituma umuntu yumva ibyishimo
zishira, ibyishimo by'igihe gito biva muri byo birashira
hamwe na byo, ariko ibyishimo by'imbere mu mutima
ntibishira iyo umuntu azi guhuza na byo, cyangwa niba
umuntu atabigambiriye ngo atekereze ku bintu
.bihindagurika bityo akaba umuntu ubabaye
Ibyishimo by'umutima, ari byo byishimo by'Imana,
bihora bivugururwa kandi bihoraho iteka ryose
Uyu munsu nzasaba amahoro n'ibyishimo muri njye,
kandi nzarinda ubuhungiro bw'ubwenge bwanjye burinzwe
n'ubushake, amahoro n'urukundo, kandi nzashimira Imana

kandi nzayiha ishimwe ry'ubugingo bwanjye n'ibyifuzo
.bishya by'umutima wanjye

Icyo nzatakaza ku isi ntabwo kizaba igihombo ku
bugingo bwanjye

Nzahora ndeba inyenyeri y'ubuyobozi itigeze imanuka
mu kirere cy'ubuzima bwanjye nizeye kandi nkirize
Uwiteka, hesha umugisha ibitekerezo byacu kugira ngo
bitwibutse ibyishimo byawe, hesha umugisha
amarangamutima yacu kugira ngo bumve urukundo rwawe,
hesha umugisha ibyifuzo byacu kugira ngo bikunze, zereze,
hesha umugisha ibyifuzo byacu kugira ngo bidutere
imbaraga zo gukurikirana ibyiza byose n'iby'icyubahiro ,
kandi tumenye ko uri ibyishimo by'ikirenga imitima yacu
.yifuza kandi roho zacu zishaka

Nzi ko ibitekerezo byanjye bizampa gutsindwa cyangwa
gutsinda, bitewe n'igitekerezo gikomeye mu mutwe wanjye.
Bityo rero, nzakora uko nshoboye kose kugira ngo nibuke ko
Imana iri kumwe nanjye, ikamfasha kandi ikampa imbaraga
.zo gutekereza neza

Uwiteka, mu ndorerwamo y'ituze mbona buri munsu
isura y'amahoro, isura yawe kandi buri munsu nzakorana
kugira ngo nkangure urukundo rwawe n'amahoro mu mitima
.ya bamwe

Mama w'ijuru, nzakura inyenyeri mu busitani bwa nijoro
maze nzaziguhe nk'impano y'urukundo. Igihe cyose
nategereje isura yawe irabagirana mu kwezi kuzuye, inseko
zawe zoroheje zikuraho imihangayiko yanjye kandi zinkuraho
.agahinda

:kugira ngo nemeze neza

Nzakuraho ubujiji no gukuraho ibitekerezo bidafite
ishingiro, kandi nzava mu bwihisho bw'imitekerereze mito
n'imyumvire iciriritse nje mu bwisanzure bw'urukundo
.n'impuhwe za kimuntu

Kubaho kw'Imana kugaragara cyane mu bantu bafite
imitima myiza n'ibyifuzo by'umwuka bayikunda kandi

ntibayibagirwa Iyo inkubi z'umuyaga n'imiraba y'ingorane
bikabiye, bashobora kuyobora ubwato bwabo mu buzima
.bwabo bakagera ku nkombe z'uburinzi bw'Imana
Mfite imbaraga z'umwuka wo guhanga kandi nkorana
n'ubwenge bw'isi yose, kandi nzi ko Imana inyobora kandi
.ikamfasha gukemura ibibazo byose n'ibibazo byose
Mana yanjye nkunda, n'amaso yanjye afunguye kandi
n'amaso yanjye y'ubwenge nzakubona, kandi nzagusenga
n'inyota n'ubwitange, kandi nzagutekerezaho mu gihe nkora
inshingano zanjye, kandi nzaguhamagara n'ururimi
.rw'umutima n'umwuka wanjye

Bishobora kuba muri kamere y'umuntu gutinya indwara
cyangwa kwizera ko atazigera akira. Muri iki gihe, bagomba
kugira ingeso nziza zo kubaho neza zituma bagira ubuzima
bwiza bw'umubiri n'ubw'umuco, kandi bagomba no gusenga
kugira ngo barushaho kwizera imbaraga z'Imana zo gukiza.

Niba bizera ko bananiwe kandi badashobora gutsinda mu
rwego urwo arirwo rwose, bagomba gukora ibishoboka byose
.kugira ngo bagere ku ntsinzi bifuze

Gushyikirana no kuvugana n'abakunda Imana
bidukomeza, bikaturuhura mu mitima, kandi bikaduteza
.imbere mu bumenyi bwacu

Kwifatira icyemezo

Uyu munsu ndatekerezaho ku Mana yampaye ubuzima,
kuko kwibanda ku bintu bifatika mu gihe wirengagiza Imana
burundu bizazana gusa imibabaro ifatika n'ibyishimo byo mu
.buryo bw'umwuka

:kugira ngo nemeze neza

Uyu munsu nzajya nifasha kugira ngo nkoreshe neza
imbaraga Imana yampaye, kandi nzasaba Imana kumfasha,
.ihe umugisha imbaraga zanjye, kandi ihe intsinzi
Iyo ubushake bw'umuntu buyobowe n'ikosa,
buradushuka bukanatuyobya; ariko icyo buyobowe
n'ubwenge, buraduhaza n'ubushake bw'Imana Akenshi,
ubushake bw'umuntu bugongana n'imigambi y'Imana,

bigatuma dutakaza ubuyobozi bw'umwuka budufasha
kwirinda kugwa mu rwobo rw'imibabaro n'imatego
y'umubabaro

Nzakoresha ubushobozi bwose mfite cyangwa impano
mfite mu gukora ibintu byose bishimisha Imana kandi
bigakorera abantu

Ubumenyi budahagije ni akaga, kuko bushobora gutuma
umuntu ushaka arushaho kwishyira hejuru no kwihaza,
bigahagarika gushaka cyane no kwihisha mu bugingo.
Abantu gusa batiyumvamo ko ari ab'ingenzi ni bo biyongera
mu buntu no mu mwuka kugeza igihe begereye Imana. Koko
rero, abasenga b'ukuri nta kwirata bafite kandi bari kure
.y'ubwibone no kwishyira hejuru

Iyo umuntu yimenye kandi agakora ku mutima we
w'umwuka, yumva ibyishimo byo mu mutima bimuherekeza
.mu byo yanyuzemo byose mu buzima no mu bihe byose
Uyu munsu nzabyutsa umwuka wo kwihangira imirimo
no gukoresha ubushobozi bwo kugera ku ntego, nzi neza ko
isoko y'imbaraga zose zo guhanga n'isoko y'ubumenyi
.bwose buri kumwe nanjye

Ndasobanukiwe ko imbaraga z'Imana zitagira imipaka
kandi ko yampaye imbaraga zo gutsinda ingorane zo mu
.buzima no gutsinda inzitizi zose zimbuza inzira
Igihe kirageze ngo duhindukirize imitima yacu
n'ibitekerezo byacu ku Mana kugira ngo amahereze tuzagere
mu rugo rwacu rwo mu ijuru aho tuzabona ikiruhuko mu
.mihangayiko no mu mudendezo mu bubabare

Turakoresha imbaraga zacu kugira ngo twakire impano
z'Imana z'ubuzima, izuba, ibyo kurya, n'indi migisha yose,
ariko nubwo iduha ubuntu bwinshi, ni bake cyane
!bamwibuka

Mana y'amategeko yose, reka nambare inkovu zanjye,
navutse ku byago, nk'ibirango bikwiye biva mu maboko
meza y'ubutabera bwawe

Ingorane zanjye za buri munsu zimbere umuti
w'ibitekerezo bidasanze kandi zinkureho icyizere cyo
kubona ibyishimo birambye byo ku isi
Ndifuza ko amarira natewe n'ubugome bw'abandi
yankuraho bimwe mu bihumanya byihishe mu mutwe
wanjye

Ndifuza ko buri gitero gikomeye giturutse ku mvururu
cyafungura ubwinshi bushya muri njye
Irari ry'Imana rikwiye kumera nk'agace k'amazi yo mu
nyanja kinjira mu nyanja y'ibitekerezo by'umwuka. Abafite
iyerekwa ry'imbere ryafunguwe binyuze mu gutekereza
.bumva Imana iri mu mitima yabo

Mwami, mfasha guhindura ubwenge bwanjye kuva ku
nzitizi n'ibitekerezo by'intege nke, ujya ku bumenyi bw'ukuri
ko uhora uri kumwe nanjye, umfasha kandi untera imbaraga
.n'ibitekerezo byiza n'ibitekerezo bihebuje

Mwami, mfasha guhindura ubwenge bwanjye kuva ku
nzitizi n'ibitekerezo by'intege nke, ujya ku bumenyi bw'ukuri
ko uhora uri kumwe nanjye, umfasha kandi untera imbaraga
.n'ibitekerezo byiza n'ibitekerezo bihebuje

Reka nkwbuke, Nyagasani - kimwe - mu ngorane no mu
bworoshye, mu burwayi no mu buzima bwiza, mu bujiji no
mu bwenge

Nzahora nibuka urukundo rwanjye n'icyifuzo cyanjye
kuri yo iteka ryose, kugira ngo muri uwo muco nshobore
.kubona isura yayo nziza cyane

Iyo inseko yo ku maso ihuye neza n'inseko yo mu
mutima, inseko y'umutima irabagirana

Mana yanjye nkunda, nzagusenga mu gitondo cyo
gukanguka, ku gicamunsi cy'ibikorwa, mu bwije
bw'izabukuru, no mu ijoro ryo gusezera bwa nyuma
Nifashishije uburyo bwo gukorakora kw'ibyumviro
byanjye by'imbere, uyu munsu nzashyira radiyo yanjye
y'umwuka ku murongo w'amajwi y'isi yose kugira ngo

nkureho urusaku rw'imihangayiko no kumva indirimbo
.y'urukundo rw'Imana

Ndetse n'abasenga cyane rimwe na rimwe bibwira ko
Imana idasubiza amasengesho yabo, ariko isubiza bucece
kandi ikurikije amategeko y'umwuka. Isengesho rigomba
kuba rivuye ku mutima, rifite intego nziza, kandi rifite intego
.kugira ngo ribone igisubizo cyiza

Nyagasani, reka mbahe amavuta y'amahoro ku mitima
ibabaye, kugira ngo babone ihumure ryiza muri wowe. Umpe
urumuri rw'izuba rutunguranye ku mitima yose ibabaye,
imvura itanga ubuzima ku bwenge bw'umunebwe, n'impano
.y'ubuntu ku bafashwe nabi

Gutangira neza kugira ngo umuntu agire ibyishimo
bisaba kubaho neza, gutekereza neza, icyerekezo
.cy'umwuka, no kwizera Imana mu buryo bwimbitse
Ubuzima butagira ibyishimo mu buryo bw'umwuka ni
ubuzima budashimishije, butagira ubwiza, kandi imitwaro
yabwo irarushya kandi iremereye

Va mu rusaku n'umuvuduko w'isi igihe cyose
ubishoboye, kandi shaka ahantu hatuje aho ushobora kuba
wenyine utekereze ku Mana

Aho umwijima w'ubwumvikane buke n'amakimbirane
biherereye hose, ni ho nzakwirakwiza urumuri rw'urukundo
.rwanjye n'amahoro

Iyi si iratangaje, kuko ibintu byose biyirimo bishobora
guhinduka no guhinduka, bityo rero, umuntu ntagomba
.guhagarara ubwato bw'ibyishimo bye ku nkombe z'iyi si
Tuba mu isi itangaje Abantu bafite intego imwe rukumbi
mu buzima ari ukurya, kunywa, kwishimisha no gusinzira nta
gitekerezo nyakuri bafite ku bitangaza by'ubuzima
.bw'abantu

Uwiteka, yobora imigezi y'ibyishimo byacu kugira ngo
bitazacika intege mu musenyi w'ibinezeza by'igihe gito
Ntukemere ko imigezi yacu y'impuhwe ikama kandi
igashira mu butayu bw'ubusamo bw'ubwikunde

Reka inzira z'amarangamutima yacu zivange n'ikiyaga

kitagira imipaka cy'urukundo rwawe

Imigezi y'ubuzima bwacu yaguke kandi amazi yayo

azamuke hamwe n'imvura nyinshi y'imigisha yawe, kandi
bambuke ibibaya binini by'impuhwe, kwigomwa, no kwita ku
byiyumvo by'abandi, kugira ngo amaherezo bashobore
gutemba - bisukuye kandi bisukuye - mu nyanja yawe
.y'umugisha

Umuntu wese usenga kugira ngo agire icyo ageraho,

ariko icyarimwe akibwira ati "Sintekereza ko nzatsinda,"
ntabwo azatsinda

Isengesho rigomba gutangwa mu kwizera gukomeye no

mu mutima wicisha bugufi kugira ngo urumuri rw'Imana

rubashe kumurika n'imigisha yo mu ijuru imanure

Nk'uko bidashoboka kuvuga ukoresheje telefoni

yangiritse, ni ko bidashoboka ko umuntu yavuga
amasengesho ye neza akoresheje igikoresho cyo mu mutwe
cyagizweho ingaruka n'imihangayiko, impungenge,
.kutishima no gukunda ibintu by'akanya gato

Hamwe n'ituze ryinshi n'ubwumvikane butuje hamwe

n'imitingito itunganijwe kandi yubaka, ibikoresho byo mu

mutwe bishobora gusanwa no guhindurwa kugira ngo

imbaraga zabyo zo kwakira mu buryo bw'umwuka ziyongere,

bityo bikaba bishoboka kohereza ubutumwa buva ku mutima

ku Mana mu buryo bwiza kandi bunoze no kubona igisubizo

.cyiza kivuye ku Wumva Byose, Uwitaho

Koga kandi urerembe mu nyanja itagira imipaka

y'amahoro n'ibyishimo birenze inzizi ziri muri wowe

Umuremyi Usumbabyose

Inyenyeri zimurika mu kirere, imisozi, n'itanura ry'izuba

.ryaka umuriro ni bimwe mu bigaragaza ko uriho rwose

Biroroshye kubona Imana binyuze mu kuyitekererezaho

buri gihe, icyifuzo cy'ukuri cyo kuyimenya, no kuyisaba

bivuye ku mutima. Ni we butunzi bukomeye bukwiye

.gushakishwa no kuvumburwa mu kirombe cy'ubugingo

Iyo inkoni y'urukiramende y'inyota igurumana ikubise ku
rukuta rw'umutima urarikiye, urumuri rw'urukundo rw'Imana
ruvuka mu mutima w'ushaka
Uwiteka, ibintu byiza ni byiza kuko byakuye ubwiza
bwawe, buruta ubwiza bwose bugaragara, haba mu
.bidukikije cyangwa mu bantu
Ni byiza gukunda Imana no gukunda abagaragu bayo
Iyo tuyibonye, twumva urukundo rwayo muri buri wese. Nta
.mbaraga ziruta imbaraga z'urukundo mu isanzure
Iyo abantu babiri cyangwa benshi babaye inshuti
z'ubuzima bwabo bwose, biba ari ikimenyetso cy'urukundo
ruzira uburyarya cyangwa ubucuti bw'umutima
Nyagasani, mpa ibyishimo byo kuba hafi yawe kugira
ngo mbone ibyishimo byinshi kuri bose, kandi unyemerere
kubona urumuri rwawe, urwo rukiza umutima kandi
.rugakuraho igicucu cy'imihangayiko
Reka inyoni yanjye nkunda ihunge mu kato k'imipaka
yishyiriyeho maze iguruke mu isi y'ubwisanzure, iririmba
indirimbo y'ubugingo, ijwi ryayo rihurirana n'imitima yose
.ikundana n'ibitekerezo bihuje
Imiyaga y'ibitekerezo byacu byo mu mwuka izajyane
impumuro nziza y'amasengesho yacu n'impumuro nziza
y'ibyo tugushakaho, Nyagasani
Iyo nashakaga ikintu, naranezerwaga iyo nakibonye,
kandi nongera kwishima iyo nagihaye undi muntu
Imana ntisubiza amasengesho y'akazuyazi, ariko rwose
iza ku bayinginga cyane kandi babikuye ku mutima kandi
.bakayiyambaza imitima yuzuye ukwizera
Amategeko meza yo gukurikiza ni ubugwaneza, ukuri,
ubunyangamugayo, urukundo ku bandi, gusuzuma imigambi,
.no kwifata
Mwami, fungura imbuto z'imitima yacu maze impumuro
y'urukundo rubitswe mu mitima yacu iguruke ku mababa yo
kwifuza guhura nawe

Ohereza, Nyagasani, imirasire y'izuba ry'ubwenge
bwawe kugira ngo inyobore mu minsi y'ibikorwa byanjye
bishimishije, n'umucyo w'ukwezi kw'imbabazi zawe igihe
.cyose nnyuze mu ijoro ry'umwijima ry'agahinda
ibitekerezo bihumura neza kandi bikura biva mu mbuto
z'amasengesho aturutse ku mutima kandi bivomerwa
n'ikime cy'amarangamutima ahumuriza yo gutekereza
Iyo twibagiwe kamere nto duhana serivisi nziza,
ubwenge bwacu buzaguka kandi tuzabona umuntu umwe
.ukomeye akora muri twe
Ubucuti nyakuri ni urumuri dushobora gufashanya mu
nzira z'ubuzima
Mbona ubugome bwinshi, ubukana, no kutita ku
byiyumvo muri iyi si, kandi nta mpamvu mbona yo
.kongeramo iyo myitwarire Iyo nza kubikora, nari kwiyangiza
Sohoka ubwato bwawe bwo gutekereza hejuru y'amazi
yuzuye urujijo mu mutwe no mu bintu bikurangaza mu buryo
bw'imitekerereze
Agahinda gatuma agahinda karushaho kwiyoungera,
kandi umuti mwiza wo kugakiza ni ugukora ku Mana
.ihumuriza roho kandi igashimisha ubwenge
Muganga w'Imana, wirukane indwara mu mibiri yacu,
wagure ibitekerezo byacu kandi ubibohore intege nke
n'intege nke, kandi wirukane umwijima mu mitima yacu
.ukoresheje urumuri rumurika rw'ubuhari bwawe
Inzira igana Imana ishingiye ku kuri, ubunyangamugayo,
gukomera, kwihangana, kwibanda ku kintu kimwe,
urukundo, kwifuza, umurava, n'ukwizera
Iyo uburyo bwa kimuntu budahagije kandi budafite icyo
bugeraho, tugomba guhindukirira Imana Ishoborabyose
tukayisaba ubufasha
Ni njye wenyine ushinzwe ibikorwa byanjye
n'imyitwarire yanjye kuko nta wundi uzabibazwa cyangwa
.ngo abiryoze

Iyo izuba ry'ubuntu bw'Imana rirashe mu mibereho
.yacu, imigisha iragwira kandi imipaka irashira
Mu iriba ry'ituze, nzavoma amazi meza kandi meza
y'ubwenge bw'Imana kugira ngo mbone inyota yanjye yo mu
buryo bw'umwuka
Nakuyeho imigozi y'ubwenge bwanjye mu gace gato
k'ibyumviro maze mbihuza n'isi y'imyumvire itagira iherezo
y'umwuka, maze mbona ko mbaho nkurikije urumuri
rw'Imana rwantwikiriye kandi rugakwirakwira muri buri
atome y'umubiri wanjye, kandi roho yanjye yuzuye urukundo
.n'amahoro by'Imana
Mu ndorerwamo y'ituze ryo mu mwuka, nzareba mu
maso h'Imana
Uwiteka, nyereka ibanga ry'ubuzima bwanjye, kandi
umfashe kumva ko uhoraho muri njye no mu nkengero
zanjye
Kuva uyu munsu nzaharanira kumenya Imana nta
kwirengagiza inshingano zanjye zo ku isi, kandi nsanzwe
nkora kugira ngo nyishimishe
Buri munsu navomereraga imbuto Imana yateye mu
butaka bw'ubugingo bwanjye, kandi igihe izuba ry'imbabazi
zayo ryazimurikiraga, imbuto zarameraga, zikura, kandi zera
.umusaruro mwiza wo kunyurwa no kunyurwa
Igihe kimwe, umwe mu bagaragu b'Imana yari arimo
koga mu ruzi, undi mugabo araza atangira koza ifarashi ye
hafi y'uwo mugabo w'umukiranutsi, ayisukaho amazi
abigambiriye kandi atabyitayeho. Abigishwa b'abatagatifu
bararakaye cyane bashaka gukubita uwo mugome no
kumwirukana, ariko umwarimu wabo yababwiye ko
.batagomba kubikora, ahubwo ko bamureka
Mu buryo butunguranye, ifarashi yateye nyirayo
umugeri, imuvuna amenyo amwe irayakuramo. Umugabo
mwiza yaramwegereye atangira kumwitaho no kumukiza.
Itegeko rikomeye rya kamere, si umutagatifu, ni ryo
.ryahanaga umunyabyaha

Imana n'amategeko yayo rusange bihora bikora
ubutaruhuka kandi buri gihe kugira ngo bikureho
akarengane ku bantu bose biringira Imana, bashakisha
ubufasha bwayo, kandi bafashanya kandi bagaterana
.inkunga mu nzira z'ubuzima
Ndabizi ko akazi nkora muri iyi si gatuma umuntu yikura
mu buzima bwe igihe cyose nharanira gushakisha uburyo
.bwose bushoboka kandi nkabyungukiramo
Amahoro ni ikimenyetso cy'umwuka. Bityo rero,
nzapima umwuka wanjye nkurikije ingano y'amahoro numva
.muri njye
Uwiteka, reka menye ko ubwenge bwawe bukomeza
ubwenge bwanjye, kandi ko ukubaho kwawe hose mu
buzima bwanjye
:kugira ngo nemeze neza
Mu kubungabunga ubuzima bwanjye n'imbaraga zanjye,
no gukurikiza amahame mbwirizamuco, mfasha abantu mu
mibereho yanjye
Igihe nari impumyi, sinashoboraga kubona urugi na
rumwe rugana aho uri, ariko ubu ko wanfunguye amaso,
.mbona inzugi ahantu hose
Mu gitondo cy'isura yawe irabagirana, indabyo z'irangi
nkunda zizarabya mu busitani bw'umutima wanjye, kandi
nzaboha indabyo muri izo ndabyo nzishyire ku muryango
.wawe w'umugisha
Uwiteka, uko imirasire y'urukundo rwawe imurikira mu
mwanya wanjye wo mu mwuka, igihu cy'ubujiji kirashira
.kandi ibicu byo kudasobanukirwa birashira
Yewe isoko y'umucyo, wihishe inyuma y'inkuta
z'imirasire y'ikirere. Kingura idirishya ry'iyerekwa ryanjye
.kugira ngo nkubone wigaragaza hose
Nzasaba umutekano mbere na mbere kandi igihe cyose
ntekereza ko buri gihe ndi muni y'uburinzi bw'Imana
Mana yanjye nkunda, nindamuka nteshutse mu nzira
nziza, mfata ukuboko kwanjye unyobore uyigarukire.

Nindamuka ntengushye, umfashe kugera ku ntsinzi. Kandi
.ikiruta byose, nindamuka ntazi, umfashe kubona ubwenge
Gufata icyemezo gihamye cyo kwishima bizagufasha
Ntugategereze ko ibintu bihinduka, wibwira ko ibibazo byawe
biri aho kandi ntukemere ko kwishima biba akamenyero mu
buzima bwawe, kugira ngo bitazagira ingaruka mbi kuri
wewe no ku bagukikije Niba wishimye, ni umugisha kuri
wowe no ku bandi; niba ufite ibyishimo, ufite byose, kandi
ibyishimo byawe bivuze ko uri mu bumwe n'Imana
Ibyo twakoze ejo byagennye imiterere y'ibihe byacu bya
none, kandi ibikorwa by'ejo hazaza bizagena uko ejo hazaza
hacu hazaba hameze
Ubujiji bugomba kubanza gukurwaho muri twe,
hanyuma kubaho kwabwo kukazimira hanze yacu
Ibinezeza byose by'akanya gato n'ibyifuzo by'igihe gito
mbikoresha nk'umupfundikizo w'inkoni kugira ngo nshyiremo
urumuri rw'iteka rw'ubumenyi bw'Imana
Imana izanyiyereka niba gutekereza kwanjye kuri yo
gukomeye kuruta ibitekerezo biyibangamira n'ibintu byose
.biyirangaza mu mutwe
Nzuzuza umutima wanjye imiraba y'ubugingo ihuha,
kandi nzasuka amazi meza kandi ashyushye yo kwifuza mu
bikombe by'imitima ifite inyota
Umuraba ugomba kumva uko inyanja nini iwushyigikira
ikora. Numva inyanja y'umwuka yuzuyemo ubwenge
.bwanjye butembera mu bwihisho butagira iherezo
Nzakora ibishoboka byose kugira ngo menye ukuri
kwihishe inyuma y'udupfukamunwa tuguhisha, hanyuma
.sinzaba ndi mu maboko y'imbaraga zo hanze
Ndizera ko ubufasha buzaboneka igihe bukenewe cyane,
kuko amategeko y'Imana akora neza
Ubuzima bufite iki niba budafite ingorane duhura nazo
?n'ibibazo duhura na byo
Mu kanya gato numvise agahinda n'agahinda gakabije,
:numvise ijwi ryawe ritungurana riti

Izuba ryanjye ririnda rimurikira kimwe mu masaha meza
cyane kandi yijimye y'ubuzima bwawe. Izere, seka, kandi
ureke urumuri rwanjye rukiza rumurikire binyuze mu mucyo
.w'inseko zawe

Mwami, huriza imitima yacu mu rusengero rw'urukundo
rw'Imana aho ukuboneka kwawe guhebuje kurabagirana mu
bwiza n'ubwiza bwako bwose

Tumenye ko ari wowe ntego yonyine duharanira
kugeraho. Ntukatwibagirwe nubwo twakwibagirwa, kandi
.ntukatwibagirwe nubwo tutakwibuka

Inyota yacu yo kukubona ishobora kuza ikagenda,
ikayangana ikagabanuka, ariko ukomeza kubahiriza
isezerano iteka ryose, wowe muntu w'ineza n'urukundo
Emera icyifuzo cy'imitima yacu n'urukundo rw'imitima
yacu, Mwami

Najugunye urushundura rwanjye rw'urukundo mu nyanja
y'ubwenge maze mfata umutego w'agaciro

Ndagusaba, Mwami, ngo urumuri rw'ubugingo bwanjye
ruhuze n'urumuri rwawe rukomeye kandi ngo umutima
wanjye utere n'urukundo rwawe rw'Imana, kugira ngo
nshobore gukwirakwiza urumuri rwawe n'urukundo mu
.mitima yose irangwa n'ubwumvikane

Uyu muni nzaha umwanya wo kubana n'Imana,
nirengagize ibitekerezo bidafite umumaro kandi nkanga
ibitari byo

Imirasire y'ibyishimo yuzuye ikirere cy'ituze ryanjye
itangaza ukuza kwawe kw'umugisha. Waba wigaragaza ubu
cyangwa nyuma yaho, nta gushidikanya ko nzahura nawe
umunsi umwe, wowe umutima wanjye ukunda kandi roho
.yanjye ikurarikiye

Hari ubwoko bubiri bw'ibidukikije: ibidukikije by'imbere
n'ibidukikije byo hanze Nzarinda ingaruka mbi kandi
nharanira ukuri no gukiranuka

Ndabizi ko hari icyiza kiruta ikibi muri iyi si kuko Imana
ari yo mbaraga ikomeye cyane iriho

:igishushanyo mbonera

Buri munsu nzakora cyane haba ku rwego
rw'imatekerereze n'umubiri, kuko kutagira icyo nkora mu
mutwe no kudakora cyane mu mubiri byombi bibangamira
.iterambere ry'umwuka

Mana yanjye nkunda, mpumurire ijisho ritabona ikintu
na kimwe kibaho uretse wowe, kandi nta kindi ribona mu
.bwiza bwose uretse ubwiza bwawe buhebuje
Twashutswe n'umuhigi w'ubuzima bwo ku isi uhita,
ubwo twarerebaga mu mazi maremare kandi
y'ubudahangarwa bw'ibinyoma, umutege w'ubujiji bwica
.udufungiyemo

Wowe Nyir'impuhwe zose, tuvane mu mutego w'ibyifuzo
n'ibyifuzo by'isi, kandi udufashe kwinjira mu bwihisho
bw'ubusabane bw'Imana kugira ngo dukizwe iteka ryose mu
.mitego y'uburiganya n'imatego y'uburiganya
Numva meze nk'ukikije umwuka w'umucyo w'Imana,
.aho hari ituze, amahoro n'ibyishimo byo mu mwuka
Nzahanagura ibyondo by'ubujiji kugira ngo urumuri
rw'umwuka rumurikire muri njye

Umuntu ashobora kuba ananiwe mu buryo bw'umubiri,
mu by'umuco no mu buryo bw'umwuka, ariko niba yongera
imbaraga ze kandi akemeza ko urumuri rw'Imana rumurikira,
azumva yegereye Imana kandi imimerere ye izarushaho
kuba myiza Imana isubiza amasengesho y'ukuri n'ibitekerezo
byiza, kandi ubu ni bwo buryo bwiza bwo gutsinda inzitizi
.zituma umuntu atsinda

Mbere yuko umuntu akora ikintu runaka, aba afite
uburenganzira bwo kwihitiramo, ariko nyuma y'icyo gikorwa,
ingaruka zizakurikiraho, yaba abishaka cyangwa atabishaka;
iri ni itegeko rya karma. Bityo rero, ni byiza gutekereza
.mbere yo gukora ikintu runaka

Abifuza amahoro no kuryohereza n'Imana bagomba
kwishyura ikiguzi, kandi icyo giciro ni ugutanga umwanya
ukenewe mu kwimakaza ituze no kurema amahoro. Uburyo

bwiza bwo gutsinda imihangayiko ni uguhuza amahoro yo
mu mutima, ibyishimo n'ituze
Uwiteka, amaboko yanjye arakora ku bwawe Wampaye
uruhare rwo gukora muri iyi si, kandi ibyo nkora byose
ndabikora mu cyubahiro cyawe
Iyo tweguriye Imana ubuzima bwacu, dusanga ubuzima
buhinduka indirimbo nziza. Kandi niba tugerageza kumva ko
Imana iriho mu gihe dukora imirimo yacu yose, tuzasanga
iduhitiramo inshingano zihariye buri muni kandi ikadufasha
kuzisohozza

Mu kwerekana ibyiza by'umwuka, inzira yonyine yo
kubaho mu mahoro Muri twe hari imbaraga zo guhindura
urugo paradizo

Nzatsinda ubwibone nkoresheje ukwicisha bugufi,
urwango nkoresheje urukundo, ibyishimo n'ituze, ubwikunde
n'ubwitange, ikibi n'icyiza, ubujiji n'ubumenyi,
n'imihangayiko nkoresheje amahoro yo gutekereza no
gutekereza ku Mana

Ibikorwa byacu byose bigomba kuyoborwa n'ijwi
ry'imbere ry'ubwenge bw'umwuka

Ni byiza koroshya ubuzima bwacu Nabonye abantu
bafite ubumenyi, bashyira mu gaciro mu byo barya, babaho
mu buryo bwitondewe, ariko bafite imibiri yuzuye ibikorwa
n'imbaraga, kuko batoje ubwenge bwabo kutishingikiriza
gusa ku masoko yo hanze y'ubuzima no kunyurwa
Fata indege y'amahoro hejuru y'impinga z'ubwenge,
maze uzenguruke mu gihugu cy'ubwiza buhoraho
n'ibyishimo bishya

Uwiteka, unrinde ikibi, kandi umpe umugisha kugira ngo
ntazamva ikibi, cyangwa ngo ndebe ikibi, cyangwa ngo
mvuge ikibi, cyangwa ngo nhumeke ikibi, cyangwa ngo
nkore ku kibi, cyangwa ngo mbike ikibi, cyangwa ngo
ntekereze ikibi

Ba uri kumwe natwe buri munsu, Nyagasani, kugira ngo
dusohoze inshingano zacu dufite imitima inyuzwe
.n'impumuro nziza y'ubuturo bwawe bwera
Duhindukirira inyigisho z'umwuka kuko dushaka
kubohoka ku mibabaro yacu Uburyo n'uburyo bwo ku isi si
igisubizo Imana ni yo gisubizo Igihe kirageze ngo abantu
bakanguke kandi bakureho umwijima w'ubujiji hamwe
n'umucyo w'ubwenge Ikintu gikomeye mu buzima ni ukuba
mu buturo bw'umutimanama uboneye
Hafi ya buri wese yumva ko adatera imbere mu buryo
bw'umwuka, ni ukuvuga ko adahinduka cyangwa ngo atere
imbere nubwo yashyizeho imbaraga. Hari ibintu byinshi
bishobora kubangamira iterambere ryacu, kandi ni
inshingano zacu kureba ubuzima mu buryo buboneye,
busesengutse, kandi busesenguye kugira ngo tumenye ibyo
.bintu kandi twige uburyo bwo kubikemura no kubitsinda
Umuntu wese utanga ubufasha bwo mu mutwe no mu
buryo bw'umubiri ku bandi kandi umutima we wuzuyemo
.ubuntu n'impuhwe, azabona ko ibyo atanga bimugarukira
?Igiti cy'Ibyifuzo Ni iki cyagezweho



Kera cyane, umu-hemit w'umunyedini yabaga mu
gihugu runaka, amara imyaka myinshi agenda mu misozi
.ashakisha igiti kidasanze cyitwa igiti cy'ibyifuzo
Inkuru ivuga ko ibi bita bitangaje byatowe n'inyamaswa
zo muri Paradizo kandi abantu biyica gusa nk'igihembo
cy'imyitoto ikomeye y'iyobokamana rikomeye. Bavuga ko ibi

biti bifite ububasha bwo guhaza ibyifuzo n'ibyifuzo
.by'umuntu wese wicaye munsu y'amashami yabyo
Uyu mwiherero yumvaga mu mutima we ko akwiriye
kubona icyo giti bitewe n'imbaraga ze zidacogora, kwakira
ingorane ku bushake bwe, no gukurikiza imyitwarire ye
ikomeye yari yarishyiriyeho. Nubwo yari afite ibyo bikorwa
byose n'imyitozo, hari amasomo yari ataramenya Nubwo
yifuzaga kumurikirwa, yari afite n'ibindi byifuzo bitari
.ngombwa cyane

Muri ibyo byifuzo harimo icyifuzo cyo kubona igiti
cy'icyifuzo. Inzira zo mu misozi miremire zari
zaramushegeshe mu birenge bye byambaye ubusa mu
gushaka icyo umutima we wifuzaga no gusohozza ibyifuzo
bye byimbitse. Amarangamutima ye yo mu mutima
yahoraga amwemeza ko icyifuzo cye kizaba cyaragezweho,
kandi ko igiti cyari kimutegereje nk'igihembo gisanze ku
bw'imbaraga ze zo mu mwuka, zarenze ubushobozi
.n'ubuhanga bw'umuntu usanzwe
Inshuti yacu yari ifite ubushishozi bukwiye. Muri kimwe
mu bibaya byo mu misozi miremire, yabonye igiti gifite
amababi manini, maze ahita amenya mu bwenge bwe ko ari
.bwo butunzi yahoraga ashaka kandi yifuza kubona
Ashishikaye cyane kandi ako kanya, yegereye
amashami y'igiti akira neza maze yicara munsu yacyo Kugira
ngo yibonere imbaraga zidasanzwe z'iki giti kidasanzwe,
yafunze amaso maze aribwira ati: "Niba iki ari igiti cyifuzwa
"!koko, nikimbereye igihome gikomeye
Akimara gitekereza icyo gitekerezo, ingoro nziza cyane
yagaragaye iruhande rw'igiti, ikikijwe n'ubusitani bwiza
.bwuzuye indabyo nziza, basil ihumura neza, n'ibiti birebire
Yishimiye icyo gitangaza maze anyurwa n'ibyishimo byo
kugera ku cyifuzo cye cy'urukundo, kuko yari amaze kubona
igiti yahoraga ashaka. Ntiyatinze mbere yo kuvuga icyifuzo
cye gikurikiraho, agira ati: "Ndashaka kubona korali
y'abakobwa bampa ibiryo byiza kandi biryoshye ku

masahani ya zahabu kandi bampa ibinyobwa biryoshye
kurusha ibibindi by'ifeza biri mu bikombe birabagirana
".nk'izahabu

Mu kanya gato, icyifuzo cye cyaragezweho, ubwo
yabonaga imbere ye ameza yuzuyemo ubwoko bwose
bw'ibintu biryoshye bitangwa ku masahani ya zahabu,
n'abakobwa beza bamuzanira ibiryo n'ibinyobwa
.bitandukanye bikwiriye abami n'abatware

Abonye ko ingoro nshya n'ubusitani n'imirima
by'imizabibu biyikikije bikeneye umutekano n'uburinzi,
yasabye igiti guhinduka ingabo zikomeye zo kumurinda we
n'ubutunzi bwe bushya Ako kanya, ingabo nini zaragaragaye
zishinga amahema hafi y'ingoro, mu gihe abarinzi bafite
ibikoresho byose bari bahagaze ku marembo y'ingoro kugira
.ngo batange uburinzi bukenewe

Nyuma yo kwishimira ibirori bitangaje kandi bitangaje,
yatangiye kugenzura ingoro ye nshya. Yazamutse ku ngazi
z'amabuye y'agaciro maze agendagenda mu byumba
.byuzuyeho amabuye y'agaciro by'ububengerane butangaje
Amaherezo, umuherwe wacu w'amahirwe yararambiwe
kugenda maze ashaka amahoro n'ikiruhuko muri kimwe mu
byumba byo hasi. Amadirishya yo hasi y'icyo cyumba yari
atwikiriwe n'amashami maremare y'igiti cyiza cyane
.cy'icyifuzo

Ubwo yari aryamye ku buriri hafi y'idirishya, yabonye ko
amashami manini y'igiti cyifuje yazibiye urumuri, maze
yumva ari wenyine, ubwoba bumugeraho mu mutima.
Agacece kaciwe n'amajwi make gusa, maze yibaza niba
baturutse mu busitani cyangwa inyamaswa zo mu ishyamba
.zazengurukaga mu buryo bwigenga zirenze inkuta z'ingoro
Uko impungenge ze zagendaga ziyongera, igitekerezo
gikomeye cyamujegeye mu mutwe, maze aribwira ati:
"Nibyo koko hari ingabo zikomeye hano zo kunkingira, ariko
nta musirikare n'umwe mbona uhagaze hafi y'iri dirishya,
kandi idirishya ntirikingiwe n'urushundura rw'ibyuma. Bite se

niba ingwe yo mu ishyamba ibashije kwinjira inyuze mu idirishya? Muri icyo gihe, izandya, kandi ibyo bizaba ari "iherezo kuri njye

Akimara gutekereza icyo kibazo cy'ubwoba, ingwe y'inkazi yavuye mu idirishya, ifata uwo munyagihu wari ufite ubwoba, iragenda (ijya kumurya)

Ikibabaje ni uko uwo munyabigwi atamenye ko igiti cy'icyifuzo kitatandukanyaga ibitekerezo byiza n'ibibi. Intego yacyo kwari ugusohozza ibitekerezo bikurura mu mitima y'ababifite. Koko rero, igiti cy'icyifuzo cyari gifite ishusho ikomeye y'uwo munyabigwigwi, kandi icyo cyari icyifuzo cye .cya nyuma

Buri muntu aba munsu y'igiti cy'ibyifuzo by'ubumaji gitanga ibyifuzo bye byose. Icyo giti gifite ubushake Umuntu wese utaramenya kugenzura ibyifuzo bye, ibyifuzo bye n'ibitekerezo bye agomba gushimira Umwami we, kuko ibitekerezo bye bidasobanutse bitahita bigerwaho ako kanya, bitabaye ibyo ibyo byifuzo by'inyamaswa byatera .ingwe zitagira amahirwe zigatera nyirazo no ku bandi Ihame ry'iyi nkuru ni akamaro ko kwibanda ku bintu byiza n'ibyiza mu gihe wicaye munsu y'amashami y'igiti cy'icyifuzo, icyo kikaba ari ubushake n'ubwenge bukomeye .bw'umuntu

Gushyira ibitekerezo byawe ku bwoba, gutsindwa, indwara, no kutamenya bishobora gutuma habaho inyamaswa zo mu isi itagaragara y'ibitekerezo, bigatera ibibazo bitagira iherezo kandi bigatungura umuntu n'ibyo .atifuza

Ibice by'ubwenge bwa Baramhani

Abantu bakomeye ni icyitegererezo Nubwo imibiri yabo yari ifite aho igarukira Ariko bamenye ko bari igice cy'inyanja itagira iherezo Kandi ko imiterere yose y'umuntu ku giti cye Ni imiraba iri ku gituzo cy'inyanja yo mu kirere

Muri iyi si twiyima imipaka kandi tukiyima imipaka
Mu muryango muto
Ariko iyo dukunda abaturanyi bacu, turakura
Iyo dukunda igihugu cyacu, tuba abantu bakomeye
Iyo dukunda abantu bose n'amahanga yose, tuba
abantu bakomeye cyane
Kandi iyo ubwenge bwacu bumaze kwinjira mu Mana mu
buzima bwa nyuma y'urupfu
Cyangwa muri iyi si binyuze mu gutekereza cyane
Nubwo twaba turi mu mibiri isanzwe
Dusobanukiwe ukuri koko
Inyanja ni imiraba
Kandi ko imiraba yavuye mu nyanja
Bivuye mu isomero ryacu ryabitswe: Amabaruwa
Nshuti zanjye, isomero ryacu ry'ububiko ririmo
Ishingiye ku bice by'amabaruwa ibihumbi yoherejwe
n'abasomyi
Baturutse mu bihugu bitandukanye, bagaragaje
ubunararibonye bwabo
Hamwe n'inyigisho za Master Paramhansa Yogananda
Aha nahinduye urugero rw'izo nyuguti
Kubera ko bihuye n'ibitekerezo n'ubutumwa byinshi
byawe
Iki ni igihamya cy'uko ubunararibonye bw'abantu ari
bumwe
Kandi iyo mitima ifunguye n'ibitekerezo bihuza
Bahura, aho bari hose
Mu rukundo, ineza, n'amahoro
Niba wifuza ubundi butumwa
Nakwishimira gutanga byinshi
N'urukundo ruzira uburyarya n'imyifurize myiza
Mahmoud Abbas Masoud
Noneho soma bumwe mu butumwa
Izi nyigisho zamfashije kongera gushakisha
Amahoro atagira iherezo ari mu mitima yacu yose

Byampaye icyizere cyimbitse cy'ejo hazaza
Kandi nongereye urukundo rwanjye ku Mana n'abayizi
Mu by'ukuri irimo umucyo n'umugisha
* * *

Numva nshimira Imana cyane
?Ni nde wanyoboye kuri izi nyigisho z'umwuka
Ndaremerewe n'ibiyumvo byo gushimira no gushimira
Ku bw'ubufasha nahawe ndashimira Imana
Kandi inyigisho z'abanyabwenge ba Paramahansa
Nanone numva meze nk'aho natangiye urugendo rwiza
cyane
Kugira ngo mvumbure ubutunzi bwihishe bw'ubugingo
mu kirombe cy'ubuzima bwanjye
* * *

Mu nyigisho za Mwalimu Paramahansa
Nabonye isoko y'amahoro, imbaraga n'ubutwari ihora
itemba
Biragoye kurondora inyungu zose zituruka kuri iyo
gahunda
Mu buzima bwanjye bwa buri munsu uhagaze ku
bitekerezo bye bihanitse
* * *

Nasomye izi nyigisho kenshi
Igihe cyose mbonye ibintu bishya, nk'aho
Sinigeze mbisoma mbere
Kuri njye, ni isoko y'ingufu nyinshi kandi ikura
Kuva ku bumenyi bw'Imana, guhumekwa, n'urukundo
* * *

Uko nsoma izi nyigisho cyane kandi ntekereza cyane
Igihe cyose numva hari iterambere rigaragara mu
buzima bwanjye
Ku rwego rw'ibintu, imitekerereze, n'iby'umwuka
Ifite imiterere ya rukuruzi
Kugira ngo dukure ibyiza n'ibyiza byose
* * *

Ubwo nasomaga izi nyigisho
Natangiye kumva meze nk'aho ndi mu nzira izamuka
Ndazamuka uburebure bw'ubwenge n'ubw'umwuka
Mbere sinari mbizi
Nanone numva ko byazanye impinduka nyinshi mu
buzima bwanjye
Kandi byatumye irushaho kuba nziza kandi ikagira
ubwoko butandukanye
Mu bihe byashize nari ndi maso igice kimwe
None ubu numva mfite ubumenyi bwinshi
N'uburyo bwo kumva ibintu
Icyifuzo cyanjye ni ugufasha gukwirakwiza ibi bitekerezaho
Kugira ngo abandi babyungukiremo nkuko nanjye
nabyungukiyemo

* * *

" Ndarangije gusoma "Whispers from Eternal
Kuri mwarimu Paramhansa, numva amahoro menshi
Urukundo rw'Imana rwuzuye ubuzima bwanjye bwose

-

Igereranya hagati yo kwicisha bugufi n'ubwibone
Kwicisha bugufi ni ikibaya cyuzuyemo ubumenyi
Aho imvura y'Imana igwa cyane kandi igakoranira
Kandi ntibishoboka ko imvura igwa ku mpinga y'umusozi
Bityo, amazi y'ubumenyi ntashobora guteranira ku
mutwe w'ubwibone bw'ubwibone
Ubwirasi bufunga umuryango wo kwemerwa no
gufunguka, aho ubumenyi bwinjirira
Kwicisha bugufi bifungura amarembo menshi
Arasaba ubwenge kugira ngo buze bushyireho
Ubwirasi ni ububi bugaragara bwanditse ku maso
y'umuntu wishyira hejuru
Abantu baramwanga kandi bakamurinda
Kwicisha bugufi ni impumuro nziza ituma nyirayo
akundwa kandi akifuzwa na bose
Ubwirasi buturuka ku kuba umuntu usuzuguritse

Bigaragara nk'icyo bita superiolent complex
Mu gihe kwicisha bugufi bivukanwa n'ubwenge
cyangwa kumenya kwimenya
Ubwirasi bwanze gushakisha ukuri
Ku bijyanye no kwicisha bugufi, ni ukwitonda no kwakira
ukuri

Amusaba kwinjira mu Ngoro Ntagatifu y'ubugingo bwe
Ubwirasi bugaragaza ko budahagije binyuze mu
kugerageza kwabwo kwananiwe
Gusuzugura abandi no kubashyira mu mwanya muto
Ariko kwicisha bugufi ni ikimenyetso cyiza cyane cyo
gusobanukirwa imitima
Urugero rwiza rw'ubuhanga n'icyubahiro
Ubusa ni igishura kibonerana cyambarwa n'abadafitte
Kwicisha bugufi ni umwambaro w'icyubahiro
n'ubwiyoroshye

Ubwirasi bumwirukana inshuti n'ukuri mu buzima bwe
Ukwicisha bugufi gukurura inshuti no gusobanukirwa
Umuntu wiyemera ameze nk'agacupa k'ibumba karimo
ubusa gakora urusaku iyo kakozweho
Umuntu wicisha bugufi ameze nk'ikibindi cyuzuyemo
ikinyobwa cy'ubwenge gihebuje
Kwicisha bugufi birakurura; bikwirakwiza ibyishimo
bikikije

Bikurura inshuti z'ukuri n'imitima myiza
Umuntu wicisha bugufi azana ibyiza n'imigisha mu
buzima bwe

N'ubwitonzi bwe, nk'iroza rishya kandi rihumura neza
Imana yuzuze ubuzima bwawe ibyishimo n'ibyishimo
Ishyano n'ubugizi bwa nabi
Icyifuzo cyo kuba umuherwe
Gukunda ubutunzi n'umururumba wo gushimagiza
Ni urugero rw'ibinyoma rw'ibyishimo nyakuri
?Kandi ni nde ushaka kuba umuherwe muri ubu buryo
Ntabwo yikomeretsa gusa

Binagira ingaruka mbi ku bandi
Kuko bibayobora mu nzira zibaganisha ku makuba no ku
makuba

Urugero, umukozi wo muri hoteli
Ubona umuherwe yambaye imyenda ihenze
Asohoka mu modoka y'akataraboneka afite ishema
n'ubwibone

Itwarwa n'umushoferi wigenga
Aramugirira ishyari kubera imigisha ye isa n'aho ari
Agerageza kwigana imibereho ye
Yiyemeza kuguza amafaranga no kugura imodoka,
wenda iyakoreshejwe

Bisaba kubungabunga bihenze
Kandi agura ibindi bintu by'akataraboneka
Ibyo yibeshya ko abyemera
Bizamuha isura runaka
Kuva ku bwibone budafite umumaro n'ubutunzi
bw'impimbano

Ni umuntu ukennye ukina urusimbi n'amikoro make afite
Yishyira mu kaga yashoboraga kwirinda byoroshye
Ababimenya ni bake cyane
Umuntu uhara ubuzima bwe n'ibyishimo bye
Ku gicaniro cy'ubwoba n'akazi katoroshye
Gucika intege mu mitsi no mu bibazo by'umutima
Kugira ngo ube umuherwe
Mu by'ukuri ayobya abantu b'injiji n'abadafite ubwenge
Kugenda mu nzira zinyerera
Aho ubuzima bupimirwa n'isura ishukana
Kwigira nk'uwishimye
Ku bijyanye n'amahame y'ikinyoma avuga ko
Ubukire ni intego nyamukuru mu buzima, nta yindi
ntego irenze iyo

Ibi bituma abantu bakoresha amayeri n'uburiganya
Gushukashuka abantu b'injiji no kubambura imibereho
yabo

Ingeso z'ubuzima zirenze urugero
Uko amafaranga aboneka kose
Kwishimira gushimwa no gushimirwa ni ikimenyetso
cy'ubuswa
Kubera kwirata gukabiye no kwigaragaza nabi
Ibi byose bituma umuntu ushaka ubutunzi agira
umururumba mwinshi
No guhimba uburyo bw'uburiganya
Cyangwa gukoresha uburyo bwo gusuzugura no gukora
ibintu binyuranyije n'amahame mbwirizamuco
Kugira ngo ubone ibintu byinshi by'akataraboneka
Bisa n'urubingo rwavunitse
Ibyo bikomeretsa ukuboko kugifashe
Kandi ntukishingikirizeho
ubuzima bwiza
Icyifuzo cyo gutunga amafaranga mu buryo ubwo
aribwo bwose
N'ubwoba bwo kuba mu nzu iciriritse
Kandi ubwoba bwo gutakaza urwego rw'imari
Mu maso y'umuryango n'umuryango
Uretse ubwikunde
Ibi byose ni ibimenyetso by'ibibi
Ibihe bitabarwa
Kubura impuhwe ku bakene
Iyaba buri wese yabaho mu buryo bworoshye kandi
yambaye neza
Imyambarire y'ubuzima bw'akataraboneka yarangiye
Ni iyihe iyobora akenshi
Kubabara cyane no kubabara
Kandi abantu bagerageje kwihingamo imico yo mu
buryo bw'umwuka
Na vinegere nziza ahubwo
Ubwikunde bugomba gukurwaho
Yahinduye imibereho yoroshye n'imitekerereze inoze

Ibipimo ngenderwaho n'ibipimo ngenderwaho
by'ibizamini
Nta bufatanye cyangwa ubufatanye bikenewe
N'abafite ubutunzi bubitse
Abatumva uko abandi bumva
Imitima yabo ntiyoroshya ku bavandimwe babo babi
Nubwo bababonye bambaye imyenda yashaje kandi
bishwe n'inzara
Ubukire ubwabwo si icyaha
Ahubwo, bishobora kuba umugisha mu maboko
y'abantu beza kandi bafite ubuntu
Abo Imana yakungahaje mu buntu bwayo bwinshi
Abakunda gufasha abandi
Kandi bakuye mu bitugu byabo inzozu mbi z'ubukene
n'akarengane
Amagambo afite imbaraga nyinshi zo kubaka cyangwa
gusenya
Kugira ngo muhumurize kandi muhumurize
Cyangwa gushengura imitima no gushwanyaguza
amarangamutima
Hari amagambo atera urujijo no guhangayika
Amagambo akuraho imihangayiko kandi agahumuriza
imitima
Bitera icyizere n'ihumure
Amagambo atera intambara zikomeye
Amagambo yo koroshya ikirere
Kandi bigabanya ibyago n'imitwaro
Imana yahaye umuntu impano nyinshi
Ibi birimo ubushobozi bwo kugaragaza icyo umuntu
yiyumvamo
Mu ijamba ryavuzwe, ryanditse, n'iryumvwa
Kugira ngo abantu bagire itumanaho rifite ishingiro
kandi ryimbitse
Ubumuntu ni umuryango umwe
Nubwo hari ibitekerezo bisa nkaho bitandukanye

Amagambo abe igikoresho cyo kwegera abantu, atari
iterabwoba

Kugira ngo dushyireho icyizere, ntabwo ari
ugukwirakwiza ubwoba n'amakimbirane

Gushyiraho ubwumvikane, si ukubiba amakimbirane

Kugira ngo dukureho inzitizi n'imbogamizi

Oya kubyutsa inzira amahwa n'inzitizi

Inkuru y'umukoresha wigishije umwami

Kera cyane, umwami yabwiye umwe mu baturage be ko

keretse asubije ikibazo runaka, igiti cyari kimutegereje

" ?Umugabo aramusubiza ati: "Ikibazo ni ikihe, Mwami

Umwami aramubaza ati: "Mbwira, ubwenge bw'Imana

" ?buherereye he

Uwo mugabo yasabye umwami igihe cy'ibyumweru

bibiri kugira ngo amuhe igisubizo, maze umwami

.aramwemerera icyo yamusabye

Hanyuma yasubiye aho yakoraga yihebye abwira

umukoresha we ko niba adasubije ikibazo cy'umwami mu

.byumweru bibiri, azacyishyura n'ubuzima bwe

Umukoresha, wari uzwiho ubutwari n'ubwenge bwe,

yaramubwiye ati

Reka ngende mu izina ryawe maze njye ubwanjye "

" nsubize ikibazo

Umukoresha yagiye kureba umwami aramubwira ati

Mbere ya byose, reka nicare ku ntebe yawe y'ubwami, "

" kuko iyo nkubwiye ikintu utazi, ndi shobuja wawe

Umwami yerekaga intebe ye y'ubwami ku mukoresha,

maze aravuga ati

" ?Mbwira, ubwenge bw'Imana buherereye he "

Umukoresha wicaye ku ntebe y'ubwami yaramushubije

" ati: "Munzanire inka

Inka yazanywe, maze umukoresha arabaza ati "Amata

" ?ari he

" Umwami aramusubiza ati: "Mu mabere

Umukoresha yasubije ati: "Si ko bimeze, amata ntabwo
ari mu mabere gusa, ahubwo ari no mu bice byose
" by'umubiri w'inka, kuko amata ari yo shingiro ry'inka
Hanyuma umukoresha yasabye igikombe cy'amata,
maze igikombe kimaze kumuzanira, abaza umwami ati:
" ?"Amata ari he

" Umwami aramusubiza ati "Nta mavuta mbona
Umukoresha yagize ati: "Amavuta arahari, ariko
akwirakwira mu mata yose. Shyira amata mu mata hanyuma
".amavuta azatandukana maze areremba hejuru y'amazi
Nk'uko amata aba mu bice byose by'umubiri w'inka,
n'amavuta agakwirakwizwa mu matsinda yose y'amata, ni
.ko n'ubwenge bw'Imana buri muri buri atome y'ubuzima
Bityo, ubwenge bw'umukoresha bwarokoye ubuzima
bw'umukoresha we, kuko umwami yabonye igisubizo
cy'ukuri ku kibazo cye
Ubwenge bw'Imana si ubw'abahawe urumuri gusa; buba
mu mitima y'abantu bose. Umuntu wese winjira mu
gutekereza cyane azakingura urugi rw'umutima we, akumva
ubwenge bw'Imana buriho, kandi asome igitabo cy'ubugingo.

.Nta bwo iki kibazo kizaba gisubijwe
Abanyabwenge baravuga bati
Kugira ngo umuntu abe ingirakamaro mu buzima
Agomba kwikuramo imigambi mibi yose
amarangamutima ababaza n'icyifuzo cyo kwihorera
Ndetse no kutishima bifite ishingiro
Urukundo ntirugomba gukurwa ku ngoma
Urukundo rukwiye kuganza amarangamutima
Ni ishingiro ry'imikoranire hagati y'abantu
Hari ibintu n'ibintu bishimishije mu buzima ari byiza
cyane

Kuva mu gutera ibyiyumvo by'urwango n'umujinya
Gutegura kugirira nabi no gufata abandi mu mutego
Kandi imvura y'umuriro w'ikuzimu igwa
Ndetse n'abitwara mu buryo runaka

Ntabwo bikwiriye imimerere myiza y'abantu
Iyaba abantu barekaga gukongeza no kongera imbaraga
z'ibibi

Ahubwo, akoresha ijisho ryo kunyurwa
Ibyo Umuremyi Ushoborabyose yamuhaye
Kwibanda ku gukora ibyiza kuri wowe ubwawe no ku
bandi
Kubera ko ibitekerezo n'amarangamutima bigarukira ku
rwango

Guhagarika ibikoresho byiza
Imana yahaye abantu kugira ngo babashe kuyikoresha
Mu rugendo rwe rugufi muri iki gihugu
Kwibanda ku bintu bitari byo bitera imitima kunangira
No kubyutsa urwikekwe rubi n'amarangamutima
y'urwango
Iyo bishinze imizi mu mutima, biragoye kubikuraho
Iyo ni imimerere mibi aho icyerekezo cy'ihungabana
cyahindutse umuswa
Ikintu cyose cyiza kiba kibi, kandi ikintu cyose cyiza kiba
ishingiro
Ndetse n'ibikoresho by'ubuzima biba ibikoresho byo
gukora

Uburozi n'indwara mbi
Ibyo ni ikuzimu
Imana iturinde twe nawe
Kandi ku byerekeye ububi bwe n'ibibi bye
Amahoro abe kuri mwe
Uhorane urukundo rukugose

Izuba ry'ubwenge bw'ikirere

Iyi nkuru yasohotse mu kinyamakuru cya mbere
cy'Iburasirazuba n'Uburengerazuba mu 1925. Iki
kinyamakuru, cyaje kumenyekana nka Self-Knowledge
magazine, cyashinzwe ku ntego imwe: guhuza abantu no

kwerekana ibyiza n'imiterere yihariye ibihugu bifite, byagize uruhare kandi bikomeje gutanga umusanzu mu kubaka .inyubako ikomeye y'abantu kuri iyi si

Umwarimu ukomeye yakoze imyaka myinshi kugira ngo atere imbere umwuka w'urukundo n'ubuvandimwe mu bantu, ashishikariza guhanahana ubunararibonye n'ubumenyi kugira ngo ubuzima burusheho kuba bwiza, bwiza kandi bufite icyo buvuze. Muri urwo rwego, yagize ati:

"Inzara yacu yo kumenya ikwiye gutuma twibagirwa itandukaniro ryacu rito kandi ikadushishikariza kwakira ukuri kw'abandi twishimye. Reka Iburasirazuba n'Iburengerazuba bitegure guhana ibyiza by'abaturage babo, kuko abantu bose ari abavandimwe, kandi twese turi abana b'igihugu

".kimwe cy'isi yose

Nicaye ku musozi muto mpfunze amaso yanjye ndeba umwijima w'umukara wari unyihishe. Mbere na mbere, nta kindi nashoboraga kubona uretse umwijima, nyamara nashakishaga ikintu kitazwi ariko cyari kizwi kandi kizwi .icyarimwe

Nafunguye amaso yanjye ndeba isi nziza kandi yishimye, irimbishijwe n'umucyo w'ukwezi utagira iherezo n'inyenyeri zimurika mu kirere kinini, imirima n'imisozi isekeje irimo ibyatsi by'icyatsi kibisi byoroshye nk'urutare, imisozi irabagirana, imiraba ikubita ku nyanja zirimo imiraba, n'imijyi irata ibyo abantu bagezeho n'ibihangano byabo bitabarika. Nyamara, ibyo nabonye byose byasaga nkaho binteye isoni kubera gupfusha ubusa igihe cyanjye mu bitekerezo, banshinja kuba ndi umuntu urota, warazimiye .mu isi y'inzozi

Isi yarambwiye iti: "Kuki ufunga amaso yawe, ukirukana ubwiza bwanjye, ukibera mu mwijima w'ubusa n'umwijima "?w'ubusa

Nasubije mu ijwi rituje nti: "Yewe munyagitugu w'intwari, iyo hataba ubwiza bw'imbere, ubwiza bwawe "!ntibwari kugira ubwiza cyangwa urumuri

Iki gitekerezo kikimara kunyura mu mutwe wanjye,
numvise umuhamagaro wihishe uturutse mu mfuruka
ndende mu mutima wanjye, maze ibyumviro byanjye
biratigita maze uturemangingo tw'umubiri wanjye
.turasubirana ubuzima

Nongeye gufunga amaso yanjye kugira ngo ndebe
inyanja y'umwijima. Narebye mu mutima w'umwijima
wijimye cyane, nshakisha urumuri—urumuri nari nzi ko
ruriho, rusaba gusa gushakishwa kugeza ndubonye. Mu
buryo butunguranye, nabonye igitekerezo gito, hafi
y'urumuri gisohoka mu mfuruka imwe y'icyumba cyihishe,
cyibanze ku gitekerezo gito, maze kirabagirana cyane
.kugeza ubwo cyagaragaje ubwiza bwacyo bwihishe
Kandi navumbuye ko nashoboraga kubona aho nta
maso kandi nkabona igitekerezo cyose gisa n'umurabyo
kirabagirana hanyuma kikabura, cyangwa kikagaragara
nk'umukumbi w'ibirere byinshi biguruka bisohora urumuri
rutunguranye hanyuma rukabura mu kirere cy'ubwenge
bwanjye. Nashoboye kubara buri kirabagirana, buri
kirabagirana, no kumenya agaciro k'igihe n'ingufu bya buri
!kimwe Mbega iyerekwa ryiza cyane

Kandi nashoboye kumva nta matwi yanjye, kandi
numvise neza ijwi ryoroheje ariko rinini ry'ibitekerezo
byanjye Yego, numvise ijwi ryo hasi ry'umutimanama n'ijwi
ry'ubwenge rituje Numvise ibyo ayo majwi avuga neza
cyane, nk'aho ntari narigeze numva mbere. Ku nshuro ya
mbere, numvise ko abo bavandimwe batagaragara,
b'imbere, numvise impuhwe zabo n'uko banyitayeho Aba
bene wacu babayeho kera cyane mu nda yanjye, mu
byumba byijimye, bategura umugambi, bahuza, kandi
bashyiraho iherezo ryanjye Nyamara bakomeje kwihisha,
bicisha bugufi, kandi bihishe, nk'aho nta kubaho cyangwa
kubaho bafite

Mbega akazi gakomeye mukora, bene wanyu n'inshuti
zanyu bahishe! Kuki mutagaragara neza kandi mu buryo
?bweruye

Ese uterwa ubwoba n'amaso y'abantu adafite ishingiro?

Cyangwa se utinya kugaragara mu gihe cy'imitekerereze
idashoboye gutekereza neza kandi yoroheje! Cyangwa se
utinya guhumeka bitewe n'imitingito ikomeye y'ibintu
!byinshi

Nyamara mbega ukuntu uri umuhanga mu gusohoka mu
byumba byijimye kugira ngo wubake inyubako ndende,
ibiraro binini, n'ibintu byose byagezweho, hanyuma
!ukagaruka nta muntu ukubonye cyangwa ngo akwishimire
Gari ya moshi yiruka mu mwijima w'ijoro, indege
ziguruka cyane, amato akomeye areremba nk'imidugudu iri
hejuru y'inyanja, ibihangano by'ubuhanzi, urusengero rwa
Bikira Atena, Parthenon, na Taj Mahal byose ni ibitangaza
byakozwe n'umuntu, kandi byose binyibutsa wowe
!n'imbaraga zawe zahumetswe n'ibitekerezo bikomeye
Ariko iyo mbonye ikiyaga gifite amazi ashyushye
anyinginga ngo ngire inyota, n'ibicu byijimye birekura
imigezi n'amasumo y'imvura kugira ngo bitunga imirima
n'ibiti byuzuye imbuto nziza kandi ziryoshye; kandi iyo
mbonye urumuri rw'ukwezi kuzuye rucanye nijoro, nkareba
uruziga rw'ibihe, n'isi itwikiriwe n'ibyatsi byinshi, n'ibicu
bitukura byashushanyijwe mu miterere n'imirasire iri ku
mwenda w'inyuma, ibyo byose byiza cyane, ntagereranywa
ndabibona, kandi ntekereza ku kuboko kw'isi yose gukorana
!imbaraga n'ubwenge ahantu hose

Kandi ndatekereza ntangaye ku ijwi ry'isi yose ritegeka

izuba, ukwezi, imibumbe, isi, ibidukikije, ibihe, imbaraga
zose zidafite aho zihuriye n'amazi, inyanja hamwe n'amazi
yazo, umuntu, ubuzima, n'urupfu, maze bumva ijwi ryaryo
.kandi bakaryumvira

Ese hari aho ibitekerezo bisobanutse bihishe, bitagira
imipaka cyangwa iherezo, aho ibitekerezo bisobanutse
?bihishwa kandi bigakorera mu isanzure nta muntu ubireba
Narebye mu madirishya y'urwibutso nibuka intangiriro
z'ubwana bwanjye, igihe izuba ry'ubwenge bwanjye ryavaga
mu kirere cy'ubuzima bwanjye. Ubwo ryavaga buhoro
buhoro mu mwijima w'ubwenge bwo mu mutwe,
ryamurikiraga igice gito cy'inyuma y'ubwenge bwanjye, bityo
nta kindi nabonye uretse mama, ibikinisho byanjye, n'ibindi
.bintu by'amabara atandukanye
Nyuma, uko ubwenge bwanjye bwagendaga burushaho
kuba bwiza, nabonye igice kinini cy'imitekerereze yanjye;
byaramurikiwe, kandi nabonye ibintu byinshi ntari narigeze
mbona mbere yuko mbona inshuti zanjye, abavandimwe
banjye, abaturanyi banjye, igihugu cyanjye—byose
byaragaragaye kandi bishyirwa mu rwego rwanjye
.rw'iyerekwa

Mu kirere cy'ubwenge bwanjye, izuba ry'ubwenge
bwanjye ryarabagiranaga n'urumuri rudahwema kandi
rukomeye, rumurikira byose byari bihishwe mbere. Nabonye
abantu bose, amahanga yose, ibiremwa byose, ibidukikije,
imibumbe, inyenyeri, na electron zose zirabagirana.
!Nabonye isanzure n'ikirere kitagira iherezo
Kandi mbere sinari nzi ko nzavumbura mu mwijima wo
!mu mutwe wanjye izuba ry'ubwenge bw'isi
Kugenzura ingeso mbi

**Umuntu unywa inzoga nyinshi aba imbata, kandi
iyi ngeso imugiraho ingaruka mbi kandi mbi Iyo
adashyizeho imihati ngo areke kunywa inzoga,
ashobora kuba umusinzi, akaba afite irari rikabiye
ry'inzoga. Aba bantu bababaye bakunze gukoresha
amafaranga yabo ku nzoga. Barya bike kandi basa
n'aho bakura intungamubiri mu kinyobwa gisindisha
ubwacyo. Uko iyi ngeso mbi igenda ikomera, batakaza**

inshingano zabo ku buzima bwabo n'umwanya wabo mu ngo zabo, mu miryango yabo no ku isi.

Ibisobanuro bibanziriza ibi ku basinzi basinze ni urugero gusa rw'abo nita "abasinzi bo mu mutwe". Aba basinzi bo mu mutwe cyangwa abo mu mutwe bashobora gushyirwa mu byiciro hakurikijwe imiterere yabo yihariye yo mu mutwe, ishobora kuba idakira kandi idasubirwaho, nko kurakara, ubwoba, irari ry'imibonano mpuzabitsina ritagira igaruriro, kwishimira kugirira nabi abandi, gukina urusimbi, kwiba, ishyari, urwango, umururumba, uburakari bubi, uburiganya, ubupfapfa, n'ubusazi.

Iyo umuntu agaragaza uburakari budasanze, ubwoba, ishyari, cyangwa imwe muri icyo mico yavuzwe haruguru kuva akiri umwana muto, ni ikimenyetso cy'uko yamenye icyi mico idasanze mu buzima bwe bwa mbere. Ababyeyi babona imwe muri izi ngeso mbi z'imitekerereze mu bana babo, ndetse no mu gihe bakiri bato, bagomba gufata iki kibazo nk'ikintu gikomeye kandi bagafata ingamba zo gukumira umwana kugira ingeso mbi mu mitekerereze, byaba byiza bamushyize mu bundi buryo munsu y'ubuyobozi bw'abajyanama mu by'umwuka.

Iyo umuntu ufite inshuti nziza n'aho atuye mu gihe cy'imyaka myinshi, umuntu urwaye inzoga zo mu mutwe ashobora kuva mu mitego yo kubura umwuka w'ingeso mbi afite. Mu gihe ahabwa ubuvuzi bukwiye mu mwanya w'ubufasha, umuntu urwaye inzoga zo mu mutwe agomba kumenyeshwa ingaruka mbi z'ingeso ze mbi kandi agashishikarizwa kuzitekerereza no gukora ibishoboka byose kugira ngo yirinde kugaragaza izi ngeso mbi kandi zangiza mu bihe ibyo ari byo byose. Igihe cyose umuntu yishora mu ngeso mbi zo mu mutwe yamenye mu

buzima bwe bwa mbere, irakomeza kandi ikayishyira mu mutwe kugeza igihe umuntu ahindutse imbata yayo mu buryo bwose bw'ijambo.

Umuntu ufite uburakari, irari, cyangwa umururumba yibagirwa umwanya we kandi akirengagiza umubano we na sosiyete, akora amakosa akomeye yangiza ubuzima bwe n'ubw'abandi. Benshi muri aba bantu bafite uburwayi bwo mu mutwe bizera ko iyo bagaragaje ingeso zabo zo mu mutwe, baba barimo kwishyira mu mwanya wabo kandi bakabona impumuro. Nyamara, kwishora mu byifuzo bibi ni ingeso igira ingaruka mbi, kuko iyo umuntu akomeje kugaragaza iyo myitwarire mibi, aba imbata y'imitekerereze, akigira urwenya mu maso y'abandi, hose no mu gihe cyose.

Niba abana bahuye n'ibidukikije birimo uburozi mu gihe ubwenge bwabo bukiri gukura kandi bushobora guhinduka, bazagira ingeso mbi, iyo zitagenzuwe, zishobora gutera indwara zo mu mutwe zikomeye Ababyeyi babonye impinduka zitunguranye ku mwana wabo—nk'umwana wari utuje uhora yinubira—bagomba kwitondera cyane, kumenya no gukemura impamvu zituma bacika intege kandi bihebye, no gushaka uburyo bushya kandi bwubaka bwo gukoresha imbaraga zabo mu buryo bw'ingirakamaro kandi bunoze.

Abagaragaza kimwe muri ibyo bisobanuro ni abasinzi bo mu mutwe. Bagendera mu ngeso mbi zitari zo kandi batazitayeho, bangiza ibyishimo byabo binyuze mu kwiye gurira imigezi y'irari ryabo ku bushake no kugaragaza imico mibi yabo.

Ntacyo bimaze gucyaha, gucyaha, cyangwa gushinja abarwayi bo mu mutwe bafite ingeso mbi zo mu mutwe. Imiterere yabo yo mu mutwe ni ingaruka z'ingeso mbi bahorana. Bagomba gufatwa

nk'abarwayi bo mu mutwe bafite ibibazo byo mu mutwe bidakira.

Guhindura inshuti ni bwo buryo bwiza bwo kuvura ubusinzi bwo mu mutwe, kuko ubushake bw'umuntu wasinze mu mutwe buba imbata y'ingeso bityo nta kurwanya ikibi. Uburyo bwiza bwo kuvura ni ukumwimurira ahantu hakora nk'umuti w'uburozi bwo mu mutwe we. Umuntu urakaye agomba gushyirwa—niba bishoboka—hamwe n'umuntu umwe cyangwa benshi batarakara ndetse no mu bihe by'ubushotoranyi n'umujinya. Umuntu ufite irari ry'ibitsina agomba kuba akikijwe n'abantu bitonda. Umujura wabigize umwuga akeneye ihuriro ry'abantu b'inyangamugayo. Umuntu ugira ubwoba kandi utinya ashobora gufashwa no kubashishikariza kwifatanya n'abantu b'intwari no gusoma ubuzima bw'intwari. Abafite uburakari n'imyitwarire mibi bagomba kugumana ihuriro n'abantu bishimye kandi b'abanyabuntu.

Umuntu ufite ikibazo cyo mu mutwe agomba kwibuka ko kuribwa mu nda cyangwa kudakora neza kw'amara, hamwe no kurya inyama, cyane cyane inyama z'inka n'ingurube, bizongera indwara zo mu mutwe kandi bigakomeza kuzishyira mu bwonko bwe. Gushyira imbuto n'imboga nyinshi mu mirire ye ya buri muni, kwiiriza ubusa umunsi umwe mu cyumweru, ndetse rimwe na rimwe no gushyiramo inzoga ndende, bizafasha cyane guhindura ibice by'ubwonko aho ingeso mbi ziba zigaragara.

Gukora imibonano mpuzabitsina ikabije byangiza uturemangingo tw'imitsi n'uturemangingo tw'ubwonko, bigatera uburakari ku murwayi wo mu mutwe. Byongeye kandi, kwishimisha cyane mu mibonano mpuzabitsina bigabanya imbaraga zo gukora ubushake. Bityo, abantu bose bafite uburwayi

bwo mu mutwe bagomba kwiga kugenzura irari ryabo ry'imibonano mpuzabitsina kugira ngo bamenyere gushyira mu gaciro mu mibanire yabo n'abashakanye, nk'uko kamere ibivuga.

Akenshi dusanga abatunga umuryango cyangwa abawutunga—baba se cyangwa umuhungu, ndetse no mu miryango imwe n'imwe, umubyeyi cyangwa umukobwa—bagaragaza ingeso yo kunywa inzoga bitewe no kumva ko umwanya wabo ubaha uburenganzira bwo kugenzura no gushyiraho ubushake bwabo. Aba banyagitugu bato ntibagomba kurekura uburakari bwabo ku bagize umuryango babakeneye kandi babafitiye icyizere. Kuko nibabikora, bazatakaza icyubahiro n'icyubahiro by'abakunzi babo.

Iyo umunyagitugu w'umuryango yizeye ko ashobora gukora uko ashatse mu rugo, atangira kugaragaza imico ye idashimishije n'imico ye mibi ndetse no hanze y'umuryango. Amaherezo, amenyera iyi myitwarire iteye isoni kandi agakora ibikwiye, aho ari ho hose n'igihe icyo ari cyo cyose. Keretse abo banyagitugu bagenzura icyifuzo cyabo cyo gutegeka abakunzi babo, buhoro buhoro bahinduka abatishoboye mu mutwe, bakora badakuze mu marangamutima kandi bagateza ibibazo bikomeye ku bantu ba hafi yabo, abakorana nabo rimwe na rimwe, ndetse na bo ubwabo.

Umuntu wese wemera ko arwaye mu mutwe agomba gushaka ubuvuzi. Nibura agomba kureka kugerageza kwanduza abandi. Tekereza ko wicaye mu rugo utuje, wenda usoma igitabo iruhande rw'umuriro, maze mu buryo butunguranye inzoka y'umukara ikinjiye mu nzu yawe! Birumvikana ko hazabaho urusaku, kandi wowe n'abari hafi yawe muzagerageza kwirukana inzoka y'umukara, mwinjije

imiti mibi. Ingaruka zabyo ni uko urugo n'inyamaswa y'umukara bizangirika.

Mu buryo nk'ubwo, ntabwo bikwiye ko inzoka y'umuntu yinjira mu bidukikije idashaka ko iba, kuko ishobora kubabaza abantu bose bayikikije, amaherezo igafatwa nabi.

Mwibuke, nshuti zanjye, ko inyamaswa y'agasimba, ifite imitingito yo mu mutwe y'ubugome igaragara mu maso yayo kandi igaragara mu maso hayo, iteza ingaruka mbi cyane mu ituze, amahoro n'ituze. Uyu muntu ntakirwa ahantu hose.

Guhisha uko umuntu ameze mu mutwe ni byiza kuruta kwemera ingaruka zabyo mu bantu. Kwishimisha mu buryo buteye isoni, cyangwa guha uburenganzira bwo kuyoborwa n'ibyifuzo n'irari, ni ubutaka bwiza aho ibyifuzo mbere na nyuma yo kubyara bikura kandi bigatera imbere. Bityo rero, umuntu wese urwaye iyi ndwara agomba kuba maso cyane kugira ngo adatura ahantu hatera imbuto z'imatekerereze y'umuntu z'ingeso mbi cyangwa ingeso mbi.

Birumvikana ko iyo uhuye n'umuntu ugukorera amagambo yo kwiyitirira akakubwira amwenyura ati “Hashize igihe kirekire!” mu gihe yibwira ati “Imana ivume isaha yaduhuje,” wumva amarangamutima ye, wumva utamukunze, kandi ukumva utengushywe n'amagambo ye yo kwiyitirira.

Ku giti cyanjye, ndashaka kumenya aho mpagaze n'abantu nkunda kuba inyangamugayo, nubwo byaba bibabaza cyangwa bigayitse, kuruta kwiyitirira ibinyoma. Ntawe wifuza ko inzoka y'uburyarya imugaragaza iri muni y'urushundura rw'inseko nziza cyangwa inyuma y'amagambo meza kandi aryoshye.

Nubwo bimeze bityo, ni byiza ko umuntu urwaye inzoga zo mu mutwe agirana ubucuti n'abandi, nubwo

byaba ari ukwigaragaza gusa, aho kubatera uburozi bw'imico ye mibi.

Kwifata buri munsu, ndetse no mu bintu bito, bizafasha umurwayi wo mu mutwe w'inzoga kuva mu ngeso mbi ze mbi buhoro buhoro.

Amahoro abe kuri mwe

Imbaraga zo kwibanda ku bintu

Kugira ngo umuntu ushakisha abyakire, agomba kwicara atuje agashyira ibitekerezo bye ku cyifuzo gikwiye kwitabwaho kugeza igihe ubwenge bwe n'ibitekerezo bye bizigamiye neza muri icyo gitekerezo. Iyo ubushake bw'umuntu buhuye n'ubushake bw'Imana buzi byose kandi bushobora byose, bushobora gukoreshwa neza kugira ngo bugere ku ntego wifuzwa. Umuntu ntashobora kwicara ngo ategereze ko intsinzi igwa mu biganza bye. Iyo ushyizeho inzira yawe kandi wiyemeje gutera imbere, ugomba gushyiramo imbaraga ubushake bwawe kandi ugakoresha imbaraga zifatika, kandi uzasanga ibintu byose bigize intsinzi bizakugeraho aho utabyiteze. Mu bushake bwawe, bufite umuyoboro w'Imana, niho igisubizo cy'amasengesho yawe giherereye. Iyo ukoresheje ubwo bushake, ufungura idirishya unyuramo kugira ngo ubone igisubizo cy'amasengesho yawe. Ubu ni ubunararibonye bwanjye. Mu bihe byashize, nagerageje gukora ibintu bimwe na bimwe kugira ngo menye ubushake bwanjye, ariko ubu simbyifuza kuko nsanzwe nzi umusaruro: icyo nifuza cyose kirasohora.

Hashize imyaka myinshi, nabonye umwe mu bigishwa banjye anyura mu nzira mbi. Nabonye ingaruka mbi kandi zibabaje z'ibikorwa bye, nagerageje kumwizeza nkoresheje uburyo bwose

bufatika kugira ngo ahindukire ave mu nzira ye. Ariko nasanze ntashoboye kumufasha, kuko yari yiyemeje gukomeza inzira y'ikibi. Amaherezo, nibwiye nti: "Kubera ko ashaka kubikora, nzamusiga." Ariko urukundo rwanjye n'ukuntu namwitagaho byaragarutse vuba, nicara munsi y'igiti cy'umubanyan ndamwibwira. Nakomeje kumwoherereza ubutumwa bukurikira mu mutwe: "Ndagusaba kugaruka." Nimugoroba, numva mfite ibyiyumvo bikomeye kandi byumvikana, haba ku mubiri no mu bwenge, ko koko yari agarutse. Mu buryo butunguranye, "umwana w'ikirara" yaraje, amaze gutaha. Yanyakiriye aramwunamira maze arambwira ati: "Umunsi wose, aho nagiye hose n'icyo nakoraga cyose, nabonye isura yawe. Ibi bivuze iki?" Naravuze nti "Imana yari iguhamagaye binyuze muri njye. Byari uguhamagara kwayo, ntabwo ari ukwanjye. icyifuzo cyanjye ntabwo cyari icy'ubwikunde, ariko nari niyemeje kutava aha hantu kugeza igihe ugarutse." Ubu bwoko bw'ubushake bushobora kuzana impinduka zikomeye ku isi. Mu by'ukuri ni imbaraga zitangaje kandi zitangaje!

Kubwibyo, isengesho ryimbitse rigira ingaruka zikomeye kandi zikomeye. Igihe cyiza cyo gusenga ni nijoro aho ibintu bikurangaza biba bike. Niba ubona ko ari ngombwa gusinzira nimugoroba, bikora kugira ngo ubwenge bwawe bukomeze kuba maso kandi bushyire imbere mu gihe cy'amasengesho ya nijoro, no kubana n'Imana. Ibi bishobora kugaragara nk'ibitoroshye mu ntangiriro, ariko bizagenda byoroha iyo ukomeje gushyiraho imihati, kandi uzatangazwa n'umusaruro mwiza uzabona. Iyo ufite ubushake bwihariye kandi buhamye, Imana itangira gusubiza. Kandi iyo Umuziranenge utagira iherezo

uciye agace kayo k'ubusa, uzarengerwa n'ibyishimo. Ariko igihe cyose umuntu afite icyifuzo kimwe cyo kugaragaza imbaraga z'amasengesho ye ku bandi, cyangwa nibayahindura ikintu cyo kunguka, azatakaza ubwo bubasha, kandi Imana ntizongera kumusubiza, kuko azaba yashinze uruzitiro hagati ye n'Imana, akitandukanya na yo. Imana izaza ku muntu uyishaka gusa iyo ari umunyakuri kandi w'ukuri, kandi iyo ayikunze kubera yo. Iyo umuntu yishyize mu mwanya we maze akishyira mu bwibone no kwirata, Imana izi ko itamushaka ahubwo ishaka kwirata, kandi ntizemera ubutumire bwabo.

Ni nde uzakomeza kwiyeemeza no kwihangana kugeza igihe Imana izasubiza?

Imana ni yo shingiro ry'urukundo n'isoko y'urukundo Niba uzi gutekereza ugamije kwihuza na Yo, izasubiza ibyifuzo byawe by'urukundo Nta mpamvu yo kuyisaba kuyigeraho Ariko se ni nde uzayihira umwanya ukenewe? Kandi ni nde uzihanganira kugeza igihe izaba umuriro ugurumana wo kwibanda ku bitekerezo bye?

Niba ufite imyenda udashobora kwishyura, cyangwa niba wifuza akazi, banza utekereze Mu ituze rikurikira gutekereza cyane, shyira ubwenge bwawe ku byo ukeneye, ariko ntugahore ukurikirana umusaruro. Niba uteye imbuto mu butaka ugakomeza kuyicukura kugira ngo urebe niba ikura, ntizigera imera. Mu buryo nk'ubwo, niba ureba—igihe cyose usenga—ikimenyetso cy'uko Imana yaguhaye icyifuzo cyawe, ntuzabona icyo ushaka. Komeza usenge nta nkomyi kandi ureke ibisigaye ku Mana. Inshingano yawe ni ugukurura Imana ku byo ukeneye no kugira uruhare rwawe mu kuyifasha gusohozza ibyiringiro

byawe. Urugero, mu gihe cy'indwara zikomeye, kora ibishoboka byose kugira ngo uteze imbere gukira. Ariko menya neza ko umuti wa nyuma uri mu maboko y'Imana. Reka iki gitekerezo kiguherekeze mu gitekereza kwawe buri joro. Senga ufite umurava mwinshi n'icyizere cyizewe, kandi umunsi umwe uzabona ko indwara yashize mu buryo butunguranye.

Ubwenge bubanza kwakira ibitekerezo, hanyuma Imana igaha ubwonko imbaraga zayo Amaherezo, ubwonko burekura imbaraga z'ubuzima kugira ngo bukize Ntuzi ingano y'imbaraga z'Imana zibitswe mu bwonko bwawe. Zigenzura imikorere yose y'umubiri. Ushobora kuvura indwara iyo ari yo yose y'umubiri ukoresheje izi mbaraga z'ubwonko. Ni ngombwa kubanza kumenya uburyo bukwiye bwo gitekereza, hanyuma uzabasha gukoresha imbaraga zo kwibanda, zongerewe imbaraga z'Imana, kugira ngo ukize umubiri cyangwa uhangane n'indi ndwara iyo ari yo yose.

Gerageza gukora ikintu kigoye buri munsi Komeza ugerageze, nubwo wananirwa inshuro eshanu Iyo utsinze, koresha imbaraga zawe z'ubushake kugira ngo ugere ku kindi kintu. Muri ubu buryo, uzabasha kugera ku bintu bikomeye ku muvuduko wihuse. Ubushake ni ikimenyetso kizima cy'ishusho y'Imana iri muri wowe. Mu bubasha bw'ubushake harimo imbaraga zitagira iherezo: imbaraga zimwe na zimwe zigenga imbaraga zose za kamere. Kandi kubera ko waremwe mu ishusho y'Imana, izo mbaraga ziri mu biganza byawe kugira ngo ugere ku cyo wifuza cyose: ushobora kurema uburumbuke n'ubwinshi no guhindura urwango mu rukundo. Saba Imana kugufasha kugenzura umubiri n'ubwenge, hanyuma

uzahabwa igisubizo cy'Imana. Buri gihe mbona ko ibyifuzo byanjye by'ingenzi byamaze gusohozwa.

Icyo dukeneye cyane ni Imana

Ku gahanga, hagati y'amaso, hari irembo rigana mu ijuru. Iki gice cy'ubwonko ni intebe y'ubushake. Iyo werekeje ibitekerezo byawe kuri iki gice n'ubushake utuje, icyo wifuza cyose kizarangizwa. Bityo, ntugomba na rimwe gukoresha ubushake bwawe mu ntego mbi. Kwifuza kugirira nabi undi muntu, cyangwa kwifuriza uwo muntu ikibi, ni ugukoresha nabi ububasha Imana yaguhaye. Niba ubona ubushake bwawe bukuyobya, ugomba guhita uhagarara. Kuko gukomeza muri icyo cyerekezo atari ugupfusha ubusa imbaraga zera gusa, ahubwo bizanagutera gutakaza ubwo bubasha, kandi ntuzongera kubukoresha no mu ntego nziza.

Mbere na mbere, amasengesho agomba kuba ayumvikana kandi yemewe Ntitugomba gusaba Imana ibintu bidashoboka cyangwa bidashoboka mu buzima busanzwe Tugomba gusaba gusa ibyo dukeneye by'ingenzi. Itandukaniro rigomba kandi kugaragara hagati y' "ibyo dukeneye by'ingenzi" n' "ibyo dukeneye bitari ngombwa". Uburyo bwiza bwo kwikiza "ibyo dukeneye bitari ngombwa" ni ukwisuzuma no gusuzuma ibyo bikenewe mu mucyo w'ubwenge n'ubwenge. Kurota inyubako nini byari kimwe mu byo nkunda, ariko icyo cyifuzo cyarazimye. Namaze gutunga inyubako nyinshi nk'izo, hamwe n'ibibazo byose bijyana no gusana no kubungabunga. Kugira umutungo ni inshingano iremereye. Icyifuzo cyo kugira ibintu bidafite isuku kigomba kurekwa, kandi umuntu agomba kwibanda ku byo akeneye gusa.

**Icyo umuntu akeneye cyane ni Imana Iyo
ayimenye, ntazamuha "ibyo akeneye" gusa, ahubwo
azamuha n'ibyo akeneye bitari ngombwa! Azasohoza
ibyo umutima we wifuza byose, nk'uko azasohoza ibyo
yifuza n'inzozu ze akunda cyane.**

**Nkiri umuhungu mu Buhinde, nari mfite icyifuzo
gikomeye cyo gutunga ifarashi ntoya, ariko mama
ntiyanyemereye Nyuma y'imyaka myinshi, ubwo
nashingaga ishuri ry'abahungu i Ranchi, nazanye
ifarashi ntoya kugira ngo tuyikoreshe Umunsi umwe
mu gitondo, nasanze yabyaye inyana, nk'uko
nabyifuzaga mu bwana bwanjye! Ibigeragezo nk'ibyo
byambayeho kenshi Kera cyane, ubwo nari mu
rugendo rugana i Kashmir, nabonye iyi nyubako
(icyicaro gikuru cy'ubumenyi bwite) mu iyerekwa
Nyuma y'imyaka myinshi, nabonye iyi nyubako maze
mpita nyimenya nk'inyubako nabonye mu iyerekwa,
menya ko Imana yashakaga ko iba iyanjye.**

**Iyo usenga cyane kandi ukomeje, uzumva
ibyishimo byinshi byuzuye umutima wawe no kuba**

**Ntukanyurwe cyangwa ngo wemerwe kugeza igihe
wumvise uwo munezero, kuko numara kumva uwo
munezero mwinshi mu mutima wawe, uzamenya ko
isengesho ryawe ryageze ku Mana kandi ko uri mu
bitekerezo byayo kandi ko Umwami wawe azaguha
kandi uzanyurwa.**

Imana iguhe intsinzi Amahoro abe kuri wewe

Uburyo bune bw'ingenzi



Isano iri hagati y'umuntu wo mu mwuka n'umubiri
n'ubwenge ni yo ntandaro y'ububabare bwacu bwose,
imipaka, imipaka, intege nke, n'intege nke Kubera iyi sano,
tugira ibyishimo kimwe n'ububabare n'ibyishimo, ku buryo
tudashobora kugira ibyishimo by'Imana cyangwa ubwenge.
Idini, mu by'ukuri, rikubiyemo kwirinda ububabare buri gihe
.no kugera ku byishimo bitunganye, cyangwa Imana
Nk'uko ishusho nyayo y'izuba idashobora kugaragara
neza hejuru y'amazi ahindagurika, ni ko n'imiterere nyayo
y'ubugingo bw'umwuka (ishusho y'umwuka wose)
idashobora kumvikana cyangwa ngo ifatwe n'imiraba
y'ihungabana n'imihangayiko bituruka ku kwihuza kwa roho
n'imiterere ihindagurika kandi ihinduka y'umubiri
n'ubwenge. Kandi nk'uko amazi ahindagurika ahindura
ishusho nyayo y'izuba, ni ko n'ubwenge buhangayikishijwe
buhindura kamere y'ubugingo bw'imbere iteka ryose
.binyuze muri uku kwitandukanya cyangwa kwihambiraho
Intego y'iki gice ni ugushakisha uburyo bworoshye,
bukwiye kandi bufite akamaro buri wese ashobora
gukoresha, bwabatura ubugingo buhoraho bw'umwuka
burangwa n'ibyishimo bikabije ku bwenge no ku mubiri, bityo
bukaburinda burundu ububabare n'imibabaro no
kubuzamura mu byishimo by'umwuka ari byo shingiro
.ry'idini
:Ibitabo by'ubwenge byo mu Burasirazuba bivuga bita

Iyo washoboraga kuzamuka hejuru y'umubiri ukamenya"
ko uri roho, wagira ibyishimo by'iteka ryose kandi ukaba
"ubohowe ku bubabare bwose
Hari inzira enye z'ibanze z'amadini rusange, aho
imyitoto ya buri munsu ifasha mu kubohora umuntu mu
by'umwuka ku nzitizi z'umubiri n'ubwenge. Izi nzira enye
zikubiyemo imigenzo yose y'idini ikwiye yigishwa cyangwa
isabwa n'abahanuzi, abatagatifu n'abanyabwenge bafite
.ubumenyi

Imigenzo y'idini ni iyashyizweho kandi ikigishwa
n'abahanuzi mu buryo bw'inyigisho zitandukanye Abafite
ubumenyi buke bananirwa gusobanukirwa akamaro nyakuri
k'izi nyigisho, bemera ibisobanuro byazo byo mu buryo
burambuye kandi buhoro buhoro bakagera ku rwego
rw'imihango, imihango, imigenzo, imigenzo, n'imigenzo
.ihamye. Iyi ni yo soko y'ubufana ku mashyamba n'udutsiko
Tugomba kumenya ko tutaremewe amategeko
n'amabwiriza, ariko ariho ku bwacu. Arahinduka uko
duhinduka kandi tugatera imbere uko dutera imbere, kandi
ni inshingano zacu gukurikiza ishingiro ry'itegeko, atari uko
.rigaragara inyuma, bitewe n'ubujiji n'ubufana
Imico n'uburyo bwo gusenga biratandukanye bitewe
n'amatsinda atandukanye y'ibitekerezo, ariko ishingiro
ry'amatsinda atandukanye y'ibitekerezo by'abahanuzi ni
!rimwe mu shingiro ryabyo, ariko abantu benshi ntibabyumva
Abahanga mu bitekerezo bagerageza kumenya ukuri
kw'ukuri bakoresheje imbaraga zabo zo gutekereza, ariko
barananirwa mu byo bakora kuko ukuri kw'ukuri
kudashobora kumvikana binyuze mu bumenyi bwo mu
.mutwe gusa

Ubumenyi butandukanye no gusobanukirwa gusa.
Ntibishoboka gusobanukirwa uburyohe bw'ubuki mu buryo
bushyize mu gaciro niba umuntu ataraburya. Mu buryo
nk'ubwo, ubumenyi bw'idini buturuka mu bwimbitse
bw'uburamba bw'abantu. Ibi akenshi ni byo dukora iyo

tugerageza gusobanukirwa Imana, inyigisho z'idini,
n'amahame mbwirizamuco; gake cyane dushaka kumenya
.ibi bintu binyuze mu burambe bw'imbere mu mwuka
Birababaje kubona abafite ubushobozi bwo gutekereza
bashobora gukoresha ubwenge bwabo mu kuvumbura ukuri
kw'ubumenyi karemano n'izindi nzego z'ubumenyi akenshi
bizera ko bashobora gusobanukirwa ukuri kw'idini
n'amahame mbwirizamuco hejuru binyuze mu bwenge gusa.
Ikibabaje ni uko aho kuba isoko y'ubufasha, ubwenge bwabo
n'ubushobozi bwabo bwo gutekereza akenshi bibabera
.inzitizi, bikababuza gusobanukirwa ukuri kw'ukuri
Noneho reka turebe inzira enye z'amadini ziranga
:iterambere ry'umwuka

Ubwa mbere: Uburyo bwo gutekereza - uburyo
busanzwe, busanzwe, ariko budakora neza mu bijyanye no
kubona ibintu vuba cyane Iterambere ry'ubwenge n'imikurire
ni ibisanzwe kandi ni ibisanzwe ku biremwa byose bifite
ubwenge Kwimenya kwacu ni byo bidutandukanya
n'inyamaswa zo hasi, zifite urwego rutandukanye
.rw'ubwenge ariko ntizimenye ibyo zitekereza
Mu ntambwe n'inzira z'iterambere n'ubwihindurize,
dusanga ubu bwenge bugenda buhinduka ukwimenya. Mu
bwenge bw'inyamaswa havukamo ukwiyumvamo, kandi
buhoro buhoro ubwenge bugerageza kwibohora no
kwimenya binyuze muri bwo. Bityo, buhinduka bujya mu
kwiyumvamo; iyi mpinduka iterwa n'uburyo kamere
bw'iterambere. Imitekerereze y'umuntu, ifitanye isano
n'imiterere myinshi y'umubiri n'iy'ubwenge, igerageza
buhoro buhoro kandi mu buryo busanzwe gusubira mu byo
.ari byo

Guteza imbere ibitekerezo bifatika ni bumwe mu buryo
umuntu wo mu mwuka yishyira hejuru kandi akibohora
imbogamizi z'umubiri n'iz'ubwenge. Imbaraga umuntu wo
mu mwuka yishyira mu mwanya we w'ukuri binyuze mu

iterambere ry'ibitekerezo no kubyibuka ni ibisanzwe. Iyi ni yo
nzira y'isi

Umwuka w'isi yose wigaragaza mu byiciro bitandukanye

by'iterambere: kuva ku byo hasi kugeza ku byo hejuru Mu
mabuye no mu butaka, nta bwenge cyangwa ubuzima
nk'uko tubibona, mu gihe mu biti hari gukura kw'ibimera, ni
ukuvuga uburyo bwo kugera ku buzima. Ariko, nta buzima
bw'ubuntu, butagira imbogamizi cyangwa inzira yo
gutekereza neza. Mu nyamaswa, hari ubuzima n'ubumenyi
bw'ubuzima. Mu bantu—agahebuzo—hari ubuzima bufite
ubumenyi bwabwo, hiyongereyeho no kumenya neza mu
bugingo. Bityo rero, ni ibisanzwe ko abantu biteza imbere
binyuze mu bitekerezo, isesengura, no gutekereza, binyuze
mu kwiga ibitabo byimbitse, no mu bushakashatsi,
ubushakashatsi, isuzuma, igerageza, no kugerageza kugera
.ku nkomoko y'impamvu n'ingaruka mu isi karemano

Uko umuntu arushaho gutekereza cyane, ni ko arushaho
gukoresha uburyo yageze ku rwego rwe rw'ubu mu nzira yo
kuzamuka kw'isi, kandi ni ko arushaho kwegera Umwuka
.Usumba byose

Kubera ko twishyira hejuru binyuze mu bwenge bwacu
tukarusha umubiri n'ibyo ukeneye, gukoresha neza kandi
bigambiriwe ubu buryo bwo mu bwenge bizatanga
umusaruro wihariye kandi wihariye Gutoza ubwenge binyuze
mu kwiga byimbitse no kugira ngo bunguke ubumenyi mu
rwego runaka bifasha kunoza ubumenyi bwite ku rugero
runaka, ariko ntabwo—mu rwego rw'ingenzi—ari ingenzi
nk'inzira yo gutekereza igamije kurenga umubiri no
.gusobanukirwa ukuri

Mu Buhinde, uburyo bwo mu mutwe buhanitse bwitwa

Jnana Yoga, bivuze kugera ku bwenge nyakuri binyuze mu
kwibuka no gushishoza; nk'igihe umuntu ahora yiyibutsa ati:

"Sindi umubiri, kandi amashusho y'ubuzima bwo ku isi
"ntashobora kungiraho ingaruka ndi umwuka

Ariko, ikibazo cy'ubu buryo ni uko ari inzira igenda buhoro yo kwiubaka, kandi ishobora gusaba igihe kinini. Mu gihe umuntu wo mu mwuka atangiye kwimenya, aguma ahugiye mu bitekerezo by'igihe gito kandi bidafite aho bihuriye. Ku rundi ruhande, ituze ry'umutima rirenze ubwenge kandi rikazamuka hejuru y'ibiyumvo by'umubiri, nubwo—iyo rigezweho—rikwirakwira kandi rikarenga ibyo .byiyumvo

Icyi kabiri: Uburyo bwo gusenga - bukubiyemo kugerageza gushyira ubwenge bwacu ku gitekerezo kimwe aho kubushyira ku bitekerezo bitandukanye n'ibindi bintu bitandukanye (nk'uko bimeze mu buryo bwo gutekereza) Uburyo bwo gusenga bukubiyemo ubwoko bwose bwo gusenga, nko gusenga (bugomba kuva mu bitekerezo byose by'isi) Muri ubu buryo, umuntu wo mu mwuka agomba kwibanda cyane ku kintu cyose ahisemo kwibandaho: haba ku gitekerezo cyihariye cy'ubumana cyangwa ku kubaho .kwuzuye, gukubiyemo byose

Ingingo y'ingenzi ni uko umuntu ushaka ibintu byose agomba gushyira ubwenge bwe ku gitekerezo kimwe cyo gusenga afite ishyamba n'ishyamba. Binyuze muri ubu buryo, umuntu wo mu mwuka agenda akurwa mu bintu byinshi bimurangaza mu mutwe kandi akabona umwanya n'amahirwe bikenewe kugira ngo atekereze ku byo ari byo. Iyo dusenze tubikuye ku mutima, twibagirwa ibiyumvo byose by'umubiri kandi tugashyira ku ruhande ibitekerezo byose bitwinjiramo bigerageza kwigarurira ibitekerezo byacu .no kutwigarurira

Uko amasengesho yacu arushaho kuba meza, ni ko turushaho kunyurwa. Ibi biba igipimo dupimamo kwegera Imana, yo ineza ihebuje. Mu gushyira ku ruhande ibyifuzo by'umubiri no kugenzura ibitekerezo bidutandukanya, .ubusumbane bw'ubu buryo buruta ubwa mbere bugaragara Ariko, ubu buryo bufite inenge n'ingorane bikomoka ku kwihambira ku mubiri mu buryo bw'umwuka no ku kuba

imbata yawo, kandi bugerageza kwitandukanya n'ubwenge
bwabwo n'ibintu by'umubiri n'ibyo mu mutwe ariko
.ntibishoboka

Nubwo umuntu yifuza gusenga cyangwa kwishyira mu
buryo bwuzuye mu buryo runaka bwo gusenga, ubwenge
bwe bukomeza kwibasirwa n'ibyiyumvo bidafite ishingiro
n'ibitekerezo by'igihe gito bitangwa no kwibukwa. Mu
isengesho, akenshi tuba duhangayikishijwe cyane no
gushyiraho uburyo bwiza bwo gusenga cyangwa
.gutegerezanya amatsiko ko ibibabaza umubiri bikurwaho
Nubwo twashyizeho imihati myinshi tubitekerezaho,
ingeso mbi zacu, zabaye kamere yacu, ziganza ibyifuzo
by'ubugingo kandi zikabubuza ubushobozi bwabwo Nubwo
twifuza cyane, ubwenge bukomeza guhangayika no
kujijinganya, ku buryo imvugo ngo "aho ubwenge bwawe
buri, niho n'umutima wawe uri" ikora. Dusabwa gusenga
Imana n'imitima yacu yose, ariko dusenga imitima yacu
ihubanganyijwe n'inkubi y'imiyaga n'ibitekerezo
.by'amarangamutima

Icy a gatatu: Uburyo bwo Gutekereza - Ubu buryo
n'ubukurikira ni ingirakamaro gusa kandi burimo imyitozo
ikoreshwa. Bagirwa inama n'abanyabwenge bakomeye
bamenye ukuri mu buzima bwabo. Nanjye ubwanjye nize
ubu buryo bubiri kuri umwe muri aba bahanga bakomeye mu
.by'umwuka

Mu kwitoza gutekereza kugeza igihe bihindutse
akamenyero gakomeye, dushobora gutera umuntu gusinzira
neza. Iyi mimerere ituje kandi ishimishije ikunze kugaragara
iyo dusinziriye cyane kandi twegereje guta ubwenge,
cyangwa iyo tukangutse tukegereza ubushobozi bwo
.gutekereza

Muri iyi mimerere yo gusinzira neza, tuba tubohowe
ibitekerezo byose byo hanze n'amarangamutima y'umubiri,
kandi roho ishobora kwitekerezaho no kwegera ibyishimo

rimwe na rimwe, hakurikijwe ubwinshi bw'ibitekerezo
.n'umuvuduko w'imyitozo

Muri iyi mimerere, tuba tutazi kandi tudafite ibibazo
by'umubiri n'ibyo mu mutwe byinjira mu bwonko. Binyuze
muri iyi gahunda yo gutekereza, ingingo zo hanze
n'iz'ibyumviro bigenzurwa no gutuza imitsi ku bushake, nko
.mu gihe cyo gusinzira

Iyi mimerere yo gutekereza ni yo ya mbere, ariko si iya
nyuma, yo gutekereza nyabyo. Mu (gusinzira mu buryo
bw'ubwenge), twiga kugenzura ibyumviro byo hanze gusa.
Itandukaniro ryonyine ni uko mu bitotsi bisanzwe, ibyumviro
bigenzurwa mu buryo bwikora, mu gihe mu gutekereza mu
buryo bw'ubwenge, bigenzurwa binyuze mu mbaraga
z'ubwenge. Ariko, muri iki cyiciro cya mbere cyo gutekereza,
umuntu wo mu mwuka aguma ashobora kwivanga
n'imikorere y'imbere mu mubiri nk'ibihaha, umutima, n'izindi
.ningo twibeshya ko zirenze ubushobozi bwacu
Bityo rero, twagombye gushaka uburyo bwiza kuruta
ubu, kuko keretse iyo umuntu wo mu mwuka ashobora
guhagarika ibyiyumvo by'umubiri ku bushake bwe, ndetse
n'ibyiyumvo by'imbere byemerera ibitekerezo kuvuka,
agumana ibyago byo guhura n'ibyo bibazo nta cyizere cyo
kubigenzura no kubihagarika, cyangwa kugira amahirwe yo
.kwimenya

Icyo kane: Uburyo bwa Siyansi bwa Yoga – Mutagatifu

Pawulo yaravuze ati “Ndapfa buri muni” Avuga ibi,
yashakaga kuvuga ko yari azi kugenzura ingingo ze z'imbere
no kwibohora mu mwuka we binyuze mu mbaraga z'umubiri
n'ubwonko. Abantu basanzwe, batamenyerejwe, bagira
imimerere nk'iyi yo hafi yo gupfa, iyo umubiri w'umwuka
.ubohowe mu mubiri urimo kubora
Iyo umuntu ahuguwe neza kandi agakoresha uburyo
bufatika kandi busanzwe, ashobora kumva ko umuntu wo
.mu mwuka atandukanijwe n'umubiri we ntapfe burundu

Aha ndatanga incamake rusange y'uburyo n'inyigisho
nziza ya siyansi ishingiyeho. icyo ntanga ni ukubera
ubunararibonye bwanjye bwite kandi gishobora kuvugwa ko
ari ingenzi ku isi yose. Navuga kandi nemeza ko ibyishimo,
ari na byo ntego yacu y'ibanze—nk'uko nabisobanuye—
bigaragarira cyane mu ikoreshwa ry'ubu buryo. Mu by'ukuri,
imyitozo ubwayo irashimishije cyane. Nahamya ko
ishimishije cyane kuruta ibyishimo bikomeye
by'amarangamutima bigerwaho binyuze mu byumviro bitanu
cyangwa ubwenge. Sinshaka gutanga ikimenyetso cy'uko
ubu buryo bufite akamaro uretse ibyo umuntu ubukoresha
azagira. Uko umuntu ubikora yihanganye kandi buri gihe , ni
.ko arushaho kumva ahamye ko afite umutima wo kwishima
Kubera ko ingeso mbi zigoranye kandi zishinze imizi
cyane, ubumenyi bw'umubiri burabyuka rimwe na rimwe,
bugatera iyo mimerere y'ituze hamwe n'ibyibuka byayo
byose. Ariko, hamwe n'imyitozo ihoraho kandi irambye,
dushobora kwizeza umukoresha ko igihe kizagera aho
azabona ibyishimo byo mu buryo bw'umwuka bihebuje. Ariko
ntitugomba kugerageza kwiyumvisha umusaruro ubu buryo
butanga hanyuma tukareka iyo myitozo nyuma y'igeragezwa
rigufi. Intsinzi nyakuri n'iterambere nyakuri bisaba
.kwitondera ingingo zikurikira z'ingenzi
Ubwa mbere: Witondere cyane ingingo wifuza kwiga
Icy a kabiri: icyifuzo nyacyo cyo kwiga ufite umwuka wo
gushakisha
Icy a gatatu: Gukomeza kwihangana kugeza igihe intego
wifuza igezweho
Nitugera hagati tugasuzugura uburyo nyuma yo gukora
.imyitozo yoroshye, ntabwo tuzabona umusaruro twiteze
Birababaje cyane kubona abantu bamara igihe kinini
bashaka ibintu by'ibanze cyangwa baganira ku bitekerezo
n'impaka z'ubwenge, ariko bagakunda kwivumbura no
kwibonera ukuri kw'umwuka gukungahaza ubuzima, kandi
koko kukabuha ibisobanuro. Ubwenge bwabo buhugiye mu

bintu bidafite akamaro, imyitwarariko idakenewe, n'ibyifuzo
.bikomeye, aho kwerekezwa neza kuri iyo ntego
Maze imyaka myinshi nkora ubu buryo bwavuzwe
haruguru, kandi igihe cyose mbukora numva ibyishimo
byinshi cyangwa ibyishimo bihoraho imbaraga zabwo
.zidashira kandi inzira yabwo idahagarara

Tugomba kwibuka ko roho y'umwuka yamaze igihe
kirekire ifunzwe n'umubiri, kandi ishobora kutabohorwa mu
munsi umwe. Imyitozo migufi kandi y'igihe gito ntishobora
guha umuntu uyikora ibyishimo byo mu buryo bw'umwuka
cyangwa ngo imuhe ububasha bwo kugenzura ingingo
z'imbere. Ibi bisaba imyitozo ikomeye kandi ikorwa ku
.bushake mu gihe kirekire

Ariko, gukoresha neza ubu buryo bishobora gutuma
umuntu yumva afite ibyishimo gusa. Uko umuntu yegera ubu
bwiza, ni ko arushaho kubukoresha. Iyi mimerere ntabwo
yaremwe cyangwa ngo ivumburwe n'umuntu uwo ari we
wese ; ibaho mu buryo busanzwe, kandi tugomba
.kuyihishura muri twe gusa
Amahoro abe kuri mwe

Ubushake n'ingaruka z'ibidukikije

**Ibibazo n'imibabaro bituruka ku kutamenya
ibikorwa bye bya kera, byakozwe mu gihe runaka
n'aho byabereye Imibabaro yabo y'ubu ituruka ku
bitekerezo n'ibikorwa yavugaga, byashinze imizi mu
butaka bw'ubwenge, bimera bikaba ikimera kandi
byera imbuto zigaragaza ibitekerezo n'ibikorwa
yakoze.**

**Ibigeragezo n'amakuba ntibiza ngo bivune
umuntu no kumubuza gukora ibyo ashaka, ahubwo
biza kugira ngo bimutere gushimira Imana nk'uko
imukwiriye by'ukuri no kubaha amategeko yayo
kugira ngo babone ibyishimo nyakuri.**

Imana ntiteza ibigeragezo bikomeye nk'ibyo kuko ahanini ari ibyaremwe n'abantu. Ni inshingano ya muntu gukangura ubwenge bwe mu bitotsi by'ubujiji no kuva mu mwijima w'ubujiji akajya mu mucyo w'ubumenyi.

Mu rwego rw'ubumenyi bw'umwuka

Umwarimu yabwiye umwigishwa washakaga ubuyobozi bwe mu nzira y'umwuka ati:

Ntukifuze ko abantu bakwemera no kukwereka ibyo wagezeho mu buryo bw'umwuka, ahubwo shaka Imana yonyine

Numenya ko amahoro ari muri wowe, uzamenya ko amahoro n'ubwumvikane biri mu bintu byose byiza biri mu byaremwe, kandi uzabibona mu bwiza bwa kamere, wumve ko ari hafi mu bucuti nyakuri, kandi ukore ku migisha yayo mu byifuzo byiza n'intego nziza zitarimo intego z'ubwikunde. Uzumva ko iri inyuma y'ituze no mu bintu byose bitangaje.

Mukome cyane ku rugi maze umwenda uzakurwaho maze muzabona isura nziza cyane mu bwiza bwayo bwose n'ubwiza bwayo bwose

Niba ukunda Imana, uzumva urukundo rwayo, kandi nta kindi kizagushuka. Ibibera mu buryo bw'umubiri biragushimisha kuko utararyoherwa n'ibyishimo byo mu buryo bw'umwuka. Iyo ubikoze, uzamenya itandukaniro.

Gira umudendeze wo guhitamo. Ntukemere ko ikintu icyo ari cyo cyose kikubuza gukora ikintu runaka, kandi ntukemere ko hagira umuntu ugutegeka cyangwa ngo akubuze ibyishimo byawe.

Wewe ubwawe ni igice gitandukanye cy'isanzure ryose kandi ugomba kubona iryo hinduka ritunganye kugira ngo ugire ubwenge bwiza kandi uryoherwe n'ibyishimo by'urukundo rw'Imana.

Gukura urukundo mu ngoyi z'urwango n'inzika

**Turagusaba, Mwami, ngo umurikire ubugingo
bwacu umucyo wawe**

**Kandi wishimire imigisha myinshi abakunzi bawe
n'abagushakaho ubufasha.**

**Kandi aturinde ibimenyetso by'intambara,
urugomo n'urupfu**

**Kandi udutere imbaraga zo kugira amahoro intego
yacu**

Kandi urukundo ni cyo gitunganyo cyacu

Intego yacu ni ukubohoka ku nzitizi zibangamira

*** * ***

**Iyo umuntu aharanira gusa kwegeranya
amafaranga no guhaza ibyifuzo by'umubiri**

**Inyungu akuramo ni nto cyane kandi nta gaciro
ifite**

**Kuko umunsi uzagera aho azasiga inyungu zose
zo ku isi inyuma**

Ariko niba akize binyuze ku Mana

Azarusha abami bose n'abakire bo ku isi

**Ubwo butunzi bwiza buri mu maboko y'abakunda
Imana**

**Abatanyurwa n'ikindi kintu kitari ubutunzi
bw'ubugingo**

**Mu gihe bakora ibishoboka byose kugira ngo
bateze imbere ibyifuzo byabo by'umwuka**

**No kugaburira inyota yabo yo kubona isoko
y'ubuzima bwabo**

**Kandi urukundo ruzava mu bwigunge n'ubugome
Bashyira imbere ubwenge bwabo hejuru y'iby'isi
bidafite aho bihuriye**

**Kugeza ku iherezo ry'ubwisanzure, amahoro,
umucyo n'ibyishimo**

Bamenya ubwiza bwabo butagira imipaka

Babona imyumvire n'ubumenyi bushya

**Kandi ubwo babiba imbuto z'ibitekerezo byiza
n'ibikorwa byiza**

**Mu mwanya w'ubwenge bwabo
Ubumenyi bwabo burafunguka
Kandi imbaraga zabo zo gutekereza zirakora
Philamson, imiterere yabo nyakuri
Babona ubwami bw'Imana muri bo
Turasaba Imana Ishoborabyose kutuyobora kugira
ngo dushobore kwiubaka**

**Kandi dukura ubugingo bwacu bwo mu mwuka mu
ngoyi z'umwijima**

**Ku mwanya w'ubwisanzure, ituze, n'urumuri
rw'ubumenyi**

**Imbuto n'imboga nshya ni intungamubiri z'ingenzi
Kuva mu kiganiro ku mirire
Byatanzwe i Encinitas, muri Kaliforuniya - Kamena
1940**

**Poroteyine y'inyama si yo soko yonyine y'ingenzi
y'ingufu**

**Imwe mu myunyu ngugu iboneka mu mboga
zitatekeshejwe n'imbuto nayo ni isoko y'ingenzi**

**Nubwo igice kinini cy'inyama gitanga imbaraga
nyinshi, iyo inyama ziganje mu mirire igihe kirekire,
ntizizongera gutanga izo ngufu. Byongeye kandi,
kurya poroteyine nyinshi bishobora gutera uburozi
bwa poroteyine, isoko y'umunaniro n'indwara. Muri
make, poroteyine nyinshi ni mbi nk'uko nke cyane
itera ingaruka mbi.**

**Niba ushaka kwikuramo umunaniro, umuti umwe
uri mu ndyo ikwiye Inyama zishobora gutanga
imbaraga z'igihe gito, ariko zishyira uburozi bwinshi
mu mubiri Kurya ibiryo bibisi kandi bitatekeshejwe
bizagabanya umunaniro kandi bigutere imbaraga.**

**Imitobe itanga imbaraga nyinshi, ariko imbuto
n'imboga byuzuye bitanga intungamubiri nyinshi**

cyane. Ariko, hari abantu badashaka kubishyira mu bikorwa muri ubu buryo.

Urusobe rw'igogora rukuramo ibintu bya shimi bikabikwirakwiza mu turemangingo dukwiriye mu mubiri wose

Umubiri ugizwe n'ibintu byinshi bya shimi, kandi ibiryo bigomba kongera kuzuza ibikennye muri ibyo bintu buri munsu.

Ibiryo bya buri munsu bigomba kuba birimo poroteyine, vitamine, imyunyungugu, ibinure n'amavuta bihagije, hamwe n'ingano ikwiye ya karubohidrati karemano, mu gihe hagabanywa ibiryo byatunganyijwe n'isukari itunganyijwe uko bishoboka kose.

Isoko ikomeye y'ingufu ni uruvange rw'umutobe w'icunga n'imbuto z'amande ziseye, kuko imbuto z'amande zigogorwa neza iyo zivanze n'umutobe w'icunga.

Ni ngombwa kandi kunywa ibinyobwa byinshi Niba nta mazi meza ahari, umutobe w'imbuto nshya, amazi y'ikinyobwa, n'imvange ni inyongeramusaruro nziza kandi ni bimwe mu bisimbura amazi meza.

Mu gihe kizaza, abantu bazarya umutobe w'imbuto n'umutobe w'imboga kenshi bitewe n'inyungu z'ubuzima izi mutobe zitanga.

Ibice by'ubukene n'ibice by'ubusumbane byombi ni bibi

Gutekereza ko uri hasi ni bibi kimwe no kumenya ko uri hejuru kuko umuntu wumva ko ari hasi ntashobora kugaragaza ko ari hejuru muri we.

Umuntu, kubera ko ari umuntu w'umwuka, yahawe ishashi zera, kandi ni bibi kandi ni amakosa gutekereza ko ari umuntu wo hasi cyangwa gutekereza ko ari hejuru ya bose no kwitwara nk'umuntu udafite icyubahiro cyangwa inkomoko.

Iyo umuntu agaragaza ubwibone, igicucu kinini cy'ubwibone gipfukirana umucyo w'Imana mu bugingo bwe

Bityo rero, amapfundo yombi agomba kwirindwa hamwe kuko yombi ari inzitizi ku iterambere ry'umwuka

Twumve ko Imana iri kumwe natwe, idushishikariza kandi ikatuyobora, kandi ko ari yo rukundo ruhebuje mu buzima bwacu.

Abazi Imana bumva ko ari abagaragu ba buri wese kandi ntibibwire ko baruta abandi.

Itandukaniro ry'ubuswa rifitanye isano n'abafite ibitekerezo bidakomeye n'ubwenge buke, mu gihe itandukaniro ry'ubuswa rikomoka ku bwibone bw'urwango n'ubwibone bw'ikinyoma.

Ayo mapfundo yombi yangiza iterambere ry'umwuka kandi ashingiye ku kwibeshya no kwirengagiza ukuri, aho gushingira ku gusobanukirwa neza no gufata ibyemezo bikwiye.

Kwigirira icyizere bigomba gutsimbatazwa no gutsinda intege nke za muntu twarazwe. Ababyifuza bagomba kwihatira kumenyera uburyohe bwabyo binyuze mu byo bagezeho mu buzima bwabo, bityo bakibohora mu buryo bwo kwishyira hejuru no kwishyira hejuru, babifashijwemo n'Imana.

Ibanga n'isoko y'ubuzima

Umubiri ukeneye amasaha menshi kugira ngo uhindure ibiryo imbaraga. Ariko ikintu cyose gikangura kandi kigakoresha ubushake gitanga ingufu ako kanya.

Ubushake bukura imbaraga mu turemangingo tw'umubiri no mu bubiko bw'ingufu z'ubwonko aho ingufu zikururwa mu biribwa zibikwa.

Ubushake kandi bukurura ibikorwa bishya bivuye ku isoko y'ikirere bikinjira mu mubiri binyuze mu mugongo

Bityo rero, ibanga ryo kugira imbaraga riri mu kubungabunga imbaraga umuntu afite no kuzana imbaraga nshya mu mubiri binyuze mu bushake bwe.

Ibyo bikorwa bite?

Ubwa mbere, umuntu agomba gukora ku bushake no ku bushake. Niba hari ikintu cy'ingirakamaro cyo gukora, kigomba gukorwa ku bushake no ku bushake bwe.

Iyo ukora ku bushake, uba ufite imbaraga nyinshi kuko uba ukura ingufu mu mitsi yo mu bwonko gusa, ahubwo unakurura ingufu nyinshi zo mu kirere mu mubiri.

Umugore utegurira umukunzi we ifunguro riryoshye aba yuzuye ibyishimo n'imbaraga, ariko iyo ahatiwe guteka atabishaka, yumva ananiwe kuva mu ntangiriro

Bityo, ubushake buzana imbaraga inkuru ngufi:

Igihe kimwe, naganiraga n'inshuti yanjye ku byerekeye abatagatifu Inshuti yanjye yari umuhuza, kandi ntabwo yari ashishikajwe nanjye. Ahubwo, yaravuze ati: "Abo mwita abatagatifu bose mu by'ukuri ni abahemu batazi Imana" Sinamubajije, ariko nahinduye ikiganiro, maze dutangira kuganira ku mwuga w'ubuhuza Nyuma yo kumbwira byinshi kuri byo, naravuze buhoro nti: "Uzi ko nta muhuza n'umwe wizewe ko bose ari abanyabinyoma?"

Yararakaye cyane maze asubiza arakaye ati: "None se uzi iki ku bahuza?" Naramusubije nti: "Nibyo koko nashakaga kuvuga Kandi uzi iki ku batagatifu?"

Yabuze icyo avuga Nakomeje ntujye kandi neza nti:

"Nta kintu na kimwe nzi ku buhuza, kandi nta kintu na kimwe nzi ku batagatifu"

Abamarayika b'ingufu

Imana yaturemye nk'abamarayika b'imbaraga

Kandi twashyizwe mu mibiri ifatika

Twibanze ku mibiri yacu yoroshye

Kandi twibagiwe roho y'umwuka ifite imbaraga z'ubuzima bwo mu kirere

Noneho tugomba gushyiramo imbaraga zifatika kugira ngo twibande ku kintu

Kugira ngo wongere kumva ufite ubumenyi bwuzuye

Ishingiro ry'intsinzi riri mu gukura mu bumenyi bw'umwuka

Ni cyo gituma tumenya kamere yacu idasanzwe

Kandi ko ishusho y'Imana iba muri twe

Indabyo za mbere mu busitani bw'umwuka ni indabyo z'ukwizera n'ibyiringiro

Icyakora, imbuto ni ubumenyi nyabwo buboneka binyuze mu kwisuzuma

Gira icyizere kandi umenye ko ibyiza n'imigisha by'ubuzima bikurindiriye

Igihe cyose ukorana umurava n'ubwitange

Kugira ngo tugarure umurage w'Imana watakaye

Umuntu w'umwuka by'ukuri ni umuntu ushyira mu gaciro

Umuntu wumva anyuzwe, afite ubuzima bwiza, kandi afite ubushishozi bugenda burushaho kwi Yongera

Afite ubutunzi bw'ubugingo n'ubutunzi bw'ubwenge

Yizeye ko ubufasha bw'Imana buzaza

Uko ubuzima bwaba bumeze kose n'uko ibintu byaba bimeze kose

**Isura y'Imana iratwigaragariza mu bwiza
bw'ibidukikije**

**Kandi ijwi rye rituvugisha binyuze mu ndirimbo
nziza kandi zinoze**

**Kandi kuva mu majwi meza kandi yoroheje
y'abakundana**

**Kandi binyuze mu ijwi ryumvikana ry'inshingano
Inkunga ituyobora ku bwiza n'amahoro
Ibyishimo n'ubumenyi ni ijwi ry'Imana
Ibyo bidusaba gusubira mu nzu nziza
Inzu y'ituze n'amahoro yo mu mutima
Kandi kwishimira kuba ari kumwe nawe neza
Kandi ni ubwiza budasanzwe kandi buhebuje
Isi irashukana cyane, kandi tugomba kuyigana
uko imeze. Niba tutabanje gutsinda ubushukanyi
bwayo n'amayeri yayo, nta wundi tuzashobora
gufasha.**

**Tugomba kwibuka ko mu bwigunge bw'ubwenge
bwibanda ku bintu byose, ari ho hari uruganda
rw'ibintu byose bikomeye byagezweho. Kandi muri
uru ruganda rutangaje, tugomba guhora dushyiraho
imiterere y'ubushake bwacu kugira ngo dutsinde
cyangwa duhangane neza n'ibintu byose bibi.**

**Ubushake bugomba gutozwa no gushyirwa mu
bikorwa buri gihe**

**Umuntu afite amahirwe menshi yo gukorera muri
uru ruganda rwo ku isi igihe cyose adapfusha ubusa
igihe cye no gupfusha ubusa imbaraga ze ku busa**

**Nijoro ndikuramo ibyo isi isaba kugira ngo mbe
ndi kumwe nanjye**

**Kure cyane, kure cyane y'isi
Ndi jyeneyine mfite ubushake bwanjye mu
bwigunge bwanjye bwo mu mwuka**

**Aho nerekeza ibitekerezo byanjye mu cyerekezo
nifuza**

**Nafashe icyemezo mu mutima wanjye wose
Iyo nshishikarije ubushake bwanjye gukora
ibikorwa bizima kandi by'ingirakamaro, bintera
intsinzi. Muri ubu buryo, nakoresheje ubushake
bwanjye neza inshuro nyinshi. Ariko, ibi bigerwaho
gusa binyuze mu gukoresha ubushake buri gihe.**

**Mbega ukuntu uzagira ibyiyumvo byiza cyane
igihe uzaba ushobora kuvuga no kwemeza uti
“Ubushake bwanjye, bushingiye ku bushake
bw’Imana, buzangeraho icyo nifuza!”**

**Iyo umuntu yishyize mu gaciro maze akabika
byose mu bushake bw'Imana adakoresheje ubushake
bwe Imana yamuhaye, ntazagera ku musaruro
ashaka.**

**Imbaraga z'Imana zirashaka kugufasha ubwazo
Tugomba kwirukana mu bwenge bwacu
igitekerezo cy'uko Imana, hamwe n'imbaraga zayo
n'imbaraga zayo zidasanzwe, iri kure yacu kandi
yihishe mu ijuru rya kure, kandi ntitugomba
kwibagirwa ko ubushake bw'Imana buri inyuma
y'ubushake bwacu bwa muntu, ariko ubwo bubasha
bukomeye, nk'inyanja yuzuye amazi n'imigezi yayo,
ntibuzaza keretse ubwenge bufunguye kandi umutima
ukaba wakira neza.**

**Kwinginga
Mama w'Isi Yose
Kugira ngo tube urumuri rwonyine mu mitima
yacu**

**No kwirukana umwijima w'imitima yacu
Kandi mu marira yacu y'urukundo tugufitiye
Oza urukundo rwacu rw'ibintu by'isi
Kandi twishimiye kwemeranya nawe
Kuraho agahinda n'imibabaro yacu burundu
Uhindure imitima yacu mito ibe umutima munini
Bigufasha kuhaba kwawe kose**

**Kandi mu ndorerwamo y'imico yawe y'ubumana
Reka twibone nk'abatunganye kandi batunganye
Umuriro w'urukundo rwacu kuri wewe uzamuke
cyane**

**Hejuru y'umuriro w'irari ry'isi
Ibishuko byinshi byihisha nkawe
Kandi ihora itubeshya**

*** * ***

**Ngwino, ewe munezero w'Imana utunganye kandi
utunganye!**

**Injira mu nsengero z'ibyifuzo byacu kuri wewe
Isi nigire amahoro
Mu misozi yacu, mu ijoro ryijimye ry'ubujiji
Atuyobore kandi atugarure mu mutekano
Ku buhungiro bwawe butekanye kandi butekanye!**

**Imvugo zituruka mu bihe by'iteka ryose
Quatrain ya mbere ya Khayyam
Byahinduwe na Edward Fitzgerald kandi
byasobanuwe na Master Paramahansa**

**Icubahiro cya Omar Khayyam mu Burengerazuba
gishingiye ku buhinduzi bwa Fitzgerald bwo mu
kinyejana cya cumi n'icyenda bw'inyandiko ze za
quatrains, bufatwa nk'ubuhinduzi bwiza kurusha
ubundi bwose bwakozwe mu Cyongereza.**

**Umwarimu Paramhansa yabonaga Omar Khayyam
nk'umwe mu bahanga mu by'amayobera kandi ufite
ubumenyi bwo hejuru, kandi ko yakoresheje
ibimenyetso kugira ngo agaragaze ubunararibonye
bwe mu by'umwuka no mu bunararibonye, kandi ko
yasobanuwe nabi cyane, kandi ko abashakashatsi
batacukumbuye bihagije ngo basobanukirwe filozofiya
ye y'iby'umwuka yashyize muri quatrains.**

**Kanguka! mu gitondo mu gikombe cy'ijoro
Yajugunye Ibuye rituma Inyenyeri ziguruka**

**Kandi dore umuhigi wo mu Burasirazuba yafashe
Urutare rwa Sultani mu rumuri rw'umucyo
Ubuhinduzi bw'Icyarabu:
Kanguka, kuko igitondo cyateye ibuye mu kibindi
cya nijoro**

**Gutatanya inyenyeri burundu
Kandi dore umuhigi wo mu Burasirazuba
Yafashe umunara wa Sultani
N'urumuri rw'urumuri
Ibisobanuro n'ubusobanuro:
Ibisobanuro by'ibisobanuro:
Igitondo: Ni umuseke wo gukanguka uvuye mu
buzima bw'isi butari bwo
Igikoresho cy'ijoro: umwijima w'ubujiji ufungira
roho idapfa mu bwenge bw'umuntu bufunganye kandi
bufite aho bugarukira**

**Ibuye: Gutunganya mu buryo bw'umwuka
Inyenyeri: Urumuri rukurura ibyifuzo by'ibintu
Umuhihi w'Iburasirazuba: Ubwenge bukomeye
bw'Iburasirazuba busenya ibisigazwa by'amayobera
Uruzitiro rw'umucyo: urumuri rw'ubwenge bwiza,
rurimbura umwijima ukandamiza ufunga kandi
uboshye ubugingo**

**Ubusobanuro:
Agace k'imbere karavuga ngo:
"Kanguka! Reka gusinzira kw'ubujiji, kuko ubwiza
bwarasenyutse. Subiza igikoresho cy'umwijima
cy'ibitazwi ibuye ry'ubuziranenge bwo mu mwuka
kugira ngo ukimene kandi ukwirakwize inyenyeri
zijimye z'irari ry'ibintu by'umubiri ridafite ishingiro"**

**"Dore umucyo w'ubwenge bw'Iburasirazuba,
umuhigi n'umusenyi w'amayobera, kuko yafashe
umunara muremure w'umwuka n'urumuri, kandi
yirukana umwijima wayo w'ibintu biwubuza,
iwukuraho burundu."**

**"Yemwe baturage b'umuji w'ibihimbano,
nimureke gusinzira! Kuko urumuri rw'ubutumwa
bw'umwuka bw'ubwenge bw'imbere rwagaragaye"**

**Menya uburyo bwo gukoresha ibuye rikomeye ryo
gutunganya ibintu mu buryo bw'umwuka kugira ngo
umenagure igikoresho cy'umwijima cy'ubujiji kandi
wirukanemo icyifuzo cyo kwinezeza by'igihe gito mu
bintu**

**"Fata isomo ku muhigi w'ubwenge, uhora ashaka
abantu bifuzwa urumuri kandi bashakira ukuri, kugira
ngo abakikize umwuka w'ubwiza bw'icyubahiro
n'ubwisanzure bw'iteka ryose"**

Kugaruka k'Umwana w'Ikirara

**Hari igihe, mu myaka myinshi ishize, nabonye
umwe mu banyeshuri banjye agenda mu cyerekezo
gitandukanye**

**Nabonye ingaruka zitari gucika z'ibikorwa bye,
nagerageje kumwemeza, nkoresheje uburyo bwose
bufatika, kureka ibikorwa bye, ariko nasanze
ntashobora kumufasha**

**Kubera ko yari afite umugambi wo gukomeza
inzira y'ikibi**

Amaherezo, nibwiye nti:

"Kubera ko abyifuza, ndamureka wenyine"

**Ariko urukundo rwanjye n'ubwitonzi bwanjye
byagarutse vuba, nuko nicara muni y'igiti cy'umutini
ntangira kumutekerezaho**

**Nshishikaye cyane, nakomeje kumwoherereza
ubutumwa bukurikira mu bwenge:**

**"Imana yansabye gusaba ko uhindura igitekerezo
cyawe ku byo uteganya gukora"**

**Nimugoroba, numvise mfite ibyiyumvo bikomeye
byo mu mubiri no mu bwenge bwanjye byatumye
nizera ko koko azagaruka**

Mu buryo butunguranye, "umwana w'ikirara" yarahageze, amaze gusubira mu rugo. Yabasuhije arunama maze aravuga ati:

"Umunsi wose, aho nagiye hose n'icyo nakoraga cyose, nabonye isura yawe ibyo bivuze iki?"

Nasubije nti: "Imana yari iguhamagaye binyuze muri njye. Uwo ni wo muhamagaro wayo, ntabwo ari uwanjye"

Icyifuzo cyanjye ntabwo cyaterwaga n'ubwikunde, ariko nari niyemeje kutava aho ndi

Aha hantu hazakomeza gufungurwa kugeza igihe ugarutse

Ubu bwoko bw'igishushanyo bushobora kuzana impinduka zikomeye. Ni imbaraga zitangaje koko!

Iyo ushyizeho inzira yawe ugafata icyemezo cyo gukomeza inzira yawe, ugomba gushyira mu bikorwa ubushake bwawe no gushyiramo imbaraga zifatika, hanyuma uzasanga ibintu byose bigize intsinzi bizakugeraho aho uzi n'aho utazi.

Mu bushake bwawe, bufite imbaraga z'Imana, niho haboneka igisubizo cy'amasengesho yawe

Iyo ukoresheje ubwo bushake, ufungura idirishya aho ubona igisubizo cy'amasengesho yawe.

Ibyo ni ibyambayeho. Mu bihe byashize nagerageje gukora ibintu bimwe na bimwe kugira ngo menye ubushake bwanjye, ariko ubu simbyikoza kuko nzi umusaruro mbere y'igihe: icyo nshaka cyose ndakigeraho mbikesha Imana Ishoborabyose.

Kuva mu gitabo "Intego y'Umwihariko w'Umuntu"

Duhindure Imana umushumba w'ubugingo bwacu

Kandi urumuri rw'Imana ni rwo muskuti

Ku nzira z'umwijima z'ubuzima

Ni we umucyo uyobora abantu mu ijoro ry'urujijo

Kandi izuba ry'ukuri mu masaha yo kuba maso

**N'inyenyeri iyobora mu nyanja y'umwijima
w'ubuzima bwo ku isi**

**Dusabe ubufasha bwe kandi dushake imbaraga ze
Kubera ko isi izakomeza kuzamuka no
kugabanuka kwayo**

**Ibibera muri yo ni imivurungano nk'imiraba
y'umuyaga**

Tuzakura he ubuyobozi?

**Ntabwo biri mu ngeso zacu zihindagurika kandi
zibogamye**

**Ntibiturutse ku bidukikije bishobora kugira
ingaruka ku bidukikije.**

Ntabwo ari mu bihugu byacu cyangwa ku isi yacu

Ahubwo, ni ijwi ry'ukuri kuyobora

Bituruka mu nda y'umutima

Buri kanya mba ntekereza ku Mana yonyine

Namweguriye ubugingo bwanjye

Namushyize umutima wanjye mu maboko ye

**Namweretse urukundo rwanjye n'umururumba
wanjye**

Nta kindi tugomba kwiringira uretse Imana

**Kandi ko twagombye kwiringira abazahishura
umucyo we**

Urwo rumuri ni rwo ruyobora

Ni ubwenge bwanjye n'urukundo rwanjye

Imbaraga idatsindwa

Kandi ukuri kutazigera kurengwa

Ubu n'iteka ryose

**Hari abantu batekereza cyane ku buryo bizera ko
kugira ngo bagire icyo bageraho mu buzima bagomba
gukora nk'imashini badahagarara**

**Ku rundi ruhande, hari abantu badakabije nka bo,
kuko iyo bamaze gushishikazwa n'iby'umwuka
batakaza icyifuzo cyo gukora ibindi byose, kandi icyo
ni igitekerezo kibi.**

Urugero, bemera ko nta mpamvu yo gukora ikintu cyose gisaba kwitonda cyane no gukoresha imbaraga nyinshi, kandi batanga inama yo kwiyinga no kureka ibintu byose bifatika. Ariko iyi myifatire ipfukirana uburangare bw'ubwenge

Munsi y'igitambaro cy'umwuka w'ikinyoma

Nasanze abarimu beza bashishikajwe cyane n'isi ariko nta kintu na kimwe bayikundaho Iyo mwarimu wanjye yahawe ikintu cyiza, yacyitagaho akakirinda, ariko iyo cyangirikaga cyangwa kikangirika, yasekaga akavuga ati: "Ubushake bwanjye bwarangiye kuko bwantwaye umwanya munini cyane" Yari yitandukanije n'abandi kuko atari afitanye isano na bo.

Numva nk'uko nshimira ibyo Imana impa, ariko simbyibagirwa iyo mbitakaje

Hari igihe umuntu yampaye ikoti ryiza rifite ingofero, kandi ryari ikoti rihenze cyane nishimiye kurifata no kuririnda gucika no kwandura kugeza ubwo narambiwe naryo maze ndavuga nti: "Mana yanjye, ntabwo nkeneye iki kibazo!"

Umunsi umwe, nagiye mu cyumba cyo kwigisha i Los Angeles gutanga ikiganiro, maze nkigerayo ntangira kwiyambura ikoti ryanjye, numvise ijwi ry'Imana rigira riti: "Jyana ibintu byose biri mu mifuka y'ikoti." Nuko ndabikora.

Nyuma y'ikiganiro, nasubiye mu cyumba cyo kubikamo amakoti maze nsanga ikoti - Imana ikurinde - ryabuze

Nababajwe cyane n'ibyo, nuko umuntu arambwira ati "Wirakara, tuzakugurira irindi koti" Naravuze nti "Simbabariye kuko natakaje ikote, ahubwo ni uko uwafashe ikote atanafashe ingofero ijyanye neza n'ikote"

Ntitugomba kwemera ko amarangamutima yacu atuyobora Ni gute umuntu yagira ibyishimo niba icyo ahangayikishijwe gusa ari imyenda ye n'ibindi bintu atunze?

Ibi ntibivuze kutambara imyenda isukuye kandi isukuye cyangwa gusukura no gutunganya inzu, ahubwo bivuze kudashyira imbere cyane cyangwa ngo ushishikazwe n'ibi bintu.

Igihe kimwe natumiwe mu birori byo gusangira kandi byose byari byiza cyane kandi biteguye neza, nishimiye cyane ifunguro rya nimugoroba, ariko abatwakiriye bari bafite ubwoba bwinshi, batinya ko ibintu byose bitagenda uko byari biteganijwe, bityo bituma bangiza ikirere n'impungenge zabo.

Abantu bafite ibyiyumvo bikabije bakunze kumva impungenge n'ububabare bw'abandi Kuki ubwoba n'ubwoba ari byo? Tugomba gukora uko dushoboye kose, hanyuma tukaruhuka tukareka abandi bakaruhuka Tugomba kureka ibintu bigafata inzira yabyo tutibagiwe, hanyuma n'abadukikije bazabona amahoro.

Isarura rya Parmenide

Inyuma y'ubushake bw'umuntu hari ubushake bw'Imana n'intego y'uruja n'uruza rutagira umupaka rw'ingufu zo mu kirere

Ni ukwerekana ikintu cyose cyiza kandi gifite akamaro mu buzima

Kubera iyo mpamvu, umuntu wese ukomeza gushikama no gukurikiza ubushake bwo hejuru azahabwa intsinzi abifashijwemo n'Imana.

Ubushake ni imbaraga n'icyifuzo bigamiye kugera ku ntego runaka

Nta kintu na kimwe gishobora gukorwa hatabayeho ubushake; mu by'ukuri, nta n'igikorwa

cyoroshye gishobora gukorwa mu buzima bwa buri muni hatabayeho ubushake

Abantu benshi bakora ibintu bitari iby'ingenzi kandi ntibashyira imbaraga zabo mu buryo bwubaka

Ibyifuzo bitandukanye n'ubushake, nubwo icyifuzo gishobora gukora nk'intandaro y'ubushake

Mu guteza imbere ubushake, umuntu agomba mbere na mbere kugira ubushake bwo kwiyeemeza no gukoresha ubwenge, ubushishozi n'ubwenge

Ibi bikurikirwa no guhugura no gukoresha ubushake ubyitondeye kugira ngo ugere ku ntego wifuza

Urugendo n'imbaraga bigomba gukomeza kugeza intego igezweho

Iyo umuntu yiyemeje kugera ku ntego nziza, biba bidakwiye kureka kugerageza

Cyangwa ashobora kwemera ibintu bibi

Iyo ubwenge buhuye n'ubushake n'ibitekerezo byo hejuru n'ubushake byibanda ku gitekerezo runaka nta nkomyi, imbaraga z'ubushake zizuzura ibikorwa bitagira imipaka kandi bitagira iherezo by'ikirere

Ubushake bw'umuntu bugengwa n'ubujiji n'irari buzana ububabare n'ingorane ku nyirabwo

Kugira ngo umuntu aryohere n'ibyishimo nyakuri, ibyifuzo byiza bigomba gutsinda ibibi, kandi ubushake bugomba kwerekezwa mu cyerekezo gikwiye ku isoko y'ukuri n'inkomoko y'ibyiza byose biriho.

Kuki umuntu yagombye kwirinda guhamya ibinyoma? Kuko ikinyoma gitera uburyarya n'uburiganya

Ubugambanyi ni kimwe mu byaha bikomeye mu maso y'Imana Gushinja umuntu ibinyoma kugira ngo akunde inyungu ze bwite cyangwa kugira ngo yihorere ni uburyo bwo kurahira ibinyoma Iyo buri

wese akurikiza iyi ngeso, akaduruvayo n'akajagari byari kwiganza mu bantu

Gutega amatwi ubuhamya bw'ibinyoma bushinja undi muntu ni ugushyigikira umutangabuhamya w'ibinyoma no kugira uruhare mu myitwarire ye iteye isoni, kandi ko gutega amatwi no gushyigikira bizahinduka amakimbirane y'amarangamutima yo mu mutima agabanya amahoro y'umutima kandi agahungabanya ituze ry'ubuzima.

Nubwo byaba bifite ishingiro by'agateganyo, igikorwa kizaba giteye agahinda gakomeye kandi kigatera umubabaro n'ububabare bwo mu mutwe buhungabanya ubwenge kandi bugatera umutimanama gucika intege.

Ishyari rigira ingaruka mbi kandi zibabaje, kuko rizanira umuntu ufite ishyari imibabaro ku giti cye kuko ibitekerezo n'ibyumvo umuntu arekura bizamugarukaho.

Utanga urukundo n'ubwitange azahabwa urukundo n'ubwitange, mu gihe utanga ibitekerezo by'umururumba, ubwikunde n'ishyari azanabyishyiramo mu rugero rumwe.

Kuki umuntu atagomba kwiba?

Isi yaba imeze ite iyo abantu bose babaho bibye, bakiba, kandi bagatanga amafaranga? Muri icyo gihe, ibyaha bikomeye kandi biteye ubwoba byaba bikozwe. Hazabaho intambara zikomeye zo kurinda imitungo no kugaruza ibyibwe.

Ubujura ni igikorwa kinyuranyije n'amahame mbonezamubano kandi kibuza abandi uburenganzira bwabo, bityo bikaba binyuranyije n'amategeko agenga ubuzima, kandi imiryango nta buryo bukwiye ifite n'uburyo bwiza bwo guhangana n'abakoze icyaha.

**Iyo abajura bafunzwe, ingeso zabo za kera
zishobora gukomera cyane, kandi bashobora no
kugira ingeso mbi nshya mu gihe bifatanyaga n'abandi
bagizi ba nabi. Ibi nibibaho, bazagira ibibazo
bikomeye cyane nyuma yo kurekurwa kurusha uko
bari bameze mbere yo kwinjira muri gereza.**

**Turagusaba, Mwami, ngo uduhe umugisha kugira
ngo tutwumve ikibi, tutabona ikibi, tutavugaga ikibi,
cyangwa ngo duhumeke ikibi**

**Ntidukora ku kibi, cyangwa ngo twumve ikibi,
cyangwa ngo dutekereze ku kibi, cyangwa ngo turote
ikibi**

Imbaraga dukoresha buri munsu:

Uburyo bwacu bwo kubona ibintu

- n'amarangamutima yacu

- n'ubwenge bwacu

**Byose byatijwe n'Imana, kandi ntabwo dushobora
kubaho umusegonda n'umwe tudafite Yo**

**Ariko, nubwo dukoresha impano ze, ntabwo
tumutekerezaho uko bikwiye, cyangwa ngo tumuhe
icyubahiro akwiye.**

**Ahubwo, dukurikirana ibinezeza by'umubiri
n'ibyifuzo by'isi mu buryo bwuzuye kandi bujyanye
n'isi ifatika.**

**Iyi ni yo mpamvu nyamukuru y'ububabare
n'imibabaro yacu yose**

**Imana yaturemye mu ishusho yayo, bityo
ntidushobora kumenya uburyohe bw'ibyishimo
nyakuri keretse tubonye ko iri muri twe kandi
tukaryohereza n'umutobe w'ibyishimo byayo mu
mitima yacu.**

**Nta n'ubwo dushobora kugira imbaraga nziza
zikenewe kugira ngo tubone, ku bushake, ibyo
dukeneye buri munsu**

Keretse tumenye ko Imana ari yo soko y'izo mbaraga, tugomba kuyishingikirizaho no kuyihindukirira

Turi kumwe n'imitima ishimira imigisha yose adusukiraho mu mugezi uhoraho

Niba ushimira, nta kabuza nzakwongerera [mu buryo bwiza]

Iyo imitima yacu yuzuye ishimwe ku Mutanzi w'ubuntu bwinshi, iba insengero zera zo kuhaba kwe kw'icyubahiro, kandi icyo ni cyo kintu gikomeye umuntu ashobora kugeraho, kuko intego y'ubuzima ari uko umuntu aba mu bumwe n'Umuremyi we, akamwegera, kandi akamumenya.

{Mubanze mushake ubwami bw'Imana no gukiranuka kwayo, ni bwo ibyo byose muzabyongerwaho}

Mu kwibuka Imana no kuyitekerezaho neza, tuzamenya ko ari yo dukunda, ko turi abo yatoranyije, kandi ko dufite umugabane mu buntu bwayo.

Ubwami bw'ibyishimo, urukundo, umucyo, n'ineza Iyo tuzirikanye ku migisha myinshi y'Imana, ikomeye muri yo ikaba ari uburyo bwo gukoresha umudendezo wo guhitamo mu gukurikira inzira ikwiye iyobora ku ntego zo hejuru no kugera ku byishimo byo mu mwuka, buri muni wuzuyemo ibyishimo bishya byo mu mutima, kandi twumva umugezi mwiza utemba mu buzima bwacu, bityo gushima kwuzura imitima yacu, kandi ubuzima bukagira uburyohe n'icyo buvuze.

Umuntu, binyuze mu gutekereza cyane, ashobora kubona itegeko ry'Imana rikora mu buryo bw'amayobera, ntahwema gushima, no kwicisha bugufi imbere y'Uwo urukundo rwose, ishimwe, n'ishimwe byose bikwiye.

Nimucyo twibuke Imana, isoko y'ibyiza byose biriho, kandi duhuze kwibuka kwacu n'urukundo ruzira uburyarya ruturuka mu mitima yacu.

Imana, yo ikomokaho ubuzima, urukundo rugasesekara, kandi imigisha igasukira ubudahwema

Twibuke twishimye abantu bose bacanye buji ku bw'ikiremnamuntu, cyangwa bateye imbuto nziza mu butaka bw'isi, cyangwa bakwirakwiza ibitekerezo biboneye, cyangwa bashishikariza ibikorwa byiza n'imyitwarire myiza.

Dukingurire imitima yacu urukundo, duhindure ubwenge bwacu bwakire ibitekerezo bitanga urumuri, kandi dusabe Imana ubufasha n'ubuyobozi

Mu byo dutekerezaho n'ibyo dukora

Ubwoba butera uburozi mu mutima

Ubwenge bw'umuntu ni ububiko bunini bw'ingufu cyangwa ibikorwa by'ingenzi

Iki gikorwa gikoreshwa buri gihe mu mikorere y'imitsi, imikorere y'umutima, ibihaha, na diaphragm, imikorere y'uturemangingo, imikorere y'ibinyabutabire mu maraso, no mu mikorere y'ingingo zikora ku buryo bw'umubiri (imitsi)

Byongeye kandi, ingufu nyinshi z'ingenzi zikoreshwa mu gutekereza, amarangamutima, no mu bushake

Ubwoba bugabanya imbaraga z'ibikorwa kandi ni umwe mu banzi bakomeye b'ubushake bukora

Ubwoba buragabanya kandi bukabangamira ibikorwa by'ubuzima busanzwe bugana ku mitsi, ku buryo isa n'aho yacitse intege, umubiri ugacika intege kandi imbaraga zawo zikagabanuka cyane (ubwoba bubuza imitsi!)

Ubwoba ntibufasha gukuraho icyateye ubwoba. Buca intege ubushake kandi bugatuma ubwonko butanga ikimenyetso cy'imbogamizi ku ngingo

z'umubiri. Ubwoba buhumanya umutima, bugatuma igogora rigabanuka, kandi bugatera indwara nyinshi z'umubiri.

Iyo ubumenyi bukomeje kwibanda ku Mana, ntacyo uzatinya kandi uzabasha gutsinda imbogamizi zose n'imbogamizi zose

Ufite ubutwari n'ukwizera "Icyifuzo" ni icyifuzo kitagira imbaraga, mu gihe "umugambi" ari icyemezo cyo gukora ikintu: gusohoza icyifuzo cyangwa icyifuzo. Ariko "ubushake" bushobora kugaragazwa no kuvuga ngo: "Ndakora cyane kugeza ngezeho icyo nshaka"

Iyo utoza ubushake bwawe, ushobora kurekura no kuyobora imbaraga z'ibikorwa by'ingenzi, aho kwifuza ikintu udakoze ibikenewe kugira ngo ukibone.

Ntitugomba gutakaza ibyiringiro, ahubwo tugomba kumenya ko Imana iduha amahirwe menshi yo kunoza imimerere yacu, kuzamura ibitekerezo byacu, no guhanga ibintu bishya kandi by'ingirakamaro kuri twe no ku bandi mu buzima bwacu.

Niba tudashimishijwe n'imibereho yacu, twagombye gushaka uburyo bushya n'uburyo bushya buzaduha kunyurwa no guhumurizwa mu mutwe.

Dukwiye gutekereza gukora ikintu kizaduteza imbere kandi kigatuma ubuzima bwacu bugira icyo buvuze kandi bufite agaciro, hanyuma tukabishyira mu bikorwa.

Igikenewe byihutirwa ni uguhindura imyumvire cyangwa guhindura uko igenda

Tugomba kwiyeemeza ko tutazemera ko ibibazo bitugiraho ingaruka kandi bikadutesha agaciro, kandi ko tutazemera ko ibintu biduhangayikisha byangiza ubuzima bwacu, bigafata amarangamutima yacu, kandi bikangiza ikirere cyacu.

**Kandi ko tutazaba abagizi ba nabi n'ingeso mbi,
kandi ko tuzaba dufite umudendezo kandi tutagira
ikitubuza nk'inyoni zo mu kirere.**

**Nta mpamvu y'uko abantu baguma bahagaze
kandi badahinduka. Udupfundikizo tw'ubuyobe
tugomba gukurwaho mu by'ukuri k'ubugingo kugira
ngo bubengerane n'ubuziranenge n'imbaraga zabwo,
bugaragaze ubwiza bw'icyubahiro Imana yahaye
abantu.**

**Imana iha umugisha imihati myiza, ibyifuzo
byemewe, n'umurava wo gutsinda**

**Inyuma y'ubuzima bwacu hari imbaraga z'Umwuka
Usumba byose, kandi inyuma y'ubushake bwacu hari
inyanja y'Ubushake bw'Imana.**

**Turi igice cy'ingenzi cy'iyi nyanja itagira imipaka
Iyo tuyigezemo tukoga, ubwenge bwacu buraguka
kandi tukumva ubunini bwacu**

**Gutekereza kuri byo bitwegereza, kandi
kubitekerezaho bikatugeza kuri byo**

**Imbaraga zihoraho zo guhuza na yo ziduha
ubumenyi, ubushake n'imbaraga**

**Kwitegura buri muni ubwenge bizana urukundo
rw'Imana n'imigisha yo mu ijuru**

**Idutembera nta nkomyi kandi ikaduha umugabane
mwinshi w'ubutunzi bw'inyanja**

**Hari ubwenge bw'Imana bwihishe muri buri
muntu, ubwenge butegereje umwanya wo
kwigaragaza.**

**No kuva mu bwigunge bufunganye kandi buto
bw'ubwikunde**

**Nk'uko umuntu abyuka avuye mu nzozi ziteye
ubwoba akamenya ko ibyo yabonye ari inzozo gusa, ni
ko n'ubwenge bw'Imana bushishikariza umuntu
gukanguka akava mu nzozi ziteye ubwoba zo
gusinzira no mu rujijo agatangira kumenya no**

gusobanukirwa neza icyo ubuzima buvuze n'intego yabwo.

Niba twifuza kubona umucyo wo gukanguka mu buryo bw'umwuka no kubona urumuri rw'ibyiringiro, tugomba kumva ijwi ry'imbere

Turakira ibyo idusaba. Tugomba gukura mu nzira amabuye y'ubuyobe n'amabuye y'ubujiji abangamira iterambere ry'ubugingo kandi akabubangamira.

Kandi dukomanga n'ukuboko kw'icyifuzo ku rugi rwo gukanguka tuvuye mu bitotsi byo kutita ku bintu, kugira ngo duhumeke mu mwuka w'ibyishimo kandi tuzane amashanyarazi yo mu ijuru kuri buri gitekerezo cyacu n'ibyiyumvo byacu byose.

Kandi buri kimwe mu bikorwa byacu

Turasaba Imana Ishoborabyose ngo idufungurire amadirishya yo kumenya ibintu mu bwenge bwacu, itwuzuze urumuri rw'ubwenge, idukikize urukundo rwayo, kandi ituzengurutse impuhwe zayo z'iteka ryose.

Mu baje bansanga, hari abantu nabwiye kuva mu ntangiriro, mu by'ukuri, ko intego zabo atari nziza, kandi nabasabye guhindura izo mpamvu.

Bake muri bo ntibakunze ibyo navuze, ariko abandi barabyitabiriye barahinduka baba beza

Uburyarya ntibutanga umusaruro mwiza, kandi n'umunyabwenge kurusha abandi bose ntashobora guhisha icyo amaso ye agaragaza

Amateka yose y'umuntu yanditswe mu maso ye

Niba wifuza kumenya kamere nyayo y'umuntu, saba Imana iguhishurire imico nyayo y'uwo muntu.

Kubera ko udashaka gushukwa, uzumva mu mutima wawe ko ari imiterere nyayo kandi ubushishozi bwawe ntibuzaba bubeshye

Iyo tuvugana n'uwo twajyanye, twagombye kumureba mu maso no kuvugana icyizere, icyizere n'ukuri.

Iyo duhana ikiganza n'umuntu, tugomba kumwereka urukundo rwacu n'ukuri kwacu, kandi tukagerageza kumufasha uko dushoboye kose.

Umuntu ushaka ubumenyi agomba kuba umuntu mwiza kandi agakora ku guteza imbere imbaraga ze zo mu mwuka; hanyuma Imana izamuha imbaraga zo gufasha abandi no kubageza ku mihindagurikire myiza.

Nshobora gutembera hirya y'imibumbe n'inyenyeri za kure cyane, ariko nzahora ndi uwawe. Abayoboke bawe bashobora kuza bakagenda, ariko nzaguherekeza kandi mbe uwawe iteka ryose. Nshobora kuzangazwa n'imiraba y'abantu benshi binjira mu mubiri wanjye nkumva ndi wenyine kandi ndi wenyine, nyamara nzahora ndi uwawe.

Isi, ihugiye mu mikino yawe, ishobora kukwibagirwa, ariko nzahora nkwbuka Ijwi ryanjye rishobora gucika intege kandi nshobora gutsindwa

Ariko mu magambo y'umutima wanjye nzavugaga nti: "Nzahora ndi uwawe"

Ibigeragezo, indwara n'urupfu bishobora kunshengura no gutwika umubiri wanjye, ariko igihe cyose hakiri icyizere mu kwibuka kwanjye

Reba mu maso yanjye ari kurangira kuko binyuze muri yo nzakubwira nti: "Nzagukunda iteka ryose kandi nzahora ndi indahemuka kuri wowe!"

Ndababwira ukuri ko ibisubizo by'ibibazo byanjye byose ntabihawe n'abantu, ahubwo nabihawe n'Imana, isoko y'ubuntu bwose.

Kandi isoko y'ubumenyi bwose mu isanzure

Ni we wenyine umpa imbaraga mu buzima, kandi iyo mvuze, ndamusaba ko yashyira imbaraga mu

magambo yanjye, ukuri kwe, urukundo rwe, n'umucyo we. Numva ibyishimo byinshi binyinjiramo kuko urukundo rwe ruhebuje rwisuka mu bugingo nk'umuyaga woroshye mu minsi y'ubushyuhe, kandi rukomeza gucucuma cyane ku manywa na nijoro, icyumweru ku kindi, umwaka ku wundi, bityo ntuzi aho iherezo riri.

Abantu batekereza ko bakeneye urukundo n'ubutunzi bivuye mu bantu, ariko inyuma ya buri rukundo na buri butunzi

Urukundo rw'Imana rudahinduka n'ubutunzi bw'umwuka budashobora gupimwa n'ubutunzi bwo mu isi. Umuntu wese umenya ko Imana ari yo soko y'urukundo rwose, ibyishimo n'ubuntu azabibona kandi abishimire cyane.

Izindi nyigisho n'ibitekerezo bya Mwalimu Paramhansa

Yogananda

Ubunyangamugayo ni inkingi y'ingenzi mu nzira

y'umwuka

Ahubwo, ni inkingi ishingiyeho isano y'ubugingo

n'Umuremyi wabwo

Ibi bivuze guhindukirira Imana ufite icyizere cyuzuye

Tuvugana na we mu buryo bweruye kandi busesuye

Mu rurimi rworoshye ururimi rw'umutima

Turamusaba kudufasha

Kugira ngo dushobore kumuharanira no

kumwishingikirizaho

Kugira ngo duhumurize imitima yacu

Kandi bidukiza imibabaro n'imibabaro

Kandi kuva ku kintu cyose gishobora kutubangamira

Agerageza kutubuza kugera ku ntogo yacu yo mu buryo

bw'umwuka

Amaherezo

Hari intego imwe ku bizamini byacu byose n'igerageza

ryacu

Bidushishikariza gukora uko dushoboye kose
Imana ni yo iduha ibintu byose
?Kandi se ni amahirwe afite ubwo bumenyi
Tudafite ubwo buryo tubaho mu makimbirane
n'amakimbirane
Utazi impamvu
Ariko mu nzira y'umwuka
Tuzi ko ingorane duhura na zo
Intego yayo ni ukugira ngo twicishe bugufi imbere
y'Imana
Dushyiramo ibitekerezo byacu n'amarangamutima yacu
Kuva ku bwirasi bw'ikinyoma n'ubwiza bw'ubupfapfa
Kugira ngo Imana iduhe urumuri rwayo, ubwenge
n'urukundo rwayo
Muri uko kwiye gurira Imana
Isano nziza iri muri yo
Twibuke ko igihe cyose "kwiyumvamo" ari byo byiganje
Hari ingeso yo kwitandukanya n'Imana
Kwizera ko dufite imbaraga n'ubwenge bihagije
Kugira ngo dushobore guhagarara ku maguru yacu
yombi tudafite inkunga
Twikemurira ibibazo byacu ubwacu
Dutinya ko nitwumvira ubushake bw'Imana
Ko tutazishimira ibyo Imana itwoherereza
Iki ni ikimenyetso cy'uko umuntu atizera Imana
Ariko vuba cyangwa nyuma
Tuzagomba guhindukirira Imana
Buri muntu azavumbura uku kuri mu buzima bwe
Keretse niba yamaze kubivumbura
Iki si igitekerezo gica intege cyangwa kibi
Ibyishimo byiza cyane bibaho ni
Kumva ko turi imbere ye
Turinzwe kandi dufite umutekano mu bintu
bitunguranye mu buzima n'ibihe bitunguranye

Iyo ni yo kamere yo kwicisha bugufi n'imiterere
y'umuntu wicisha bugufi
Kandi aho ni ho hari imbaraga nyakuri zo mu mwuka
Kandi ubunini bw'ubunyangamugayo
Kandi ubwinshi bw'urukundo
Kandi ubwiza bwo kunyurwa no kuganduka
Si ibyanjye, Mwami, ahubwo ni ugushaka kwawe}
{gukorwe
(Twiringira Imana)
Kugira ngo tugire icyo dukora ku miterere yacu
y'umwuka
Tugomba kwihatira kugaragaza ubwenge bwo hejuru mu
buzima bwacu
Iyo habayeho ingorane, tugomba kwiyibutsa
Ko tutari abanyanteye nke kandi ko dufite ibikoresho
bikwiye byo guhangana nabyo
Ntitugomba kwemera ko inshingano n'ibibazo
bihungabanya amahoro yacu
Bitubuza amahoro
Twaje muri iyi si kugira ngo twiteze imbere
Gusuzuma ubushobozi bwacu bwo mu buryo
bw'umwuka
Kutagwa mu nyanja yijimye y'uburiganya
Bikubiyemo ibyago byinshi
Niba dushaka kumenya uko turi mu mwuka
Tugomba kuba inyangamugayo ku Mana no kuri twe
ubwacu
Kandi tubikuye ku mutima mu mibanire yacu n'abantu
Kandi ko ari cyo cyifuzo gikomeye cyane mu buzima
bwacu
Ni ukumenya isoko yacu y'Imana
Ni We twakomotseho kandi tugomba kugaruka kuri We
Uko igihe cyose tutazaba turi mu isi y'ubusugi cyaba
kingana kose
Nubwo ikirere cyaba gisa n'icy'umwijima n'agahinda

Tugomba gukomeza ukwizera kwacu
Ko izuba rizongera kuva
Kandi ko icyiza mu buzima kiruta ikibi
Urukundo rurakomeye kuruta urwango
Kandi abari mu nzira nziza
Bazahagera uko intera isa n'aho ari ndende kose ndetse
n'aho baja hose uko bangana kose
Kandi niba impungenge ziyongera
Bigomba kwirukanwa no gukunda Imana no kuvugana
na yo

Binyuze mu isengesho rivuye ku mutima
Kandi tumusaba gukomeza umugambi wacu
Bidufasha gukosora icyerekezo cy'ubuzima bwacu
Isengesho rizasubizwa mu buryo butera inkunga
Ibicu bizahanagura kandi ikirere kizongera kugaragara
neza

Guhangana n'ibibazo by'ubuzima
Imwe mu nyungu zo gukora ubushakashatsi bwimbitse
ku Mana

Ni ubushobozi bwo kuruhuka
Aho umuvuduko ugabanuka, ubwoba buragabanuka,
kandi impungenge ziragabanuka
Iyo tubuze ubushobozi bwo kwishimira ubuzima
Kwitabira ibikorwa by'imyidagaduro bizima
Turimo gukora ibintu bikomeye kandi dufite ubwoba
kurusha uko twagombye kubikora
Ubugingo, mu buryo bwabwo busanzwe, ntibumva
umuvurungano cyangwa ubwoba
Ahubwo, " ubwikunde " ni bwo bugaragara muri iyo
mimerere

Ntidukwiye gufata ibintu nk'ibikomeye cyane
Kugira ngo imbaraga z' "ubwikunde" zigabanuke kandi
uburyo bwo kuzifata bugabanuke
Abantu bakunze kuvuga ku mihangayiko bumva

Kandi imihangayiko yo mu mutwe bahura nayo bitewe
n'umutwaro w'ibyo bakeneye byinshi
Ariko ntitugomba kwemera kuba umuhigo
Ku bwoko ubwo aribwo bwose bw'ingorane
Tujye twibuka ko Imana yaduhaye imbaraga
Birahagije kugira ngo duhangane n'ibibazo byose
duhura na byo
Ntabwo bishoboka ko roho yumva inaniwe kandi inaniwe
Umubiri ushobora kumva unaniwe
Ariko iyo twishyize mu ntege nke z'umubiri
Turacyafungiranye mu bushobozi buke bw'umuntu ku
giti cye
Iyo duhuye n'imbogamizi
Tugomba gushaka ubufasha bw'Imana
Kwizeza ko dushobora - tubifashijwemo n'Imana -
kubitsinda
Kandi ko biza nk'intandaro yo gukangura imbaraga zacu
zisinziye, iyo zikangutse, zishobora
Mu guhangana n'ingorane n'ibibazo by'ubwoko bwose
Kandi ko kamere yacu nyakuri ari umwuka
Ishingiro ryayo ni amahoro, ituze, ituze, n'ituze
Kandi ko ibi bintu by'umugisha biri muri twe
Ni igice cy'ingenzi cy'umubiri wacu wo mu mwuka
Umuntu ni umwuka, kandi umwuka we ntushobora
gutsindwa
Kubera ko ari ikintu kidafatika
Iyo dufite ubwo bumenyi
Twumva izo mbaraga zikora muri twe
Twumva ko turimo gutera imbere kandi tugatera imbere
Icyizere cyacu mu Mana no muri twe ubwacu
kirakomera
Uburemere bw'ingorane buragabanuka
Kugira ngo tubashe guhangana nabyo
Uburyo bwubaka bushingiye ku cyizere, ihumure, no
kuringaniza

Hamwe n'uburambe bwose bugaragara mu kirere
cy'ubuzima bwacu
Muri uru rugendo rwacu rwo ku isi
Tugomba kumenya uburyo bwo kwagura ibitekerezo
byacu no kumenya
Kandi ni gute twarushaho gusobanukirwa ibintu
?bituzengurutse cyangwa ibyo tunyuramo
Icyo gihe tuzaba dushobora kubaho mu bwumvikane
bwiza
No kugira ngo abantu n'ubuzima bwabo birusheho kuba
byiza kandi mu mutekano
Iyo turebye mu buryo bwimbitse imiterere y'isi
Turasesengura amabanga yihishe y'umuco wa kera
;Ishusho nini iragaragara, ifite imirongo igoranye
Bitandukanye mu bihe by'umwaka, byitondewe mu
buryo burambuye
Dusanga umuntu ari umuntu ku giti cye kandi ari
umuntu ufitanye isano n'abandi icyarimwe
Buri muntu wese afite icyifuzo cyo kubaho ku giti cye
ndetse no kubaho mu mibanire ye n'abandi
Afite imyifatire yo kwishyira ku giti cye n'icyifuzo cyo
kuba mu matsinda n'imiryango
Ndetse no mu bihe bya kera
Hari ibimenyetso bigaragaza ko abantu bo mu ntangiriro
Yari afite igitekerezo cy'ubufatanye mu matsinda
Mu buzima bwa buri muni, dusanga imikoranire ikabije
n'abandi
Ntabwo bizana ibyishimo byinshi
Kandi kwigunga cyane ntibizana ibyishimo
Imana ishaka ko dukoresha uburinganire
No gushyiraho uburinganire hagati y'ubuzima bwacu
bwite n'imibereho yacu
Amahame y'umuntu ku giti cye n'ay'abantu bose
hamwe aturuka ku isoko yo hejuru
Imana ni yo yonyine, Ubuhungiro bw'iteka ryose

Hejuru y'inyenyeri, isanzure, n'ibitekerezo bya muntu
Uretse amarangamutima n'inzozi
Irenze ubushobozi bwose bwo kumva ibintu
Ni Umwe, Udasanzwe, ikiremwa muri We ubwe
Itunganye mu miterere yayo n'imico yayo
Aho izuba ritava
Nta kwezi kurasira
Nta muriro ucana
Ahubwo, ni urumuri rwe rw'Imana, rutagereranywa
Aho ngaho, hakurya y'umwijima, ntabwo hari umwijima
Kandi ituze ritagira urusaku
Kandi nta kindi kitari icyaremwe
Hari ikintu cy'iteka ryose
Ni iyihe nkomoko y'ubuzima
Kandi isoko y'imbaraga zose n'ibiremwa byose
Ibiboneka n'ibitagaragara byombi
Imana yaremye iyi si kugira ngo
Ikora hakurikijwe itegeko rihoraho kandi ridahinduka
Iyo turenze ku mategeko yose, tuba twihaniye
Umuntu wese uzasimbuka ava ku gisenge cy'inyubako
ndende azavunika amagufwa ye
Kubwibyo, ntidushobora kwirengagiza itegeko
ry'imbaraga rukuruzi
Hatabayeho ingaruka mbi
Muri iyi si
Abantu bashobora gukora mu bwisanzure
Ariko gusa mu rwego ruto
Kandi niba arenze ku mategeko y'Imana
Azihana cyangwa azirimburira ubwe
Imana yashyizeho ayo mategeko adahinduka
Yashakaga ko bidukorera ku neza yacu
Kuko tudafite ibyo tudashobora kubona inzira muri ubu
buzima
Imana yaduhaye kandi umudendeze wo guhitamo kandi
ishyiramo umutimanama muri twe

Gutandukanya icyiza n'ikibi, ingirakamaro n'ibibi
Iyo abantu bahisemo inzira z'ikibi
Barenga ku mategeko y'Imana agenga isi yose
Barimo bashyira imbaraga zo mu kirere mu nzira
Ingaruka zidashoboka kwirinda
Bitewe no kutubahiriza ayo mategeko
Mu kubikora, bihanira ubwabo
Mu by'ukuri, Allah ntarenganya abantu na gato,}
{ahubwo ni abantu ubwabo birenganya
Ariko abakurikiza amategeko yayo
Kandi bubahiriza inama ze
Babaho mu mahoro
Kandi binyuze muri bo, ijisho ry'ubushishozi rirafunguka
Bagenda bafite icyizere, intambwe zimwe na zimwe
Bumva ko bagenda mu mutekano
Ku nzira z'ubuzima
Igitekerezo ni imbaraga ikomeye mu buzima bwawe
Iyo uza kuba uzi uburyo bwo gukuza iyo mbaraga
Kandi uyikoreshe neza
Ntukemere ko intege nke zinjira mu mitekerereze yawe
Jya witonda mu gihe ukorana n'abantu bafite ibitekerezo
bibi
Kandi icyerekezo cy'ibyiza, kugira ngo ibitekerezo byabo
by'intege nke bitakwinjira mu bitekerezo byawe
Keretse niba ubwenge bwawe bugeze ku rwego runaka
rw'imbaraga
Kugira ngo ibitekerezo by'abandi bitamuca intege
Ibinyuranye n'ibyo
Ashobora gukomeza ibitekerezo by'abandi
No kongera icyizere cyabo
Abananiwe bagomba kwifatanya n'abatsinze
Abanyantega nke bagomba kwifatanya n'ababarusha
imbaraga
Ku bijyanye n'abatagira ubushobozi bwo kwifata

Bagomba kuba bari kumwe n'abafite imico myiza
n'ubushobozi bwo kwifata
Umuntu w'umururumba agomba kurya
N'umuntu ushobora kugenzura neza ubushake bwe bwo
kurya
:Hanyuma azashobora kuvuga ati
"Nanjye nshobora kugenzura inzara yanjye"
Iyo ufashe icyemezo kandi ukiyemeza kugikurikiza
Ntureke ngo icyemezo cyawe gihungabane niba
habayeho ikintu kinyuranyije n'icyemezo cyawe
Komeza kwigirira icyizere kandi wizere ko ufite
imbaraga zose ukeneye
Kugira ngo ugere ku cyo wifuza, nubwo cyaba
kidashoboka gute
"Niba uvuze ku mugaragaro uti "Nditeguye kumubona
"Kandi wibwiye uti "Sinshobora
Ubikoze, ugabanya imbaraga z'ibitekerezo
Bigabanya imbaraga z'ubushake
Uzakenera ubushake bukomeye kurusha ubw'uwawe
Kugira ngo amwongere imbaraga no kumushishikariza
kwiyemeza no kwiyemeza
:Inama yanjye ni iyi
Teza imbere ubushake
Tekereza neza
Uzasanga imbaraga zawe z'umubiri, iz'ubwenge,
n'iz'umwuka
Gukorera hamwe mu gushushanya no guha ishusho buri
gice cy'ubuzima bwawe
Mu buryo ubwo aribwo bwose ushaka
Ikimonyo gikora umubiri wacyo
Amaso ye atyaye abona ahantu hatoya cyane hafi ye
Umuntu azi umubiri we, ibidukikije bye, n'umuryango we
N'ibindi bintu bimwe na bimwe asanzwe azi
Ku bijyanye n'umuntu ku isi yose
Amenya ko umubiri we ari igice cy'umuryango w'abantu

Igitekerezo cy'e gikubiyemo isanzure mu ngero zaryo

z'umubiri n'iz'ubwenge

Amenya ko ubuzima bwose buri mu bitekerezo bye

Niba umuntu ashobora guhindura ubwenge bwe mo

ibyishimo byo mu mwuka

Isi izashira mu mutwe we

Kubera ko ibitekerezo by'umuntu ari byo biha isi ishusho

y'ukuri

Tutabanje gutekereza, isi nta kuri yari kugira

Abantu bamaze kumenyera gukomeza kuba maso no

guhangayikishwa n'ibibazo by'ubuzima

Cyangwa ashobora gusinzira akibagirwa isi

Ariko abantu bafite ubushobozi bunini cyane

batarabukoresha

Kandi niba wize ku byishimo byo mu mwuka

Uburyo bwo kwikuramo ubwenge bw'umubiri n'ubwenge

bwo gusinzira butunguranye

Azakanguka afite ubwenge buhebuje kandi bwiza

Iyo umuntu ashoboye kuguma ari maso

Cyangwa kuva mu bitotsi ako kanya bitewe n'ubushake

Azashobora kugera ku rwego rwo hejuru rw'ubwenge

Nta mupaka w'ibyishimo byayo

Azagira ibyishimo byo gusinzira neza kandi ku bushake

Igihe icyo ari cyo cyose, aho ari ho hose

Ikinyugunyugu cyo mu buryo budapfa cyavuze

Njye ubwanjye

Ibaho mu mutima wa buri wese

Mu bihugu byose

n'ubushake bwanjye bukomaye

Iratera mu mfuruka zose

Kandi bikangura abasinziriye

Hamwe n'ibitekerezo bidashira by'ubuhanga

Ku bijyanye n'umuntu wanjye muto

Afungiwe mu rubanza rwagenwe igihe

Ikinyugunyugu kiracyari mu gikoko cyacyo cyo ku isi

kole y'ubutaka
Inzugi zirafunze
Bahambiriwe n'imigozi igihumbi y'icyuma
Yewe roho yanjye ifungiwe mu bunyage
Yemwe aboga mu zuba
Kandi uhumeka umuti w'ubuzima
Kandi unywa amazi meza
?Ese urota kugira ibintu byose byiza biriho
Kandi ingano yawe ni nto
?!Kandi umutima wawe urananiwe
!Kanguka uva mu bitotsi byawe
Kwagura
Rambura
Vugurura ubwawe
Huza n'umuntu wawe wo hejuru
Kandi uzaba
Ikinyugunyugu cy'iteka
Irwanya amabwiriza n'imipaka
Kwimenya
Ubuhinduzi bwahinduwe na: Mahmoud Abbas Masoud
Ubushobozi bwo kumva no kubona neza
Si ijisho rireba
Ahubwo, ubwenge n'imbaraga ni byo bigira uruhare mu
gutuma ibintu bibaho
Umuntu ashobora kugira ugutwi gutega amatwi n'ijisho
ribona
Mu by'ukuri, isi itandukanye rwose n'ibyo umuntu abona
Amajwi yumva ni ayo ari mu rwego rwo hejuru
Imitingito ishobora kubona
"Uburyo bwo kumva buzwi kandi bwitwa "Clairvoyance
Cyangwa kumva binyuze mu gusobanukirwa
Kubera ko ugutwi gusanze kudashobora gufata
Amajwi atumvikana
Ubushobozi bwo kubona no kumva buri mu bugingo

Birashoboka gukangura imbaraga zihishe mu buryo
bwose

Mu gutoza ubwonko no guteza imbere ubushobozi
bwabwo bwo gutekereza

Imbaraga ziri mu maso yacu zisa n'imirasire ya X
Ariko, ntidushobora kubona ibintu imirasire ya X
yinjiramo

Kubera ko tutarasobanukirwa neza urwo rwego
rw'imitingito

Ubushobozi bwacu bwo gutekereza burushaho
kugabanuka bitewe n'ubushobozi bwo gutekereza bufite aho
bugarukira

Ubwiye bw'abantu bubaho iyo imbaraga z'ubuzima
zihujwe n'ibintu bimwe na bimwe

Gutigita bibonerana Nk'uko imirasire ya X yinjira mu
nkuta

Ijisho ry'umuntu rifite ubushobozi bumwe, kandi ubwo
bwoko bw'iyerekwa

"Bitwa "gusobanura neza ibintu

Birashoboka gupima imbaraga z'ubuhanga bwo kureba
neza

Iyo imbaraga zo kubona z'ijisho zikuba kabiri
Cyangwa kuzamura urwego rw'imitingito y'imbaraga
z'ubuzima zinjira muri byose

Ubuhanza bwo kuvugana n'abantu mu buryo
bw'umwuka ntabwo bwangiza iterambere ry'umwuka
ibinyuranye n'ibyo, bifasha kwimura cyangwa guhindura
ubwenge

Kuva ku rwego rw'umubiri kugeza ku rwego rw'umwuka
Ariko amashusho aturuka mu bwenge budafite ubwenge
Bituruka ku kwibeshya no gutekereza, kandi bigomba
kwirindwa

Ushaka agomba gutsinda ibizamini by'inzozi kugira ngo
agere ku rwego rwo gukanguka mu buryo bw'umwuka

Aho azi neza ko afitanye isano rya hafi n'urwego rwo
hejuru rwa

Ari aho kandi yumva ibyishimo byinshi bimutera
kuruhuka mu bwenge bwe, mu bugingo bwe no mu mubiri
we

Ikintu cyose ni ibikorwa bikomeye mu buryo
butandukanye bwo guhindagura
Ubwami bw'Imana buri mu muntu
Ariko agomba kubigaragaza binyuze mu mirimo yubaka
no gutekereza neza
Ntitugomba kwemera ko ikintu icyo ari cyo cyose
kibangamira iterambere ryacu
Umuntu ubwe agomba kugaragazwa binyuze mu
gusukura ubwenge, kunoza imyitwarire myiza, no
gutekereza cyane

Imana ihora yumva ibyo umutima usaba
Ariko igisubizo cye kirasobanutse neza kandi kigaragara
ku buryo rimwe na rimwe bigorana kugisobanukirwa
?Ni nde ukomeje gushakisha
Akomeza kugira ishyaka mu by'umwuka
Imana izaboneka
Umugabane we uzaba mwinshi
Ubukire bwe ni bwinshi muri iyi si no mu bihe bizaza

Sura urubuga rwa Suida Yoga n'urupapuro rwa Facebook
.rwa Master Paramhansa Yogananda
/ <http://wwwswaidayogacom>
<https://wwwfacebookcom/masteryogananda?ref=hl>
Mukerarugendo mu gihugu cyawe
Uri isoko y'ibyishimo n'ibyishimo
Uri ishingiro ry'urukundo n'amabuye y'agaciro
y'ubwenge atatanye mu mirima y'iteka ryose
Uri umudendezo n'ububohozi ku binyoma byose
Uri ubumwe busesuye budashobora gucikamo ibice
Uri ubwenge rusange

Uri intangiriro n'iherezo
Kandi intego ya nyuma, nta yindi ntego irenze iyo
Ndi umukerarugendo mu gihugu cyawe kandi ndi
umugenzi mu nzira zawe
Fata ukuboko kwanjye uyobore intambwe zanjye mu
nzira za hafi zikujoyana
Nishimiye kukumenya
Imirima yawe y'imbuto nziza, yuzuyemo imbuto nziza,
mpamagare
Kuyisura no kwishimira imbuto zayo nyinshi
Mbega ukuntu imbuto z'ubumenyi ziryoshye, kandi
!mbega ukuntu ifu yabwo y'amayobera ishimishije
Ndifuza ko nahora nifuza imbuto z'ubugingo zitanga
itungamubiri kandi ziruhura
Kandi nnywa amazi y'amahoro atemba aturuka mu
migezi y'urukundo rutagatifu
Mpa umutima mwiza n'ituze ry'umutima
Unyogeshe amazi yawe aryoshye, unyuzuzemo imyanda
yose n'umwanda
Ndifuza kumva ko uriho kandi nkabona isura yawe nziza
Nahoraga nibwira ubwiza bwe buhebuje, kandi umutima
wanjye waramwifurije kumubona
Wuzuze umutima wanjye n'ishimwe n'ubutoni ku
bw'ukuboko kwawe kw'ubuntu n'ubuntu bwinshi
Umutima wanjye ugutere urukundo kuri wowe igihe
cyose hari inyenyeri irabagirana n'umutima utera
Gira umugisha ku bitekerezaho byanjye kugira ngo
bihindukire kuri wowe, kugira ngo bahabwe umugisha
.n'ubwiza bwo kukubona no kubona ubwiza bwawe
Mpa ubushobozi bwo gufata indirimbo zawe zitagira
umuvuduko mu bunini bwa ether
Ndaryohewe n'indirimbo zayo zo mu ijuru abamarayika
bifuza kumva
Oh, mbega ukuntu nifuzaga kumva umwuka wawe
w'umugisha muri buri ngirangingo

Kandi umpe ubushobozi bwo kumva ibintunga byawe
by'Imana, ari byo mutsima wo kubaho
Muri yo harimo umuti w'ubuzima n'isoko y'iteka ryose
Yewe, nifuzaga ko nashoboraga guhumeka mu mwuka
mwiza wo kubaho kwawe
Mu mwobo w'inyota n'ishyaka
Kandi nabonye amatara y'urukundo rwawe amurika
cyane

Mu ijuru ry'umutima wanjye, rigushaka cyane
Iyo umwuka utuje, roho ibona amahoro
Urwego rw'ubukangurambaga rurimo kwiyongera
Ibi bishobora kugerwaho binyuze mu gutekereza cyane
Kandi tugerageza kugumana ingaruka nziza zo gutuza
Kugira ngo ugire ibitekerezo birambuye kandi ugire
amahoro yo mu mutima
Gutekereza ku Mana no kugira icyizere ku bintu byiza
Birahagije kugira ngo roho yuzure imbaraga z'umwuka
w'Imana

Amagambo adafite imbaraga z'umwuka
Ni nk'ibyatsi bitagira ingano
Bityo rero, iyo dusoma, tugomba gutekereza ku mwuka
w'ibisobanuro
Kandi kwibanda ku cyo itanga
Kugera ku isoko y'ibitekerezo inyuma y'ibisobanuro
Imana ni yo soko ry'ibintu byose bitangaje kandi
by'ingirakamaro
Ni Umwami w'amahoro, utegeka ku ntebe y'ibitekerezo
bituje

Ayobora ibikorwa by'umuntu usukuye kandi
w'umunyacyubahiro
Kandi agera ku byo yifuza byemewe n'amategeko
Reka twugurure amarembo agana ku mahoro yo mu
mwuka

Abamarayika b'ituze binjire buhoro buhoro
Ku miterere y'ubucuruzi bwacu n'ibikorwa byacu

Dukore inshingano zacu mu ituze
Wuzuye umwuka w'amahoro n'amahoro yo mu mutima
Kandi inyuma y'imitima yacu, tuzumva umutima
w'amahoro y'Imana
Reka twige mu buryo bwimbitse ku bitekerezo
by'igerageza n'ibizamini
Ese binyuze mu bitekerezo twasomye mu bitabo
by'ingirakamaro
Cyangwa ibibazo tugomba gukemura
Cyangwa filozofiya, ibitekerezo, n'imyizerere
Cyangwa ibyishimo byo mu mwuka
Reka twinjire mu buturo bwera bw'ibitekerezo byacu
byimbitse

Kandi twishimira amahoro atemba
Kuva mu masoko y'amahoro
Icyitonderwa: Hari ingero nyinshi zishobora gutangwa*
zigaragaza isano iri hagati y'umuvuduko w'ubuhumekero
bw'umuntu n'impinduka mu miterere y'ubwenge. Umuntu
uhugiye mu biganiro bikomeye byo mu mutwe cyangwa
ugerageza gukoresha imbaraga z'umubiri zihagije
azahumeka buhoro cyane. Kwita ku bintu biterwa no
guhumeke buhoro, mu gihe guhumeka vuba cyangwa ku
buryo budasanze biherekeza imiterere mibi
y'amarangamutima nko gutinya, irari ry'imibonano
mpuzabitsina ritagira umupaka, n'uburakari. Inkende
ihumeka ku muvuduko w'inshuro 32 ku munota ugereranije
n'inshuro 18 gusa ku munota ku muntu. Inzovu, inkende,
inzoka, n'izindi nyamaswa zizwiho kuramba cyane zifite
umuvuduko wo guhumeka buhoro cyane ugereranije
n'abantu. Urugero, inkende nini imara imyaka magana atatu
.ihumeka ku muvuduko w'inshuro 4 gusa ku munota
Byavuye mu gitabo: Filozofiya y'Ubuhide mu Buzima
bwa Yogi

Na Paramhansa Yogananda: Autobiography ya Yogi

Kubera ko bidashoboka kugera ku kintu icyo ari cyo

cyose gifatika

Cyangwa gutera imbere mu rwego urwo arirwo rwose

Nta bwisanzure bwo mu mwuka

Cyangwa ubuyobozi n'ubwenge buva ku Mana

Reka tuzamure, mbere na nyuma kandi iteka ryose

Imirongo yo gushimira no gushimira Imana

Kugira ngo dutunganye akazi kacu

Kandi tukabikora uko dushoboye kose

Kandi kugira ngo twumve ibyishimo byo kugera ku byo

twagezeho

Hamwe n'imbaraga n'ishyaka bishya

Mu gushimira no gushimira kwanjye kose

Ku isoko y'ibyiza byose

Ku bw'imigisha ye itabarika

Ibyo biduhangayikisha buri muni mu buzima bwacu

Akenshi dufata iyo migisha nk'uburenganzira bwacu

Nubwo abantu babarirwa muri za miriyoni muri iyi si

babuze icyo bageraho

Igihe cyose dushimira Imana ku bw'imigisha yayo

Uko turushaho kugira ineza n'imigisha

Niba ushimira, nta kabuza nzakwongerera [mu buryo

bwiza]

{Uduhe uyu muni umugati wacu wa buri muni}

Twibuke ko ufata byose mu buzima

Ariko, ni ukuri ko ari we ubura intego

Gushimira bivuye ku mutima bizana amahoro yo mu

mutima

Bizana ibyishimo n'amahoro yo mu mutima

Twumva ko Imana itwegereye

Itwitaho cyane kandi itugirira impuhwe

Niba tubayeho gutya

Kandi twafashe iyi nzira

Tuzagera ku rwego rwo hejuru cyane

Kuva ku bitekerezo byiza kandi byiza

Kandi kumva ko uri hafi y'Imana
Ni urubanza rwiza cyane
Irimo amahoro, ibyishimo, n'uburuhukiro
Iyo roho yumvise uwo mubano wo mu mwuka
Imigezi y'ibyishimo iramugana
Bituruka ku kubaho kw'Imana
Imana iba ukuri gukomeye cyane mu mibereho yacu
Turushaho kugira ubushobozi bwo guhangana n'ibibazo
n'iterambere rishya
Muri icyo gihe, urukundo ruhinduka ukuri
Urwango ni ukwibeshya gusa
Kuko Imana ari urukundo
Nta buzima bw'ingenzi buhari
Uretse We wenyine muri ubu buzima
Inzosi n'amayobera
Munsi y'ibyiringiro byo mu isi namaze igihe kirekire
Narose nicaye ku ntebe y'ubwami nziza cyane kandi
ihenze
Isura yanjye yari irimbishijwe n'urushundura rw'inseko
Ariko ibihe byo guseka n'ibyishimo ntibyamaze igihe
kirekire
Ahubwo, byarumye bikwirakwira kimwe kimwe
Hanyuma niboneye niziritse mu mwenda washaje
Kandi yaguye ku rutare rukomeye rw'ubukene
Mu gihe cy'amakuba n'ibyago bikomeye
Naririye cyane
Ariko amarira yanjye yarashotse
Kandi nta muntu wo kureba cyangwa guhumuriza
Isi yambanjirije imbere irantegereza ituje ry'urwenya
Umutima wanjye waratakambye, ndagusaba ubufasha,
!Mana yanjye
Kandi ubwo ubusabe bwanjye buhoraho bwageraga mu
bwigunge bwawe
Amaherezo yarankanguye

Kandi n'ibyishimo byinshi cyane, nisanze ndi mu
mutekano imbere yawe
Kure y'ibyiciro by'ibyihebe bitera urujijo kandi bitera
urujijo

Uwiteka, ndifuza ko wakangura abantu bose
!Kuva mu isi y'inzozi zisekeje z'ubukire n'ubukene burira
Barokore, wowe Muremyi w'Inzozi, ubakure mu nzozi
mbi z'urupfu

Kandi bavugurure hamwe nabo ubumenyi bw'iteka
ryose

Kandi ubahe umugisha kugira ngo bashobore kubona -
- binyuze mu mahoro arambye

Amahano yo kubeshya kw'isi

!Nta kindi ni inzozi gusa n'amayobera

Ibitekerezo by'ikirenga

Ewe Muremyi w'Imana

Mwami w'Isi Yose

**O wowe uyobora kandi ushyira imbere imibumbe,
inyenyeri n'amagalaksi**

**Itegeko ryawe rigororotse ritegeka guha
abaturage bawe uburenganzira bwo kwihitiramo no
kwihitiramo, ibyo bikabafasha kwiteza imbere no
kwegera amahame n'amahame yawe matagatifu.**

**Waduhaye umudendezo w'iteka kandi udutera
imbuto z'ubwenge rusange. Ariko ikibabaje ni uko
twashyize ubwenge bwacu rusange inyuma y'imigozi
y'ubwikunde, urwango, ibitekerezo bigufi, n'ubufana
budafite aho buhuriye n'ukuri.**

**Mwami, dufashe gushonga - dukoresheje
urukundo rwacu rushyushye n'ubwumvikane bwa
kivandimwe - inzitizi zose z'ubukorano n'imbogamizi
hagati yacu n'abandi**

**Dufashe gukoresha umutimanama uri maso no
gufata ibyemezo bizima mu kwifata no kugendera mu
nzira z'ubuzima ugororotse**

**Kandi uduhe umugisha wo kongera ubutunzi
bwacu bwo mu mwuka n'impuhwe zacu z'impuhwe,
twagura uruziga rw'urukundo rwacu rw'igihugu kugira
ngo rugere ku batuye isi bose, hatitawe ku ibara
ry'uruhu, icyiciro, igitsina, n'imyizerere.**

**Mwami w'Isi Yose, twubaha kandi twishimire
ubwigenge bw'abantu bose bavutse bafite
umudendezo**

**Kandi uduhe umugisha kugira ngo twubake isi
yunze ubumwe kandi tugutore nk'umuyobozi wacu
w'umwuka w'ubuzima bwose**

**Kuva mu nda y'umutima
Uwiteka, reka amatara y'ibyo nshaka byose
agurumane**

**Ubwiza bwawe buhebuje buhora buriho
Nubatse urusengero rw'ibyo nifuzaga
Muri buri gitekerezo cyanjye
Wansura?**

**Kandi wicaye ku ntebe y'ubwami y'urukundo
rwanjye kuri wewe?!**

**Ibitekerezo byanjye bikurikize ubuyobozi bwawe
bw'ubwenge**

**Ube ibyishimo bikomeye mu buzima bwanjye
Kuva mu irembo ryo gutekereza ku Mana no
kuyitekerezaho**

**Nzinjira mu Ngoro y'Amahoro Arambye
Uyu munsu nzacana inkoni zigaragaza impungenge
n'ubwoba**

**Kugira ngo mboneshe urusengero rw'Imana mu
bugingo bwanjye**

**Nzashaka Imana mu bwigunge bw'umutima
wanjye**

**Kandi nzasenga cyane kugeza igihe umutima
wanjye utera kubera urukundo kuri we**

Kandi numva igisubizo cye ku masengesho yanjye

**Oh, iyaba ikibatsi cy'ubuzima bwanjye
cyashoboraga kwivanga n'izuba ry'Imana**

**Kandi birabagirana mu maso y'abantu bose
bakunda ibyiza**

**Nzanyanyagiza isi yashenywe n'intambara
Hamwe n'ibitekerezo by'amahoro n'urukundo
Nzinjira mu buturo bwera bw'Imana
Kandi nkora ku bwenge bw'isi**

**Binyuze mu byishimo byo gutekereza no gukunda
Imana**

**Uburinzi bw'Imana burankikije iteka ryose
Kandi umucyo w'Imana uramperekeza kandi
ukirukana umwijima ukikije**

**Igihe cyose ngendera mu mucyo we uyobora,
sinzagwa**

**Sinzateshuka ngo mve mu nzira igororotse
Amarangamutima azima
Ewe Roho wo kubaho kandi Mwigisha w'Isi
Uri inyuma yanjye, aho mbona ubwiza bwawe
bugaragara**

**Kandi inyuma y'ugutwi kwanjye, aho numva
uruvange rw'amajwi yo ku isi**

**Uri inyuma yanjye, ni nawe numva ibintu mu isi
yawewe yo ku isi**

**Kandi hirya y'igitambaro cy'ibidukikije gihisha
isura yawewe nziza**

**Ndakubona mu maso heza h'indabyo
Kandi ndagusogongera mu buryohe bw'ibiryo
bikungahaye ku ntungamubiri**

**Ndumva imiterere yawewe y'ubumana n'uburyohe
bwawe bw'iteka ryose**

**Mu bintu byiza byose n'ibitangaza biriho
Ndagusenga, Mwami, kandi uri inyuma y'ijwi
ryanjye rihinda umushyitsi**

Kandi inyuma y'ubwenge bwanjye, nsenga

**Uri kure y'ibiyumvo byanjye byimbitse
Hirya y'ibitekerezo byanjye byera n'ibyifuzo
byanjye n'inyota yanjye kuri wewe**

**Uri kure y'ibyo ntekereza kandi uri kure
y'urukundo rwanjye rw'ubugwaneza!**

**Yewe, iyaba washoboraga kuva inyuma
y'amarangamutima y'abantu**

**Kandi ahantu nyaburanga hatangaje
Fungura amaso yanjye yo mu mwuka kugira ngo
nshobore kukubona neza uko uri!**

**Ubuzima budafite Imana ntibutunganye
Iyo duhujwe n'Imana, gusobanukirwa ibintu mu
buryo bw'ubwenge bizadushishikariza kandi
bikatuyobora mu byo dukora byose**

**Tugomba kugira izo mbaraga nziza tubigambiriye.
Izo mbaraga ziri muri twe; tugomba kuzihishura gusa**

**Uzasanga iyi mbaraga ikora muri byose kugira
ngo irusheho kunoza imimerere yawe no koroshya
ibintu. Iyo uhujwe n'iyi mbaraga, imibereho yawe
izasesekara ku mbaraga z'isi, kandi ibitekerezo byawe
bizarushaho gutunganywa, kwibanda ku bintu,
gutyaye, no kwinjira. Uzamenya ko ubugingo bwawe
ari ibikoresho by'ukuri kw'Imana n'ubwenge bwayo
budashira.**

**Imana ni yo soko y'ubuzima bwiza, uburumbuke,
ubwenge n'ibyishimo by'iteka ryose Iyo duhujwe na
yo, ubuzima bwacu burushaho kuba bwuzuye kandi
bugatuma tunyurwa**

**Ubuzima budafite Imana ntibutunganye Tugomba
gutekereza kuri iyo mbaraga ihebuje iduha ubuzima,
imbaraga n'ubwenge**

**Tugomba gusenga kugira ngo uku kuri kugere mu
bitekerezo byacu, imbaraga zigere mu mibiri yacu,
kandi ibyishimo bidashira bigere mu bugingo bwacu**

**Inyuma y'umwijima w'amaso afunze hari imbaraga
zitangaje z'isi, n'ubugingo bwiza bwose n'imyuka
myiza**

**N'ubugari butagira iherezo bw'imiraba y'ubugingo
Nutekereza neza, uzamenya ukuri kwuzuye kandi
uzabona umurimo wako utangaje mu buzima bwawe
no mu bintu byose bitangaje kandi bihebuje mu byo
waremye.**

**Ku nzira zo kwifuza
Imana irimo kumpamagarira
Binyuze mu mitima ifunguye
Kandi imitima myiza itera urukundo
Kandi yuzuye ukwizera
Igikorwa cyiza cyose cyakozwe n'umwigishwa
Ubumenyi bwe buri hafi gutera intambwe imwe
Kuva ku mfuruka y'ubwenge bw'ikirere
Reka ninjire imbere, Nyagasani
Kugira ngo ndebe ubwiza bwawe bw'Imana
Kandi mfite umugisha wo kubona amatara yawe
agaragara cyane**

**Niba ubuzima bwanjye buyobowe n'ubwenge
bwawe bw'Imana**

**Bityo rero, imbaraga zanjye nta kabuza
zizatsindira intsinzi**

**Sinzayoba
Uwiteka, mbabarira kugira ngo iyerekwa ryanjye
risobanuke neza**

**Roho yanjye irasukuwe
Hanyuma yabonye izuba ry'ukuri
Kandi nishimiye kumenya ukuri
Uyu munsu nibagirwa ingorane zanjye za kera
Nzahangana n'ibihe bya none n'ejo hazaza
N'ubutwari n'icyizere, tubifashijwemo
n'Ishoborabyose**

**Nzashyira imbaraga mu mubiri wanjye mu ngufu
z'ikirere**

**Kandi noza umubiri wanjye n'urumuri rukiza
rw'ubwenge bw'Imana**

Nk'urumuri rw'ikirere

Amahoro yuzuye ubwenge bwanjye

Kandi yumvise Imana ihari itagira iherezo

Uwiteka, tangariza ubwenge bwanjye

Uzuza umuyoboro wanjye wo mu mutwe

Mu gusobanukirwa no kumenya

Umucyo w'urukundo rwawe urabagirane

Mu nzira z'ubuzima bwanjye

Mu birwa bya Blue Islands

**Ndi ku ibaraza ryanjye, narebye iburengerazuba,
maze ndeba ku mababa y'ibitekerezo ngera ku
nkombe z'izuba rya kure. Ku ruhande rwanjye
rw'iburyo n'ibumoso, nabonye imisozi ibiri yahise
ihinduka ibara ry'umuhengeri ridasanzwe.**

**Ubwo nongeraga kureba, ikiganza kitagaragara
cyari kibatwikiriye mu mwenda w'ubururu bwijimye
Inyuma yanjye hari umujyi wa Guadalajara, wuzuye
mu bwije bw'umugoroba Ijuru ry'iburasirazuba ryari
rimeze nk'umutuku woroshye. Nrebye imbere, amaso
yanjye yabonye umujyi w'ibirwa by'ubururu urimo
kureremba mu kiyaga cya zahabu.**

**Muri iki kirwa cy'ibirwa by'ubururu
bw'amayobera, hari umusozi munini w'iroza
ry'ubururu bw'amayobera, ukikijwe n'ibicu
by'ibirunga by'umweru by'ikirunga byasohoraga
imiyoboro y'amazi y'umukara w'izahabu, irabagirana
nk'umukororombya yerekeza ku kiyaga gituje. Imiriro
ikomeye y'izahabu yatwikiriye ibirwa by'ubururu mu
mucyo w'urumuri.**

**Isonga ry'ubururu n'ikamba ryayo ry'umuriro
byagaragaraga nk'impanga ku buso bw'icyo kiyaga**

cya zahabu kitarimo gutuza. Kandi iburyo, ikiyaga gito, gituje cyari gikinguye, gikikijwe n'igituza cya kimwe mu birwa by'ubururu nk'ukwezi kuzuye koga hagati y'imiraba y'ibicu.

Namaze igihe kirekire ngenda mu muji w'izuba riranga n'ibicu bisa n'ibirahure, nzamuka hejuru y'ikiyaga n'urumuri rwacyo rworoheje rw'izahabu. Mbega ukuntu ayo mazi y'izahabu yuzuyemo urubura rutukura yari meza cyane atatanye mu mpande zose kugeza ku mpera y'iteka ryose!

Nibwiraga ko ibiremwa by'umucyo ari roho nziza kuri iyi si, kandi nyuma yo gutsinda ibizamini byose by'ubuzima, bemerewe kwishimisha no gushyira mu bikorwa inzosi zabo uko babyifuzaga.

Buri muni icyo izuba rirenze, ibyo biremwa byakomezaga inzosi zabyo zo mu ijuru mu miji y'inyanja ikikijwe n'inyanja n'ibiyaga bya zahabu.

Hari n'inyuma y'agahinda kandi hirya y'imitego y'iyi si yo ku isi hamwe n'ibyago n'imibabaro byayo byose

Aho ngaho, uretse ibibabaza, ibyo biremwa byahumekaga amatara atukura, binywa imirasire y'umuhondo, byimuka, byegera, bizerera, kandi byoga hagati y'amatara y'amabara menshi.

Aha ngaha, ibyo biremwa byahitaga bisohozwa inzosi zabyo kandi bigashyira mu bikorwa inzosi zabyo uko bishakiye, hanyuma bigashira bikayoyoka uko bishakiye.

Aha ni ho yishimiye ubutunzi bwo kunyurwa no kunyurwa, kandi asohozwa indoto z'abamusuye bese mu isi ye itangaje kandi y'amayobera.

Aha, ntabwo yagombaga gutegereza no kwifuza nk'abantu kugira ngo inzosi ze zibe impamo n'ibyifuzo bye bisohozwe, ahubwo yarose uko yabyifuzaga kandi ageraho izo nzosi n'ibyifuzo byose ku bushake bwe.

**Uwo mujyi urenga izuba mu birwa by'inzozi wari
umwe mu nzozi zanjye zari mu bwenge bwanjye,
kandi uyu munsu byarabaye impamo mu buryo bwose!**

**Mu by'ukuri, nabonye ubutunzi n'ubutunzi
byihishe mu mutima wanjye, kandi urumuri rwabyo
rwaranyishe kandi urumuri rwabyo rwarampagije!**

**Paramehansiat: Uduce tw'ibyishimo by'Imana
Kwicisha bugufi, Uwiteka, ni bwo buryo bwizewe
Kugira ngo wakire imvura y'imbabazi zawe
z'Imana**

**Nzashyira ibyiringiro byanjye mu butabera bwawe
bw'Imana no mu mahame y'ukuri**

**Kumenya ko witabira umuhamagaro w'urukundo
n'ibyo umutima wawe wifuza**

**Mu bufatanye bwa hafi n'ubushake bwawe
rusange**

**Kandi nkwiseye byimazeyo
Nzakira ubufasha bwawe kandi nzamube hafi
Uyu munsu nzakora inshingano zanjye kuri wewe
Nk'uko nanjye nuzuza inshingano zanjye ku isi
O Mukundwa cyane
Uri ijwi ry'umutima rivugika mu mitima y'abantu
Kandi uri ijwi ry'amarangamutima amatwi
adashobora kumva**

**Guhabwa umugisha n'urukundo rwawe ni ikintu
gikomeye cyane**

**Kuva ku bitekerezaho byose by'isi
Kandi icyubahiro cyose cyo ku isi
Ndizera byimazeyo wowe
Ndabona igicucu cy'uburwayi kigenda kigabanuka
kidasubiye inyuma**

**Nzakubona, Mwami, ndi mu madirishya
y'ibidukikije no mu miryango y'amahoro
Uduhe umugisha wawe**

Kandi utubinjize mu miraba y'imbaraga zawe zo mu kirere

Dukomeze kwikunda cyane

Ibi bibuza roho kwegerana

Kandi inama yabo yari ishingiye ku rukundo rw'ineza n'umucyo

Reka mvugire indabyo z'amasengesho yanjye

N'amazi yo kugutekerezaho no kugutekerezaho, Mana yanjye

Kugira ngo indabyo nshya kandi zishaje zishobore kumera

Kuva ku guhumekwa, amahoro, n'ibyishimo

Uburyo bwonyine bwo kwirinda ikibi ni ugushyira mu gaciro kugira ngo wemere ikibi kandi wiyemeze kutagikora

Kurwanya umuntu nabi ntibitanga ukuri. Ubujiji ni umwanzi nyakuri w'abantu kandi bugomba kwirukanwa muri iyi si. Dufite ibyo dukeneye byose muri iyi si kugira ngo twinjize igihe cy'uburumbuke, ibyishimo n'ubutabera busesuye.

Imbogamizi yonyine ni ubwikunde bw'abantu, butuma ibi bidashoboka. Imibabaro iteye ubwoba kandi idakwiye iterwa n'ubwikunde bw'abantu no gushaka inyungu zabo bwite batitaye ku bandi.

Amafaranga yashoboraga gukoreshwa mu kugaburira no kwambika abakene ahubwo akoreshwa mu gusenya no kwangiza Ubu bwikunde, bwavutse mu bujiji, ni bwo ntandaro y'ibibazo by'isi

Buri wese atekereza ko akora ikintu gikwiye, ariko iyo akurikiranye intego ze bwite gusa, ashyiraho itegeko rya karmic ry'impamvu n'ingaruka, rizasenya ibyishimo bye n'iby'abandi nta kabuza.

Uko mbona ibyago by'isi biterwa n'ubujiji bw'abantu, ni ko ndushaho kubona ko ibyishimo bitazaramba nubwo imihanda yaba irimo zahabu

Ibyishimo biri mu gutuma abandi bishima, kandi buri wese aramutse abikoze, buri wese yakwishima

Kandi buri wese yabona umugabane we mu byiza by'isi

Kubera ko twaje muri iyi si aho tutazi, ni ibisanzwe ko twibaza inkomoko n'intego by'ubuzima

Twumva kandi tugasoma iby'Umuremyi w'iyi si, ariko ntituzi uko twamugeraho icyo tuzi gusa ni uko isanzure ryose ritangaza ko ubwenge bwe bw'Imana buriho

Nk'uko ibice bito kandi by'ingenzi by'isaha ntoya bituma dutangarira uwayikoze, kandi nk'uko imashini nini kandi zigoye zo mu ruganda zidutangaza kandi zidutangaza ku muvumbuzi wazo, ni ko iyo tubonye ibitangaza by'ibidukikije, dutangazwa n'ubwenge bwihishe inyuma yazo, maze tukabaza tuti: “Ni nde wahaye indabyo ishusho nziza yerekeye izuba? Impumuro nziza n'ubwiza byayo byaturutse he? Kandi se indabyo zayo zakozwe gute neza cyane kandi zigasigwa amabara meza kandi ashimishije?”

Mu ijoro, inyenyeri n'ukwezi, bidukikije urumuri rwabyo rw'ifeza, bidushishikariza gutekereza ku bwenge buyobora iyi mibumbe yo mu kirere mu isanzure ryinshi. Umucyo woroheje w'ukwezi ntuhagije ku bikorwa bya buri munsu, bityo ubwenge bw'ubwenge n'ubwitonzi butanga igitekerezo cyo kuruhuka nijoro. Hanyuma izuba rirasa, urumuri rwaryo rurabagirana rutuma tubona isi ituzengurutse mu buryo busobanutse neza, kandi twiyemeza guhaza ibyo dukeneye.

Hari uburyo bubiri bwo guhaza ibyo dukeneye: uburyo bw'umubiri n'uburyo bw'umwuka. Urugero, iyo ubuzima bwacu burushijeho kuba bubi, dushobora kujya kwa muganga kugira ngo tuvurwe. Ariko hagera igihe aho nta muganga cyangwa undi muntu uwo ari

we wese ushobora kudufasha, maze tugahindukirira inzira ya kabiri; imbaraga z'umwuka zaremye umubiri wacu, ubwenge bwacu, n'umwuka wacu.

Imbaraga z'ibintu ziba zifite aho zigarukira, kandi iyo tunaniwe, twishingikiriza ku mbaraga z'Imana zitagira imipaka. Ibi binareba ibyo dukeneye mu by'amafaranga Iyo dukora uko dushoboye kose ariko ntitubone ibihagije, twishingikiriza kuri izo mbaraga.

Buri wese atekereza ko ibibazo bye ari bibi cyane. Hari abantu bumva bafite umuvuduko urenze uw'abandi kuko ubushobozi bwabo bwo kwihangana bugabanuka. Bitewe n'itandukaniro ry'imbaraga z'ubwenge bw'abantu, bakoresha imbaraga zitandukanye. Iyo umuntu ahuye n'ikibazo gikomeye kandi ubwenge bwe bugacika intege, ntibazashobora kugitsinda. Abafite ubwenge bukomeye bashobora gutsinda ingorane zabo basenya inzitizi no kunyeganyeza ishingiro ryabo. Nyamara, ndetse n'abantu bakomeye rimwe na rimwe bahura n'ingorane Iyo duhuye n'ibibazo bikomeye by'umubiri, ubwenge, n'iby'umwuka, tumenya uburyo imbaraga z'ubuzima zigarukira muri iyi si ifatika.

Imbaraga zacu ntizigomba gushyirwa gusa mu kugera ku buzima bwiza n'umutekano w'ibintu, ahubwo zigomba no gushakisha icyo ubuzima bugamije.

Intego y'ubuzima ni iyihe? Iyo ingorane ziturenze, tubanza kureba aho dutuye, tugerageza uburyo bwose bushoboka bwo guhindura ibintu twizera ko bizatugiraho ubutabazi. Ariko iyo tugeze ku iherezo ribi tukavuga tuti: "Ibigeragezo byanjye byose byarananiranye, ni iki kindi nakora?" dutangira gutekereza cyane ku gushaka igisubizo cyiza ku kibazo cyacu. Kandi iyo ibitekerezo byacu birushijeho

**kuba byimbitse, tubona igisubizo muri twe. Ubu ni
ubwoko bw'isengesho ryasubijwe.**

**Mu ituze ry'umutima wanjye
Reka nguhure, Nyagasani!
Ntunga, kandi umpe kumva ko uriho iteka ryose
Muri njye no mu nkengero zanjye
Mu bitekerezaho byanjye byonyine, ndifuza kumva
ijwi ryawe**

**Nimureke amajwi y'isi anyinjire kure
Ihishe mu bwenge bwanjye
Ndashaka kumva ijwi ryawe rituje kandi rituje
Kandi umuririmbyi ahora ari mu ituze ry'umutima
wanjye**

**Mana yanjye, aho uri hose
Ugomba kuba uhari
Mu mutima wanjye no mu mutima wanjye
Mfasha kwerekana n'igice gito
Kuva mu butunzi bwihishe mu kirombe cyanjye
cy'umwuka!**

**O urumuri rumurika cyane
Umutima wanjye uri maso
Ubuzima bwanjye bwo mu mutwe
Uzuza urusengero rwanjye rw'umwuka icyubahiro
cyawe**

**Yewe Nyenyeri y'Amajyaruguru ihoraho!
Aho natembereraga hose n'uko nahindukiye kose
Urushinge rw'ingufu z'ingufu z'ifarashi mu mutwe
wanjye rukomeza kukwereka**

**Waba warakubiswe n'umuyaga w'ibyago
Cyangwa banyotewe n'imvura y'ingorane n'ibyago
Ariko ubwenge bwanjye bwari buyobowe
Kugira ngo buri gihe tuguhindukirire
Inyoni nkunda cyane, ikubita amababa yayo
Hagati mu bicu by'urujijo
n'inkubi y'umuyaga w'urujijo**

**Nta kabuza azakubona inzira igusanga
Mu bihe bya kera
Mu mutima wa eteri
Ubwo twavukaga turi imyuka
Twese twari dusinziriye
Munsi y'uburingiti bw'urukundo rw'Imana
Kandi ubwo Imana yadukanguraga
Twamwirukanye kure ye
Nkuko bivugwa mu nkuru y'umwana w'ikirara
Twibagiwe isano y'ubumwe hagati yacu n'Imana
Twabaye abantu bataziranye
Kandi kuva twataye urugo rwacu rwo mu ijuru
Twabaye muri iyi si
Abagenzi bazenguruka impande zose z'isi
Tugendera mu nzira z'amateka
Twarenze urugero cyane
Twimukiye kure y'iwacu twahoze dutuye
Ariko rimwe na rimwe
Hari ahanu, ibyo twanyuzemo, n'amasura amwe
n'amwe biradukangura
Ibitekerezo byashyinguwe n'ibyiyumvo byimbitse
by'imbere
Aradutontomera
Twumva nk'aho turimo kubyibonera ukundi
Ibintu twari dusanzwe tuzi
Duhura kandi tugahuza n'abakunzi bacu
Twari hafi yabo
Mu bihe byashize cyane
Yewe Muremyi w'isi yose
Umucyo wawe urabagirana mu bakomeye
Ubumenyi bwabo bw'Imana buduhe imbaraga zo
gusobanukirwa
Tumenye ko uri intego nyamukuru
Icyo duharanira kugeraho
Intego ikomeye kurusha izindi**

**Ibyo twifuza kugeraho
Duhumurize n'impumuro nziza y'ubuturo bwawe
Twuzuzemo kwifuza kuboneka kwawe
kw'icyubahiro**

**Ubwenge bwawe bw'Imana butugaburire ubuzima
bwacu**

**Twumve urumuri rwawe rwera
Irakwirakwira mu bice byose by'ubuzima bwacu
Kandi bikomeza icyemezo cyacu
Kandi ikuraho umwijima wacu
Kandi amahoro atubengere
n'icyizere**

**Kandi icyifuzo cyo gukora ibikorwa byiza
Hagati y'Igikomangoma n'Umuraperi w'Umucyo
Igihe kimwe, igikomangoma cy'umunyagitugu
cyagiye mu rugendo rwo guhiga hamwe n'abagaragu
bacyo n'abagaragu bacyo, bafite ibikoresho byose
n'intwaro. Binjiye mu ishyamba bavuze amakondera
banavuze ingoma.**

**Nyuma yo guhiga inyoni, impongo, n'ingwe
z'inkazi, igikomangoma n'abari kumwe na cyo
babonye ko bari babuze inzira**

**Bari bafite ibiryo bihagije ariko nta mazi bari
bafite Nubwo bashakishije amazi mu ishyamba
badahwema, nta na rimwe babonye. Nta bwihisho bari
bafite ku bitero by'inyamaswa z'inkazi zo mu ijoro,
ubwo umwijima wegerezaga vuba.**

**Izuba ryarazimye, maze igikomangoma cyari
kiyoboye imodoka, kigera ku kazu gashaje, kari
karashaje. Amaze kumanuka ku igare, yakinguye
urugi rutakinguye yinjira mu kazu. Ibintu byose byari
byijimye uretse urumuri rwari mu mfuruka yarwo,
maze yibwira ati: "Ndetse n'akazu karasigayemo
abantu."**

Ariko abitewe n'ibyiringiro, yahamagaye ati "Amahoro, hari umuntu uri hano?"

Yatunguwe cyane no kumva ijwi rituje rimusubiza rituje, rigira riti: "Yego, ndi hano Urashaka amazi?"

Igikomangoma cyarebye mu mwijima akanya gato kugeza ubwo cyabonye umuzimu w'umuntu, maze gitangazwa nuko uwo mugabo yari azi ibitekerezo bye na mbere yuko kimubona cyangwa ngo kimumenye.

Igikomangoma cyabajije uwakiriye ati "Uri nde?" Uwakiriye aramusubiza ati "Uri umuntu ubabaye wiyeguriye Imana"

Umuzunguruko yacanye itara maze igikomangoma gihamagara abari bamuherekeje, maze bumva bishimye cyane babonye amazi n'imbuta muri iryo shyamba rya kure.

Igikomangoma cyabajije umuhetsi kiti: "Ntabwo utinya ingwe n'inzoka?"

Shehe w'umwirabura yaramusubije ati: "Birumvikana ko atari byo, ingwe ni injangwe zanjye, kandi inzoka ni amahoro kuri njye. Turi inshuti zihora zishimira izuba ry'urukundo rw'Imana rumurikira byose muri ubu buzima."

Ubwo igikomangoma cyarebaga neza uwo munyacyubahiro, cyagize ubwoba bwinshi ubwo cyabonaga inzoka ebyiri zimanitse mu ijosi ry'uwo munyacyubahiro. Igihe yegeraga kugira ngo yemeze ibyo yabonye, inzoka zaravugije zirahinda iminwa, zizunguza imitwe yazo, kuko zumvise ubwoba n'ubwihisho byari mu mutima w'igikomangoma.

Byongeye kandi, muri ako kanya imwe mu ngwe zo mu ishyamba yinjiye mu nzu iryama bucece ku birenge by'umuhetsi Nyuma y'uko umuntu w'Imana ayihumuriye kandi ayikubita umutwe, ingwe yaragiye bucece, yerekeza mu mutima w'ishyamba

Igikomangoma cy'umwirasi cyaribwiye kiti: "Uyu musaza agomba kuba ari umukiranutsi kandi w'umutima mwiza, kuko yaturinze inyamaswa zo mu gasozi n'inyota yica. Nk'igihembo cy'igikorwa cye, nzamutungisha." Hanyuma abwira umuhetsi ati:

"Yewe Sheikh, isura yawe irabagirana mu bugwaneza n'ubunyangamugayo, kandi ndashima ibyo wankoreye byose hamwe n'abari kumwe nanjye. Bityo, ndashaka kukwizeza ibanga rizagufasha kuba umukire n'umukire. Iri banga ndarihishurira bwa mbere, kandi kuri wowe gusa."

Akimara kuvuga ayo magambo, igikomangoma cyafashe ibuye munsu y'igishura cyacyo kigakomeza kuvuga, kigira kiti:

"Ndashaka kukwizeza ubu butunzi bw'umuryango. Ni ibuye ry'umuhanga mu bya filozofiya, kandi wenda uzatunga ukoresheje iri buye. Iri buye rikora zahabu, kandi ryahawe data n'umwe mu bahanga mu by'ubutabire. Rifite ubushobozi bwo guhindura byose rikoraho zahabu nziza. Ushobora gukoresha iri buye umwaka wose ugahindura amabuye zahabu, hanyuma ukayagurisha kugira ngo wigurire ingoro ya zahabu. Nzagaruka aho uri nyuma y'umwaka kugira ngo ngusure maze nkuremo ibuye ryanjye, mbona ko ari iry'agaciro kurusha ubuzima bwanjye."

Umuzungura ntiyashakaga kwemera iyo nshingano, ariko asubiza icyifuzo cy'igikomangoma gikomeje, yemeye kugumana ibuye ry'umuhanga mu bya filozofiya. Igikomangoma cyabonye umuzungura ashyira ibuye munsu y'umukandara we atabyitayeho (aho abantu bashyiraga amafaranga yabo kubera gutinya abajura!), hanyuma igikomangoma kigenda

Nyuma y'umwaka umwe, igikomangoma cyagarutse n'abari kumwe na cyo, cyiteze kubona ingoro nziza cyane aho kubona inzu yari imaze

kwangirika. Ariko yarababaye ubwo yabonaga ko inzu yari ihagaze kandi imeze nabi kurusha mbere. Nuko ava ku ifarashi ye maze akingura urugi, ahamagara cyane ati: "Uracyariho, muramu?"

Umuhetsi yasubije mu ijwi rikomeye kandi ryimbitse ati: "Yego, Imana ishimwe, Nyagasani Murakaza neza mu rugo rwanjye ruciriritse"

Ako kanya kandi nta nteruro, igikomangoma cyarasemereye kiti: "Ufite iki kibazo, muntu? Wakoze iki ku ibuye ry'umuhanga nagusigiye? Kuki utaryikoresheje kugira ngo ube umukire?"

Umuhetsi yatekereje akanya gato hanyuma asubiza ati: "Iyi buye ry'umuhanga mu bya filozofiya uvuga ni irihe, kandi usobanura iki iyo uvuga ko ngomba kuba umukire? Mu by'ukuri, sinshaka kuba umukire kundusha"

Ubwoba bwarafashe igikomangoma, yibwira ko uwo mukecuru wari warabuze ibuye rye kubera kutitaho, maze avuga mu ijwi rituje asaba ati: "Ndavuga ibuye ry'umuhanga mu bya filozofiya w'agaciro washyize munsu y'umukandara wawe umwaka ushize? [Eddie, ufite umukandara wawe], mbwira icyo wakoze na ryo?"

Umuhetsi aramusubiza ati: "Nibyo koko ubu ndibuka ibuye ryawe ry'agaciro Umunsi umwe nari ntekereje cyane ku Mana ubwo najyaga kwiyuhagira mu ruzi, maze ndatekerezaga ko ibuye ryavuye mu myenda yanjye rinyimira n'amazi. Gira amahoro."

Igikomangoma cyaranguruye ijwi riti "Yewe, igihombo cyanjye kidasubirwaho! Natakaje byose!" maze hafi gucika intege kubera gutangara cyane. Umunyeshuri yamusutseho amazi akonje mu maso aramukiza, mu gihe abagaragu b'igikomangoma begereye Shekhe, amaso yabo arabagirana kubera ububi, bashaka kumugirira nabi. Ariko umunyeshuri

yarasetse ati "Yewe, Mana yanjye, ufite icyubahiro gikabije, sinari nzi ko watera urusaku ku ibuye. Ngwino tujyane ku ruzi, nzashaka ibuye ryawe kandi ngerageze kuribona."

Igikomangoma cyaramushubije kiti: "Warasaze? Urashaka gushakisha ibuye ryaguguyeho rigatwarwa n'amazi umwaka ushize?"

Ariko umuhetsi ntiyitaye ku magambo ye, maze aramukankamira ati: "Igikomangoma gito, nta mpamvu y'ibi byose bihari Tegereza kugeza igihe tuzashaka ibuye mu ruzi. Ngwino twese."

Nk'aho ari mu burozi, igikomangoma n'abari kumwe na cyo basubije imbaraga z'umuheto zigaragara maze baramukurikira bucece bagera ku ruzi. Aho ni ho umuheto yasabye igikomangoma gukura igitambaro cye mu mufuka we, akagifata ku mfuruka zacyo enye, akacyinjiza mu ruzi, asenga atya:

"Yewe Mutware w'Abatware, Umwami w'Abami, kandi waremye amabuye y'abahanga bose ba Filozofiya, nsubiza ibuye ryanjye kuri njye"

Igikomangoma kikimara kubikora no gukura igitambaro cye mu mazi, cyatangajwe no kubona n'amaso yacyo atemera amabuye arenga makumyabiri y'umuhanga mu bya filozofiya, asa n'aya mbere yari yaratakaje. Amaze kugerageza buri rimwe, yasanze rimwe ryose rishobora guhindura amabuye asanzwe yo ku mucanga zahabu. Igikomangoma cyahise gihambira amabuye mu gitambaro maze gijugunya umupfundikizo mu ruzi.

Umuhanzi n'abari kumwe na we baramukankamira bati "Kuki wabikoze?" Ariko igikomangoma cyarebye uwo muntu w'Imana, kimwikubita imbere kimwubaha, maze kiravuga kiti:

"Ndashaka, bwana, kugira icyo ufite umuntu ufata amabuye akora zahabu nk'amabuye y'agaciro"

Nuko igikomangoma cyavuye mu bwami bwacyo bwo ku isi kugira ngo cyigire ku musaza w'umunyabwenge uburyo bwo kubona ubwami bw'umwuka , butagengwa n'ikirere kandi budashobora kurimburwa.

Ihame ry'iyi nkuru ni uko ubutunzi bwo ku isi, nubwo bwaba bufite agaciro kangana iki, ni ubw'igihe gito kandi bugomba gusigara inyuma muri iyi si isanzwe igihe umubiri uzaba intumbi ikonje kandi idafite ubuzima.

Aho gukoresha ibuye ry'umuhanga mu bya filozofiya, rigereranya ubushobozi bwo kwegeranya ubutunzi bw'igihe gito gusa, twagombye kumera nk'umuntu wiyanga wakoresheje igihe cye n'ubushobozi bwe kugira ngo abone ubutunzi bw'Imana budashira kandi budashira.

Umuntu wese uzi Imana azagira ubutunzi burenze inzozu, kandi nibiba ngombwa, azareka ubutunzi bufatika nk'aho ari amabuye, yizeye kubona ubutunzi bwo mu mwuka no kwishimira ubutunzi nyakuri.

**Mu mibanire yacu n'abandi
Ni ingenzi cyane kumenya no guha agaciro
Imico yihariye n'imico myiza
Ibyo babikuye mu byo banyuzemo
Kandi babiremye bahereye ku bumuntu bwabo
Niba twiga ku bantu bafite ibitekerezo bifunguye
Tuzabasha kubumva no guhangana nabyo mu
buryo bworoshye**

**Tuzashobora kandi guhita
Kumenya imiterere y'umuntu turimo gukorana na
we**

**Ntukaganire n'umuhanga mu bya filozofiya ku
birebana n'amasiganwa y'amafarasi**

**Ntukaganire n'umuhanga mu bya siyansi ku
bijyanye no gutunganya urugo**

**Nzi ikimushimisha n'ikimukurura
Kandi yamubwiye kuri iyo ngingo
Ntabwo ari ngombwa ko utekereza ku bintu
bigushimisha**

**Niba dushaka kumva abandi
Tugomba kwirinda kubanenga no kubacira
urubanza**

**Ahubwo, twagombye kwirebera mu ndorerwamo
y'ubushishozi bwacu**

**Kugira ngo umenye ibigomba gukosorwa no
kunozwa?**

**Iyo ndorerwamo y'imitekerereze itandukanye
cyane**

**Ku bijyanye n'indorerwamo tuzi neza buri gitondo
Buri munsu ndeba muri iyo ndorerwamo
Iyo mbonye ikintu ntakunda
Ndishinja kandi nkora cyane kugira ngo
mbikosore**

**Muri ubu buryo, umuntu abona ishusho ye
Yagaragaye mu ishusho yayo nyayo mu
ndorerwamo y'ubugingo bwe**

**Kandi bigenda bitera imbere umunsi ku wundi
Mu nzira igana ku byishimo n'amahoro yo mu
mutima**

**Imana iguhe umugisha
Amahoro abe kuri mwe**

**Urusobe rw'abantu bashishikajwe
Dore ndimo ndajugunya urushundura rw'ibyo
nshaka byose**

**Mu nyanja nini y'ibitekerezo byanjye
Akenshi warampunze, yewe muhigo w'agaciro
w'Imana!**

**Ariko, nkomeje kwinjira mu mahoro akomeye
Kandi ntahwemye kuguterera imitego y'urukundo
rwanjye umwe umwe**

**Ngomba kugufata umunsi umwe mu mutego
w'inyota yanjye itagira iherezo kuri wewe
Ndatara uru rushundura rw'urukundo rwanjye
hose**

**Hejuru y'imiraba y'ubuzima ihindagurika
Kandi ku byerekeye inyenyeri zicana
Kandi mu bwihisho bw'imitima myiza
Icyo nzi gusa ni uko ndi umuhigi
Kandi nzakomeza kugerageza kugufata
Yewe, icyifuzo gikomeye cyane n'ubutunzi
buhebuje buriho!**

**Ndamusaba gusenya ibitwikirizo by'ubujiji no
gukuraho umwijima w'ubujiji, no kuba intego ikomeye
mu buzima bwawe no kukwifuza cyane ku ntebe
y'ibyifuzo byawe, no kugufasha guhindura ubunebwe
no gutinda mu bikorwa by'umwuka bitera ibyishimo,
kuvugurura no gushishikazwa. Ndamusaba kuguha
kunywa divayi y'urukundo rw'Imana kugeza igihe
uzaba wasinze, no kugusura mu rugendo rutagatifu
aho hari ihumure, no koza imitima yawe n'amazi
y'urukundo n'ishimwe, no kumurikira amatara
y'icyizere, no gushonga inzosi zawe mu by'ukuri
by'inyanja ye nziza, no kubona muri we kunyurwa no
kunyurwa, kugira ngo ituze ribe mu bugingo bwawe
kandi imigisha yo mu ijuru ikumanukireho.**

**Gutuza bivuze ibitekerezo bituje
Gutuza umubiri no kugenzura ibyo ukeneye
Umuntu wese ubishoboye azagira ituze rirambye
Azumva imiraba ihebuje n'ibitekerezo biturutse ku
isi nziza**

**Kandi uwo ari we wese winjira mu ituze, icyo gihe
Azavumbura ubwami bw'Imana muri we**

**Igihe cyose umuntu agenda mu muhanda
Buri kanya k'igihe cye ni igiciro cyinshi
Turi hano muri iki gihugu (inzu yo kunyuramo)
igihe gito**

**Byose ni iby'igihe gito, ariko kumva Imana
ihoraho**

**Nta kintu na kimwe gishobora kubihanagura mu
mutima no mu bugingo**

**Ntitugomba kwemera ko ibishuko by'iyi si
bitugiraho ingaruka**

**Mu kutubuza intego yacu ikomeye n'intego yacu
y'ikirenga: Imana**

**Kumenya Imana birashoboka
Tugomba gushaka umutegetsu w'isi yose
Inyenyeri zirabagirana mu mucyo we
Kandi hamwe n'imbaraga ze imitima iratera
Tugomba kumushaka mu rusengero rw'ituze
Iyo duhamagaye Imana dufite inyota n'ubushake
Kandi iyo tumutekerejeho dufite inyota ikomeye
Tuzamubona**

**Simvuga ku mana itazwi
Ahubwo, ni ibyerekeye Umwami maze kumenya
Kandi ni ukuri kuri njye
Ni ukuri kurusha ibintu byose bifatika
Inyanja y'Imana ni yo ishyigikira kandi
igashyigikira imiraba y'ubuzima bwacu bwa kimuntu
Dushobora kubaho nta kintu na kimwe
Uretse Imana**

**Imana ni yo ihanitse cyane, Umugenga w'isi,
Ukuri.**

**(Hahirwa abafite imitima iboneye, kuko bazabona
Imana)**

**Ni ibisanzwe ko umuntu yumva akeneye gukunda
no gukundwa. Ariko iki cyifuzo cy'umutima ni isoko
y'urwo rukundo, ari rwo Mana.**

Urukundo rwa muntu rushingiye ku byo abantu biteze, ibibarwa, n'ibitekerezo by'umuntu ku giti cye, bityo nta gihamya cy'uko ruzakomeza kubaho kuko rugengwa n'ibintu

Ariko, urukundo rw'Imana ntirugira icyo rushingiraho, ruhoraho, kandi ruramba. Iyo rugukoze ku mutima, uzarusanga uri kumwe nawe igihe cyose.

Mu bihe byose, uzabyumva nk'isoko y'uburinzi n'ihumure, ndetse no mu bihe bigoye n'amakuba.

Hagati y'imibabaro n'ibigeragezo bikomeye

Buri wese ashobora kugutererana, ariko urwo rukundo rutagatifu ntiruzagusiga, ntiruzagutenguha, kandi ntiruzagusiga umuhigo w'imihangayiko n'ibitekerezo bibi, kuko ari imbaraga irinda kandi ikaba urumuri ruyobora ruturutse mu ijuru hagati y'ibihe bihindagurika by'ubuzima.

Iyo urukundo rw'abantu rushyizwemo urukundo rw'Imana, ruhinduka rwiza kandi rusobanutse. Ariko iyo utandukanije umugezi, ari wo rukundo rw'abantu, n'isoko, ari wo rukundo rw'Imana, ruhagarara gutemba maze rukabura mu musenyi w'isi.

Igihe cyose urukundo rw'umuntu rufitanye isano n'urukundo rw'Imana, rworoshya umutima, rukongera imbaraga z'umutimanama, kandi rukahira ubusitani bw'ubugingo n'amazi y'ubugingo.

Urukundo: Igitera imbaraga mu gushaka

Ibyo nkora byose, mbikorana urukundo rwose ruri mu mutima wanjye

Nubigerageza, uzabona ko utarushye na gato

Kubera ko urukundo ari rwo rutera imbaraga ubushake, kandi ubushake buyobowe n'urukundo bufite imbaraga zidasanzwe zo gukora ibintu bishobora kugaragara nk'ibidashoboka kuri bamwe

Ku nzira zo kumenya iby'umwuka

Gukurura abantu n'igitsina gitandukanye

Isura y'umuntu igomba kuba isukuye, isuku kandi isukuye

Si bibi ko umuntu asa neza

Igihe cyose iryo terambere rishobora kuba rifite uburyohe bwiza

Ariko ni bibi ko umuntu akoresha nkana gukurura abantu mu mibonano mpuzabitsina

Gukurura abo muhuje igitsina

Gukurura umugabo n'umugore bigomba guturuka ku bugingo

Abafite ubushobozi bwo kwifata

Ntibirata ko ari ibimenyetso by'imibonano mpuzabitsina

Bafite amahirwe menshi yo gukurura uwo bazabana neza

Mu mibanire myiza y'abashakanye

Urukundo ni rwo ruza mbere, si imibonano mpuzabitsina

Ibi bigomba kuba ari byo byiza kandi ni ibipimo ngenderwaho

Mu bihugu bimwe na bimwe, gusomana cyangwa gukorana imbonankubone ntibibaho

Hagati y'abasore n'inkumi mbere yo gushyingiranwa

Iyo abantu babiri bumva bakunze ibintu byose hagati yabo

Bari kwemera kwigomwa buri wese

Urukundo nyakuri ni umwimerere

Icyo gihe ni bwo baba bemerewe kugirana umubano wa bugufi mu ishyingiranwa

Kwigarurira ibintu ntacyo bimaze

Iyo umwe mu bashakanye agerageje kugenzura undi

Iki ni ikimenyetso cy'uko urukundo rudahagije

Ariko iyo bagaragaje urukundo rwabo

**Mu rukundo ruzira uburyarya kandi rw'inshuti
No gusuzuma neza amarangamutima
Kandi icyifuzo kivuye ku mutima cyo gutuma
abandi bagira ibyishimo**

**Urukundo rugira imico myiza cyane
Kandi mu mubano nk'uwo
Tubona urukundo rw'Imana mu buryo bugaragara
Ubuzima budafite ubumenyi ni ukwiyahura mu
buryo bw'umwuka no mu buryo bw'umubiri**

**Hahirwa abafite ubwenge
Ni cyo gikenewe cyane mu nzira y'umwuka
Kandi ku nzira z'ubuzima
Gusobanukirwa ni urumuri
Imurikira inzira y'umuntu kandi ikamugeza ku
ntsinzi**

**Mbere yuko umuntu agera ku ntego y'ibanze
y'ubuzima**

**Agomba kuba afite ubwo bushobozi bw'ingenzi
kandi bw'ingenzi**

**Kubwibyho, umuntu ntagomba kwemera ko
kutumvikana bimuhuma amaso**

**Kuko ari ukwiyahura mu buryo bw'umwuka no mu
buryo bw'umubiri**

**Gusobanukirwa bigomba kuba imbaraga iyobora
muri buri kibazo**

**Uko ibintu tunyuramo byaba bigoye kose
Tugomba kugira ubumenyi bukwiye
Imana ntabwo iduteza ibikomere cyangwa
imibabaro**

**Ni twe twifasha cyangwa tukagira ingaruka mbi
Binyuze mu gusobanukirwa no gusobanukirwa
kwacu**

**Cyangwa kutumvikana kwacu no kutumvikana
kwacu**

**Tugomba gusenga Imana kugira ngo tugire
ubumenyi**

**Hatitawe ku byo twabonye byose
Cyangwa imimerere turimo kunyuramo
Ubwumvikane ni bwo bwonyine buzarinda
ikiremhamuntu**

**Iyo ibyo nanyuzemo birushijeho gukomera no
gukomera**

**Icyo mbere nagerageje ni ukubona ubumenyi muri
njye**

**Sinshinja imimerere cyangwa ngo ngerageze
gukosora abandi**

**Ariko ndabanza njya imbere
Ndimo kugerageza gusukura igihomwe cyanywe cyo
mu mwuka**

**Kandi gukuraho ikintu cyose gishobora
kubangamira urwo mucyo w'imbere**

**Cyangwa bikabura imbaraga z'ubugingo
kwigaragaza**

**Cyangwa bikamubuza kugaragaza icyo ari cyo
cyose**

**Ubwo ni bwo buryo bwo kubaho neza
Guhunga ibibazo bishobora gusa nkaho ari wo
muti woroshye cyane**

**Ariko umuntu arushaho kugira imbaraga iyo
ahanganye n'umwanzu ukomeye**

**Abadafite ingorane ntibakura kandi icyemezo
cyabo ntigikomera**

**Ubwoba burashira iyo dufite ubumenyi
Gusobanukirwa bitanga umutekano n'uburindi
Nahuye n'ibintu byinshi mu buzima
Kandi ibintu bigoye cyane muri ibyo byabaye ku
bantu**

Bamfashe nabi

Nabonye abantu nakunze

**Abantu nahaye umutima wanjye
Baranyumva nabi kandi barampindura
Ariko ibyo ntibyanteye umujinya
Kubera ko umujinya upfukirana ubumenyi
Sinzemera ko ngirira nabi
Kubera ko abandi batanyumva neza
Ahubwo, ndagerageza
Bafashe niba bakira neza
Baboherereze imigambi myiza
Kandi ibyifuzo byiza
Iyo wicaye utuje
Ubwonko bwawe buzaba budafite igitutu icyo ari
cyo cyose
Ba wenyine urimo gutekereza kandi uvane isi
n'ibyo isaba
Koresha ubwenge bwawe mu buryo bwubaka buri
kanya
Ibintu bikomeye bibanza gukorwa mu mutwe
Niyo mpamvu nkomeza kugira ubwenge buri gihe
Ako kanya amahirwe akimara kuboneka
Nahise nkoresha imbaraga ze zo guhanga maze
umusaruro uraza
Gerageza gukora ikintu gishya buri munsi
Kugira ngo urusheho kunoza imimerere yawe no
kugenzura iherezo ryawe
Aho kumureka akakugenzura
Ubuzima bushobora kunozwa
Cyangwa se gushyiraho imico myiza
Cyangwa kugera ku ntsinzi y'ibintu n'iy'umwuka
Mu kwibanda cyane kuri buri kimwe
Igihe kimwe
Icyo nifuzaga kugeraho cyose muri ubu buzima
Nabashije kubigeraho
Ibintu ni umusaruro w'ubwonko**

**Bityo rero, nta mbogamizi zo mu mutwe zihari ku
bwonko**

**Niba ushobora kugenzura ibitekerezo byawe
Isi yose izakururwa nawe
Nabonye byose nifuzaga
Cyari icyifuzo cyanjye gikomeye kandi n'ubu ni
cyo**

**Ibyishimo byo mu mwuka biri mu Mana
Icyifuzo cyanjye cyaragezweho kandi numva
nishimye cyane**

**Umuntu ntagomba kumva ko ari umuntu
wananiwe, wihebye, ubabaye**

**Ashobora kugenzura iherezo rye binyuze mu
kugenzura ibitekerezo bye**

**Kora ibintu by'ingirakamaro kandi byiza uteganya
gukora**

**Yari afite igishushanyo mbonera cy'imbere cyari
gikomeye mu guteza imbere impinduka nziza**

**Uzashobora guhindura iherezo ryawe
Kandi urusheho kunoza imimerere yawe mu
buzima**

**Afashijwe na we, ahabwe icyubahiro
Ndaza nk'umuyaga uturutse muri paradizo
Umwigishwa agomba kwisuzuma buri munsu
Kugira ngo amenye niba arimo gutera imbere
nk'uko yifuza**

**Iyo twize uburyo bwo kwisesengura nta
kubogama**

**Tuzashobora kumenya ubwacu no kumenya
abandi**

**Ubaho muri iyi si afite ubumenyi kandi akayisiga
afite ubumenyi**

Azabona ubuziraherezo

Nharanira kubaka ubuzima bw'abigishwa banjye

**Kandi berekeza ibitekerezo byabo ku isoko
y'ibyishimo n'isoko y'umucyo**

**Niyo mpamvu mbere na mbere nibanda ku gice
cy'umwuka**

**Tutirengagije imiterere y'ubuzima bw'ibintu
Kandi ndifuza abashaka kumenya Imana mu
mitima no mu bugingo**

**Kuko Imana idashobora kumenyekana binyuze mu
mpaka z'ubwenge**

**Cyangwa ukumva inyigisho zivuga cyane kandi
zirimo amarangamutima**

**Ibyo bitera ihungabana ry'imbere mu mutima
Ibyo ntunze mu mutima wanjye ni byera cyane
kuri njye**

**Sinshobora kuvuga mu buryo butunguranye
Ndimvugaga gusa ibyo nagerageje kandi
ngasuzuma**

**Binyuze mu kumenya no kumenya ubuzima
Kubera icyo mpamvu, izi nyigisho ni iz'ukuri kuri
njye**

**Ntabwo ngerageza kubwiriza, ahubwo
ndagerageza gutangaza ibyo bintu**

**Ibyo nakusanyije mu busitani bw'ibyo nanyuzemo
ubwanjye**

**Ndaza nk'umuyaga uturutse muri paradizo
Kwitwaza impumuro nziza y'ukuri
Kuva mu busitani bw'iteka ryose
Nta kintu na kimwe nsaba ku bwanjye
Icyifuzo cyanjye cyonyine ni ukuguha
Iyo mpumuro nziza yo mu ijuru
Hanyuma y'ibyo mva ku nkombe z'isi
Kugaruka nanone mu mutima w'isi
Kandi icyo nguhaye ndashaka ko mukibonera
ubwanyu**

Binyuze mu bwumvikane bwawe n'Imana

**Icyo ni cyo cyifuzo cyanjye cyonyine
Imfunguzo zo Kugwiza Ubukungu
Umuntu wese wifuza guhuza ibitekerezo bye
n'ubwinshi bw'Imana**

**Agomba kurandura ibyatsi bibi byose by'ubukene
n'ubukene mu butaka bw'ubwenge bwe**

**Ubwenge bw'abantu bose buratunganye kandi
ntibuzi ubukene cyangwa ubugugu**

**Kandi uwo ari we wese wifuza guhuza n'ubwo
bubiko bw'isi**

**Agomba kumenyekanisha uburumbuke
n'uburumbuke**

**Nubwo atazi aho ifunguro ritaha rizaturuka
Dukwiye gutekereza ku bwinshi bw'Imana
nk'imvura ihumura kandi nyinshi**

**Igera kuri buri wese ku buryo bungana
Iyo umuntu ateruye igikombe, igikombe cye
kizuzura**

**Kandi niba ushyize inkono nini (cyangwa
igikoresho) munsu y'imvura**

**Ihabwa uburumbuke bwayo nk'imvura nziza kandi
y'umugisha**

**Ni ikihe gikoresho dukoresha kugira ngo twakire
ubwinshi bw'ijuru?**

**Agakoresho ushaka kuzuza gashobora kuba gafite
inenge n'imyobo**

**Bityo rero, bigomba gutegurwa no gutunganywa
kugira ngo byakire urujya n'uruza rw'umugisha**

Ibi kandi birareba abantu

**Niba igikoresho cy'ubwenge kimuzamurira mu
bubiko bw'ijuru kigira umwanda**

**Igomba gusanwa no kwakirwa neza kugira ngo
ibashe kwakira imigisha myinshi**

**Ubwo bumenyi bugomba gusanwa no gukosorwa
Mu kumukura mu bwoba bwose n'ibyifuzo byose**

**Ishyari n'urwango hanyuma ubisukure n'amazi
meza**

**Amazi y'amahoro, ituze, ukuri n'urukundo
rw'Imana**

**Isi yose iri ku ruhande kugira ngo ibone inzira
Ku muntu uzi aho agiye
Atangira kubikora akurikije icyemezo cy'umuntu
ushaka**

**Imfunguzo zo Kugwiza Ubukungu
Umuco w'imbere w'Iburasirazuba
n'Iburengerazuba**

**Niba ufite ubwenge bukomeye
Kandi yamushyizemo icyemezo gikomeye
Urashobora kugenzura iherezo ryawe
Gerageza kugerageza imbaraga zawe zo mu
mutwe mu bintu bito banza**

**Kora ku kuyikomeza kugira ngo ibashe kugera ku
bintu byinshi bikomeye kuri wewe**

**Nabyiboneye mu buzima bwanjye kandi mvugana
icyizere**

**Imbaraga zo kugera ku ntsinzi ziri mu mutwe
Uzasobanukirwa iki kintu niwishingikiriza ku byo
wemera**

**Mu gihe isi irimo gushidikanya no gucika intege
kw'abayica intege**

**Hitamo ikintu runaka cyo kwishimisha cyangwa
umushinga abandi batatekerezaho**

**Ko ushobora kubikora neza
Komeza ubikore kugeza ubigezeho
Tangira ufite intego ziciriritse
Imbaraga zawe zo mu mutwe zizagenda zikura
buhoro buhoro**

**Kugeza igihe uzabasha kugera ku ntego yawe
Isi n'umuryango wawe bigushyira mu byiciro mu
buryo runaka**

**Ariko kora mu bwenge no mu buryo buhoraho
Ku mpinduka zifatika
Nta mupaka ku mbaraga z'ubwenge
Ibande kuri iki gitekerezo
Uzuza ubwenge bwawe n'ishyaka ryo kugera ku
ntego**

**N'umurava wo gukora akazi keza
Kugera ku ntogo zawe
Komeza ushishikarize ibitekerezo byawe kugera
ku ntogo zo hejuru**

**Ubukire bw'umwuka bwabonetse
Kandi byose bizaba ubutunzi n'uburumbuke
Ku itegeko ryawe no ku murimo wawe
Ubuzima bwanjye buhamya ibyo
Ni bande bafite ibyishimo by'ukuri?
Abantu bagomba kwiga kwitanga
Kubona ibyishimo binyuze mu gutuma abandi
bishima**

**Ni intego nyakuri kandi nziza ku bakunda Imana
Guha abandi ibyishimo ni ingenzi kugira ngo
natwe ubwacu twishime**

**Ni ikizamini cyuzuyemo kwishimisha
Hari abantu batekereza ku miryango yabo gusa
kandi ntibita ku bandi**

**Abandi bitekerezaho ubwabo gusa nta wundi
muntu bitekerezaho**

**Ariko aba nibo badakunda ibyishimo
Ntabwo ari byiza gushaka ibyishimo ku giti cyawe
Kandi wirengagize ibyishimo by'abandi
Umuntu ufata amafaranga y'abandi nta
mpungenge z'umutimanama we**

**Ashobora kuba umukire, ariko ntazigera yishimira
ubuzima bwe**

**Kubera ko ibitekerezo byabo byo kurakara no
kutishima bizamukikije kandi bimubuze amahoro yo
mu mutima**

**Iyo umuntu agerageje kwishimisha ku bw'inyungu
z'abandi**

**Buri wese azagerageza kumubabaza
Ariko niba agerageje gushimisha abandi
Nubwo yakwirengagiza ihumure rye bwite
Buri wese azamuzirikana cyane kandi amwifurize
gutsinda**

**Iyo dutekereje ku byo dukeneye
Tugomba kandi gutekereza ku byo abandi
bakeneye**

**Iyo twitaye ku bibazo byabo, twifuza kubafasha
no kubashimisha**

**Umuntu w'umutima mwiza abaho mu bwumvikane
kandi anyuzwe na we ubwe**

**Ari kumwe n'umuryango we ndetse n'isi imukikije
Mu gihe umuntu wikunda ahora yishora mu bibazo
Yatakaje amahoro yo mu mutima**

**Inkuru y'umuhungu w'umugome wahindutse mu
buryo bw'umwuka**

**Ubwo nari ndimo nkurikirana ishuri ryanjye i
Ranchi, mu Buhinde, umuhungu wari urengeje imyaka
y'abanyeshuri basanzwe yarazanywe kuri njye.
Nabwiye ababyeyi be bamuzanye ko nemera
abahungu bari munsu y'imyaka cumi n'ibiri, ariko
namwemera niba ari mwiza.**

**Navuganye n'uwo muhungu mu buryo buvuye ku
mutima, mubwira nti:**

**"Unywa itabi, ariko ababyeyi bawe ntibashaka ko
unywa itabi. Watsinze mu kwica ibyo ababyeyi bawe
bashaka, ariko ntiwatsinze mu kwikuramo agahinda
kawe, kandi agahinda kawe kazarushaho kwi Yongera
niukomeza iyi ngeso mbi."**

Amagambo yanjye yayagizeho ingaruka, maze atangira kurira, avuga ati “Bahora bankubita”

Nuko ndamubwira nti: “Tekereza ku byo wikoreye! Nyamara, nzakwemera nk'umwigishwa ku kintu kimwe: kuba inshuti yawe, ntabwo ari ukuba umutanga amakuru agushinja. Igihe cyose uzaba inyangamugayo mu gukosora amakosa yawe, nzagufasha, ariko numbeshya, ntacyo nzagukorera kuko kubeshya byangiza ubucuti. Ushobora guhisha ukuri, ariko witondere kubeshya.”

Naramwemeye nk'umunyeshuri maze ndamubwira nti: "Igihe cyose uzumva ushaka kunywa itabi, nzakuzanira itabi"

Yaje kumbwira rimwe ati: Numva mfite inyota ikomeye yo kunywa itabi (ndashaka kugeza ku rupfu)

Namuhaye amafaranga, ariko ntiyashoboraga kwemera amaso ye. Yaravuze ati: "Bika amafaranga," koko yahinduye igitekerezo cye.

Namusabye buhoro kuja kugura itabi, ariko ntiyabikora. Ahubwo, yaravuze ati:

"Ushobora kutanyemera, ariko natakaje burundu icyifuzo cyo kunywa itabi"

Kubera iyo mpamvu, hamwe n'uburezi n'ubuhanga bwinshi, yabaye umuntu mwiza kandi umwuka we w'umwuka uragaragara neza.

Amaherezo, nashoboye gukangura ubwenge bwe bwo mu mwuka

Ibimenyetso byo kumenya iby'umwuka bishobora kugaragara no kumvikana binyuze mu kwiha imbaraga zo kurwanya ingeso za kera, ziyobya zigana ku byishimo nyakuri kandi birambye.

Ushobora gusoma cyangwa kumva inkuru y'umuntu ukurikirana ikintu runaka kandi agakomeza kugerageza kugeza ku iherezo, ariko bake ni bo bakora uwo muhate uhoraho.

**Ariko, umuntu ashobora gushyiraho imihati
kugeza igihe imimerere ye ihindutse nziza, nubwo
amakosa ye yaba ari menshi nk'inyanja**

**Nanyuze ku nkombe y'inyanja jyenye
Kandi nabonye imiraba ikubita cyane ivuza
urusaku rwinshi**

**Kugaragaza ubuzima bwawe bushyushye mu
muraba mwinshi**

**Kwaguka guteye ubwoba no gukabije
Byatumye nhinda umushyitsi maze nkikura mu
burakari buteye ubwoba bw'ibidukikije**

**Ubwo narebaga hirya no hino, nabonye igiti
cy'igicucu kimzunguriza amaboko y'inshuti**

**Ihumure hamwe n'isura nziza kandi ihebuje
Amababi yacyo yazungurukaga akurikije
umuvuduko w'umuyaga**

**Ubutumwa bworoheje bwangejejeho, nari nzi ko
buturutse kuri wowe**

**Narebye mu kirere kitagira imipaka
Kandi mu mutima wari wijimye, nagerageje
nk'umwana kwiba isura yawe**

**Nashatse umubiri wawe wihishe inyuma y'ibicu
ariko ntacyo nawubonye**

**Kandi ifuro n'amababi y'icyatsi kibisi, kuko
byoroshye cyane ku buryo amaso yanjye atabibona
Ijwi ryawe ni ryiza cyane ku buryo amatwi yanjye
atabasha kumva**

**Ariko, nari nzi ko muri hafi cyane
Ariko wowe, mukundwa, warimo ugenda - nk'uko
bigenda mu mukino wo kwihisha -**

**Igihe cyose ngeze hafi yawe, ngerageza kugufata
Nagushatse kandi nshaka uburyo bwo kukugeraho
Mu guhisha ubujiji bwa kera nk'igihe ubwacyo
Amaherezo, naretse kugushakisha mfite agahinda
no kwiheba**

**Yewe, mwebwe abahanga mu kwirinda
ababirukana!**

**Natakaje mu mizingo y'ikirere
Aho nta cyizere cyo kugufata cyangwa
kukwitegereza mu maso**

**Naguhindikiriye vuba vuba, ariko inyanja
yuzuyemo imiraba ntiyabonye igisubizo!**

**Utujwi duto cyane duturuka ku giti cyiza
N'ituze riturutse mu kirere kitagira iherezo
Kuva mu bibaya birebire no mu mpinga z'imisozi
Ibi byose byambabaje cyane kugeza mu bwigunge
bwanjye**

**Nk'umwana wakomerekejwe n'ibyiyumvo bye,
narazimiye ndareka kugushakisha**

**Ariko mu buryo butunguranye kandi
butunguranye**

**Ukuboko kutagaragara kwarambuwe gukuraho
umwenda munini**

**Ni nde waguhishe kuva kera cyane kugeza mu
bihe bitandukanye?**

**N'ibyishimo byinshi cyane
Narahindukiye mbona inyanja iseka, ntabwo ari
urusaku rw'uburakari**

**Kandi isi irangwa n'ibyishimo
Kandi imiryango y'ibintu bitagira ingano
irakinguka, aho igihu cy'inzozi kinyura**

**Kandi iruhande rwanjye hari hahagaze ikiremwa
gikundwa, kitagaragara**

**Yaranyongoreye ijwi ryiza cyane kandi ryuzuye
ubuziranenge ati:**

**"Murakaza neza, murakaza neza! Washakaga ko
nza, none ndi hano!"**

**Imvugo Ihora Iriho
Kuko gushimira Imana bivuze kuyikunda
Turashaka kumwegera no kumumenya**

**Kuko ari we mutanga impano n'impano by'Imana
cyane kurusha abandi bose**

**Bisobanura kubaho mu bwumvikane no mu
bwumvikane nk'umuryango w'isi yose urangwa
n'urukundo**

**Duterwa inkunga n'ibitekerezo byo gukorera
hamwe no kwita ku bandi mu buryo bwa gicuti**

**Kandi kumenya ko Imana ari yo mutegetsu mukuru
w'iyi si**

**Kandi ko dukora kugira ngo turusheho
kumenyekanisha ibintu kuva ku bintu bito kugeza ku
bintu bito cyane**

**Kandi kuva ku bitekerezo bito bito kugeza ku
nyungu zihariye kandi zishingiye ku bwikunde**

**Kwagura uruhererekane rw'impuhwe za kimuntu
No gukora ku kubaka isi iyobowe n'urukundo
rw'ineza n'umwuka wo kwitanga**

**Muri ubu buryo dushobora kugaragaza ko
dushimira Imana**

**Ku bw'ubu buzima yaduhaye
Kandi ku mahirwe yaduhaye
Kugira ngo upime ubwiza nyakuri
Kandi amahoro nyayo
urukundo rw'umwuka**

**Kandi ibyishimo bitagira inenge
Niba dukunda Imana n'imitima yacu, ubwenge
bwacu, n'ubugingo bwacu**

**Bityo tuba twibikiye ubutunzi bwo mu buryo
bw'umwuka budashira**

**Turemera ko dufite ibyo dukeneye byose muri ubu
buzima**

**Benshi bavuze ku Mana
Benshi batangajwe n'ibihangano bye by'ubuhanzi
Benshi basomye ibye
Ariko ababonye ko ariho**

**Kandi abaryohewe n'uburyohe bwayo ni bake
Aba nibo bamuzi
Iyo tumenye Imana, ubuzima buraryoha
Ubuzima bwuzuye ibyishimo n'ibyiringiro bihebuje
Imitima yuzure ishimwe ku Mana
Nubwo yagiriwe ubuntu bwinshi cyane
Kandi imigisha ye itabarika
Buri muntu wese ashobora kuba umuhuza
Binyuze muri yo hatemba imbaraga zo mu mwuka
Ariko ibyifuzo by'ubwikunde
Kandi urukundo rwo kwihorera
n'urwango
Ibyuma bidafite akamaro
Ibi byose bigabanya urujya n'uruza rw'iyo
magnetism cyangwa imbaraga
Ni ikosa kubangamira cyangwa kubangamira
urujya n'uruza rwabyo
Kunganya mu mitekerereze bifasha kugaragaza
imbaraga zo gukurura
Iyo umuntu ari umunyabwenge kandi
w'umunyabuntu
Igaragaza imbaraga zo gukurura
Gutekereza ku bwenge ni laboratwari ikoresha
Dushobora kuvumbura imbaraga nziza ziri muri
twe
Iyo umutima wuzuye urukundo rw'Imana
Kandi amaso yuzuye urumuri rwayo
Ubukuru bw'amakuru buhinduka imiterere
y'umwuka
Hari itandukaniro rinini hagati y'imbaraga
rukuruzi zo mu mwuka
Ifite ingaruka nziza cyane
Ubukuru bw'inyamaswa
Biyobowe n'irari n'imyumvire**

**Ni ngombwa gutandukanya ubwo bwoko bubiri
bwa rukuruzi**

**Gukurura mu buryo bw'umwuka bishingiye ku
kwitanga no kugirira abandi akamaro**

**Gukurura inyamaswa biterwa n'ubwikunde no
gukoresha nabi abandi**

Umuntu ntagomba kugira ubwoba

Uretse ubwoba ubwabwo

**Kuko ari umwanzi ukomeye w'intsinzi n'ubuzima
bwiza**

Bihumanya ubwonko

Kandi bizana ibintu umuntu atinya

Birushaho kubabaza

Kandi birimbura umutima

Bitera kwangirika k'uburyo bw'imitsi n'ubwonko

Bityo rero, igomba gukurwaho

Mu kwizera Imana

Gutekereza neza no guhanga udushya

Ibyiringiro n'ibyiringiro

Izere uburinzi bw'Imana

Kandi ko umuntu wese ukunda Imana

Kandi agendera mu mucyo we

Umwijima w'ubwoba ntushobora kumutsinda

Kuko Imana iri kumwe na we

**Umuntu wese ufite Imana ari kumwe na we, aba
ari mu maboko meza**

ubuzima burekaniye

Ishingiye ku kugira ubwenge

no guteza imbere imbaraga z'imbere mu gihugu

Mu guteza imbere ubumenyi bwo kwita ku bintu

Kandi kugira ubwisanzure mu by'ubwenge

N'ubushobozi bwo kwirukana ingaruka mbi

**Kandi kutabireka ngo byinjire mu mizingo
y'ubwenge**

**Kugira ngo ijuru ry'ubugingo n'urumuri
rw'ubushishozi bitazibagirana**

**Kubaho hakurikijwe amahame mbwirizamuco
n'amahame mbwirizamuco**

**Gusobanukirwa neza itegeko ry'impamvu
n'ingaruka**

**Kandi utwike imbuto z'ibikorwa bibi
Hamwe n'umuriro wo gutekerezwa cyane no gusaba
No gushyiraho urufatiro rw'ejo hazaza heza ho mu
buryo bw'umwuka**

**N'imigambi myiza
Ibikorwa byiza
Gutekerezwa neza kandi ku buryo busobanutse
neza**

**Isengesho ryo gusabira abigishwa
Hashize imyaka mirongo irindwi, umwarimu
Paramahansa yanditse iri sengesho**

**Muri yo, asaba ubuntu bw'Imana, ubufasha,
n'ubuyobozi ku bashaka bose**

**Ku nzira zo gukanguka mu buryo bw'umwuka
Mwami, mfasha kukwibuka kuruta uko nibuka
ubwanjye**

**Kandi ube umwami ukomeye, wicaye ku mutima
wanjye**

**Abaza kuri njye bose bahabwe umugisha
Icyifuzo cyanjye cyonyine kuri bo ni uko bakumva
umugisha wawe kandi bakabona urukundo rwawe.**

**Uri ubuzima bwanjye
Kandi uri urukundo rwanjye
Uri ubutunzi bwanjye n'ubuhungiro bwanjye bwo
kubaho**

**Kandi ndakwijeje ubudahemuka bwanjye
butajegajega**

**Umucyo w'urukundo rwawe umurikire ku gicaniro
cy'ibyo nshaka byose**

**Kandi kugira ngo bikangure urukundo kuri mwe
mu mitima yose yakira**

**Wampaye ubushake, umurava n'imbaraga
Kugira ngo nzane roho zikurarikiye
Roho z'abavandimwe banjye n'abavandimwe
banjye, nubwo bakuriye mu mimerere itandukanye
Mpa umuhuza ugaragara
Umucyo w'ubumenyi bwawe ugere mu mitima
yabo**

**Kandi bimwirukana mu bicucu by'agahinda,
ubwoba, n'imihangayiko**

**Ndagushimira cyane kandi ndagushimira bivuye
mu mutima wanjye**

**Kuko wampaye umugisha mu buzima bwanjye
hamwe n'ukubaho kwawe kose**

**Mfasha gusakaza ubutumwa bwawe
Ubutumwa bw'urukundo, amahoro n'ineza
Sinshaka kwihesha icyubahiro, ahubwo ndashaka
kuguhesha icyubahiro**

**Reka ibitekerezo byanjye n'inyandiko zanjye bibe
inyuma y'amagambo yanjye**

**Kugira ngo ijwi ryanjye n'amagambo yanjye
bigaragaze imbaraga zawe**

**Kandi kugira ngo imbaraga zawe zisohoke mu
bushake bwanjye no mu cyemezo cyanjye**

**Icyifuzo cyanjye gikomeye ni uguhabwa umugisha
n'ubuntu bwawe no kugira ngo ugushaka kwawe
kugerweho**

**Abashakashatsi bese baza aho ndi
Ndabagezaho nk'urushundura rw'imitima myiza
Ubahe ubuntu bwawe
Kandi wuzuze amahoro yawe
Kandi muri iki gice cya nyuma cy'ubuzima
bwanjye**

Ndagusaba kuba umuyobozi wenyine w'intambwe zanjye

Kandi ni cyo kintu cyera cyane cyatumye ibitekerezo byanjye bihinduka

Reka intego yanjye ikomeye ibe

Kwerekeza ibitekerezo n'imitima by'abantu kuri wewe

Ndagusaba kurinda abigishwa ibyago byose

Kandi ubahe amazi y'ubugingo bwawe kugira ngo banywe

Kandi arabitaho kandi akabarinda

Mu gukanguka, mu gusinzira no mu nzizi

Kandi ubwitonzi bwawe bubaherekeze aho bari hose

ubu

Mu gihe cyose n'ahantu hose

Kuva mu mvugo z'umunyabwenge Paramhansa Yogananda

Abantu binubira igitekerezo cyo kureka ibintu bimwe na bimwe mu buzima

Nubwo mu by'ukuri barimo bareka ibintu byinshi by'agaciro

Mu byo bahangayikishijwe na byo harimo amahoro yo mu mutima; rimwe na rimwe ndetse bitanga ubwabo

Ku mafaranga ashira cyangwa ashira vuba

Ubutunzi bushobora kwamburwa umuntu cyangwa bukamutwara iyo avuye ku isi

Ntashobora kubyitwaramo

Agaciro nyakuri k'amafaranga ni ukuyakoresha mu bintu by'ingirakamaro

Kandi mu kwizanira ibyishimo no kuzana ku bandi mu buryo bushimisha Imana n'umutimanama w'umuntu

**Abatekereza gusa ku mutekano wabo no
kumererwa neza kwabo**

**Kwibagirwa cyangwa kwirengagiza ibyo abandi
bakeneye**

Mu by'ukuri barimo gukurura ubukene

Ibyo bizaba ibyabo umunsi umwe

**Abakomeza ubutunzi bwabo aho kubukoresha mu
bikorwa byiza**

**Ntabwo bizanira uburumbuke mu buzima bwabo
butaha**

**Ahubwo, bavuka ari abakene, bafite ibyifuzo
n'irari by'abakire**

**Ku bijyanye n'abasangira ubutunzi bwabo
n'iterambere ryabo n'abandi**

Bakurura amahirwe n'uburumbuke aho baja hose

Iyo uhaye ababikwiye ku bushake

Uzabona ko Imana ihora iri kumwe nawe

Ntazigera agusiga

**Ku bw'ubufasha bwe no kumwitaho, ntacyo
uzakenera**

**Shyira icyizere cyawe mu Mana, ubutabazi bwayo
buzakuzaho kandi ubwitonzi bwayo buzagukikiza**

**Ntitugomba kwibagirwa ko ubuzima bwacu
buturuka ku Mana mu buryo butaziguye**

**Iyo tumenye ko ubwenge bwacu, ubushake
bwacu, n'ibikorwa byacu**

**Bose bishingikiriza ku Mana kandi bayikuramo
imbaraga zabo**

**Hanyuma tuzahabwa ubuyobozi butaziguye
buturutse kuri we**

**Tuzamenya ko ubuzima bwacu ari bumwe
n'ubuzima bwe butagira iherezo**

**Isi yuzuyemo inkubi z'umuyaga zisanzwe
n'izikomoka ku bantu, kandi Imana ni yo ngabo**

idashobora kwigarurirwa n'ubuhungiro bw'inkubi z'umuyaga, inkubi z'umuyaga n'ibibi byo muri iyi si.

Aho Imana iri hose, nta bwoba cyangwa agahinda biba. Umwizera w'ukuri ahagarara ashikamye kandi ashikamye mu ntambara z'ubuzima n'ibigeragezo by'ibintu, yizeye ko Imana iri kumwe na we, imurinda ibyago kandi ntimwigere imutererana na gato. Bityo, ubwoba burashira mu mutima we, kandi icyizere kidakuka cyo kurindwa gitangira gushinga imizi.

Kuba umuntu utagira ubwoba bivuze kwizera Imana n'uburinzi bwayo, no kwizera ubutabera bwayo, ubwenge bwayo, imbabazi zayo, urukundo rwayo, no kuba ihari hose.

Ubwoba butuma umuntu atakaza imbaraga ze zo mu mutwe, bugapfukirana ubwenge, kandi bugatuma umutima uhora uhindagurika. Byongeye kandi, ubwoba butera ibibazo by'umubiri kandi bugatera indwara zo mu mutwe.

Aho kwishyira mu kaga no kwifungirana mu mutwe, umuntu agomba kwiyeemeza ko afite umutekano munsu y'uburinzi bw'Imana, Ibona Byose, Iyumva Byose, Ifite umutekano mu gihome cyayo kidacika, kandi ikikijwe n'imbabazi zayo n'ubwitonzi bwayo.

Umuntu yaba ari mu mashyamba ya Afurika, ari ku rugamba, arwaye cyangwa afite ubukene, agomba kwemeza ko ukuboko kw'Imana gukomeye kuruta akaga kandi ko gushobora kurinda abamuhungiraho.

Nta bundi buryo bwiza bwo kwirinda. Birumvikana ko umuntu agomba gukoresha ubwenge mu guhangana n'ibintu mu gihe ari nako yiringira ubufasha bw'Imana byimazeyo. Kwizera ntibivuze kuba umuntu utagira icyo akora cyangwa ngo akore ibidakwiriye mu gihe ibintu bibaho. Ahubwo, uko byaba bimeze kose, umuntu agomba kwizeza ko

Imana yonyine ari yo ishobora gufasha mu bihe bigoye kandi bigoye niba umuntu ayihindukiriye n'umutima we wose, ubugingo bwe bwose, n'ibyumviro bye byose.

Ubuzima butwikiriwe n'umwijima, rimwe na rimwe ibirenge birananirwa kandi bigatinda kujya imbere Tugomba kureka umucyo w'Imana ukaba itara rituyobora mu gihe tugenda mu nzira z'umwijima z'ubuzima. Ni ukwezi kuzuye mu ijoro ry'ubujiji n'umwijima, ni izuba ry'urumuri mu masaha yo gukanguka, urumuri rw'ubuyobozi, n'inyenyeri y'Amajyaruguru ku banyura mu nyanja z'umwijima wo ku isi uhita.

Ibibazo bizakomeza kubaho ku isi, none se umuntu yakwerekeza he kugira ngo abone ubuyobozi n'icyerekezo? Ibitekerezo bye bwite, bigizweho ingaruka n'imyitwarire, ivangura, ibitekerezo byabanje, n'ivangura, ntacyo bimaze, kandi ingaruka z'ibidukikije by'umuntu, umuryango we, igihugu cye, cyangwa isi ye ntizishobora gutanga ubuyobozi bukwiye.

Kubwibyoye, umuntu agomba guhindukirira Imana no kumva ijwi rituje kandi ry'amahoro rituruka mu mutima we, rihuye n'ukuri

Itandukaniro riri hagati yo gutekerezwa mu bwenge no kwisuzuma mu buryo bw'umwuka

Iyo umuntu yishyize mu bikorwa ubumenyi bwe bushingiye ku bumenyi bw'imitekerereze

Bizaba igikoresheho cyo gufata amajwi gitwarwa Asubiramo imigani kandi akavuga amagambo akomeye

Abandi bamubona nk'umuhanga mu by'ubumenyi Ariko ubumenyi nk'ubwo

Ntabwo bishimangirwa no kubona ukuri mu buryo butaziguye

**Kandi nta kintu na kimwe cyo mu mwuka
gishobora kugereranywa na cyo**

**Ubwo bwoko bw'uburezi cyangwa ubumenyi
"Ego" ikomeza kugirana isano n'ubwonko
bw'ibyumviro**

**Ibyo ubwabyo bigengwa n'ibyumviro by'umubiri
Ubumenyi bw'imitekerereze ntibushobora kubona
ubumenyi bw'Imana**

**Ni byiza kudapfusha ubusa igihe cyawe cy'agaciro
Ishingiye ku nyigisho zidashobora gukoreshwa mu
by'ukuri**

**Bitabaye ibyo, azisanga mu ishyamba ryinshi
ry'abanyabwenge**

**Ntabwo nshobora kurenga urugero rw'inyigisho
Iyi gahunda ntabwo izayobora ku kumenya ukuri
Kuko ukuri kurenze ibitekerezo n'inyigisho
Benshi mu bakoresha ubu buryo
Bagengwa n'imyanzuro yabo bwite
Iyo umuntu akoresha imbaraga ze zo gutekereza
Kugira ngo ubone amafaranga n'ibintu bifatika,
nta kindi**

**Ubwenge bwe buzakururwa n'isi ifatika
Biba mu bibazo bitagira iherezo
Bityo rero, abanyabwenge bavuga bati
Umuntu ntagomba kwiwegurira ubushobozi bwe
bwose bwo gutekereza**

**Imana yamuhaye gushaka ibintu by'akanya gato
Bitabaye ibyo, azibagirwa mu ruziga rw'ibintu
Yiremera imipaka n'inzitizi adakeneye
Bityo, akwiye gukoresha ubushobozi bwe bwo mu
mutwe**

**Mu kubona ibikenewe mu buzima
Kandi aharanira guteza imbere imico ye myiza
Kugira ngo hamenyekane icyiza n'ikibi, ikibi
n'ingirakamaro**

**Kandi iyo agize ubumenyi bwe bwo mu buryo
bw'umwuka**

**Azashobora kumva Imana muri we
Kandi nta gushidikanya ku kuri kw'umwuka
Yihishe inyuma y'amabati y'ibintu byinshi
Iyi mimerere yitwa kwisuzuma mu buryo
bw'umwuka**

**Kimwe mu bintu by'ingenzi mu gukura mu mwuka
Ni akamenyero ko kubwira Imana ibitekerezo mu
ijwi rituje**

**Uzibonera impinduka nziza cyane
Uzabikunda cyane
Uko impungenge zacu zaba ziri kose
Imana igomba gufata umwanya wa mbere mu
buzima bwacu**

**Iyo umuntu ashaka kureba igitaramo
Cyangwa kugura imyenda mishya cyangwa
imodoka nshya**

**Ese si ukuri ko ubwenge bwe buhora buhugiye mu
bintu byose?**

**Ku bijyanye n'ibyo bibazo n'uburyo bwo
kubigeraho cyangwa kubigeraho?**

**Ntazaruhuka kugeza igihe ibyifuzo bye bisohojwe
Ahubwo, akomeje gukora cyane kugira ngo
asohoze ibyo byifuzo**

**Bityo, ubwenge bw'umuntu bugomba kwibanda ku
gutekereza ku Mana**

**Hanyuma ibyifuzo byose bito, bito bizahinduka
Kugira icyifuzo gikomeye cyo kumva Imana no
kuvugana na yo**

**Iyo ubwenge bubwira Imana ijwi rivuye ku mutima
kandi rishyushye**

**Bituruka mu nda y'umutima urarikiye
Guhamagara k'ubugingo bizakora ku mutima w'isi
yose**

Kandi igisubizo kizaza, kandi hamwe n'ibyishimo byinshi

Gusuhuzanya mu bitekerezo bitera imbaraga zo gukora ubushake

Kugeza igihe uzaba ufite imbaraga zihagije zo kugera ku ntego wifuza

Iyo ubwenge bw'umuntu n'ubushake bwe bihuye n'iby'Imana

Bafite ububasha butagira imipaka

Bityo gutekereza ku kintu gusa biba bihagije kugira ngo ukigereho

Kubera ko amategeko y'Imana akorera ku bw'inyungu z'abantu bahuje n'ubushake bw'ikirenga

Ibintu byose by'indashyikirwa nagezeho mu buzima bwanjye

Bigerwaho binyuze mu mbaraga z'ubwenge mu buryo buhuje n'Imana

Iyo icyuma gitanga amashanyarazi cy'Imana kiri gukora

Icyo nifuza cyose kirasohora, nta n'umwe ugitanze

Igaragara bwa mbere nk'igishushanyo mbonera kidasobanutse, kitagaragara

Hanyuma igaragara ku butaka ifite imbaraga zidasubirwaho

Ibanga ryo gukura

Dukura mu bunararibonye bwose tunyuramo, igihe cyose tuzi neza ko dushobora kubigiramo amasomo y'ingirakamaro. Kuko ububabare n'imibabaro byose tunyuramo bifite icyo bisobanuye kandi bifite intego.

Nubwo ibigeragezo bikomeye, bimeze nk'umuriro ushongesha amabuye y'icyuma, ukayahindura icyuma cyiza, kiramba kandi gifite ubushobozi bwo gukora ibintu byinshi.

Kandi icyuma cy'ubwenge dukuramo mu muriro ugurumana w'ibigeragezo ni ikintu cyiza cyane. Kuko ubuzima budutunganya buhindura ibyuma byacu by'ingenzi mo ibintu by'agaciro kugira ngo tubashe kubaho muri ubu buzima nk'ubugingo butunganye nk'amabuye y'agaciro, bukomeye nk'icyuma, kandi icyarimwe bugahinduka kandi bushobora kunyeganyega tudahuye n'ibibazo by'ingorane n'ibigeragezo bikomeye.

Iyo tubonye amasura yahinduwe nabi n'uburakari, afite inkovu z'ubugome, amaso yabo atuma twifuza kwirukana ububi mu mitima yacu—ubugingo butagizweho ingaruka n'imigambi mibi n'inzika zikomeye zihishe ishusho nziza y'Imana iri muri twe, nk'uko ivu rihumanya indorerwamo. Ibikorwa bibabaza by'abandi bigomba kubyutsa muri twe icyifuzo cyo kunoza imyitwarire yacu no kwifata, kugira ngo tube abagenga b'irari ryacu ritagengwa, aho kuba imbata zaryo.

Amagambo meza ni umuti utangaje w'indwara nyinshi, afite imbaraga zikomeye, hafi ya za gihanga, zikurura imigisha myinshi n'ubutunzi ku bavuga. Abakoresha amagambo ahumuriza kandi yoroshya bumva umugezi utemba muri bo nta nkomyi, wuzuyemo ituze ryinshi. Ibi biterwa nuko uwo mugezi uhujwe n'isoko yawo yo hejuru, ihora itemba kandi ihora igera ku bantu mu buryo buhuje nayo. Hanyuma bazashobora kohereza uyu mugezi w'ibyishimo ku bantu bifuza amahoro.

Buri munsu, umuntu yireba mu ndorerwamo kugira ngo arebe isura ye kuko ashaka kugaragara neza imbere y'abandi. None se, ni iki cy'ingenzi kurushaho kuri we guhagarara buri munsu ari kumwe na we no kwirebera mu ndorerwamo y'isesengura ry'imbere kugira ngo amenye ibiri inyuma y'isura igaragara

neza? Kuko ikintu cyose gikurura inyuma gikurura umuntu imbere kandi nta kintu na kimwe gishobora kwanduza indorerwamo y'ubugingo. Ubuziranenge bumeze nk'ibintu bihindagurika mu mitekerereze nk'uburakari, inzika, ishyari, n'urwango. Umuntu wese ugerageza kwibohora ibi bintu bidasanze ku miterere y'ubugingo azatanga urumuri rw'ubwiza bw'imbere imbere kandi azaryohereza n'icyo umuntu ufite umutima utuje yumva.

Binyuze mu isesengura, twasanze ibibazo by'abantu ari bitatu: hari ibibazo n'ibibazo byibasira umubiri w'umuntu, ibindi byibasira ubwonko, n'icyiciro cya gatatu kibuza inzira z'ubugingo.

Indwara, ubusaza, n'urupfu ni ingorane n'inzitizi umubiri uhura nazo. Indwara zo mu mutwe, ariko, zinjira mu bwenge binyuze mu gahinda, ubwoba, uburakari, ibyifuzo bihagaritswe, inzika, urwango, gutwarwa n'amarangamutima, gushyuka gukabije kw'imitsi, na kanseri yo mu mutwe igabanya ubushobozi bwo mu mutwe. Ariko, indwara iteye akaga cyane ni indwara y'ubugingo, igaragarira mu bujiji, aho izindi ndwara zose zikomoka zikanakwirakwira.

**Umuntu ku isi yose
Yahumetswe n'inyigisho za Master Paramhansa
Hirya y'inyanja zitandukanya
Mu gace ka kure k'ubuzima
Umuntu wo mu kirere yarambonekeye
Ifite urumuri rwinshi
Bigaragaza uko izuba riva n'uko rigaragara
Inzu ye yari mu mutima w'amashyamba meza
Namubonye agendagenda mu byatsi by'ubwenge
bya zahabu
N'imbaraga z'ubuto
Kandi ibyishimo by'abana**

**Ararota urumuri rw'ubumaji rw'ukwezi gushya
Yimuka hagati y'amazu menshi cyane
Agaragara mu buryo bworoshye kandi bwihuse
Kuva mu marembo y'ibinyejana byinshi n'ibihe
Mu kanya gato ishusho idasanzwe yagaragaye
Hanyuma yarazimiye
Hanyuma byongeye kugaragara
Guhangana no gucika intege no kubura
Ifite imitako nk'ibuye ry'agaciro ry'ijuru ritagira
iherezo**

**Kandi itara ryinshi ryamuritse mu maso he
Inkuru z'inyota ishyushye ziravugwa
N'amarangamutima ashyushye
N'ubwiza bw'ubuto
Kandi urukundo rutunganye rw'ubuto
Umucyo w'ukwizera gukomeye wavaga mu maso
ye**

**Kandi urumuri rw'ibyiringiro bihamye
N'inkuba irabagirana mu maso
Kugira ngo bikomere kandi bigire ubushobozi
Imurikira impande zose z'isi
Uburebure bwayo bugera ku nyenyeri za kure
cyane**

**Mbega icyubahiro kidashidikanywaho!
Bituruka mu mutima wawe w'inyanja, yewe muntu
wo mu isanzure**

**Narebye ishusho yawe nziza kandi irabagirana
igihe kirekire**

**Nabonye uburyo bwo kongeramo n'amabanga
atagira iherezo**

**Byari bimeze nk'aho niboneye umwuka w'umuntu
wigaragaza**

**Mu bwiza n'ubwiza byayo byose
Ikinyamakuru cy'Iburasirazuba-Uburengerazuba**

Hari icyiza kiruta ikibi ku isi

Iyo gushidikanya kujegajega, twagombye kwibuka ubuzima bw'abantu bakomeye. Ni ukuri ko turi abantu, ariko Imana yaduhaye imbaraga zidasanzwe tudakunze gukoresha, none kuki dutinya gusaza, indwara n'agahinda?

Tugomba gukora uko dushoboye kose kugira ngo twite ku mubiri, ariko ntitugomba gutwarwa n'ubwoba cyangwa ngo twihishe mu mirundo y'ubujiji. Umubiri si wo muntu wese

Icyiza kiruta ikibi muri iyi si kuko Imana ari yo mbaraga z'ikirenga. Ariko iyo ikibi kidugezeho, twibwira ko nta bubasha dufite bwo kukigenzura cyangwa kukivamo.

Inkubi z'ibibi zizapfa, ariko dushobora gutsinda ingaruka zabyo no kuzitsinda

Ntabwo twahawe ubuzima ngo tuburimbure, ahubwo twahawe kugira ngo dusobanukirwe iby'iteka ryose, kandi tugomba kwibuka uku kuri

Udafite ubwisanzure bwo gutekerezwa, umuntu ntashobora kwigaragaza mu buryo buboneye, butunguranye, kandi busanzwe. Wibuke ko ufite umudendezo w'ibanze. Imbaraga z'ubushake zihora zigenga.

Iyo ukoresheje ubushake bwawe neza, bizaguha karma nshya, ariko abantu benshi ntibashaka guhinduka cyangwa ngo bagire icyo bakora, bityo baracika intege mu gihe bahanganye n'ingorane kandi ntibashobore guhangana n'ibibazo.

Umuntu ukora icyo ashaka cyose si ubwigenge kuko aba ayobowe n'ibyifuzo bye, bityo ibikorwa bye ntibishobora kwitwa ubwigenge na gato.

Ubwisanzure nyakuri busobanura gukora byose ukoresheje ubushake buyobowe n'ubwenge. Umuntu ashobora kugenzura ingaruka z'ibikorwa bye bya kera, bizamukurikira nta kabuza, niba ashyize mu bikorwa ubushake bwe kandi akabukoresha mu bikorwa byiza kandi by'ingirakamaro.

Iyo ukoze ibintu byawe ukoresheje ubwenge n'ubushake, imbaraga z'ibibi wakoze mu bihe byashize zizagabanuka kandi ingeso zawe nziza zikomezwa.

Ingeso zashinze imizi zidushyira mu bucakara mu buryo runaka, bityo tukabaho mu bwisanzure nyakuri

Duhora twifuza ibyo tubura kandi tugakunda ibintu bitari ngombwa Iyo ikintu kidufashe, dutakaza uburenganzira bwacu bw'agateganyo Nk'uko Abanyaburasirazuba bakoreshwa n'imigenzo ya kera, ni ko Abanyaburasirazuba bakoreshwa n'iyi muri iki gihe. Twihangira iherezo ryacu kandi tukaba imbata zaryo.

Kuki umwana umwe avukira mu muryango mubi undi akavukira mu muryango mwiza? Buri wese muri bo yakoresheje umudendezo we kugira ngo abeho mu buryo runaka mu gihe cyashize (mu buzima bwabanye) bityo yishyira mu mimerere nk'iyi muri ubu buzima.

Nta bwisanzure nyakuri bubaho hatari Imana Tugomba kuyitekererezaho buri gihe Uko impungenge zacu n'ibitekerezo byacu byaba biri kose, Imana igomba gufata umwanya wa mbere mu mitima yacu

**Kandi iyo twishyize hamwe na we by'ukuri,
tuzahabwa ubushobozi bwo gusohoza ibyo tugomba
gusohoza, igihe icyo ari cyo cyose, tubifashijwemo
n'Imana.**

Inama ku mwigishwa

**Umwe mu banyeshuri yabajije mwarimu
Paramhansa**

**Kugira ngo amugire inama zo kwiteza imbere,
yagize ati**

Niba ushaka gukundwa

**Tangira ukunda abandi bakeneye urukundo
rwawe**

Kandi niba ubyiteze ku bandi

**Kuba indahemuka kandi ukaba indahemuka kuri
wewe**

**Babere inyangamugayo kandi ube indahemuka
kuri bo**

**Kandi niba wifuza ko abandi batakora ibikorwa
bibiri n'amayeri**

**Ntukemere ko uburiganya bwinjira mu bitekerezo
byawe**

Ntugakore ibintu byangiza abandi

**Niba ushaka ko abandi bakwishyira mu mwanya
wawe**

Tangira ubereka impuhwe

Cyane cyane ku bantu bari hafi yawe

**Niba ushaka ko abandi bakubaha
Ugomba kubaha abato n'abakuru muri bo
Niba ushaka amahoro aturuka ku bandi
Ugomba kubaho ubuzima bw'ubwumvikane
Niba ushaka ko abantu baba abanyedini
Gira umwuka mwiza kandi ureke abandi bumve
Uri icyitegererezo cyiza kandi bashobora
kukwiringira no kukwizera.**

**Muri make, ikintu cyose ushaka ko abandi
bakwerekana**

**Imwe mu nyungu z'icyiza
Mbere na mbere, banza ubyerekane mu buzima
bwawe**

**Uzasanga abantu bakwitwaraho kimwe
Niba ushobora kumenya uturere dukeneye
Guteza imbere no kunoza ubuzima bwawe
Udacitse intege cyangwa ngo ugire ikibazo cyo
kwisuzugura**

**Kandi niba ukora ibishoboka byose kugira ngo
unoze imiterere yawe**

**Icyo gihe uzamara uzaba ufite akamaro kandi
ukawugirira akamaro.**

Bite se uramutse ubikoresheje mu kwifuza?

Ko abantu biteza imbere

Urugero rwawe rwiza n'uburyo bwawe bwiza

Ubushobozi bwo guhindura abandi

**Kuva ku byifuzo byawe gusa, uburakari bwawe,
n'amagambo yawe**

Kashmus ni nyinshi cyane

Uri isoko y'ibintu byose byiza

Kandi isoko y'imbaraga zose

Duhe umugisha, Mwami

Kugira ngo tugaragaze imigisha yawe kuri twe

Mu buzima bwacu

n'ibyifuzo byacu by'ubwenge

Mu miterere yacu y'umwuka

Uri urumuri mu nyenyeri

Ingufu muri atome

N'ubuntu mu mitima

Ubwiza buri mu kuri

Ubuhangange buri mu kuba inyangamugayo

Dufashe kwiubaka

Ku bw'imbaraga zawe zihebuje

Ufite ubwenge bwawe butagira akagero

Kandi hamwe n'ukuri kwawe kutagira imipaka

Reka tumenye ko uri isoko y'ubuzima bwiza

n'ibidukikije by'ubuzima

Kandi isoko y'ubumenyi bwose n'ubumenyi

Tubohore mu bujiji n'ingaruka zabwo

Ubwoba n'impungenge

Ubwenge bwawe busenyuke, bugende butemba

Ibisigazwa byose n'ibyangiritse by'ubuzima bwacu

Kuraho imyenda itwikiriye isura yawe

Reka tukurebe ufite urumuri rwinshi cyane

**Izuba ritagira ingano riri mu mpera z'ubuzima
bwacu**

Reka tukumve nk'imbaraga ihora ivugurura

Ibitekerezo byacu biratanga imbaraga

Kandi tugaburire ubugingo bwacu

Imibiri yacu iratunga

Kandi inzosi zacu zirasohora

Amen

Abantu benshi ntibazi impamvu

Kuva ku kuba bari hano ku isi

Bemera ko intego y'ubuzima

Ni ugusohoza ibyifuzo

Kubona ibikenewe mu buzima

Gushaka ibyishimo n'urukundo rwa kimuntu

**Kandi mureke uwo muhamagaye wa nyuma
agende**

Abantu batangira ubuzima bwabo

**Abakora porogaramu bafite ubushake bwihariye
N'ibyifuzo bitaragezweho mu bihe byashize
Kandi bagerageza - n'ubushake buke basigaranye**

-

**Kwigana ibyifuzo n'ibikorwa by'undi muntu
Niba bivanga n'abacuruzi
Barashaka kumera nka bo
Kandi niba bifatanya n'abahanzi
Ubuhanzi buba byose kuri bo**

**Imana ishaka ko tuba abantu bashyira mu gaciro
muri iyi si**

**Yaduhaye inzara idusaba gukora kugira ngo
tuyihaze**

**Ariko gushakisha ibyo kurya n'aho kuba
Amafaranga n'umutungo, nta kindi
Bivuze ko umuntu yibagirwa isoko y'ibyishimo bye
Ni ukuri ko tugomba gukora
Kugira ngo tubone ibyo dukeneye**

**Kandi ko duharanira kugera ku ntego zacu
zemewe n'amategeko**

Ariko mbere na mbere

Gukingurira Imana imitima yacu

**Turasaba ubuyobozi bwe n'ukwemerwa na we mu
byo dukora byose**

**Hanyuma tugomba gutsinda mu ishuri ry'ubuzima
Kuko tuzahabwa amabwiriza yacu
Kuva ku Muyobozi Mukuru n'Umucungamutungo
Uzi icyo dukeneye
Ni iki cyatubera cyiza kurusha ibindi?
Bityo rero, tugomba kumugirira icyizere
Twemera ubushake bwe bw'ubwenge
Amabaruwa yandikiwe umwarimu Paramahansa
avuye ku bigishwa be
Urwibutso rw'urugendo rwanjye iwanyu ruracyari
ku mutima
Mu kinyamakuru cya XIV cy'Umuco w'imbere
Amabaruwa yoherejwe n'abanditsi bayo baturutse
mu bihugu bitandukanye
Dusubiramo ibi bikurikira muri yo:
Ndagira ngo nkumenyeshe ko binyuze mu gusoma
neza inyigisho zawe
Nahawe umucyo wo mu buryo bw'umwuka
Uwo nahoraga nshakisha
Inyigisho zawe zanyugururiye amarembo
y'ibyishimo
* * *
Nshyira mu bikorwa ibyo uhamya mu buryo
bw'umwuka buri munsu**

**Ndasanga ibitekerezo bibi bigabanuka buhoro
buhoro**

Ubwoba bwarashize

Nishimira buri kanya k'ubuzima bwanjye

Urakoze ku bw'ubufasha bwawe

*** * ***

Mbona imigisha myinshi

Bivuye mu nyigisho zawe z'umwuka

Ntegereje cyane gusoma ibitekerezo byawe

**Nkora uko nshoboye kose kugira ngo mbishyire
mu bikorwa mu buzima bwanjye**

Inyigisho zawe ni nziza kandi zifite akamaro

*** * ***

Ndabona muri filozofiya yawe nziza cyane

Ni iki gitera abantu gushimwa no gushishikazwa

Ndagushimira cyane ku byo wampaye byose

Guhabwa ubufasha n'ihumure ryo mu mutwe

*** * ***

**Mfite amatsiko menshi yo kubibona buri
cyumweru**

Ku isomo rishya rivuye mu nyigisho zawe

Muri buri somo mbona ibyishimo n'ubumenyi

*** * ***

Urakoze mbikuye ku mutima

**Kugira ngo mfashe gusobanukirwa imiterere
yanjye y'imbere**

No kumenyesha imbaraga zihishe ziri muri njye

**No kwerekana urumuri rw'Imana ku bwenge
bwanjye**

Binyuze mu nyigisho nahawe nawe

*** * ***

Ndacyibuka uko nagusuye

Amaze imyaka ine aba mu bitekerezo byanjye

Ndacyibuka ukwizera kwawe kwuzuye mu Mana

Kandi urukundo rwawe ku bantu

Byamfashije kwimenya

Ubwo nibwiraga ko ndi njyenyine

**Nta nshuti mfite kandi nta muntu unyumvamo
impuhwe**

Byampaye icyizere kandi byongera morale yanjye

**Byanteye imbaraga zo kugira ubutwari mu
guhangana n'ibibazo by'ubuzima**

*** * ***

Imyaka mirongo ine

**Nize amashami atandukanye ya siyansi
n'ubumenyi**

Ariko ntacyo nabonye muri ibyo byose byo kwiga

Ku kintu gisa n'icyo nize mu nyigisho zawe

*** * ***

Nyungukira cyane mu gusoma inyigisho zawe

Niba umubare munini w'abantu

Bariga kandi bagashyira mu bikorwa ibitekerezo byawe

Isi tubamo yaba ari

Iruta uko iri

*** * ***

Ndashaka kugushimira mbikuye ku mutima

Kubera imigisha yangiriye mu buzima bwanjye

Kuva natangira gusoma inyigisho zawe nibanze kandi nshishikajwe

Murakoze, kandi Imana ihe umugisha ibikorwa byanyu byiza

Kandi akazi kawe kagenewe gukorera ikiremwamuntu

*** * ***

Kubera ko nagusabye gusenga kugira ngo ngire icyo ngeraho

Imiterere yanjye yarushijeho kuba myiza cyane

Ndagushimira cyane kandi nizeye ko uzakomeza gusenga

*** * ***

Ubwo nakiraga ubutumwa bwawe bwa nyuma

**Nari nkiri mu ishyamba ry'umwijima
ry'ubushidikanyi**

**Kandi ntiyashoboye kubona inzira isohoka muri
iryo shyamba**

**Ariko Imana irashimira, n'amasengesho yanyu
yihariye**

**Inzira yarushijeho kuba nziza kandi ukwizera
kwanjye mu Mana kwarakomejwe**

**Imiterere yanjye yarushijeho kuba myiza mu
buryo bwose**

**Kandi ndakwinginze uhore unyibuka mu
masengesho yawe yasubijwe**

*** * ***

Inyigisho zawe zaramfashije cyane

Kandi nabonye inyungu nyinshi muri byo

Kandi byanyemejwe n'ibimenyetso bifatika

**Akamaro k'ibyo wavuze mu buryo bw'umwuka
n'imitekerereze myiza**

Ndanejejwe n'ishimwe

**Kubera ubuzima bwiza, ibyishimo n'amahoro
numva**

**Numva ko buri munsu ndimo ndatera imbere mu
gutekereza cyane**

*** * ***

**Iyo bitaba ari inyigisho zawe nziza kandi zitera
imbaraga**

**Ubuzima bwanjye kuri uru rwego rwo ku isi bwari
kuba bufite aho bugarukira cyane**

**Ndagira ngo mbashimire ku bw'ubwitonzi bwanyu
bwihariye**

Ibyo yampaye mu myaka itatu ishize

*** * ***

Murakoze ku kinyamakuru Spiritual Culture

**Muri yo mbonamo umugisha n'ibyokurya bya roho
buri muni**

**Ndashimira Imana yo yangejejeho wowe
n'inyigisho zawe**

*** * ***

**Ndagira ngo mbashimire ku bw'amabaruwa yanyu
ya buri kwezi**

**Ubutumwa bwa nyuma nasanze bwuzuyemo
ibitekerezo**

**Ku buryo nayisomeye abanyeshuri banjye mu
ishuri ry'ubuvanganzo**

Bitabiriye neza ibikubiye muri yo

Byari ibihe byiza kuri twese

**Nakozwe ku mutima cyane n'ibitekerezo washyize
mu ibaruwa**

**Ku buryo nifuzaga kubisangira n'abanyeshuri
banjye**

**Ubu butumwa bwatumye habaho gutekereza
cyane**

**No kwisuzuma mu mabanga y'ubugingo
Ndumva bizamfasha gukemura ibibazo
No guhangana n'ibibazo by'ubuzima mu buryo
bw'ubwenge no mu buryo bwiza**

*** * ***

**Inyigisho zawe ni iz'agaciro kanini
Sinshaka gusiba amasomo yawe na rimwe
Kuva mu biganiro byatanzwe n'umwarimu
Paramahansa
Iyo ibyishimo by'umutima birushaho kwi Yongera
Yihishe mu bwigunge bw'umutima wanjye
Uruhererekane rw'ibyishimo by'igihe gito
by'amarangamutima
Umucyo w'izahabu w'ubugingo urashira
Kandi ubushobozi bw'ubugingo bugaragara
burihishe
Inyuma y'ubucucike bw'ibikoreshe
Iyo ubwenge bw'umuntu bukurura
Kugirira ishyari n'ishyari
Kandi atwikiriwe n'ibicu by'ubwoba n'impungenge
Ahinduka umunyamibabaro n'umuruho
Kandi nta mbaraga yari afite
Ariko iyo ayoboye ibitekerezo bimwe
Kugana ku rukundo, amahoro n'ubwumvikane
Yumva yishimye cyane
Roho yumva yishimye
Iyo uvuye ku byifuzo by'umubiri
Bivanze n'imibabaro n'amakuba
Ku byiza byo kugira ubugingo buboneye
Yuzuyemo ibyishimo biryoshye
Niba roho yuzuyemo umwuka**

**Hamwe n'ibinezeza bikomeye by'iyi si
Ntiyashishikajwe n'ubushakashatsi
Ku bijyanye n'ibinezeza byo hejuru cyane
Kandi ntashobora kuryoherwa n'ibyishimo
by'ubugingo**

**Benshi bashobora kuvuga ko
ko kureka ibinezeza by'umubiri
Bisa nkaho bidashoboka muri iyi si
Cyangwa mu gihe ubana n'abantu
Ibitekerezo byabo bishingiye ku bintu bifatika
gusa**

**Ariko ntabwo ari ngombwa ku muntu usanzwe
Gusiga isi ukajya mu misozi no mu mashyamba
Kugira ngo tubone amahoro n'ituze
Ahubwo, agomba kuba ari muri iyi si
Hatabayeho kwemera ko imigezi yayo ikomeye
imutwara**

**Kugira ngo imiraba y'isi itamurenga
Ntagomba kuba umuntu urangwa n'ibitekerezo
bibi ku bimukikije**

**Muri icyo gihe kimwe
Ntagomba kwemera ko ibintu by'umubiri
bimuhuma amaso**

**Kugira ngo adatakaza kamere ye y'umwuka
Ananirwa kumva ibyishimo by'ibyishimo
Kandi bakibonera urumuri rw'Imana**

Ubutunzi bw'ubugingo

Biva mu nyigisho z'umunyabwenge Paramhansa

Yogananda

Iyi si ni inzozo gusa

Nk'uko nta tandukaniro ry'ibanze riri mu kwerekana

sinema

Hagati y'inyanja n'ikirere, harimo imiterere ibiri

itandukanye y'urumuri

Uko ni ko bimeze muri iyi si

Agahinda, ibyishimo, ububabare, ibyishimo, ubushyuhe
n'ubukonje ni inzizi z'iyi si
Turi hano uyu muni kandi ejo tuzamanuka nk'ibicu
igicucu gusa mu nzizi z'isi yose
Ariko inyuma y'iyi shusho y'igihe gito kandi idahoraho
hari umwuka w'iteka
Roho zacu ni igice cy'ingenzi cyabyo
Imana ni yo kuri yonyine Tugomba gusenga buri gihe
kugira ngo ibishuko bitazatsinda
Ubuzima ni ubumuga butuma tudashobora kumwibuka
Iyo nsenze muri ubu buryo, mbona umusaruro mwinshi
kurusha ikindi gihe icyo ari cyo cyose
Hanyuma, nubwo hagira ikintu gikomeye kibaho,
ntabwo byashoboraga kumbuza
Kumutekerezaho bituma numva mfite umutekano kandi
mfite umutekano imbere ye yera
Ubuzima hano busa n'aho ari ubusa kandi burangwa
n'akajagari kugeza igihe tugeze ku nkombe z'umutekano
Niyo mpamvu iteka mvuga ko ndi hano kugira ngo
mpamye ubuhamya bw'akamaro n'icyubahiro by'ukuri
guhebuje
Ntitugomba gushyira ibyiringiro byacu ku ntogo z'isi
zihita vuba no ku bintu bidafite imbaraga
Ibyo bintu bidakomeye bidutandukanya n'ntego yacu
y'ibanze tutabizi
Nk'uko binadutandukanya n'uko turi abantu nyakuri
Ibidukikije bitera abantu kwibeshya kandi bigatuma
bibona nk'abantu beza
Umuntu ufite ntogo nyayo agomba kurenga ubwo
bumenyi bw'igihe gito kandi bw'ibidukikije
Amenya ukuri kuri muri we, bityo uku kuri kuba
ibidukikije bye
Kamere n'ingaruka rukumbi mu buzima bwe
Dusaba Imana kuduha ubuyobozi no kutuyobora kuri yo
Kandi kumubona mbere yo kuva kuri iyi si

Uko byaba bimeze kose mu byo tunyuramo n'ububabare
duhura na bwo
Ntitugomba gutakaza icyizere cy'uko ubufasha
bw'Imana buri hafi

Kandi asubiza buri sengesho ryose riva mu mutima,
ryuzuyemo ubushake
Ntazatererana abakunzi be cyangwa ngo abatererane ku
bw'ibyago bye

Ifite agaciro kurusha zahabu
Umunsi umwe, ubwo umuzungu yari arimo kuzerera mu
misozi, yahagaze kugira ngo anywe ku mugezi muto, maze
amaso ye abona agace gato k'izahabu karemano
karabagirana munsi y'amazi meza y'umugezi. Yujuje
igikombe cye amazi, ashyira igice cya zahabu mu mufuka
.we, hanyuma yicara iruhande rw'umuhanda aruhukira
Muri ako kanya, umusore yagaragaye mu nzira,
ahumeka kubera umunaniro. Yegereye umuhetsi
aramubwira ati: "Uyu munsi sinariye kandi mfite urugendo
rurerure imbere yanjye. Ufite agace k'umugati wo kugaburira
"?mugenzi wawe mu rugendo rwawe

Umuhetsi aramusubiza ati "Nishimiye cyane kandi
nishimiye gusangira nawe imigati mfite." Hanyuma yerekeje
".ku gikapu aramubwira ati "Ndakwinginze fata icyo uhari
Ubwo umusore yari arimo gukura umugati mu isaho,
ibuye rya zahabu ryaguye, maze umuhehesi arifata arishyira
ku ruhande

Ubwo bari barimo kurya, umusore yakomeje
kwitegereza zahabu, ayivugaho yishimye, kandi ashimira
umugeni ku bw'amahirwe ye n'umutekano, umutekano
n'amahoro yo mu mutima yamuhaye ibuye rye
.ry'umuhondo

Ubwo umusore yahagurukaga ngo akomeze urugendo
rwe, umuhetsi yaramwenyuye maze ashyira ibuye mu ntoki
ze

Umusore yatangajwe cyane n'ubu butunzi butunguranye
bwari bwamuguye mu maboko, maze agenda yishimye
cyane, nta kintu na kimwe yita ku kintu icyo ari cyo cyose
Ariko nubwo bimeze bityo, ibitekerezo bidasanze
byarakomeje, bimuhangayikishije kandi bimubuza
amahwemo, kandi ntiyashoboye kubicecekesha cyangwa
kubikuraho. Ako kanya, yahinduye inzira asubira mu cyumba
cy'ibanga, ashyira ubutunzi bwe imbere y'uwamuhaye
umugisha, maze amaze kumusuhuza n'umuheto wuzuye
:ishimwe n'icyubahiro, aravuga ati
Ndazi neza ukuntu iri buye wampaye ari iry'agaciro,"
ariko numva ufite ikintu cy'agaciro kurusha iyi zahabu, kandi
ndakwinginze Imana ngo umpe ubuntu kuri icyo kintu ufite
"!mu mutima wawe mwiza cyagufashije kumpa iyi zahabu
Mu bihe by'uburumbuke, abantu bashimira Imana
Ku bw'imigisha ye myinshi kandi myinshi
Ariko iyo ikirere gihindutse kibi
Amahirwe mabi araje
Gutangara no kurakara bizakurikiraho
Kandi abenshi muri twe turimo gutakaza ukwizera
kwacu guhoraho
Ku bw'uwo ijisho rye ritajya risinzira
Duteza ibiza n'ibihe bigoye
Icyo twibandaho n'icyo twitaho cyane
Niba dushaka uburyo bwiza bwo kubivamo
Twari kubona akanya gato k'ibyiringiro
Tugomba kwiringira ubufasha bw'Imana
Kandi ko uwaturemye atazadutererana
Nubwo hari ibihe bigoye
Urugamba rw'ubuzima
Kandi ahantu hameze nabi cyane
Nidushaka ubuyobozi bw'Imana dufite icyizere cyuzuye,
tuzabuhabwa
Umuntu wese ufite ukwizera n'icyizere nk'icy'abana
azahabwa ubufasha

Ibintu byose bigize ubuzima bizahurira hamwe
Kugira ngo agere ku byo akeneye
Tugomba kumva mu mutima wacu ko tubonwa
Kandi ubwo bufasha bw'Imana ntiburi kure
Turasobanukiwe ko icyizere gikurura amahirwe

nk'ingufu

Gushimangira uruhande rwiza rw'ubuzima
Biduha icyizere cy'uko ibyiza biriho kandi ko biri hafi
Kandi ko intsinzi ari iy'umucyo, ntabwo ari iy'umwijima
n'ibintu bidasanze

Imana ni umugenzi w'Imana
Udatenguha abamwishingikirizaho
Kandi uko tuzirikana ukuntu atwegereye, uburinzi bwe,
n'ubufasha bwe kuri twe

Ubuzima buzahinduka bube bwiza
Umutima uzasenderamo gushima no gushimira
Uwo mu maboko ye hari ubutunzi bw'imigisha
N'imfunguzo zigana muri Paradizo
Twihanira ubwacu binyuze mu bikorwa byacu bidahuje
n'ubwenge

Twiyishyurira imyitwarire yacu ikwiye
Gukoresha nabi ubwenge Imana yahaye umuntu
Bijyana ku cyaha, ari na cyo gitera ububabare
n'imibabaro

Ku bijyanye no gukoresha neza ubwenge
Ibi bijyana ku ngeso nziza, ibyo bikaba bijyana ku
byishimo

Imana yahaye umuntu ubwenge
n'umutimanama
ubushake bwo kwihitiramo
Amategako yo mu ijuru
Nahitamo inzira ikwiye, azagororerwa; bitabaye ibyo,
azihanganira ingaruka z'ibikorwa bye
Agomba gutanga ibisobanuro ku myitwarire ye mu gihe
cy'agateganyo yamaze

Kuri iki gihugu cy'Imana
Umuntu yakoresheje nabi ubwo bwigenge Imana
yamuhaye
Ingaruka zabyo ni uko yikururiye ubujiji n'ububabare
.bw'umubiri n'ubwo mu mutwe
Urupfu rw'igihe gito n'izindi ndwara
Asarura icyo yabibye, kandi itegeko ry'impamvu
n'ingaruka rireba buri wese
Iminsi y'ubu y'umuntu ishingiyeye ku minsi ye yashize
Ahazaza he haterwa kandi n'uko abayeho
Kandi amara iminsi ye y'ubu ari kumwe na byo
Kandi ku bwiza bw'imbuta atera mu butaka bw'ubwenge
bwe
Bityo, umuntu, nubwo yaremwe mu ishusho y'Imana
Afite mu mutima we imbaraga zihishe z'Imana
Atakaza uburenganzira bwo gukoresha ubwo bubasha
kubera amakosa ye
Kandi amategeko yishyiriraho
Kurenga ku mategeko agenga ubwenge
Isano y'ubugingo n'umubiri w'igihe gito, ushobora
kubora
Kandi bigaterwa n'ingaruka z'ibidukikije, imiterere
y'uturemangingo, cyangwa ingaruka z'isi yose
Ni imwe mu mpamvu zitera kwiheba, gucika intege,
agahinda no gutsindwa kw'abantu
Bityo rero, agomba gukosora inzira ye
Yongera guhindura icyerekezo cy'ubwenge bwe
Niba ashaka kwimenya
Kandi yongera kwiyunga n'isoko rye ry'ibanze
Yuzuza igikoresho cy'ubuzima bwe ibyiza, umucyo
n'ubumenyi
Inyanja ntishobora gushyirwa mu gitero kimwe gusa
Mu buryo nk'ubwo, ubwenge bw'umuntu bufite aho
bugarukira ntibushobora kuba bufite ubwenge bwo mu kirere

Ariko ibi birashoboka ku bantu bafite ishyaka kandi
bakora ibishoboka byose kugira ngo bibohore imipaka
No kugera ku rwego rwo kumenya byose rudashira
Kandi arushaho kubongerera mu bwiza bwe, kandi Allah
aha uwo ashaka nta munzani
Saba uzabihabwa
Nimukomange muzakingurirwa
Niba ushimira, nta kabuza nzakwongerera [mu buryo
bwiza]
Gukoresha amagambo nabi ni imwe mu ntwaro zica
cyane kandi zirimbura
Impamvu nyamukuru itera ubwoba ni imvugo ikakaye
kandi ibabaza
Umuntu agomba kwirinda kuvuga amagambo mabi
cyangwa kuvuga amagambo adafite umumaro
Irinde intonganya n'amakimbirane, kandi wikureho
ingeso mbi
Iyo umugabo cyangwa umugore arakaye maze umwe
muri bo agatera undi
Uburyo bwiza ni uko undi muntu agenda
No kwirinda gusubiza kugeza igihe inkubi y'umuyaga
igabanutse
Kandi niba umwe muri bo avuze amagambo akomeretsa
Ni byiza ko undi muntu adasubiza amagambo asa n'ayo
Ahubwo, komeza gutuza kugeza igihe ibitekerezo
bishize kandi amarangamutima agatuje
Iyo umugore arakariye umugabo we maze umugabo
:akamusubiza avuza induru, umugabo azababara kabiri
Ubwa mbere yaturutse ku magambo ye ababaza, naho
ubwa kabiri yaturutse ku magambo ye y'ingenzi
Bityo rero, ahanini yigirira nabi
Ibi bishobora gutera gutandukana cyangwa izindi
ngaruka mbi
Gusuzugura abandi cyangwa gufata abandi mu buryo
butuma basuzugurwa nabyo bigomba kwirindwa

Muri icyo gihe, umuntu ntagomba kwivanga mu
makimbirane no mu mirwano
Ahubwo, umuntu agomba gutegereza kugeza igihe ituze
.n'amahoro yo mu mutwe bizagaruka
Ntukemere ko hagira umuntu wiba amahoro yawe
Ntugahungabanye amahoro y'abandi ukoresheje
amagambo (cyangwa inyandiko) yo gutukana
Gukoresha amagambo nabi ni imwe mu ntwaro zica
cyane kandi zirimbura
Umuntu ashobora kuvuga ibintu nk'ibyo arakaye
cyangwa iyo amarangamutima ye arimo arakaza cyane
Akoresha imvugo idakwiye, mu by'ukuri adashaka
kuvuga, hanyuma akabigirira impuhwe
Mu gihe undi muntu azibuka ayo magambo mu gihe
cy'imyaka makumyabiri
(Agahinda ntikoroha kwibagirwa)
Muri uru rwego, kwibuka ni ikintu kibi
Imbaraga zo kwibuka ni umugisha iyo zikoreshejwe neza
Ariko birangiza iyo bikoreshejwe nk'ububiko bw'ibintu
bibi

Byakozwe kuri twe
Mu kwitegura kwinjira muri paradizo y'ubwenge
Uburyo bwose bw'ubwihindurize bw'abantu bugamije
guhosha inkubi y'umuyaga w'ubujiji
Kugira ngo umuraba ugaruke mu nyanja wongere
wifatanye na wo
Ni ukuvuga kugira ngo imbaraga z'ubuzima bw'umuntu
zibashe guhuzwa n'isi ikomeye y'umwuka
Abahanga mu bya siyansi, abacuruzi, n'abaharanira
impinduka mu mibereho y'abantu bahora bagerageza, mu
buryo butaziguye, gutegura inzira yo kubaka ubumwe bw'isi
yose

Amashuri yose ya siyansi, filozofiya, n'amahame
mbwirizamuco yihatira cyane gukusanya indabo z'ukuri mu
busitani bw'ubwenge no gushariza roho z'abantu ibintu

byose binoze, bitangaje kandi bifite akamaro mu kwitegura
.kwinjira muri paradizo y'ubwenge ihoraho

Binyuze mu buvumbuzi bw'indabyo, siyansi ifasha
umuntu mu buryo butaziguye imuha ibyo akeneye n'ibyo
akeneye mu buryo bufatika, kandi ikamufasha mu buryo
butaziguye gukosora bimwe mu bitekerezo bye ku
"bitangaza" byinshi n'ibintu bidasanze
Siyansi itubwira ko iyo amazi ahinduye uburyo bwo
guhindagura bitewe n'ubukonje, ahinduka urubura
rureremba hejuru y'amazi aho kuvanga na yo cyangwa ngo
.rugume hasi nk'ibindi bintu bikomeye

Iki kintu gisa n'aho gitanga igitekerezo ku bahanga mu
bya siyansi ko igihe Yesu Kristo yagendaga hejuru y'amazi,
agomba kuba yarahinduye imitingito y'umubiri we
akoresheje uburyo bwo gutekereza buzwi n'abatagatifu,
.abahanuzi n'abanyabwenge

Kugira ngo abantu bazane mu nzu y'ubumwe
n'ibyishimo ku isi yose, ibikorwa byose by'umubiri,
iby'umuco, iby'amadini, iby'inganda, iby'imibereho myiza na
politiki, n'iby'ubumenyi bw'isi bigomba guhuriza hamwe
imbaraga no guhuriza hamwe imbaraga zabyo kuri iyo
.ntego

Birashoboka kumvikana ku mahame ahamye agenga
amategeko mpuzamahanga ajyanye n'ubuzima, amahoro,
imibereho myiza, uburezi n'amahame meza agenga
amategeko y'umwuka, imitekerereze n'imikorere ashobora
guha abantu babarirwa muri za miriyari kuri uyu mubumbe
w'isi iterambere rihuriweho kandi riringaniye rikwiriye
umuntu wateye imbere kandi rikamuhesha ibyishimo
.n'amahoro yo mu mutima

Umuturage w'isi yose ntagomba kuguma afungiyeye ku
buzima buto n'umubiri muto
Ahubwo, yibona nk'umwe mu bagize umuryango munini
w'abantu, uyoborwa n'ibinyabuzima byo mu kirere, kandi

atekereza ku kuri ko "uri igice cy'ingenzi cy'inyanja
"y'ubuzima

Ubumenyi ni ntarengwa kandi ntibugira iherezo
Igera no ku nyenyeri za kure cyane

Ikwirakwira muri atome yose iri mu isanzure

Ndetse na electron ntoya cyane

Umuntu agomba kumva ko ari umwe n'inyanja

y'ubwenge bw'ikirere

Kandi kurenga umuryango n'ubwenegihugu

Yemera ko ari umwe mu bagize umuryango mugari

w'abantu

Ibyishimo biri hagati y'ibintu bidasanzwe n'ubusumbane

Ntukunda ibyishimo bisa cyane kandi bidafite ubwoko

butandukanye

Ahubwo, ashaka ibyishimo bihamye kandi bitanga

umusaruro

Ikurura abantu benshi bitewe n'uko ari umwihariko

Bikurura ubwenge n'ubwiza bwabyo

Kandi byuzuza umutima uburyohe bwabyo

Igukomeza kunyurwa no gushimishwa n'imiterere yayo

nziza cyane

Ibyishimo biza rimwe na rimwe

Bishimisha ubwenge ariko ntibisohozza ibyifuzo

Kandi ibyishimo byandujwe no kwiheba byororoka

Kandi ibyishimo bimara igihe gito gusa

Hanyuma birashira, bigasiga inyuma ukwicuza ari

ibyishimo bidakenewe

Kandi ibyishimo birabagirana bikayoyoka

Kugusiga mu rujijo no kutita ku bintu ni ibyishimo

bimara igihe gito kandi bibabaza

Ku bijyanye n'ibyishimo bihinduka mu buryo

bw'imivuduko igihe cyose

Ariko, ishingiro ryabyo ntirihinduka

Nk'umukinnyi w'umuhanga ushimisha abamureba mu

mirimo itandukanye n'ingendo zitandukanye

Ni cyo ushaka kandi wifuza gutunga
Ibyo byishimo bishobora kuboneka utekereje ku
bitangaza by'Imana
Kandi hamwe no gutekereza ku buryo buhoraho kandi
bwimbitse
Isoko y'imbere y'ibyishimo birambye kandi bishya
Ni we wenyine ushobora kugabanya inyota yawe
y'ibyishimo
Ibyishimo byo mu mwuka ni byo byishimo by'ukuri
byonyine
Ibyo ntibigutera kurambirwa cyangwa ngo bigutere
gukunda ikindi kintu cyose
- Ikintu cyose umuntu akora - cyiza cyangwa kibi
Ni imbaraga zidahwema kandi zihoraho mu gushaka
ibyishimo
Ikibi gisezeranya ibyishimo ariko kikazana imibabaro
n'amakuba
Ku bijyanye n'ineza, bishobora gusa nkaho bitanga
agahinda
Bitewe n'ibisabwa kugira disipuline no gushyira
imbaraga mu bikorwa
Ariko nta gushidikanya ko bizana ibyishimo birambye
amaherezo
Imana ni ibyishimo bihoraho kandi bishya iteka ryose
Kandi nuyibona, uzumva ko wabonye ikintu cy'agaciro
kurusha ibindi byose biriho
"Ntuzongera gukenera gukurikirana "icyo kintu kindi
Icyo ubona utabashije kugiraho cyangwa kukibona
"Ibyishimo byo mu mwuka ni "ikindi kintu
Kandi igihe cyose ubisanze muri wowe ubwawe
Ntabwo uzongera gukenera gushaka ibyishimo
Kandi muri uwo munezero mushya, ibyifuzo byawe
bizagerwaho
Afite byose yifuzaga
Kandi mumenye, nshuti zanjye, ko ibintu bifatika

Ibyo bitanga ibyishimo bitagira icyo bitekerezaho
Kandi ibyo bintu, hamwe n'ibyishimo bitanga
Injira mu bwenge binyuze mu ishusho y'ubwenge
Ariko, ibyishimo byo mu mwuka ni ukumenya uko

umutima umeze

Kamere ye ni yo ibyishimo by'ikirenga

Iherereye hafi cyane y'ibitekerezo

Ndetse bivuka no mu bitekerezo iyo igitekerezo

kigejejwe imbere mu gihe cyo gutekereza

Iyo ibintu byo hanze byangiritse

Igitekerezo gishingiye ku kwishimisha

Ibyishimo ibyo bintu bitanga nabyo birangirika

Ariko ibyishimo byo mu mwuka bihora bivugururwa

Ibaho mu bugingo kandi irarwanya kurimbuka

Kandi kugaragaza ko ibyishimo bidashobora gukurwaho

Keretse umuntu ahisemo guhindura imitekerereze ye

nkana

Yishimira kwiheba mu kugaburira umuntu ufite agahinda

Icyo kintu kindi

"Ese wigeze ugerageza gusobanukirwa icyo "kintu kindi

Nk'indorerwamo ikugaragaraho ikabyina inyuma

y'amarangamutima yawe

?None se, ibyifuzo byawe byose bizarangira bite

:Sesengura ikibazo

Urashaka ikintu igihe cyose utagishoboye kugihabwa

Ariko nibimara kuboneka kuri wewe, - byatinda cyangwa

byatebuka - uzarambirwa nabyo

?Kandi ushaka ikindi kintu, si byo se

:Nubwo ubuzima bwaguha byose wifuza icyarimwe

Ubukire, ububasha, n'inshuti nyuma y'igihe runaka,

uzumva utanyuzwe

Kandi ushaka ikindi kintu Ariko ikintu kimwe ntikijya

gitakaza ubushya bwacyo

Ubwiza bwayo ntibuzigera bushira kuri wewe, ni

ibyishimo ubwabyo

Mu bintu byose ushaka
Kandi irashaka kubigeraho no kubigeraho
Mu buryo butaziguye cyangwa butaziguye
Mu by'ukuri uri gushaka ibyishimo
Mu gusohozza ibyifuzo byawe
Ntushaka ibintu bikubabaza
Kandi ntushaka ibintu biguha ibyishimo bike mu
ntangiriro
Ariko amaherezo, bigushyira mu bwigunge no kwicuza
bikomeye
Icyo ari cyo cyose ushaka
Ubishakisha cyane ufite icyifuzo gikomeye, inyota,
ishyaka, n'ishyaka
Nizeye kuzagira ibyishimo nimara kubigura
Ugomba kwishima iyo koko bibaye ibyawe
None se kuki tutashaka ibyishimo mu buryo butaziguye
?tukabikura mu masoko yabyo
Kuki wabishakisha ukoresheje imbaraga zifatika
?zidashobora kuboneka
Kugira ngo mbiguhe bitunganye, bitavanze, kandi nta
!?cyuho
Iyo umuntu asaba imbabazi z'ibintu by'igihe gito
Ibyishimo bye bishingiye ku byishimo by'igihe gito
Ibintu by'umubiri n'ibyishimo bikomoka ku guhaza
ibyifuzo by'ibintu by'umubiri
Ni iby'igihe gito, bityo ibyishimo biboneka muri byo ni
iby'igihe gito
Nanone ni iby'igihe gito
Kurya, impumuro nziza y'ibihumura neza, no kumva
umuziki
Kubona ibintu byiza no gukora ku bintu bishimishije
Ibinezeza byose by'akanya gato
Igihe cyayo gifitanye isano n'igihe cyo kumva uburyohe
n'impumuro
Kumva, kubona no gukoraho

Cyangwa kugeza ubwo ubwenge bumaze kurambirwa
Akururwa n'ibindi bintu bitera imbaraga
Ntashaka ibyishimo by'akanya gato
Bisiga inyuma agahinda iyo bikuweho
Ahubwo, yifuza ibyishimo bidashira na gato hanyuma
bikayoyoka
Kandi ndifuza ibyishimo bitagira iherezo ry'ubuhanga
bwabyo

Radium iboneye kandi ihoraho ikoresha imirasire
Ibyo byishimo biba mu Mana gusa
Isoko y'ibyishimo n'ibyishimo byose
Izuba riva rimwe buri munsu
Ariko kuhaba kwe guhora kurabagirana
Isi yose ishobora kwangirika, ariko
Ni ubuzima bw'iteka bugumaho
Ibyishimo bihora bishya mu buzima bwawe
Iki gihugu cy'umugisha Imana yaduhaye
Arashaka ko twishimira ubwiza bwaryo
Kandi turabibungabunga
Tubibona nk'umugisha udakwiye gupfushwa ubusa
cyangwa gukoreshwa nabi
!Irimo ibitangaza byinshi n'ibitangaza byinshi
Impinga ku mpande
N'ibice ku bice
ibibaya n'inkengero
Inyanja n'inzuzi
amashyamba n'amashyamba
N'ubutayu burambuye mu mpande zose
Ni ikinamico y'ikirere
Aho imisozi iryanye isinziriye
Kandi ibitare bitwikiriwe n'urubura biraryanye
Ibiti birebire birananura amajosi yabyo
Imisozi y'ubutayu irimo kongera kumera neza kandi
iraryoshye
Ibimenyetso by'igihe byanditse ku mabuye manini

Ni nde ufite ubushobozi bwo gutanga ibitekerezo
?bitangaje
None se ku birebana n'ibishushanyo mbonera by'iki
!?gihugu cy'Imana, birakwiye kuvugwa
Byuzuza umutima ibyishimo
Kandi igatwika ubwenge n'ibitekerezo igihumbi
Kugira ngo ngaragaze ibyo umuntu adashoboye
!gusobanura
Gutekereza ku bwiza bw'isi bikomeza ukwizera
k'umuntu utekereza
Birenga amategeko y'ibidukikije bikagera ku rwego rwo
kumenya ibintu by'ikirenga
Aho guhanga udushya bitarangira
Kandi ntibihagarara ku mupaka ntarengwa
Ntibishira
:Igihe kimwe, umwana yaravuze ati
"Sinzi icyo bivuze ku muntu kumva nta cyo amaze"
Ibi ni byo umuntu yumva iyo atekereje ku bitangaza
by'Imana
Ibyo ntagereranywa, mu bice bitandukanye by'isi
Nyamara umuntu atekereza ko ari we byose
Alif na Ya
Intangiriro n'iherezo
Kandi uburebure budafite umusozi munini
Hari imisozi miremire itangaje
N'ubwimbike butera ubwoba mu mutima
N'ubwinshi aho ikiremwa gisenyuka
Kandi ari menshi nk'uko urumuri rw'izuba rungana
N'amatara ashishikariza umuntu kureba hejuru
Iyo abantu baba bafite icyerekezo cyuzuye
Ureba mu mpande zose
Kugira ngo amenye ibitangaza by'ubuhanga bimukikije
Gukwirakwira nk'amasaro yatatanye
Mu gihugu kinini cy'Imana, hari abantu batekereza

Mu by'ukuri, ibintu byose Umuremyi yaremye bitera
gutangara
Birashishikaje
Ubutunzi bw'Iburasirazuba - Ikinyamakuru
cy'Iburasirazuba-Uburengerazuba
Turamusaba, Usumbabyose
Kugira ngo wirukane n'ibishashi by'ubumenyi
umwijima w'amayobera
Kandi kuzuza imitima n'ubwenge
Hamwe n'imigisha myinshi n'ubushishozi bwinshi
Kandi kugira ngo ukuboneka kwe kw'icyubahiro cyane
kugaragarire mu mitima
Kandi amuha icyizere cy'uko azaza
Ni ahantu hatekanye
Kandi bikuraho ibicu by'urujijo mu kirere cy'ubugingo
Kandi bidufasha kwirinda kumva twihebye
Kandi bidutera icyizere cy'uko umuseke w'ibyishimo
uzahita
Kandi imitima izishima
Kandi ko inyoni z'amahoro n'ibyishimo
Azaririmba mu biti by'ubuzima
Urukundo ruzatsinda urwango
Kandi ibyiringiro bizima bizakuraho umwijima wo
kwiheba
Kandi ko urugendo rw'ibyiza ruzakomeza
Ibendera ry'ukuri rizahora riguruka hejuru
Hejuru y'inzibutso z'ubwumvikane bwiza
N'amarangamutima meza ya muntu
Muganga w'imitima, gukira ni ko kuza kuri wowe
Roho zari zirwaye indwara
Gukoraho bikuraho uburozi n'indwara
Urupfu n'ibyago birindwe
Izina ryawe ni ishimwe rirwanya ikibi n'ikibi
N'isengesho ijuru ritega amatwi
Imyiteguro na

Uburere bukwiye: uburyo n'ibikorwa bifatika
Uburyo bukwiye bwo kurera burimo guteza imbere
ubushishozi
No kugerageza kugera mu bubiko bw'ubumenyi
bw'ibanga
Ibyihishe mu bugingo n'isano ry'ubwenge bw'umuntu na
bwo
Ubuzima bumwe ntibuhagije
Kumenya ibintu byose by'umwuka n'iby'umubiri
Gukoresha uburyo bw'ubumenyi gakondo
Kwishingikiriza gusa ku byumviro
Kwitoza gutekereza no gutekereza cyane
Bifasha guteza imbere no kongera ubushobozi bwo
gusobanukirwa ibintu
Binyuze mu buryo butaziguye kandi bufatika bwo
kubona ibintu
Guteza imbere ubushishozi bigomba gutangirira mu
bwana buto niba bishoboka
Niba ibyo bidashoboka, bishobora gutangizwa igihe icyo
ari cyo cyose
Byongeye kandi
Abana n'urubyiruko bagomba gufashwa uko bishoboka
kose
Mu kubigisha uburyo bwiza bwo kurera abana, binyuze
mu
Kwerekeza ibitekerezo byabo ku ntego z'ingenzi
No kugaburira amarangamutima yabo
n'amarangamutima meza
No kubigisha kubahiriza inshingano
No kugira inyangamugayo, mu cyubahiro no mu
bunyangamugayo kuri bo ubwabo no ku bandi
:Mu bintu by'ingenzi bigize kwitonda harimo
Kugenda no kwicara umugongo ugororotse
Kugira ngo byoroherenze urujya n'uruza rw'imirimo
y'ingenzi mu mubiri

Iga kandi ukoreshe ubwenge bwawe kugira ngo
urusheho kwiubaha
Kwitoza gutekereza ku guhanga udushya
Gukora imirimo ufite ubushake buvuye ku mutima
Gutandukanya ibihuje n'ubwenge n'ibidafite ishingiro
Ukuri n'uburiganya
Kandi kwagura urwego rw'urukundo
Kuva ku kwikunda kugeza ku rukundo rw'umuryango
Kuva ku rukundo rw'umuryango kugeza ku rukundo
rw'umuryango
Kuva ku rukundo rw'umuryango kugeza ku rukundo
rw'igihugu cy'iwabo
Kuva ku rukundo rw'igihugu kugeza ku rukundo rw'isi
Kuva ku rukundo rw'isi kugera ku rukundo rw'Imana
Kandi hamwe n'iterambere ryabo mu buryo bw'umwuka
Bazashobora gukwirakwiza ibyiza n'ukuri ahantu hose
Kandi umucyo w'ibyiza ubamurikiramo uzakurwaho
Umwijima w'ikibi urabakikiye
Aflashijwe na we, ahabwe icyubahiro
Guhuza mu buryo bw'umwuka n'abakunzi bapfuye iyi si
Niba wifuza kohereza ibitekerezo byawe ku bakunzi
bawe bavuye kuri iyi si
Icara utuje mu cyumba cyawe utekereze ku Mana
Kandi iyo wumva amahoro mu mutima wawe
Ibande cyane ku nsanganyamatsiko y'ubumenyi
bw'umwuka iri imbere
Ni cyo gice cy'ubushake kiri hagati y'amaso
Ohereza urukundo rwawe kuri abo bakundwa bagiye
Tekereza muri icyo gice cy'imbere umuntu wifuza
kuvugana na we
Kandi woherenze ku mutima we imivugo y'urukundo,
ibyifuzo byiza, n'inkunga
Niba ubikora buri gihe
Kandi ntabwo watakaje ubushake kuri uwo muntu
ukundwa

Nta gushidikanya ko azabona imitingito mu bitekerezo

byawe

Abatandukanye n'abakunzi babo kuri iyi si

ntibabibagirwa

Nk'uko abakunzi babo batazigera babibagirwa

Kandi ubwenge bwabo buracyahari, bukomeza kwibuka

ababo

Ababasize kuri iyi si

Kandi iyo ushaka kubona igisubizo kivuye kuri abo bantu

ukunda

Ibande ku mutima, kandi igihe intumbero yawe igeze ku

burebure buhagije

Bashobora kugaragara bwa mbere mu nzizi, kandi ibi

birashoboka kuri bo

Hari igihe ushobora kugira inzizi zimwe inshuro nyinshi

Si inzizi zose zifite agaciro

Niba ibitekerezo byawe bituje kandi bihuje

Uzamenya ko hari umuntu ugerageza kuvugana nawe

binyuze mu nzizi

Mu iterambere ry'umwuka, abawe bashobora kukwereka

mu iyerekwa mu gihe cyo gutekereza

Iyo umuntu ageze ku rwego rwo hejuru rw'iterambere

ry'umwuka

Azashobora kubona izo roho zapfuye imbere ye

Hari ingero nyinshi z'imanza nk'izo

Ariko iterambere nyaryo ryo mu mwuka rigomba

kubanza kubaho

Utekereza cyane ku Mana

Imana izamwereka ibi bintu byose

Aho kugira agahinda, kurira no kumva ko watakaje

nyuma y'urupfu rw'abo ukunda

Tugomba kuboherereza urukundo bazumva

Bagira ibyiyumvo bimwe

Ariko ntitugomba gukurura umwuka w'abapfuye

bakatugana

Binyuze mu byiyumvo byacu bidafite ishingiro
Gukundana n'agahinda gakomeye
"Birahagije kubwira uwo uri kugenda uti "Ndagukunda
Ohereza ibitekerezo by'urukundo n'imyifurize myiza ku
batandukanijwe
Igihe cyose numva nshaka kubikora
Ariko nibura rimwe mu mwaka - ku isabukuru runaka
:Mu buryo bw'ubwenge, ubabwire uti
Imana izongera kuduha
Tuzakomeza gukiza urukundo rwacu no gukomeza
umubano w'urukundo hagati yacu
Niba uboherereje ibitekerezo byawe by'ubucuti ubu,
komeza ubikore
Nta gushidikanya ko uzabahura umunsi umwe, Imana
nibishaka
Uzamenya ko ubu buzima bwo ku isi atari bwo bwonyine
buriho
Ni ikintu kimwe gusa kiri mu muyoboro w'umubano
wawe w'iteka ryose
Uri kumwe n'abawe bapfuye
Imana ibagirire imbabazi kandi ibahe urumuri rwayo
n'ibyishimo byayo
Icyitonderwa: Ubu buryo ntaho buhuriye na gato
n'imihango yo guhamagara, ibyo tutasaba, niyo mpamvu ibi
bisobanuro
Kwikuramo umunaniro
Icyitonderwa: Aya makuru n'inama ntabwo bisimbura
inama z'abaganga, bityo ibi bisobanuro
Amavuta n'amata bigomba kuba biri mu ndyo
Amata agomba kunyobwa ukwayo nta yandi mafunguro
Ni byiza kutabinywa hamwe n'ibiryo
Amata afite ubwiza bw'ingirakamaro mu gusohora
amaraso
Ariko amata atera gukorwa kw'amata
Ibyo ntibikwiriye abafite ibibazo bya sinus

Cyangwa uvuye mu mazuru avanze n'ibicurane
Ibi binareba umutobe w'icunga
Ku bafite ibi bibazo
Benshi mu bahuye nabyo babonye ihumure - bitewe
- n'inama zanjye
Iterambere rikomeye bakura umutobe w'icunga mu
mirire yabo
(Mu gihe bari barwaye iyo ndwara)
Nubwo umutobe w'indimu ufite ubushobozi bwiza bwo
kwica udukoko
Ariko nanone bituma sinusiti irushaho kuba mbi
Nta kintu gishimishije (gihaza inzara) kurusha umugati
ukozwe muri
Bikozwe mu ifu y'ingano yuzuye iherutse gusya
Ariko, abantu bafite ibinure bagomba kwirinda ibinure
Umugati w'ingano wose ushobora kuribwa umaze
gukaranga neza
Kwiheba mu nda ni indi mpamvu itera umunaniro, kandi
bifitanye isano no kwirundanya kw'uburozi mu mubiri
Bigira ingaruka ku gukuramo ingufu mu biribwa
Niba urwaye impatwe, koresha umuti woroshya uburozi
karemano niba bishoboka
Nurinda umubiri wawe uburozi (imyanda), ntuzumva
unaniwe
Uburozi bwirundanya mu mubiri ni bwo butuma umuntu
yumva ananiwe
Ibiyobyabwenge n'ibiyobyabwenge nabyo bitera intege
nke
Urugero, opium imbura abayikoresha umugambi wabo
Ntibashaka gukora ikindi kintu uretse kuvuga
amagambo menshi, gusinzira no kurota
Bumwe mu buryo bwiza bwo kwikuramo umunaniro
Ni ukugira ngo ukomeze kugira imbaraga mu mibonano
mpuzabitsina uko bishoboka kose

Kubera ko gukora ibyo cyane ari ugupfusha ubusa
imbaraga zo guhanga
Ibi bitera igihombo gikomeye kuri bo, haba ku rwego
.rw'umubiri no mu mutwe
:Umwigishwa yabajije umuyobozi we ati
Ni iyihe nsobanuro yawe ku byerekeye ikiremwa
?cy'umwuka n'ubumenyi bwacyo, bwana
:Umuyobozi yasubije ati
Umwuka ni ubumenyi bw'ubwenge bw'ibitekerezo
n'imbaraga by'umwuka
Nk'uko inyamaswa zo mu mazi zumva iyo zibitswe mu
mazi
Kandi inyoni zo mu kirere zikikijwe n'ikirere
Ni ugukuramo ingufu z'ubuzima muri eteri y'ubugingo
Kandi kumva ufite ubuzima bwiza n'imbaraga binyura
mu mubiri
Ivugurura uturemangingo hamwe n'umuti w'ubuzima
kandi ikaduhindura burundu
:Hanyuma umwigishwa arabaza ati
?Kandi ni ubuhe buryo bwo kubona icyo kizamini
:Umuyobozi yasubije ati
Mu kwiyemeza ko uri umuntu w'umwuka
Kandi ko ikintu gifatika, nubwo ari ukuri
Ariko, ni igikonoshwa cy'inyuma cy'umubiri w'umuntu
Kandi ko amazi y'ubugingo, ari yo soko y'ibyishimo
Inyura mu mitsi yawe, igatuma ugira ibyishimo byinshi,
imbaraga, no kuba maso
:Umwigishwa arakomeza, agira ati
?Ni izihe mbogamizi zo kugera kuri iyo leta
:Umuyobozi asobanura
Izo mbogamizi ziri mu bitekerezo bishyamiranye
n'ibyumvo bibi
N'ingaruka mbi zigira ingaruka mbi ku byatsi bibi
by'udukoko
Ibyerekeye ikimera cy'umwuka

Bityo rero, urwego rw'ubwenge rugomba gusukurwa no
gusukurwaho imyanda yose
No kurandura amahwa yo gushidikanya mu butaka
bwayo, no kuyifumbira mu kwizera kuzima
Irari ryimbitse, isuku y'umugambi, n'ubushake bwiza
Hari ibimera bifite uburozi bitari ibinyabutabire bigomba
kurandurwa burundu
Nk'urwango, ubugome, ishyari, ishyari, ubwoba, n'andi
marangamutima
Umurimbuzi, kandi atera imbuto z'urukundo, icyizere,
ubwumvikane, icyubahiro n'ubunyangamugayo mu mwanya
wabyo
:Hanyuma umwigishwa arabaza ati
Ni ubuhe buryo bwiza bwo gukemura ibibazo
?by'ubuzima
:Umuyobozi arasubiza ati
Buri funguzo rifite urufunguzo, kandi buri kibazo gifite
igisubizo
Kandi umuntu wese ufite ubwenge, ubushishozi,
ubutwari, n'ukwihangana
Kwiringira ubufasha bw'Imana bizagufasha kubona
igisubizo cy'ikibazo icyo ari cyo cyose
Kandi ntukibagirwe ko ikibazo cyose kigoye uhura nacyo
ari ikizamini cy'imbaraga zawe
Kandi kugira ngo wiheshe icyizere kandi buri kibazo
cyose kikuneshejwe, utera intambwe igana imbere
Ku ntera y'ubuzima, ibintu bikomeye biragutegereje
Yahanganye n'ibibazo bikomeye ashingiye kuri ibi
Uzabona ko winjiza ubumenyi, imbaraga n'ibyishimo
Mu gutsinda inzitizi no kurangiza ibyiciro bishya mu
nzira
Kandi umenye, Imana ikongerere ubumenyi bwawe, ko
byose ukeneye biri muri wowe
Nusaba ubufasha bw'Imana wicishije bugufi kandi
ubikuye ku mutima, uzabuhabwa

Inzugi z'ibyiza n'ubutunzi bw'umucyo bizagukingurirwa
Ubutunzi bw'Iburasirazuba - Ibitekerezo n'ubuyobozi
Umuco w'imbere w'Iburasirazuba n'Iburengerazuba
Isoko y'amahoro n'umucyo
Umwari mu yavuze, mu kuvuga ku buryo umuntu yumva
:ko Imana ihari

Niba umuntu abaho atazi Imana
Atarinze gukora ku kuboneka kwe
Ubuzima bwe buzaba bwuzuyemo akaga
Kandi ihura n'ibibazo bikomeye n'ibibazo bikomeye
Kugeza igihe ububabare bubyara icyifuzo n'ubushake
Kugira ngo tumenye ibanga ry'amabanga n'isoko y'ituze
n'umucyo

Mu kuvumbura ibanga rikomeye cyane
Azi icyo umudendeko, ibyishimo n'ubwiza bisobanura
Umuntu agomba guhindura icyo yibandaho mu buzima
bwe n'icyo yibandaho mu bwenge bwe
Kuva ku bintu kugeza ku mwuka
Kandi kuva kuri "njye ubwanjye" hamwe n'aho
ntarengwa

Ku rugero rw'amarangamutima rutagira imipaka
Hanyuma azamenya ko yari ariho kandi ko akiriho
Mu ihoberano ry'urukundo n'ubuziraherezo
Agomba kandi gukora ku kwihutisha ubumenyi
Mu kwibanda cyane ku bitekerezo
Kandi wongere imbaraga
Kandi iyo Imana igize icyo ikoraho
Azatsinda inzitizi zose n'imbogamizi zose
Bimubuza inzira kandi bikamubuza gutera imbere
Nta muntu uzaba ukiriho nyuma y'urupfu
Yegereye Imana kurusha uko iri ubu
Urugero rw'ibyo yamenye nyuma y'urupfu
Biterwa n'ingano y'ibyo azi ubu
!Nta mpamvu yo gutinda cyangwa gusubika ibintu

Gutekereza ku Mana ni isoko y'ibyishimo byose,
urukundo, n'ineza
Bituma tugirana isano itaziguye n'ibyo bintu
by'umugisha
Kandi aratugezaho imigisha y'Impuhwe nyinshi
Tugomba gushyiramo ibintu by'umwuka mu murimo
wacu
No gukora akazi gatanga serivisi nziza ku bandi
Umuntu wishyiriraho intego yo gukorera abandi aho
gushaka amafaranga
Azabona ko ubuzima bwe bwose bwahindutse
burushaho kuba bwiza
Ntazasigara wenyine, ariko ubufasha buzaturuka aho
atabyiteze cyane
Abantu benshi ntibashobora kugera ku burunganire
bukenewe
Hagati y'ubuzima bwabo bw'imikorere n'ubw'umwuka
Umuntu ukunda iby'umwuka akeneye amafaranga
Umuntu wo mu isi ntashobora kubaho yishimye adafite
Imana
:Umupfumu arakora, kandi ibikorwa bye bivuga byinshi
Imana impa imbaraga kandi impa imbaraga zo"
"kwiyemeza
Arakomera kandi Imana iha umugisha imihati ye
:Umuntu wo mu isi na we arakora, ariko aravuga ati
Ni njye ukora ibi byose ku giti cyanjye, kandi nta"
"n'umwe unyishimira
Ibi bimugiraho ingaruka zitunguranye
Iherereye i Mahadhir
Ibikorwa byose bifatika
Byaba ari ukugira ngo bibe iby'umubiri cyangwa
iby'umwuka
Igomba gushingira ku mahame ahamye
Igengwa n'umutimanama n'uburunganire bw'ibitekerezo
Uburimbane burakenewe muri byose dukora

Kubera ko kubura kwayo bivuze agahinda, agahinda
gakomeye, n'umutwe
Iyo umuntu atumiye itsinda ry'abakene
Badafite amafaranga ahagiye yo kugura ibintu bikenewe
mu birori
Ibi bivuze ko nta vangura rihari
Kandi kudashobora gutezura neza
Tugomba gusobanukirwa imiterere y'uburyo rusange
bugenga ibikorwa byacu
Ni bibi gukoresha imyizerere kugira ngo uteze imbere
inyungu zawe bwite
Nubwo ari byiza gukoresha uburyo bwa siyansi
Gukwirakwiza no guteza imbere inyigisho z'umwuka
zifatika
Hari itegeko rusange ryo kugera ku byishimo
Iri tegeko ni itegeko rihoraho kandi ntirihinduka
Ihora ikora kandi itanga umusaruro wizewe
no gukurikiza cyangwa kubahiriza iryo tegeko
Birumvikana ko bivuze kugira ibyishimo
Mu gusobanura ibyishimo, Umwigisha Paramahansa
:yagize ati
Ibyishimo nyakuri bishingiye ahanini ku miterere
y'imitekerereze y'umuntu
Kunyurwa, kunyurwa, amahoro n'ituze ni ibimenyetso
by'ibyishimo
Umuntu agomba kwihatira kugira ubuzima bwiza
Ubwonko bukora
n'ibikenewe mu buzima
Akazi gakwiye
Kandi guca imanza zishingiye ku bwenge
Kandi gusobanukirwa neza
Ntagomba kwiyimerera
Mu kwemera ibidukikije cyangwa imimerere itari yo
Abantu bakunze kuboha udukoko tubahuza
Kandi agukunda n'imigozi imuboshye

Agomba gusobanukirwa impamvu z'ayo mategeko
Wenda bizakuraho ubwandu bugenda buhoro buhoro
Biturutse mu bwonko bwe no ku mubiri we
Ibi byazana impinduka mu mitekerereze
Bimutegurira inzira y'ibyishimo no kugaragara
k'ubumenyi bw'umwuka mu gihe cy'ubuzima bwe
No gukangura imbaraga z'ubuzima ziri muri we
Ubumenyi bugomba gukurwa mu bujiji bukomeye
Kugeza ku rwego rwo hejuru rw'ubumenyi n'ubumenyi
Nubwo umuntu yemera imbaraga ze z'ubupfumu
Ariko ibidukikije bibi bigira ingaruka zigaragara
Ashobora kwangiza ubwirinzi bwe
Kandi bikamwima ibyishimo ashaka
Bityo rero, agomba gukora ibishoboka byose
Kugira ngo habeho ibidukikije byiza kandi bikwiriye
by'ibyishimo
No gushaka ibyishimo birambye byo mu mwuka
Aho kugira ngo habeho ibinezeza by'imibonano
mpuzabitsina by'akanya gato
Niba yifuza kwikuramo ingeso mbi imubuza ibyishimo
Agomba kwirinda ikintu cyose gishobora
Kugira ngo umenyeshye cyangwa ubyuke iyo ngeso
Hanyuma agahinga ingeso nziza mu mwanya wayo
Abikora yihatiye cyane mu bijyanye n'imitekerereze
Kugeza igihe bizaba igice cy'ingenzi cy'ubuzima bwe
Iyo imaze gushinga imizi kandi ikagira imbaraga
Ingeso mbi izacika intege
Kandi arekura intsinzi ye
Azumva ibyishimo atari yarigeze abona mbere
Imurika n'ibyiringiro

Inyigisho za Master Paramhansa Yogananda
Ubuzima mu miterere yabwo, ibice byabwo,
n'intego zabwo
Ni ikibazo kigoye kumva, ariko ntabwo
kidashoboka kugikemura

**Dukoresheje imitekerereze yacu igenda itera
imbere, dukemura amwe mu mayobera yayo buri
munsi**

**Ibikoresho bishingiye ku mahame ya siyansi
nyayo muri iki gihe**

**Nta gushidikanya ko bitera abantu kwishimira
Ibyo siyansi iduhishurira biduha icyerekezo
gisobanutse neza**

**Ku bijyanye n'uburyo bwo kunoza imibereho
Ariko nubwo hari ibikoresho byose, udushya,
n'ingamba dufite**

**Bisa nkaho tukiri nk'ibipupe mu maboko y'ibyago
Kandi ko inzira ikiri ndende imbere
Mbere yuko tubaturwa ku buyobozi bw'ibidukikije
Kubaho mu maboko y'ibidukikije ntabwo ari
ubwisanzure rwose**

**Ubwenge bwacu bushishikaye burarengerwa
kandi bugafungwa n'ibyiyumvo byo kubura icyo
bukora**

**Iyo twumva tumeze nk'abahuye n'imyuzure,
inkubi y'umuyaga, cyangwa imitingito**

**Cyangwa iyo ibintu bidutwaye - nta mpamvu
ifatika**

**Abakunzi bacu bari hafi yacu
Hanyuma tukabona ko tutageze ku ntsinzi nyinshi
Ntitwashoboye gutsinda ibibazo bikomeye
Nubwo twashyizeho imihati myinshi kugira ngo
ubuzima bube uko twifuza**

**Hari ibintu bizahora bigaragara kuri uru rwego
rwo ku isi**

**N'ibintu biyobowe n'ubwenge bukomeye tutazi
byinshi kuri byo**

**Ikora mu buryo bwuzuye idashingiye ku
bitekerezo byacu n'ubushake bwacu**

**Ikintu cyiza dushobora gukora ni ugukora no
kunoza bimwe na bimwe**

**Duhinga ingano kandi tugakora ifu
Ariko se ni nde waremye imbuto ya mbere?
Turya umugati cyangwa umuceri ukozwe mu ifu
Ariko se ni nde wahaye imibiri yacu ubushobozi
bwo gusya?**

**Kandi se ni gute wahindura ibiryo mo
itungamubiri?**

**Mu mfuruka zose z'ubuzima
Bisa nkaho hari ukuboko kw'Imana kudasanze
Ntidushobora gucunga ibintu byacu tudafite
Dufite icyizere cyose
Ntituzi igihe umutima uzakagarara gukora
Bityo rero ni ngombwa kwishingikiriza ku butwari
Ku bubasha bw'Imana buhebuje
Kandi twishingikirije ku byo turi byo hejuru
Bikomoka kuri ubwo bubasha rusange
Ibyo dukurikizaho icyitegererezo
Tugomba kugira ukwizera kuzira ubwibone
No kugendera mu nzira z'ubuzima ufite icyizere
Nta bwoba cyangwa gutitira
Nta gufungana no gufungana
Kurwanya allergie**

**Gutsinda uburyo bwo kumva ibintu neza ni
ubuhanga buhambaye, kandi kugenzura uburyo
umuntu yihutira gusubiza ni ingenzi kugira ngo
umuntu agire imico iboneye kandi yuzuye.**

**Ubwibone buturuka ku kutumvikana,
kwisuzugura, ubwibone bukabije, n'ubwikunde
bukabije**

**Iyo umuntu atekereje ko ibyiyumvo bye
byamubabaje, icyo gitekerezo gishinga imizi mu
mutwe we, kikangura imitsi ye, hanyuma ikagira
intege nke maze ikarakaza. Uburakari bugatangira mu**

mutima we bitewe n'amarangamutima yakomeretse. Ariko, hari abantu bafite ubushobozi bwo kugenzura amarangamutima yabo, bityo ibimenyetso byabo byo hanze ntibigaragare nubwo hari uburakari bwinshi bubarimo. Abandi bagaragaza uburakari bwabo binyuze mu buryo bwihuse, bugaragara mu mitsi y'amaso yabo no mu maso, ndetse no mu buryo butunguranye, butanga amakuru.

Amarangamutima akabije agira ingaruka zikomeye; arushaho kugorana kandi agatera ubwumvikane buke bugira ingaruka mbi ku bandi

Hagomba gushyirwaho imbaraga zo kwifata no gutuza, bigatera imbere ikirere cy'ubwumvikane n'ubwumvikane bitera amahoro aho kugira imihangayiko no kwirukana umwuka w'imihangayiko Abazabikora bazaba abahanga mu by'ejo hazaza habo kandi bazahembwa icyubahiro n'ishimwe n'icyubahiro n'ababakikije.

Ubwibone bukabije ni ikintu abantu benshi bahuriyeho, kandi iyo iki kinyabupfura kidasobanutse kigurumana, gihuma amaso y'ubwenge kandi kigapfukirana amaso y'ubwenge. Ikirenze ibyo, umuntu ufite ubwitonzi bukabije yibwira ko atekereza, yumva kandi akora neza, mu gihe mu by'ukuri imyitwarire ye ishobora kuba itari yo rwose!

Abantu benshi bizera ko bagomba kwigirira impuhwe iyo banenzwe, kandi ko kwigirira impuhwe bibaha ihumure. Ariko kimwe n'abasinzi b'ibiyobyabwenge, uko barushaho kubyihanganira, niko ubusinzi bwabo burushaho gukomera.

Umuntu ufite ibyiyumvo bidasanzwe akunze kubabara bitari ngombwa Akenshi, nta muntu uzi icyateye imibabaro ye cyangwa imiterere y'akababaro ke, bigatuma arushaho kugira agahinda mu bwigunge bwe bwite. Nta kintu na kimwe gishobora kugerwaho

mu kwibanda ku byo abona ko ari igitutsi cyangwa kunengwa bucece.

Ni byiza gukuraho impamvu zitera ubwo burwayi binyuze mu isesengura ry'ibintu bifatika no mu gukoresha uburyo bwo kwifata.

Ubwo bwoko bw'allergie idafite akamaro bugira ingaruka zikomeye; burya umutima nk'umuriro kandi bugasenya ingingo z'amahoro. Bityo, bugomba gukemurwa mu buryo bw'ubwenge, mu buryo bwumvikana, kandi bufite ubushake buhamye.

Ubwigenge ku ntege nke

Uburyo bwiza bwo kwikuramo intege nke

Ntabwo ari ukubitekerezaho

Bitabaye ibyo, igitekerezo cy'intege nke kizanyura mu bwenge kandi kigenge ubushobozi bw'ubugingo

Iyo tuzanye urumuri imbere muri twe

Umwijima uzashira nk'aho utigeze ubaho

Icyo gitekerezo kimpa imbaraga zidasanzwe

Iyo urumuri rutangiye gukoreshwa

Ku buvumo butuwe n'umwijima imyaka ibihumbi

Umwijima uzakita ushira

Mu buryo nk'ubwo, intege nke zirashira, kandi hamwe na zo, amakosa

Iyo twemereye umucyo w'Imana kwinjira mu bwenge bwacu

Umwijima w'ubujiji ntuzashobora kugumaho

Iyo ni yo filozofiya tugomba kubahomo

Gutinda gukora ibintu ntacyo bimaze

Uruziga rw'ubuzima ntiruhagarara

Kandi iminsi y'ubuzima ihita vuba

**Buri munota dukoresha dutekereza neza kandi
tugakoresha ubwenge**

**Ni ishoramari rigira icyo rigeraho kandi ritanga
inyungu mu rwego rw'ibyishimo byacu**

Benshi bamara ubuzima bwabo bwose

**Gutekereza ku mafaranga, imibonano
mpuzabitsina, n'icyamamare**

Ni gake cyane bibanda ku bintu by'ingenzi

Ibyo bibazanira amahoro yo mu mutima

**Kandi bongere ubumenyi bwabo ku rwego rwo
hejuru**

Uko uruhare rw'umuntu rwaba rungana kose

Afatwa nk'uwatsinze mu maso y'Imana

Iyo aza kumenya gukoresha igihe cye neza

Ayobora ibitekerezo bye mu cyerekezo gikwiye

Iyo umucyo w'Imana umurikiye umuntu

Yumva nta kintu na kimwe akeneye

Kubera ibyishimo bimurenze

Aragera ku nzizi ze zose

Kandi bituma yumva yishimye cyane

**Ni umukire ukize kurusha abandi kandi ni we
wishimye kurusha abandi bose**

Muri ubu buzima
Umuyoboro w'urumuri
Ukangura ubwenge bw'umwuka
Hamwe n'ibitekerezo bisobanutse
Ibikorwa by'ubugiraneza
Amarangamutima meza
Gutekereza cyane
Arashobora kumva ko ivuye mu mubiri
Igihe cyo kugenda bwa nyuma
Binyuze mu jisho ry'umwuka
Umukozi wo muri yoga akora imyitozo mu gihe
cy'ubuzima bwe bwo ku isi
Iyerekwa ry'Umuyoboro w'Amaso yo mu Mwuka
Ku murongo ugabanya
Hagati y'ibintu n'umwuka
Ashobora kuva ku Isi ako kanya
Kwinjira muri uyu mwobo urimo urumuri
Kandi ihinduka ryo kuva kuri iyi si
Ku mwanya utagira iherezo w'Imana
Aho urumuri ruherereye
N'ibyishimo
Amahoro
ubwisanzure busesuye

Itara ry'umubiri ni ijisho (ry'umwuka)

Niba ijisho ryawe ari rimwe

Ubwo rero umubiri wawe wose uzuzura urumuri

**{ Kandi umucyo uca mu mwijima, ariko umwijima
ntiwawumenya }**

kwitanga

Kwita ku bandi ni ukumva agahinda k'abandi

No kubegera no kuvugana nabo

Tugerageza rwose kubahumuriza ku rupfu rwabo

Kandi ko twishimira ibyishimo byabo

Turimo gukora uko dushoboye kose

**Kugira ngo birinde ubwoba, ibyo bakeneye,
n'imihangayiko kuri bo**

Abakora kugira ngo abandi bagire ibyishimo

Imana imuhe kumva ihumure ryo mu mutima

**Kandi niba hari icyo atakaje mu gukurikirana abo
arimo kugerageza gufasha**

**Ntabona ko ari igihombo kuko hari icyo yunguka
mu nyungu ze**

Ibyishimo by'Imana n'amahoro yo mu mutima

Abaho kugira ngo akunde, akore, kandi atanga

**Abiba imbuto z'ineza n'amahoro mu mirima
y'abantu**

**Ibitekerezo bye n'ibiyumvo bye birenga isi ye
bwite**

**Ubumenyi bwe buragenda bwiyongera kandi
impuhwe ze ziyongera**

**Yumva ko isi ari urugo rwe kandi ko ubumuntu ari
umuryango we**

**Arasobanukiwe ko intego yo kubaho kwe kuri iyi
si ari yo**

**Agomba kwivugurura mbere yo kugerageza
kuvugurura abandi**

**Kubera ko abiteza imbere bafasha abandi
Kwivugurura binyuze mu rugero rw'ubuzima bwe
Ibikorwa bigira ingaruka zikomeye kandi bikagira
ingaruka zikomeye**

**Mu bitekerezo by'abandi, uhereye ku magambo
Ni nde ufite umwuka wo kwitanga?
Ntabwo ikora hakurikijwe imibare n'ibiteganyijwe
bike**

**Ahubwo, akoresha ubushishozi bwe n'ubushishozi
bwe**

**Akomeje kwifasha no gufasha abandi
Ndashimira Imana ku bw'intsinzi yagezeho
Kandi niba ananiwe rimwe cyangwa inshuro
nyinshi**

**Ntiyumva acitse intege, ahubwo arushaho
kwiyemeza**

**Yongera imbaraga ze yongera kugerageza
Gushakisha ibitekerezo bishya n'imiyoboro
Kuyoborwa n'umucyo w'ubwenge
Ku bufasha bw'Imana
Kugeza igihe azagera ku ntego ye
Agera ku ntego ye nziza**

**Imurika ry'Iburasirazuba n'Uburengerazuba
Biva mu nyigisho z'umunyabwenge Paramhansa
Yogananda**

**Imyiteguro na
Igitekerezo ni imbaraga, nk'amashanyarazi
imimerere yo mu mutwe
Bisubira ku bitekerezo n'uburyo bwo gutekereza
Amashanyarazi ni ingirakamaro kandi ni mabi
None se ni nde uzi uko yabyitwaramo?
Abishyira mu kazi ke
Bitabaye ibyo, bishobora kumukomeretsa
amashanyarazi
Kandi ni ko natekereje**

**Niba byerekeza mu nzira zikwiye
Bizanira nyirabyo ibyishimo
Bitabaye ibyo, bizamuteza ibibazo
Igiterekerezo ni nk'ifarashi yo mu gasozi
Ariko, kuyitsinda ntabwo bidashoboka
Gutekereza neza ni bumwe mu buryo bwo
kugenzura ibitekerekerezo byawe
Gutekereza neza ni inshuti magara
Kandi ubwenge burwaye ni umwanzi uhoraho
Gutekereza neza bikurura amahoro n'umutekano
Kandi ubwenge burwaye burasa imyambi yica
Isubira inyuma kuri nyirayo inshuro ebyiri
Niyo mpamvu imvugo ivuga ngo, igihembo ni
kimwe n'igikorwa
Igihe cyose umuntu yohereje imigambi myiza
Ibitekerekerezo bye bizahinduka amatara
Kumurikira ibyumba by'ubugingo
Kandi wirukane ibirundo by'umwijima
Hanyuma yumva aruhutse cyane
Amaso ye yarabengeranaga aseka cyane!
Ubuzima bumeze nk'urusyo rusya
Ibinini byo gupima n'igerageza ryavuyemo
umusaruro
Kugira ngo mbikoremo umugati
Ni nk'umuhanda uzunguruka
Ku mpande zayo hari indabo nziza cyane
ibinyugunyugu by'urubura
N'ibiti bifite imbuto nziza ku mashami yabyo
Ariko, gake cyane duhagarara
Reka twishimire uko igaragara kandi twishimire
uburyohe bwayo
Mu by'ukuri, akenshi tuba turi ku misumari
n'inshinge
Kugira ngo ugere ku bice byagutse**

**Dutekerezaza ko ifite ahantu heza cyane kurusha
uko twabonye**

**Ariko uko tugenda buhoro buhoro
Ku bijyanye n'inzira z'indabyo kandi zitanga
umusaruro**

**Tuhasanga ibiti birimo umwijima
Birenze ubushya gusa
Hanyuma indabyo zirashira
Kandi hamwe nabyo, ibinyugunyugu n'imbuta
Hanyuma twisanga mu butayu butagira icyo
bukora**

**Ubuzima bw'umuntu bumeze nk'amazi yo mu
nyanja**

**Bikagenda bisukurwa bigahinduka uburyohe
Iyo uzamutse mu kirere cyo hejuru gusa
Ni nk'inzizi zo mu gitondo
Uko imyaka igenda ikura birushaho kuba byiza
Impamvu ni uko ibintu bigaragara neza kandi
bisobanutse neza**

**Ni nk'urugendo aho imiterere y'ahantu ihinduka
uko intera igenda**

**Hanyuma imiterere imwe irahinduka uko tugenda
tuyigera hafi, n'ibindi**

**Ubuzima ntibutenguha abanyabwenge
Kubera ko babikorana ubuhanga kandi
bakabyishimira**

**Hatabayeho kubyemera ngo bibafatire mu
maboko no kubabuza umudendezo wabo**

**Urugero, bakunda amazi
Barayinywa kandi bakayiyuhagira, ariko
ntibemera ko bayirohamo**

**Bishimira imyenda bakunda
Hatabayeho gukurikiza cyane amategeko
n'amabwiriza afatwa nk'aho ari ay'inyuma gusa**

Bakunda kurya badashaka ko umururumba ubarya

**Kubera ko kurya cyane bigabanya imbaraga
Kandi birya imyumvire
Kandi azarimbura burundu
Bityo rero, umuntu agomba kwishimira ubuzima
Ariko hatabayeho kunaniza ibyumviro binyuze mu
kwibiza**

**kubana neza n'abandi
Amasezerano yabo ntabwo asobanura byose
Cyangwa kwirengagiza amahame ngenderwaho
kubera ayo
Kubera ko ubu buryo bwo kumvikana budakwiye
Ntabwo bihuye n'ukuri
Abavuguruye n'abantu bakomeye ntibavugaga
rumwe**

**Hamwe n'abantu benshi babakikije
Ariko, bagumanye intego yabo
Kubera ko bamenye ko ibyo bakoraga
Ibyo byari ukuri rwose
Ihame ntirigomba kwangizwa
Kandi kudakoresha impamvu zihishe kugira ngo
ugere ku ntego runaka**

**Kuko ibyo bidakwiye abantu bafite amahame
Ni nde ushobora kubaho mu buryo bushimisha
Imana?**

**Ntukagirire nabi abandi, kuko nta cyo batinya
Mbere na mbere, umuntu agomba kuba mu
bwumvikane n'Imana**

**Hanyuma n'umutimanama, hanyuma n'abantu
Ariko niba ubu buryo budashimishije abandi
Birahagije ko umuntu agira amahoro muri we
Yumva afite amahoro yo mu mutima atuma
adashimwa n'abantu**

**rukuruzi y'umwuka
Imbaraga z'ubugingo n'icyifuzo cyabwo cyo
guhindukirira Imana byitwa rukuruzi y'umwuka, kandi**

**hamwe n'iyi rukuruzi, ubugingo bwikururira imigisha,
imitingito ikomeye, n'ibintu byose byiza bya muntu
bibutsa ibyiza n'ubutungane.**

**Gukurura ibintu mu buryo bw'umwuka ni
imbaraga umuntu akoresha mu gukurura no kuzana
inshuti nziza, ibintu by'ingenzi n'ibya ngombwa,
hamwe n'ubumenyi bw'ibintu mu buryo bw'ubwenge.**

**Izi mbaraga zikomoka ku mbaraga z'Imana zikora
nk'ingufu zikurura**

Buji y'amahoro

Fata igikoresho cyo gutekereza

Wuzuze amahoro yawe

Fata icupa ry'amarangamutima yanjye

Ubwuzuze n'imbabazi zawe

Fata agaseke kanjye k'ubugingo karimo ubusa

Wuzuzemo imbuto z'ubwenge bwawe

Suka amazi y'urukundo rwawe mu bugingo

bwanjye

Nzayisuka mu bikombe by'umutima ufite inyota

Senya inkuta z'ubwikunde

Unyinjize mu maso yawe yose

Umurasire w'urukundo rutunguranye

Nimureke arebe mu mutima wanjye

Binyibutsa urumuri rw'izuba rw'urukundo rwawe

Gukwirakwira mu kirere cy'ubuzima bwanjye

Umucyo w'urukundo rwawe waramurikiye

Kuri njye ubwanjye, maze ndabona urumuri

**Umucyo wawe wuzuye umwanya wanjye wo mu
mwuka**

Uri ubuzima bukomeza umubiri wanjye

Kandi ubwenge butuma ibitekerezo byanjye

bihinduka

Kandi ubwenge bukuraho ubujiji bwanjye

Ndacana buji nto y'urukundo rwanjye

Gusoma igitabo cya zahabu

**Yabitswe muri nje kuva kera
Urukundo rwawe rwariho kandi ruracyariho
Itara ry'amahoro ritagaragara
Ibyo bikuraho umwijima bikanyereka ubutumwa
bwawe**

Blog iri ku mapaji y'imitima

Isi Nshya: #Paramhansa Yogananda

Ubuhinduzi: Mahmoud Abbas Masoud

Iyo ugerageje imyizerere yawe yo mu mwuka, isi nshya irakinguka Kwishyiramo ni ingenzi kugira ngo umenye Imana Ushobora kumva ufite idini cyane, kandi ubwenge bwawe bushobora kunyurwa na byo Ariko keretse niba umubiri wawe ubwawe wizeye ko amasengesho yawe asubizwa mu buryo butaziguye, nta buryo bwo gukurikiza idini bushobora kugukiza Nubwo kwakira igisubizo cy'Imana bishobora kugorana, birashoboka Kugira ngo umenye neza ko ugera mu Ijuru by'ukuri, ugomba kugerageza imbaraga z'amasengesho yawe kugira ngo uyakoreshe Nkiri muto, niyemeje ko amasengesho yanjye azasubizwa igihe cyose nahindukiriye Imana mu gusaba. Uwo mwanzuro udakuka ni wo nzira. Hanyuma buri kigeragezo kizaza kugira ngo kiguce intege kandi kiguce intege, ariko imbaraga z'Imana zo gusubiza ni ntarengwa. Umurimo uhoraho kandi gukoresha imbaraga z'ubushake bizatanga igisubizo cy'Imana.

Ni ngombwa kwiga uburyo bwiza bwo gushyira ubwenge ku murongo. Ni ngombwa kandi kugira umwanya uhagije wo kwiherera no gutekereza wiherereye. Guhora ukorana n'abandi bibangamira iterambere ry'umwuka. Abantu benshi bameze nk'ibisuguti; bikuramo byose, kandi ni gake ubona

ikintu nk'icyo. Birumvikana ko ari byiza kuba uri kumwe n'abandi bafite umutima w'ukuri kandi bakomeye mu mwuka. Iyo buri wese azi imbaraga, ukuri, n'ubushake bw'undi, imico myiza mu by'umwuka ishobora gusangirwa hagati yabo.

Umwanya ntugomba gupfushwa ubusa mu bintu bidafite akamaro Abantu benshi bihugira mu bintu bidafite icyo bitanga, kandi ubajije umwe muri bo icyo yakoraga, asubiza ati "Nari mfite akazi kenshi!" Ariko ntibashobora kwibuka ikintu na kimwe kuri icyo "kazi"! Byongeye kandi, kwidagadura no kwidagadura bigabanya ubushobozi bwo gutekereza Iyo ureba filime buri munsu, zizatakaza igikundiro cyazo kandi uzarambirwa. Filime ni zimwe, zifite inshingano zitandukanye: abakunzi, ingendo, intwari, abagizi ba nabi, nibindi. Dushobora kwishimira kureba inkuru ya filime, ariko ubuzima ntibukunze kumera gutyo. Ku rundi ruhande, icyo ubuzima buba bukenze urugero, ni nde wakwifuza kubona ibintu byinshi mu buzima uko bimeze icyo agiye kuruhuka?

Ubuzima burashukana cyane, kandi tugomba kubwegera uko bumeze. Niba tutabanye gutsinda ubushukanyi n'amayobera yabwo, nta wundi tuzashobora gufasha. Mu bwigunge bw'ubwenge bwibanda ku bintu bikomeye, niho hari uruganda rw'ibintu byose bikomeye byagezweho. Wibuke ibi. Muri uru ruganda rutangaje, komeza kuboha imiterere y'ubushake bwawe kugira ngo utsinde imbogamizi zose zirwanya. Toza kandi unoze ubushake bwawe buri gihe. Ufite amahirwe menshi yo gukorera muri uru ruganda amanywa n'ijoro, igihe cyose udapfusha ubusa igihe cyawe n'imbaraga zawe.

Mu ijoro, ndikura mu byo nshaka byo kuba ndi njyenyine, ndi kure y'isi, ndi mu bwigunge bwo mu buryo bw'umwuka mfite ubushake bwanjye. Aho, nyobora ibitekerezo byanjye mu cyerekezo nifuza kandi nkifatira ibyemezo muri njye. Hanyuma, nshishikariza ubushake bwanjye gukora ibikorwa byiza kandi by'ingirakamaro bimpa intsinzi. Muri ubu buryo, nakoresheje ubushake bwanjye neza inshuro nyinshi. Ariko ibi bigerwaho gusa binyuze mu gukoresha ubushake buri gihe.

Mbega ukuntu bizaba ari ibyiyumvo byiza cyane kuba ushobora kuvuga no kwemeza uti: "Ubushake bwanjye, bwuzuyemo ubushake rusange, buzagera ku cyo nifuza!" Niba wishyira mu mwanya wawe maze ukemera byose ku bushake bw'Imana udakoresheje ubushake bwawe, wahawe n'Imana, ntuzabona umusaruro wifuza. Imbaraga z'Imana zirashaka kugufasha ubwazo. Nta mpamvu yo kwinginga cyangwa gusaba; ahubwo, ugomba gukoresha ubushake bwawe mu gusaba no gusaba—nk'umuragwa ukwiye—no gukora ibikwiriye. Ugomba kwirukana mu mutwe wawe igitekerezo cy'uko Imana, mu mbaraga zayo n'imbaraga zayo zirenze urugero, iri kure kandi yihishe mu mpera z'ijuru, kandi ko uri wenyine hagati y'imihangayiko n'ingorane z'iyi si. Wibuke ko ubushake bw'Imana buri inyuma y'ubushake bwawe bwa muntu, ariko ubwo bubasha bukomeye, nk'inyanja itagira imipaka, ntibuzaza kuri wewe keretse ubwenge bwawe bufunguye kandi umutima wawe ukakira.

Ubwoba: impamvu zabwo n'uburyo buzivura

Ubwoba ni indwara ishobora gukemurwa n'umuti wihariye witwa ituze. Ubusumbane mu mitekerereze

yacu butera indwara z'ubwonko buterwa no guhora umuntu ashishikajwe cyangwa gukangurwa cyane n'ibyumviro. Kwishyira mu mihangayiko, ubwoba, uburakari, ibyiyumvo byo kwiheba, kwicuza, ishyari, agahinda, urwango, inzika, imihangayiko, no kubura ibikenewe kugira ngo umuntu abeho ubuzima busanzwe kandi bushimishije—nk'imirire ikwiye, imyitozo ngororamubiri ikwiye, umwuka mwiza, urumuri rw'izuba, akazi gakwiye, n'intego isobanutse mu buzima—byose ni bimwe mu bintu bigira uruhare mu gutera indwara z'ubwonko.

Igitekerezo icyo ari cyo cyose gikomeye cyangwa gihoraho mu mutwe, mu marangamutima, cyangwa mu mubiri gitera umubabaro ukomeye kandi kigahungabanya urujya n'uruza rw'imbaraga z'ubuzima binyuze mu byumviro bitanu n'ubushobozi bwabyo. Iyo uhuje itara rya watt 50 ku isoko ry'ingufu rya volt 2.000, itara ryahita rizima. Mu buryo nk'ubwo, sisitemu y'imitsi ntiyagenewe kwihanganira imbaraga zangiza z'amarangamutima akomeye cyangwa ibitekerezo n'ibyiyumvo bibi bihoraho.

Ubwoba si ikibazo cyoroshye Ni umwanzi ukomeye, ufite ingorane zikomeye n'ingaruka zikomeye. Mu buryo bw'umubiri, biragoye gukira indwara iyo ari yo yose iterwa n'ubwoba. Mu buryo bw'umwuka, kudahuza kw'ingufu z'ingenzi mu mubiri bituma kwibanda cyangwa gutekereza cyane kugira ngo umuntu agere ku mahoro n'ubwenge bigorana cyane.

Ku bw'amahirwe, ubwoba buravurwa Umuntu urwaye iyi ndwara agomba kuba yiteguye gusesengura uko amerewe no kurandura amarangamutima yangiza n'ibitekerezo bibi bigenda bimutwara buhoro buhoro Kwisuzuma ibibazo bye no

kugumana ituze mu bihe byose bishobora gukiza indwara nyinshi z'ubwoba.

Iyo tumenye ko ubushobozi dukeneye—bwaba ubwo gutekereza, kuvuga, kumva, cyangwa gukora—byose bituruka ku Mana, kandi ko ihora iri kumwe natwe, ikadushishikariza kandi ikatuyobora, tubona umudendeze wo kunanirwa guhangayika mu mutwe. Muri ubwo buryo, tumenya ibyishimo byera, rimwe na rimwe urumuri rwinshi rutwikiza, ruhita rukuraho ibitekerezo by'ubwoba.

Imbaraga z'Imana ni nk'inyanja, igenda yiyongera kandi irushaho kwiyongera, inyura mu mutima mu gikorwa cyo gusukura, ikuraho inzitizi zose z'uburiganya zo gushidikanya, guhangayika, n'ubwoba.

Abantu bakunze kwizera ko ari imibiri isanzwe gusa, ariko iki ni igitekerezo gishobora kuneshwa no kwihuza n'umubiri wabo wo mu mwuka binyuze mu gutekereza. Hanyuma, bazamenya ko umubiri ari ikintu kitari ikindi uretse urubura rw'ibikorwa bireremba ku nyanja nini y'isanzwe.

Umuntu urwaye imihangayiko agomba gusobanukirwa imimerere ye no gusesengura amakosa ahoraho yo mu bwenge atuma adahuza kandi ahuza n'ubuzima bumukikije. Iyo umuntu uhangayikishijwe yemeye, ndetse na rimwe gusa, ko indwara ye atari amayobera ahubwo ko ari ingaruka zumvikana z'ingeso ze bwite, aba amaze kugera kuri kimwe cya kabiri cy'umuti!

Ibyishimo bibangamira uburyo bwo guhuza imitsi n'ubwonko binyuze mu kohereza ingufu nyinshi ku gice kimwe cy'umubiri no kubuza ibindi bice umwanya wabyo usanzwe.

Uku kutumvikana mu ikwirakwizwa ry'ingufu mu mitsi ni yo mpamvu n'impamvu yo kugira ubwoba.

Umuntu utuje yirinda kwishima kuko azi ko Imana ari yo icunga kandi ikayobora ubuzima n'ibikorwa byabwo, kandi akamenya ko (ubwoba bugabanya imitsi), agerageza kuguma atuje mu mutwe, bityo akabasha guhangana n'imimerere n'imimerere by'ubuzima atuje kuko imbaraga ze z'ubwonko ziringaniye.

Mu gihe agumana ubwenge bukarishye kandi butarangwamo imyumvire mibi, yibohora mu bitekerezo by'ubuzima kandi akarenga ibyishimo bizanwa n'ibintu bishimishije. Ku bijyanye n'ibigeragezo bibabaje, aharanira kutabireka ngo bimubuze amahoro yo mu mutima cyangwa ngo bimubuze amahoro yo mu mutima. Iyi ni yo ntego tugomba kwihatira no guharanira kugeraho.

Uturemangingo tw'imitsi dutanga ingufu z'ingenzi ku bwonko, umutima, n'izindi ngingo zose. Nanone dukwirakwiza ingufu ku byumviro bitanu: kureba, kumva, gukorakora, uburyohe, no guhumurirwa. Imitsi ni bwo buryo dukoresha mu kuvugana n'isi ituzengurutse kandi ni yo soko y'uburyo bwose bwo kumva. Bityo rero, ni ngombwa gukomeza kugira uburinganire butunganye mu turemangingo tw'imitsi yacu, tukirinda kurengera igice kimwe cy'umubiri imbaraga nyinshi mu gihe tubuza ibindi bice kugira uruhare muri iyi ndyo y'ingenzi. Uburimbane mu buzima no kugera ku ntego zemewe ntibigerwaho binyuze mu guhangayika cyangwa kurakara mu buryo bw'amarangamutima, ahubwo bigerwaho binyuze mu ituze no kwizera Imana cyane.

Yogis ifite uburyo bwihariye bwo kuvugurura ingingo zahiye binyuze mu kohereza ingufu z'ingenzi ku mitsi yangiritse igice. Buri ngirabuzimafatizo n'ingingo zo mu mitsi ni imiterere ifite ubuzima kandi ifite ubwenge. Iyi mbaraga cyangwa ingufu z'ubuzima

zifite ububasha bwo kuvugurura iyo miterere buri gihe, kimwe no gusharija bateri yangiritse.

Hari ubwoko bubiri bw'ubwoba: ubwo mu mutwe n'ubwo mu buryo bw'imashini, cyangwa ubwo hejuru n'ubwo mu buryo bw'umwimerere

Uburibwe bwo mu mutwe ni bwo bukunze kugaragara cyane, buterwa no gushyuha mu mutwe cyangwa guhangayika. Kwinjira muri iyi mimerere, harimo no kwifatanya n'abantu badakurikiza amategeko badafite icyo bungukira ku bucuti bwabo cyangwa ngo bagire uruhare mu bintu byiza, hamwe n'ingeso mbi ku mirire n'imibereho, byose bigaragaza ko umuntu adashobora gushyuha.

Ibiryo bigomba kuba byoroshye, biringaniye, kandi ntibikorerwe imyitozo ngororamubiri irenze urugero. Gusinzira cyane bitera imitsi gucika intege, mu gihe gusinzira bike ari bibi. Ariko icy'ingenzi ni uguhitamo inshuti witonze kandi ubigiranye ubwenge. Mbwira inshuti z'umuntu, nanjye nzakubwira uwo muntu. Abantu baryoshya abandi kandi batuma umuntu arushaho kugira icyo akora. Tugomba gushaka umuryango w'abantu biyubaka—abantu batubwira ukuri kandi bakadufasha gukura. Abagenzi beza ni abatanga inama zoroheje z'uburyo twakoresha n'ibyo twakora kugira ngo duhindure ubuzima bwacu bube bwiza.

Kunenga gukabije, gutangwa mu buryo bubi no mu buryo burangwa n'ubugome, ni nko gukubita umuntu inyundo hejuru y'umutwe, mu gihe urukundo rufite imbaraga nyinshi kandi rufite akamaro. Inama nziza zitangwa mu rukundo no mu bwumvikane zifite imbaraga zo gukora ibitangaza, mu gihe kunenga gukomeretsa ntacyo bivuze.

Umuntu aba yujuje ibisabwa kugira ngo acire abandi urubanza ari uko amaze kweza kamere ye

kandi akirukana umwijima w'ubujiji bwe akoresheje urumuri rw'ubumenyi. Kugeza igihe azagera kuri urwo rwego, ni byiza ko yisesengura kandi agakosora uko abona ibintu aho kunenga no gutuka abandi.

Kwifatanya n'abantu b'abanyabwenge bafite imico ituje ni bumwe mu buryo bwihuse kandi bunoze bwo kwikuramo ubwoba no kuvumbura imiterere yacu yo mu mwuka.

Abantu bafite ubwoba ntibagomba kwivanga cyane n'abandi bantu bafite ubwoba nkabo

Amahoro yo mu mutima agomba guhingwa kugira ngo umuntu atsinde ubwoba Umuntu utuje mu buryo busanzwe agumana ituze kandi agakomeza gutuza mu bihe byose Ntiyemera ko amarangamutima abagenga kandi akabayobora gufata ibyemezo bibi Ntibeshywa n'amagambo meza kandi y'ubuki akoreshwa n'abashaka inyungu zitari iz'abandi Kubera ituze ryabo risanzwe, ni gake bagwa mu kaga k'amakuru atari yo n'uburiganya Mu by'ukuri, imitima yabo igaragaza imiterere nyayo y'abo bakorana kandi igashyira ahagaragara imigambi yabo neza cyane Ntibahumanya umubiri wabo uburakari n'ubwoba, bigira ingaruka mbi ku mitemberere y'amaraso yabo Ni ukuri guhamye ko amashereka y'umubyeyi urakaye ashobora kugira ingaruka mbi ku mwana we Kandi hari ibimenyetso byinshi bigaragaza ko amarangamutima akomeye afite imbaraga zo kwangiza no gusenya umubiri

Kuringaniza ni byiza kandi bigomba kuba ishingiro ry'ibyiyumvo byacu, ibitekerezo byacu, n'ibikorwa byacu, ndetse n'aho ubuzima bwacu buzenguruka.

Roho zikomeye zigumana ituze n'amahoro, bibafasha kunyura mu bigeragezo n'ingorane z'ubuzima badatakaje ubwenge cyangwa kuringaniza.

**Imana ibaho hose, icunga isi kandi iyobora
inyenyeri mu miyoboro itagira iherezo. Kandi abantu,
baremwe mu ishusho yayo, bafite ubushobozi bwo
gucunga ubuzima bwabo no guhuza ibikorwa byabo
nta mpungenge cyangwa ngo bagire icyo
bahungabanya.**

**Tugomba koherereza abandi ibitekerezo
by'urukundo, ubushake bwiza n'amahoro buri gihe**

**Mu miterere y'ibitekerezo, aho urumuri
rw'ubushishozi ruhora rumurikira ku gicaniro
cy'ubugingo, nta guhangayika, nta mihangayiko, nta
guhangayika, nta bwoba, ahubwo ni ituze, ituze,
kwiyizera, n'ibyishimo nyakuri.**

Amahoro abe kuri mwe

Ubwo guceceka byaburirwaga

Ubwo guceceka byaburirwaga

Iyo nsezeranye guceceka

Kugira ngo nkomeze kugirana ubumwe n'umukunzi
wanjye

Ndaruhukira mu maboko ye, akikije isanzure rinini

Nzakomeza kumva indirimbo ze

N'indirimbo z'amahoro n'ibyishimo

Kubona indorerwamo zihishe n'ibyerekanwa byera
n'iyerekwa ku Mzi Byose

Ariko sinzakwibagirwa

Nzakwitegereza bucece kandi witonze

Ugenda hejuru yanjye mu byatsi, mu bimera byo mu butaka

Cyangwa ushobora kumbona nkura ku ishami, icyatsi kibisi gifite amababi y'imizabibu

Nzakwitaho n'umutima mwiza w'urukundo n'umubyeyi w'impuhwe

Binyuze mu ibara ry'umutuku wijimye ry'indabyo, byuzuyemo ubwumvikane

Ibi biguha ibyishimo, ibyishimo, n'amahoro

Nzaguhobera kandi ngutere inkunga n'umuyaga mwiza

Kugira ngo mbakize ubwoba n'igicucu cy'amaganya

Kandi ndagutwikira urumuri rw'izuba, bikuzanira ibyiyumvo bishyushye kandi bya bugufi

Iyo irungu ryinjiramo rigatera ubwoba bugera mu mutima

Iyo urebye inyanja, uzambona mu bwihisho bwayo

Umwe ari kumwe n'Umwami wanjye ku ruzi rwa Nili n'amahema

Irimo gene irabagirana hamwe na lapis lazuli y'agaciro

Ntabwo nzavuga keretse mbikuye mu bwenge bushishoza

Kandi mu mutima wanjye, ninshaka, nzatuka cyangwa ngo mbe nshinja

Kubera urukundo nkunda, nzakwemeza, kandi n'umutima wuzuye ishyaka

Wenda wifuza uwo usengwa ufite inyota nk'iy'umugore utwite.

Nzagushukashuka, ariko nkoresha ikigerageze cyiza

Kugira ngo wishimire urukundo rw'Uwiteka, isoko y'ishyaka

Uranyibagirwa niba ubyifuza, ariko ntukibagirwe Nyir'impuhwe

Nindara ijoro ntekereza kuri wewe, uzanyibuka

Igihe cyose!

Intego nyamukuru y'abantu

Umwigisha Paramhansa Yogananda

Ubuhinduzi: Mahmoud Abbas Masoud

Indabo n'indabo z'amaroza ni byiza kandi birabagirana, ariko inyuma yazo hari ubusitani bufite ubwiza n'ubwiza bitagira ingano Nubwo ubu busitani bugaragara neza kandi bugoye kububona bwa mbere, niba ushobora kwinjira mu buryo bw'umwuka unyuze mu irembo ry'ijisho ry'umwuka, uzashobora gusura ubwo bwami bw'isi no kwishimira ibitangaza byabwo.

Mba muri ubwo bwami bworoheje aho imico myiza n'ibitekerezo byoroshye kandi byoroheje biryoshye kandi bihumura neza kurusha indabyo zose zo ku isi cyangwa indabyo z'iroza. Aho, inzuki zo mu mutwe wanjye zihora zinywa amazi y'ubuturo bw'Imana.

Iyo twerekeza ibitekerezo byacu imbere, kandi tukabaho cyane muri icyo si ihishe iri muri twe, dusanga imico yacu yo mu mwuka igira imiterere yihariye ikora nk'amadirishya tubonamo uburyohe bw'Imana burenze ibisobanuro n'ibitekerezo.

Gushaka Imana ntibigarukira gusa ku gutekereza gusa. Imico myiza yose n'ibyiza tugaragaza mu bitekerezo byacu no mu bikorwa byacu biba nk'urumuri rwihishe rw'uko Imana iri muri twe, iyo ubumenyi bwacu bwimbitse bihagije.

Iyo tunyuze mu irembo ry'ijisho ry'umwuka, tubona muri twe uruganda rw'ibikorwa by'ingenzi kandi by'ubwenge, byihishe inyuma y'isanzure ryose Kubera ko tutyerekeza imbere mu isanzure, duhagarara dutangaye kandi tugatangara imbere y'ibice n'ibimenyetso by'umwuka w'Imana mu bidukikije. Tureba umusaruro w'Imana; Izina ryayo ryera ryanditse ku ndabyo, mu ijuru no muri byose, nyamara ikomeza guceceka.

Nk'abantu, dufite amahirwe menshi kuko, mu biremwa byose by'Imana, umuntu wenyine ni we ufite impano z'umubiri, ubwenge, n'umwuka n'ubushobozi bukenewe kugira ngo ayishake, ayibone, ayimenye, kandi asobanukirwe ururimi rwayo... ururimi rwo guceceka.

Ni ingirakamaro cyane ku muntu gusoma ibitabo n'ingingo z'ingirakamaro aho gupfusha ubusa igihe mu bikorwa bidatanga umusaruro. Ikintu gikomeye kuruta gusoma ni ukuzirikana Imana, gutekereza ku buhanga bwayo, no guharanira gusobanukirwa amayobera atagira imipaka y'ubuzima.

Intego y'ubuzima ni uko umuntu yimenya, akumva ibidukikije byo mu kirere bitera mu mutima we, bigatembera mu mitsi ye, kandi bikuzuza ubuzima bwe amahoro, urukundo, ibyishimo n'ituze kandi niyo ntsinzi ikomeye!

Nk'abantu, dutera imbere cyane binyuze mu mbaraga z'ibitekerezo

Hakwiye gushyirwaho umwanya buri muni wo guteza imbere ubushobozi bwo mu mutwe. Gusoma neza ni ingenzi

kuruta guhora ukora ibikorwa byoroshye kandi bidafite akamaro. Gahunda yumvikana ya buri muni nayo ikwiye gushyirwaho kugira ngo habeho gahunda n'uburyo ibintu bikorwamo. Ariko, gucunga igihe cyane ni uburyo bwo kudahinduka kandi bukwiye kwirindwa.

Kuringaniza ni ingenzi muri buri gice cy'ubuzima. Ni byiza kugumana ibitabo by'ingirakamaro byo gusoma biboneka byoroshye no kubisoma mu gihe cyo kuruhuka. Ibitabo by'ingenzi muri ibi ni ibitabo by'umwuka, hagakurikiraho ibitabo bya siyansi, amateka amwe, filozofiya, inyandiko zikomeye, ubuzima bw'abantu bakomeye, inkuru z'ingendo, n'ikindi kintu cyose gishobora kwagura icyerekezo cy'umuntu no gutanga ibitekerezo bikomeye.

Ibitabo bishobora kuba inshuti z'indahemuka, kandi guhitamo ibintu byiza bizatanga inyungu nyinshi kurushaho. Mbere na mbere, gusobanukirwa inyigisho z'umwuka n'ibitekerezo by'abahanga mu gitekereza cyane bishobora kugorana, ariko nyuma y'igihe runaka, uzabona utekereza ku nyandiko zabo kandi ugakoresha ibitekerezo byabo. Uzumva ko wumvise ikintu cy'agaciro, kuko abo bantu bose b'abanyabwenge bakuye ubwenge bwabo n'ubumenyi bwabo mu butunzi butagira akagero bw'ubwenge bw'Imana —ibitekerezo ushobora kuba utari warigeze utekerezaho mu buzima bwawe.

Ariko, hari benshi basoma buri gihe ariko ntibashobora kuguha ikintu cy'agaciro. Uburyo bwiza bwo gusoma igitabo ni ukuzirikana ibikubiye muri cyo ukareba uburyo bishobora kugira ingaruka ku buzima bwawe. Mu buryo busobanutse, ntugomba kwemera buhumyi ibyo usoma byose. Ibyo usoma bigomba kugaburira ubwenge bwawe no kunyurwa n'ubwenge bwawe. Kugira ngo bibe iby'ukuri bikwiye gusomwa, ibitabo bigomba gukangura ibitekerezo byawe,

hanyuma uzumva ubwenge bwawe butera imbere kandi bwaguka.

ubumenyi butaziguye

Abatasoma cyangwa ngo batekereze, ariko bakabaho ubuzima bwo hejuru budafite intego n'icyo buvuze, batagira ubumenyi bwimbitse kandi ntibagire ubumenyi buhamye. Ubwumvikane butuma duhuza n'imbaraga z'Imana zidushishikariza gutekereza no kumurikira ubwenge bwacu n'urumuri rw'umwuka wo hejuru. Gutekereza ni inzira yo kugera ku muntu wo hejuru. Abantu bibeshya iyo badasomye, ariko gutekereza biruta gusoma.

Nkunda gusoma, ariko ntashobora gusoma amapaji abiri mbere yo guhamagarwa kwita ku kindi kintu. Bityo, nasimbuje gusoma no gutekereza cyane. Uko ninjira mu bwihisho bw'umutima wanjye, urumuri ruragaragara, kandi ibyishimo byinshi birahita - ibyishimo bimperekeza umunsi wose. Ibi nibyo nabonye mu buzima bwanjye, kandi ibyo abantu bose bavugana n'Uwiteka mu ijwi ry'umutima no mu byifuzo by'umutima bahura nabyo.

Igihe ni igiciro gikomeye cyane ku buryo kidashobora gupfushwa ubusa Imana ishaka ko tuba abantu bafite uburimbane Umuntu wese wemeye ko ubuzima bwe buhinduka uburimbane azahanwa n'amategeko rusange. Niba ubaho mu buryo bworoshye, ugakora imyitozo ya buri munsi, usoma ibitabo by'ingirakamaro kandi by'agaciro, kandi ugahinga akamenyero ko gutekereza ku Mana buri munsi, ibyumviro byawe bizatera ibyishimo, imigezi y'ingenzi izanyura mu maraso yawe, kandi uturemangingo tw'umubiri wawe tuzuzuramo umucyo n'imbaraga utigeze ubona mbere. Kandi uzahabwa ubumenyi bwose wifuza buturutse mu mwuka uri muri wowe.

Ubu ni bwo buzima bwanjye kuva kera. Sinigeze nsoma ibitabo makumyabiri mu myaka makumyabiri. Simbiterwa ishema nabyo, kandi iyo bitaba ubumenyi bw'Imana bwo mu mwuka nabonye binyuze mu gutekereza ku bintu, naba ndi injiji rwose. Iyo ndebye igitabo, nsanga ukuri kirimo kwaramaze guhishurirwa n'Imana. Ibitekerezo byose byiza n'ukuri bituruka ku Mana, Imenya Byose. Iyo ubitekerejeho, uzahabwa ubwenge bwayo mu buryo butaziguye. Bityo rero, gusoma ibitabo byiza ni byiza kuruta gupfusha ubusa umwanya mu bintu bitagira umumaro, kandi byiza kuruta gusoma ni ugutekereza no guteza imbere ubumenyi bw'Ukuri Kwuzuye, ari ko Mana.

Amategeko Mpuzamahanga n'Iterambere ry'Ubwenge

Mu bihe bitandukanye n'ahantu hatandukanye, abantu bagiye babona ibitekerezo byinshi ku buzima n'ubugingo. Urugero, iyo umuntu wo mu bwoko bw'inkazi arwaye umutwe, umuryango we wemera ko roho ye yavuye mu mubiri we, bityo bahamagara umupfumu kugira ngo amusubize ubugingo. Muganga ajya mu ishyamba gushaka roho, arayibona, ayigarura mu gasanduku, ayisubiza mu mutwe w'umurwayi, maze umutwe urashira nk'uko abantu benshi babyemera.

Mu wundi muco, "kwitsamura" k'umuntu urwaye bikorwa no gushyira imigozi (ibyuma bisongoye bifite ingingo zityaye) mu mubiri we kugira ngo roho ye idasohoka iyo yitsamuye, ahubwo igafatwa n'imigozi!

Nk'uko bamwe mu bantu bageze ku mwanzuro utari wo ku bijyanye n'imatekerereze y'umuntu bitewe n'ibitekerezo bidafite ishingiro, abandi—binyuze mu gusobanukirwa by'ukuri—bageze ku gusobanukirwa gutandukanye, kwimbitse kandi gufite ishingiro. Tuzi ko roho atari umwuka kuko hari abantu bagiye bamara igihe kinini muri koma badahumeka, bigaragaza ko roho idashobora guhagarikwa

n'umwuka. Roho irenga umwuka n'indi mimerere iyo ari yo yose ifatika.

Umuntu yaba yizeye cyangwa atari ko ari umwuka, amategeko rusange aracyamuhatira kugaragaza kamere ye y'umwuka Uko akazi ke cyangwa umwanya afite mu buzima kaba kameze kose, ubwenge bwe burakura kandi bukaguka igihe cyose yakoresheje ubwenge bwe mu buryo buhanga kandi bwungura buri gikorwa cyose cyubatswe gikora mu iterambere ry'umuntu kandi kikagura ubumenyi bwe.

Ariko abantu bakunze gutekereza ku kindi kintu mu gihe bakora ikintu runaka, kandi ntibazi uburyo bwiza bwo gushyira ibitekerezo byabo ku byo bakora Tugomba kwiga gutekereza ku kintu kimwe kimwe n'imbaraga zacu zose zo mu mutwe. Impuguke zacu zose zigomba kwibanda kuri icyo kintu kimwe gusa. Umuntu ntagomba kuba umuntu unaniwe, udashishikajwe, cyangwa utakira gukora ibintu ubunebwe no kutitaho bitera gutakaza imbaraga, bityo bigatuma ananirwa kandi akagira agahinda.

Umuntu ntagomba kuba imashini yikorera ibintu mu buryo bw'imitekerereze gusa, nk'inyamaswa ikora ku bushake bwayo. Ni ikosa rikomeye kutikangura ngo ukoreshe ubushobozi bwawe bwo gutekereza Imana yaduhaye ubwo bushobozi kandi ishaka ko tubukoresha neza kandi tukamenya neza ibyo dukora byose.

Tugomba kandi gutekereza neza mbere yo gukora ikintu icyo ari cyo cyose no gukoresha ubwenge bwacu mu buryo budufasha gukura no gusobanukirwa ubumwe bwacu n'Umuremyi Ushoborabyose. Ibyo dukora byose bigomba gushingira ku bitekerezo bifatika no ku migambi y'ubwenge.

Ni inshingano y'umuntu guharanira kugera ku ntego nziza Kwita ku bintu bidafite akamaro ni ukwica imbaraga zo mu mutwe ku buntu. Ibyatsi bibi mu busitani bw'ubwenge

bigomba kurandurwa no kurimbishwa indabyo z'urukundo rw'Imana, kugira ngo bikurure Imana nziza ikunda ubwiza. Niba wifuza ko ubu busitani bw'ubwenge bukomeza kurabya no gusagamba mu butaka bw'ubwenge, ugomba koroshya ubuzima no kubukura mu bibazo bigoye. Mu gusohoza byose witonze kandi wibanda ku bitekerezo byawe, urashobora gusesengura ibikorwa byawe, ugahitamo iby'ingenzi n'iby'ingenzi no kureka iby'ibanze n'ibidakenewe. Iyo igikorwa kirangiye, ubwenge bushobora kvanwamo bukajya mu bikorwa byo gukurikirana ibindi byifuzo byo guhanga.

Abantu bagomba kwigira gukuza ubumenyi bwabo ku byerekeye Imana, kuko ari yo mpamvu baremwe. Baremwe hakurikijwe amategeko y'ubwihindurize kugira ngo bakoreshe imbaraga zabo zera kugira ngo basange Imana. Inyamaswa ntizigira ubwo bushobozi. Umwarimu Lahiri Mahasaya yakoraga ku bumenyi bwo gufasha inyamaswa guhinduka vuba, ariko ntiyabayeho ngo abusohoze. Nanjye mfite ubumenyi ku buryo bumwe na bumwe bwo kwihutisha iterambere ry'ibinyabuzima byo hasi. Ariko se bite ku bantu babarirwa muri za miriyoni babaho kandi bakitwara nk'inyamaswa? Baba muri iyi si hanyuma bakagenda batarasohozwa intego yabo. Bashobora kugera kuri iyo ntego ubu niba bashyize imbaraga zabo zo gutekereza no kuzikoresha neza.

Igisobanuro cyonyine cy'ubuzima ni ukubona Imana yuje urukundo n'ineza Tugomba kuyisanga Abantu bahora bayishakisha kandi badahwema

"Ikindi kintu" bizeye ko kizabazanira ibyishimo byuzuye kandi birambye

Ku bashatse Imana bakayibona, kuyishakisha byarangiye kuko Imana ari yo ikomeye!

Kamere ihisha ubumuntu bw'Imana

Kuki abantu bahawe ikigeragezo? Wenda kugira ngo bashake icyo kiremwa gikuru, gikurura kandi gikurura kurusha ikindi kigeragezo icyo ari cyo cyose cyo ku isi. Imitego n'imatego byo ku isi bikikije abantu impande zose ntabwo bigamije kubagusha mu mutego, ahubwo bigamije kubashishikariza no kubashishikariza gushaka ibiri inyuma, no kubatera kwibaza bati: "Ni nde waremye ibi bintu byose? Ni nde wandemye? Ndi nde? Uri he, Mwami wanjye? Kuki unyihishe? Mvugire!"

Iyo uhindukiriye Imana ubaza ibi bibazo, irasubiza. Abantu benshi ntibayinjiramo cyane mu byo bayisaba, bityo ntibayibone cyangwa ngo bayibone.

Tugomba kuvugana n'Imana tubikuye ku mutima, mu rusengero rw'ubugingo. Umwigishwa ushishikajwe cyane aramwiyambaza, agira ati:

"Mana yanjye, sinshobora kwihanganira kubona gusa ubwiza waremye kandi wabugize mu bidukikije, ahubwo ndashaka kubona isura yawe, yoroshye kurusha indabyo zose mu bidukikije kandi nziza kurusha amasura yose yo ku isi ndashaka gusobanukirwa ibiri inyuma ya kamere"

Iyo umuntu apfutse mu maso hifashishijwe agapfukamunwa, washoboraga kumenya ko umuntu ahari. Mu buryo nk'ubwo, kamere ni nk'igitambaro kinini, cyuzuye ubumuntu bw'Imana. Imana iri inyuma y'udupfukamunwa twa kamere n'udupfukamunwa, ariko abantu bareba vuba kandi bananirwa kubona ko hari ikiremwa cyihishe inyuma y'udupfukamunwa twa kamere.

Iyo nicaye mu gihe cyo gutekereza ntujye, ntujye kandi witonze, numva ibyishimo binyica mu mutima wanjye, maze nkumva Imana imbwira iti "Ndi hano"

Ubwenge Imana yaduhaye ni irembo rigana mu ijuru:
irembo ryo hanze ry'ubwami bwayo Ariko abantu
ntibabukoresha uko bikwiye Ntidukeneye gutegereza kugeza
igihe tuvuye kuri iyi si kugira ngo dukoreshe ubwenge bwacu
mu gushaka Imana Igihe kirageze, kandi aho ni hano
Abadakoresha ubwenge bwabo mu gushaka amabanga
y'ubuzima n'amabanga yo kubaho igihe bari kuri iyi si
ntibazigera babubona ahandi hantu

Kuvumbura Imana ubwayo

Hari uburyo bwinshi bwo kuvumbura umwuka w'isi
cyangwa kamere y'Imana. Guceceka ni bumwe muri bwo.
Kwitegereza guceceka bivuze gucecekesha ibyifuzo byose
bigerageza kwinjira mu bwenge bivuye inyuma, bifasha
umuntu ushaka kwinjira mu mutima we no gukora ku
mutima w'ubugingo bwe.

Ubundi buryo ni ukubinyuza mu rukundo rw'Imana,
cyangwa kuvugana n'Imana ubikuye ku mutima ubyifuza
kandi ubikuye ku mutima. Kuvuga gato hanyuma ukibagirwa
ntacyo bimaze kandi nta gisubizo cy'Imana bitanga.
Biragoye kubona Imana kuko abantu benshi badashishikarira
iby'umwuka, kandi n'uburyo bwo gusenga akenshi ntibugira
icyo bugeraho kuko budafite ubwiyongere buhagije kandi
buzira umugayo. Amasengesho agomba gusubirwamo mu
bwiyongere n'ishyaka kugeza ageze ku bwenge bwo hejuru.
Isengesho roho ishyuhamo irarikira Imana ni ryo sengesho
rigira icyo rigeraho kandi rifite akamaro. Ugomba kuba
warasenze muri ubu buryo rimwe, wenda igihe wifuzaga
ikintu cyane, cyangwa wari ukeneye amafaranga cyane
kandi watangiye icyifuzo cyawe. Uku ni ko twagombye
kumva Imana. Tugomba kuyivugisha, hanyuma tukayisanga
itwumva kandi ikadusubiza, kuko ari yo yumva byose,
isubiza.

Yoga ni imwe mu nzira nziza cyane zo kugera no kwihuza n'Imana. Ikubiyemo ibikorwa byinshi byo gutekerezaho, byaba ibya siyansi n'ibifite akamaro. Abanyabwenge bakomeye bo mu Buhinde basobanukiwe ko imitekerereze igena ko hariho amategeko nyayo n'uburyo bwihariye bwo kwegera Imana, nk'uko hariho amategeko nyayo Imana ikoresha mu kuyobora no gucunga ibintu byose biri ku isi.

Abarimu bo mu Buhinde bavumbuye amategeko ya siyansi ya yoga binyuze mu kwihangana kwabo no gukoresha imbaraga zabo zikomeye zo mu mutwe. Yoga izaba imwe mu mashami y'ingenzi mu bushakashatsi mu bijyanye n'umwuka.

Ubwumvikane bwera n'Imana bukwiye gukorwa na buri wese. Ibi nibyo abakomeye bakoreye abigishwa babo mu bihe bitandukanye. Ntabwo ndi hano kugira ngo mvuge gusa uburyohe bw'ubuturo bw'Imana; intego yanjye y'ibanze ni ukugira ngo abandi babubone. Sintakaza umwanya wanjye. Ibyo nkora byose mbikorera Imana gusa kandi mu cyubahiro cyayo, ninjira mu bitekerezo byayo ku buryo ntazi uko igihe kigenda n'umunaniro w'imirimo yanjye ya buri munsu. Nubwo ndi mu kazi, numva ko iriho.

Sinigeze ntatandukana n'Imana, ndetse n'isegonda rimwe

Iyo ni yo mimerere nifuzaga kandi nakoreye cyane

Amahoro abe kuri mwe

Mu bwenge bwo kumenya kwigira

Urusengero Imana ikunda cyane ni urusengero rw'amahoro yo mu mutima n'ituze ku bayisenga, aho binjira

kugira ngo batekereze kandi basangire, basize isi n'ibintu biyirangaza bidashira Iyo umuntu ashinze urusengero rw'ubwiza n'amahoro yo mu mwuka muri we, azabasha kumva ko Imana iri kumwe na we kandi akumva ko iri hafi ye. Bitabaye ibyo, ibintu by'isi ni byinshi kandi bihoraho, kandi imihangayiko yayo yuzuye mu mutima.

Hari igihe umuntu yumva acitse intege, akibwira ko byatinze cyane gushaka Imana. Ariko ibyanditswe bitubwira ko niba umuntu amenye ko iyi si iyobya kandi iyobya, kandi ko ubugingo ari bwo bwonyine buhoraho kandi buhoraho, azinjira mu isi nziza nyuma yo kuva kuri iyi si burundu, nubwo ibyo byaba bije mbere gato y'urupfu.

Buri wese muri twe azakurwa kuri iyi si vuba cyangwa nyuma, bityo rero tugomba gusobanukirwa intego y'ubuzima Intego y'ibanze y'ubunararibonye bw'abantu muri iyi si ni ukudushishikariza gushaka icyo ubuzima busobanura Ntitugomba guhungabanywa n'uru rugendo ruhora ruhindagurika kandi ruhora ruhindagurika rw'abantu Mu gihe uruhererekane rw'ibihe rukomeje urugendo rwarwo, amaherezo uzamenya ko uri igice cy'ingenzi cya Nyir'ububasha, menya Imana intego yawe, kandi umenye ko gushakisha ibanga ry'ubuzima mu buryo bukomeye kandi buzira umuze bizakurinda ingorane nyinshi kandi bigukize ubwoba butandukanye Gutinya urupfu, gutsindwa, ibibazo, n'agahinda bibyutsa ubwoba bukomeye mu muntu Iyo umuntu adashobora kwifasha, kandi umuryango we n'inshuti ze badashobora kumuha ikintu icyo ari cyo cyose, kwiheba biramurenga, kandi isi iracura umwijima mu maso ye Ariko nta mpamvu yo kugera kuri icyo mimerere Niba batekereje ku Mana mu buzima bwabo bwose kandi bagakomeza kuvugana na Yo, bazayisanga hafi mu bihe bikomeye no mu minsi igoye

Mbere y'uko undi muntu wese abaho, ni nde wari kumwe natwe? Imana Kandi nituva kuri iyi si, ni nde uzaba ari kumwe natwe? Imana nta yindi Ariko bizagorana kuyimenya icyo gihe nitudaharanira kuyimenya ubu Niba ushaka Imana mu bunyangamugayo kandi mu buryo bwimbitse, uzayibona, kandi icyizere cyawe cy'uko ihora iri kumwe nawe kizakomera Amaganya n'ibishuko bizagusiga, kandi ntuzongera gushukwa ukundi

Ibintu byose biriho ni igishuko cyo gukura abantu ku Mana Ariko Imana irakurura cyane kurusha ikigeragezo icyo ari cyo cyose cyo ku isi lyo uyibonye, wasobanukirwa uku kuri kandi ukabasha kuyisanga binyuze mu isengesho, gutekereza ku mwuka, no gufata icyemezo kidakuka. Icyemezo cyo kubona Imana kigomba kuba gihamye. Biragoye ku muntu kumenya Imana igihe cyose ibitekerezo bye biva ku kintu kimwe bijya ku kindi nk'aho Imana yifuza kutugeraho, ariko ntituyikorana cyangwa ngo tuyireke. Abantu babona ko byoroshye gushaka ibinezeza by'akanya gato no gupfusha ubusa umwanya mu myidagaduro, ibirori, no mu materaniro. Mu by'ukuri, "Ubuzima bw'iyi si ni ukwinezeza gusa n'ibinezeza, kwirimbisha no kwirata, no guhatana mu kongera ubutunzi n'abana"

Iyo Imana isabye ikintu kimwe, ni urukundo rw'abantu, irakomanga bucece ku rugi rw'imitima yacu, ikaduhamagara ngo tuyigarukire, ariko abantu benshi ntibashaka kugaruka Nyamara, iyo isi yijimye imbere yabo, bagafatwa n'ibibazo cyangwa bakagwa mu mutego w'uburwayi, bihutira kuyisenga no kuyisaba ubufasha Umuntu wese ukomeza ubwumvikane n'ubwumvikane hagati yabo n'Imana mu bihe by'ibyishimo n'uburumbuke azasanga Imana iruhande rwabo iyo bayikeneye. Ariko umuntu wese utinda gukomeza uwo mubano yicira urubanza rwo guhangana n'ingorane ze no guhangana n'ibigeragezo bye wenyine kugeza igihe azabasha—afite ubwenge n'ubwitange bwuzuye—

guhindukirira inshuti ye y'iteka no gukomanga ku rugi rwayo rw'ubuntu.

Mu bantu benshi cyane, bake cyane ni bo bashaka Imana by'ukuri kandi babishishikariye. Ni hehe abibwiraga ko iyi si ari iyabo mu myaka magana abiri ishize? Bose baragiye, kandi wenda bake gusa, abahindukiriye Imana bakamenya ubwabo, basobanukiwe neza ukuri kw'ubuzima Nyamara buri gisekuru gikurikiraho gifata ubu buzima nk'ukuri!

Ariko bashutswe n'ibyo binyoma nka bo

(Kandi ibisekuruza byinshi byagiye bibitangaza!)

Mu gihe cy'igihe gito tumara hano, abantu baha agaciro gakomeye iki gikorwa. Ariko, ntitugomba kwishora mu bikorwa byacyo n'ibintu bitagira iherezo, kuko nitubikora, tuzava ku Mana, ihora iharanira, binyuze mu buryo n'uburyo bwinshi, kudukurura kuri yo, ikadukura mu buryo bukomeye itwitaho kandi ikadukunda cyane. Itugaragariza ibitangaza byose twifuza kubona: ibitangaza byo gukura kw'ibintu n'urutonde rudashira rw'ibidukikije. Ari inyuma y'indabyo n'indabyo, kandi uwo ari we wese umushaka by'ukuri nta gushidikanya ko azamubona. Abahanga mu bya kamere ntibageze ku byo bavumbuye binyuze mu isengesho ritanyuze mu buhumyi, ahubwo banyuze mu gukurikiza amategeko ya siyansi y'ubuhanga. Mu buryo nk'ubwo, uwo ari we wese ukoresha amategeko ya siyansi y'umwuka by'ukuri kandi abikuye ku mutima azasanga Imana iruhande rwabo. Igihe kirageze ngo abantu bafungure amaso yabo y'umwuka kandi bamenye ko kubona Imana bisaba umwete udashira no gukurikiza amategeko yayo witonze.

Ibihugu bitandukanye byizewe mu bugeni n'ubumenyi butandukanye. Ubuhinde bwamenye ubuhanga mu bya siyansi bwo kumenya Imana, ariko nubwo bimeze bityo, hari

abahemu benshi ndetse no mu Buhinde, bityo rero ni ngombwa gutandukanya ibitari iby'ukuri n'iby'impimbano.

Hagomba kubaho uburinganire hagati y'ubumenyi bw'umwuka n'ubumenyi karemano Hatabayeho uburinganire, abantu ku giti cyabo n'amahanga bazagwa mu makuba no mu irimbuka Iyo abayobozi b'isi ya none bamurikirwa mu buryo bw'umwuka kandi bagakorana, bashobora kurandura intambara n'ubukene ku isi mu myaka mike. Kumenya iby'umwuka bivuze kwemera ko Imana iri muri we no mu bindi biremwa byose. Uku kumenya gusa gushobora gukiza isi, kandi iyo bitabayeho, nta cyizere mbona cy'amahoro Reka abantu batangire ubwabo. Igihe ni igiciro cyane ku buryo kidashobora gupfushwa ubusa. Inshingano iduhatira gukora uruhare rwacu mu kuzana ubwami bw'Imana ku isi.

Benshi batinya gushaka Imana, batinya ko ubuzima buzahinduka bubi kandi buteye ubwoba, butagira ubwiza n'ibyishimo. Ariko ibinyuranye n'ibyo ni ukuri! Ibyishimo byuzuye abamenya Imana by'ukuri babona mu bumwe na yo nta magambo abivuga. Ndi mu byishimo byo mu mwuka amanywa n'ijoro. Ibyo byishimo ni Imana, kandi kuyimenya bivuze gutwikira agahinda kose no kukashyingura nta kwicuza.

Imana ntisaba umuntu kwiheba, kwiheba, kwiheba, cyangwa kwijima. Ubu si bwo buryo bwiza bwo gusobanukirwa Imana, kandi si bwo buryo bwiza bwo kubona ubutoni bwayo. Uko umuntu agira amahoro menshi, ni ko yumva ko Imana iri kumwe nawe. Uko ibyishimo bye birushaho kwiyongera, ni ko umuntu aba mu bumwe n'Imana. Abazi Imana bishimye kuko Imana ari yo soko y'ibyishimo byinshi.

Abantu bagerageza gushaka ibyishimo mu nzoga, imibonano mpuzabitsina, n'amafaranga, ariko inkuru

z'amateka zuzuyemo inkuru z'ibyiringiro byabo byashegeshwe n'inzosi zabo zitarasohora.

Igihe namaze ntekereza cyane cyatumye ubuzima bwanjye burushaho kuba bwiza. Amacupa igihumbi ya divayi ntiyashoboraga kuzana ibyishimo nabonye binyuze mu gutekereza. Muri ibyo byishimo harimo ubuyobozi n'ubwenge by'Imana. Iyo umuntu ahuje n'Imana, nubwo yaba yakora ikosa atabigambiriye, azamenya uko yakosora ikosa rye, kandi niba agaragaje igitekerezo kidakwiye, Imana izamuyobora kandi imukosore mu rukundo.

Gutegereza bihagije! Buri wese wumva cyangwa usoma aya magambo azi ko mvuga ukuri Iyo nza kugaragaza imbaraga zose Imana yampaye, abantu bari kunyinjiramo atari ukubera urukundo nkunda Imana, ahubwo kubera ibitangaza. Ariko sinshaka uwo muntu w'umwigishwa wo mu buryo bw'inyuma. Bagomba gukururwa atari ukubera imbaraga, ahubwo n'urukundo rw'Imana, kandi iyo ni yo ntego yanjye mu buzima.

Iyo ntaza kumenya Imana, sinavuga muri ubu buryo Buri wese ashobora kuyimenya niba abyifuza. Singarageza kwigarurira abantu nkoresheje amarangamutima yabo, ahubwo mbwira ibitekerezo byabo, nkareba imitekerereze yabo n'ubushishozi bwabo. Kwizera kutabona ntacyo bimaze. Umuntu agomba gukoresha ubushobozi bwo gusobanukirwa Imana yamuhaye kandi ntakire ibintu uko bishakiye. Ahubwo agomba gusobanukirwa impamvu, ingaruka, n'imatekerereze inyuma y'ibyo ashaka n'imyitwarire ye yo mu mwuka. Iyo nza kuba mfite iminwa igihumbi, nayikoresha yose mu kuvuga Imana n'akamaro ko kuyihindukirira no kuyimenya.

Umuntu ntazi icyo atakaza mu gutakaza ubumenyi bw'Imana, kuko atigeze ayimenya by'ukuri! Kandi iyo amaze kuyihuza nayo, nta mbaraga zo mu isi zishobora kuyikuraho. icyifuzo cyanjye cyonyine ni uguha abashaka Imana b'ukuri

umwanya wo kubona Imana, kuko kubona umucyo wayo no kwishimira ibyishimo byayo bifite agaciro kuruta ubutunzi bwose n'ubwiza bw'isi. Kumenya Imana biruta ibyishimo byose byo mu isi. Kandi iyo umuntu abonye ubutunzi bw'ubutunzi, ibyifuzo byose by'umutima we bizasohozwa. Mu by'ukuri, Imana yasohoje ibyifuzo byanjye byose, inzosi zanjye, n'ibyifuzo byanjye byose.

Ubu sinshaka ibintu kuko bihora biza aho ndi Iyo Imana ikwiyeguriye, izasohozwa ibyifuzo byawe byose. Ntuzakenera gusaba ikintu icyo ari cyo cyose kuko icyo wifuza cyose kizaba kiri mu maboko yawe. Ariko mbere na mbere, tugomba kwereka Imana ko tuyishaka kurusha impano zose iduha.

Imana iraduhamagara kandi ishaka ko tuyihindukirira. Abarimu bakomeye ni abapayiniya, intambwe zabo, nizikurikizwa, zizadufasha kungukirwa n'ubumenyi n'uburambe bwabo, bikatworohereza kumenya intego yacu no kugera ku mutekano. Nk'uko umuntu ashobora kuba intiti ikomeye yiga ku ntiti ikomeye, ni ko n'umushakisha ashobora kuba umwe mu biremwa by'umwuka bikomeye abikuramo ubumenyi n'ubwenge bivuye ku mwarimu ufite ubumenyi bw'Imana.

Igice cy'amakara ntikira cyangwa ngo kirekure urumuri rw'izuba, ariko diyama irarugaragaza. Mu buryo nk'ubwo, ubwenge bwanangiwe no gushidikanya, ibitekerezo bibi, no kutita ku bintu by'umwuka ntibishobora kwakira urumuri rw'Imana. Ariko, ubwenge nk'ubwa diyama, bwuzuyemo ukuri, ukwizera, kwihangana, n'ubushake nyakuri, bushobora kwakira urumuri rw'ubwenge bw'Imana no kugaragaza ubwenge bwera.

Ku bantu benshi, idini ni umuco w'umuryango gusa, inyungu rusange, cyangwa umuco ufitanye isano

n'amahame mbwirizamuco. Ntibasobanukiwe neza ingenzi n'akamaro k'idini.

Abadashaka Imana nk'ikintu cy'ingenzi mu buzima ntibasobanukiwe icyo idini risobanura Kuki abantu bose baharanira amafaranga? Kubera ko bayabona nk'ingenzi kugira ngo bagire ihumure kandi bagire imibereho myiza Ntibakeneye umuntu wo kubigisha uku kuri kwigaragaza kuko bakuzi neza Kuki abantu benshi badasobanukirwa akamaro ko kumenya Imana? Kubera ko badafite ubushishozi bukwiye Nabonye mu buzima bwanjye bwa mbere ko ibisubizo bya tewolojiya ku bibazo bimwe na bimwe bidashobora kuzanira ubugingo ibyishimo byuzuye keretse ukuri kwabo gupimwe binyuze mu bumenyi n'uburambe.

Urugero, igihe napfushaga mama nkiri muto n'abandi bantu nkunda bagapfa umwe umwe, navutsemo kwigomeka bucece ku buzima, kandi nta muntu washoboraga kunhumuriza cyangwa ngo asobanure ukuri kw'ubuzima n'urupfu. Amaherezo, nafashe icyemezo cyo kuzabona igisubizo ubwanjye binyuze mu mbaraga zanjye. Narahiye indahiro ikurikira: "Sinzakira ikintu icyo ari cyo cyose ntabishaka, ariko nzakibona igisubizo kivuye ku Muremyi akaba n'Umwami w'iyi si"

Nasabye Imana ko yansobanurira amabanga y'ubuzima nta wundi muntu washoboraga kunsobanurira

Naribajije impamvu abantu bamwe bavuka ari abakene abandi ari abakire, abandi ari impumyi abandi ari bazima, mu gihe abandi batashoboraga gukemura iri banga ryasaga n'aho rivuguruza ubutabera n'imbabazi by'Imana. Amaherezo, Imana yanyoboye ku bayobozi bamwe b'umwuka bari bageze ku bumwe bw'Imana kandi babonye ibisubizo bishimishije ku mayobera y'ubuzima binyuze mu bumenyi bwabo bw'imbere. Aho ngaho, nabonye ibisubizo

bishimishije ku bibazo byanjye byose n'ibisobanuro bifatika ku bibazo byanjye byose.

Hari abantu benshi b'abahezanguni mu by'idini muri iyi si. Bamwe bafite ubumenyi bw'amarangamutima ku idini gusa, kandi iyo amarangamutima yabo akoreshejwe nabi, bahinduka abashya mu by'idini. Ariko ishyamba ry'amarangamutima rikuraho isano umuntu afitanye n'Imana kandi rigapfukirana ubushishozi bwe bwo mu mwuka.

Abantu bafite amarangamutima bahora bakeneye ikintu cyo gukangura amarangamutima yabo no gukongeza irari ryabo ry'umwuka lyo uvuga mu buryo bwumvikana kandi bushyize mu gaciro, batakaza icyifuzo cyo gukomeza ikiganiro maze bakabona amagambo yawe aruhije kandi arambiranye. Ariko kuyobora amarangamutima y'abandi ni uburyo bwo kubeshya, gutuka ubwenge bw'abantu, no guhisha ukuri kw'umwuka kuri bo.

Muri icyo gihe, hari n'abahezanguni mu by'idini bafite ibitekerezo by'ubwenge bakunda kwiga amasomo atandukanye ya tewolojiya cyangwa filozofiya, bibeshya ko bafite ubumenyi bwera bwinshi kuruta ubwo mu amarangamutima. Ariko gukangura ubwenge ni ubundi buryo bwo "gucika intege," cyangwa ubundi bwoko bw'amayeri yo mu mutwe adaha umuntu icyo ashaka, ahubwo agatsinda gusa mu gushyushya amarangamutima ye no gukangura amarangamutima ye.

Abayoboke b'amadini ntibasobanukiwe neza iby'idini; akenshi bakunze kwigana ibintu batasobanukiwe neza kandi ingaruka zabyo ku buzima bwabo batahuye nazo lyo ubajije ikibazo cy'umwuka, bihutira kuvuga imigani cyangwa ibyanditswe byera, biteze ko uhagararira aho kuko badafite ubushobozi bwo kuganira mu buryo butuje, bufite intego, kandi bushyize mu gaciro. Si ugukabya kuvuga ko ari abavugaga gusa mu mwuka, kandi kuganira nabo ntacyo

bimaze kuko bemeza ko bazi byose kuva ku ntangiriro kugeza ku iherezo, kuva kuri A kugeza kuri Z.

Abafana b'amadini bazi neza ko keretse ukemera mu buryo runaka, iherezo ryawe ni ukurimbuka

Umwarimu w'umuhanga ntabwo yigisha muri ubu buryo Atanga igitekerezo cye kandi agashyigikira ibitekerezo bye akoresheje ibimenyetso Idini rigomba guhaza ibyifuzo byacu byo mu buryo bw'umwuka no gusohoza ibyifuzo byacu atari mu magambo ahubwo akoresheje ibimenyetso bidashidikanywaho. Sinigeze nifuza kuba umuntu ukomeye ku buryo ntashobora gukoresha ubwenge bwanjye no gushyira mu bikorwa ubushishozi bwanjye. Ubwo nahuraga n'umwarimu wanjye, Sri Yukteswar, yarambwiye ati:

"Hari abarimu benshi bazagusaba kwizera nyuma yuko baguhumye ubwenge bakagutegeka gukurikiza logique yabo gusa nta kindi. Ariko ndashaka ko uhora ufunguye amaso y'ubwenge bwawe, kandi byongeyeho, nzagufungurira irindi jisho, ijisho ry'ubwenge"

Sri Yuktsuwar yampaye inyigisho nshobora kwibonera ukuri kwayo. Niyo mpamvu natangiye iyi nzira, nta muntu ushobora kunyimura cyangwa ngo anyobye.

Ikindi gikabije ni umuntu uharanira uburenganzira bw'abantu bose ukurikiza byose kandi ntagire icyo akurikiza!

Kubera ko yibona nk'umuntu ufunguye kandi ufite ibitekerezo bigari, aravuga ati: "Inzira zose z'umwuka ni nziza, bityo nta n'imwe muri zo nzabohwa nayo" Ariko mu rwego rwo kubahiriza inzira zose z'umwuka n'imyizerere y'idini, umuntu ntagomba kuba ikinyugunyugu cy'umwuka gihora kiguruka kandi kiguruka mu byerekezo byose.

Ubushishozi bw'ikinyoma n'ubufana budafite aho buhuriye n'ukuri bigomba kwirindwa, kandi ubwenge

bugomba kwitabwaho ahubwo kugira ngo umuntu atsinde mu bikorwa by'umwuka kandi abone intego y'ubuzima.

Imbaraga zose umuntu akora ku Mana izamubona. Ariko keretse umuntu akurikiye inzira igana Imana ishingiyeye ku bitekerezaho bifatika, iterambere rye ryo mu mwuka rizagenda buhoro. Abashaka ukuri bazabona ubumenyi runaka, ariko abemera kandi bagasenga mu buryo buhumye bashobora kumara imyaka myinshi bihindura abantu mbere yo kugera ku Mana.

Shakisha kugeza igihe uzabona inzira ijyanye n'amarangamutima yawe n'ubwenge bwawe, kandi ukomeze muri icyo nzira Suzuma ibyo usoma byose kandi wige witonze, kandi ntukemere umwarimu uwo ari we wese cyangwa inyigisho utabigerageje

Umucuzi w'imitako ashobora gutandukanya imitako y'ukuri n'iy'impimbano. Mu buryo nk'ubwo, umwigisha w'ukuri w'umwuka ashobora gutandukanya abashaka by'ukuri n'abantu bafite amatsiko gusa. Bamwe bahabwa inyigisho z'umwuka ariko ntibazishyire mu bikorwa mu buzima bwabo. Ariko, inyungu nyayo y'inyigisho icyo ari icyo yose y'umwuka iri mu kwinjiza umwuka wayo no gushyira mu bikorwa ibintu bifatika mu buzima bwa buri muntu. Kuvuka ku biribwa cyangwa kubibona gusa ntibituma umuntu ashonje. Umuntu ushonje agomba kurya kugeza anyuzwe. Nk'uko bivugwa, "Urya n'amanyonyonye ye ni we wigirira akamaro"

Abashaka iby'umwuka bagomba kubanza kwigishwa kumenya Imana Kwibanda ku mafaranga cyangwa ubuzima mbere na mbere ni ukurangaza intego. Ni ukuri ko byose bituruka ku Mana, ariko abakurikirana ibindi bintu mbere na mbere bazumva aho ibyo bintu bigarukira, nubwo baba ari abakire kandi bafite ubuzima bwiza. Umwigisha w'iby'umwuka w'umuhanga kandi uzi byinshi azi kandi

akunda Imana, kandi icyifuzo cyabo ku Mana kiruta ibindi byose bifuza.

Umuvugabutumwa yagerageje kunshishikariza kwemera ubuyobozi bwe bwo mu buryo bw'umwuka, anyizeza ko nzakurikira benshi. Ariko ibyo yavuze ntibyanshimishije kuko intego yanjye yonyine ari Imana, si ugukusanya abayoboke. Abigisha nyakuri bazahora bagerageza kukwinjizamo icyifuzo cyo kumenya Imana; ntibazigera bagutera kurimbuka.

Inkingi y'ibanze y'idini ni uguhuza n'Imana Ahantu ho gusengera ntihagomba kuba ahantu ho kwidagadurira, kubyina, kwerekana filime, cyangwa guteranira hamwe kenshi. Ibi bikorwa byo kwidagadura birabuza abantu kuyoboka Imana. Imyidagaduro igomba gushyirwa hanze y'ahantu ho gusengera, aho abantu bagomba gusura intego imwe gusa: kwihuza n'Imana. Kumva ko Imana iri mu hantu ho gusengera ari yo ntego y'ibanze yo gusura aha hantu hatagatifu n'ahantu hatagatifu. Ibi nibyo nizeye n'umutima wanjye wose kandi nibyo nabayeho.

Iyo nza kukubwira imbuto nziza navumbuye nkayigusobanurira neza buri muni mu gihe cy'umwaka wose ntaguhe uburyohe bwayo, ntabwo wamenya neza akamaro kayo. Mu buryo nk'ubwo, kumva gusa inyigisho n'inyigisho ku kuri ntibishobora guhaza inzara y'ubugingo. Abanyurwa no kumva badaharanira kumenya Imana, bagera ku byishimo bitari byo gusa. Umuntu agomba kumva afite inzara ikomeye ku Mana, akayishaka cyane kandi abikuye ku mutima. Intego y'inyigisho z'idini, inyigisho n'inyigisho ni ukubyutsa inyota y'umwuka ikura mu bugingo.

Rimwe na rimwe, mpura n'umuntu numva mfite inyota yo kumenya Imana. Ariko kumenya Imana ni ikintu gikomeye cyane kuruta ibyo! Umuntu ushakisha Imana by'ukuri rimwe na rimwe abona isi yose yuzuye urumuri rwayo—mbega ukuntu ari ibintu bitangaje kandi bitangaje! Ariko ibi

ntibishobora kubaho mu ijoro rimwe Kumenya Imana bisaba imyitozo ndende kandi ihoraho y'izo nzira n'uburyo bw'umwuka biyobora ku kumenya Imana.

Icyifuzo cy'ibyishimo ni cyo cyifuzo gikomeye kurusha ibindi byose. Ibyishimo nyakuri kandi birambye biboneka mu Mana gusa. Iyo ubonye ko iriho, wuzuyemo ibyishimo byinshi, ibyishimo udashobora kubona ahandi cyangwa ahandi hose. Umwarimu wanjye, Sri Yuktiswar, yarambwiye ati:

Iyo ibyishimo byawe mu gutekereza no mu bwumvikane bw'umwuka biruta ibindi byishimo byose, uba wabonye Imana Iyo uhawe isi yose, ntiwari kumenya uko wayitwara; wakumva uremerewe kandi uhora uhangayikishijwe na byose Iyo uba uzi ubuzima bw'abami, abaperezida, ibikomangoma, n'ibyamamare byo ku isi, wasanga batagira amahoro kandi barakara, batembagajwe n'imiraba y'ibibazo kandi bakubiswe n'imiyaga y'amaganya iturutse impande zose. Bamaze iminsi yabo nk'ibipupe mu maboko y'ibyago. Ariko umuntu wifatanyije n'umucyo w'isi ni umuntu wishimye by'ukuri. Nubwo ntacyo afite, afite byose kuko afite ibyishimo. Umuntu wifatanyije n'Imana nta cyo atinya kuko Imana iba mu mitima yabo, kandi umutima Imana ibamo ntugira ubwoba cyangwa ngo ugire impungenge.

Ahantu hose ho gusengera hari intego, niyo mpamvu nkunda hose Iyo habaye ahantu ho gusabana by'ukuri n'Imana, basohoza ubutumwa bwabo bwiza cyane. Ahantu hagomba kuba nk'imizinga y'inzuki yuzuye ubuki bw'ubumenyi bw'Imana, kandi niho hari akamaro kayo n'agaciro kayo Imana ikunda imitima y'ukuri yamwiyeguriye byuzuye, kandi izasura iyo mitima nubwo ba nyirayo baba basengera hanze muni y'ikirere gifunguye. Iyo abantu bateraniye hamwe kugira ngo basenge, bagomba kubikora kubera urukundo bakunda Imana n'icyifuzo cyo kumva ko

ihari. Abashaka Imana by'ukuri ntibanyurwa n'amahame, ubukana, n'ubwibone bw'iyobokamana. icyo batekerezaho ni uburyo bwiza bwo kuvugana n'Imana no kuyigeramo.

Iyo umuntu akunda Imana n'ubugingo bwe bwose, ibikorwa bye byose bizaba bishingiye ku kuri, kandi urukundo akunda Imana ntiruzamwemerera gukoresha nabi cyangwa kuyobya abantu kubera inyungu ze bwite.

Uko umwijima waba umeze kose, umucyo urawukuraho iyo ucanye. Iyo tumuritse itara ry'urukundo rw'Imana muri twe, umwijima w'ubujiji uzashira. Ubumenyi bwa yoga mu buryo bw'umwuka bufasha umuntu ushakisha kwerekeza ibitekerezo bye ku Mana no kwerekeza urukundo rw'umutima we kuri Yo. Binatanga uburyo bwa siyansi kandi bwemejwe bwo gufasha umuntu ushakisha kugera ku bwumvikane butagatifu bukenewe kugira ngo akunde Imana byuzuye.

Imana yaduhaye ubushobozi bwo gukunda imiryango yacu n'inshuti zacu, kandi dukwiye gukoresha ubwo bushobozi kugira ngo tuyikunde nk'uko dukunda abantu bacu dukunda cyane kuri iyi si. Umuntu agomba kuba ashobora kuvuga ati: "Ndagukunda, Mwami, nk'uko umubyeyi akunda umwana we, nk'uko umukunzi akunda uwo akunda, nk'uko inshuti ikunda inshuti ye, ndagukunda kuko uri isoko y'urukundo rwose n'ibyiza byose biriho, kandi kuko uri data, mama, inshuti yanjye, databuja, nkunda cyane, kandi uri byose biriho kuri njye."

Iyo umuntu akunda Imana by'ukuri bivuye mu mutima we, yumva urukundo ayifitiye umunsi n'ijoro.

Abantu benshi bakwita "inkoramutima yanjye" cyangwa "inshuti yanjye magara" muri iki gihe, hanyuma bakagutererana ejo ku mpamvu imwe cyangwa indi. Uru si urukundo. Abantu bafite imitima yuzuye Imana ntibashobora

kugira uwo bagirira nabi. Iyo ukunda Imana nta kiguzi, yuzuza umutima wawe urukundo rwe rutunganye kuri bose. Urukundo urwo ari rwo rwose nta bushobozi bw'ururimi rw'umuntu na rumwe rwo gusobanura.

Umuntu ntashobora gukunda Imana n'umutima we wose keretse yiyizi. Uku kwimenya rimwe na rimwe bibaho mu buryo butaziguye mu gihe umuntu asinziriye cyane iyo azi ko ari umwuka. Ariko bishobora no kugerwaho binyuze mu gutekereza. Iyo umuntu yiyiziho nk'umwuka, aba yavumbuye ko Imana iri imbere. Kugaragara k'ukwezi ntikugaragara neza mu mazi yijimye cyangwa avungaguritse, ariko iyo amazi atuje kandi asobanutse neza, ishusho y'ukwezi igaragara neza. Ibi ni ukuri no ku bwenge: iyo ubwenge buri mu mahoro, ubona neza isura isa n'ukwezi y'ubugingo bwawe, kuko ubugingo ari ishusho y'Imana. Iyo dukura—binyuze mu gutekereza—ibitekerezo bivungagurika bivuye mu kiyaga cy'ubwenge, twibona nk'ishusho iboneye y'umwuka w'Imana, kandi tukamenya ko ubugingo n'Imana ari kimwe.

Yoga itwigisha kandi gukurura imbaraga n'ubwenge mu mubiri no kubiyobora ku isoko yabyo, ari yo Mana. Itwigisha kandi kugenga no guhindura imbaraga z'ubuzima kuva ku bwenge bw'umubiri kugera ku bwenge bw'Imana.

Iyo umuntu asenze Imana, ubwenge bwe n'intumbero ye bigomba kuba kuri yo gusa, nta kindi kintu na kimwe atekerezaho muri ibyo bihe Imana izi ibitekerezo byacu, kandi tugomba kuyikomeza mu gihe cyo gutekereza no gusenga Iyo ibitekerezo byacu bitangiye kuzerera—ari na byo kamere yabyo—tugomba kubigarura mu kwibanda no mu gutekereza kenshi Iyo nsenze Imana, ubwenge bwanjye buhita buyishyira kuri yo Iyo urimo kwihingamo ubwo bubasha bwo kwibandaho butuje, uzabona ko umunsi umwe,

uko waba uhugiye kose, iminsi n'amajoro bizashira ubwenge bwawe bwiganje mu Mana.

Tugomba kandi gukunda abandi nta buryarya. Umuntu usanzwe ntashobora kugira ubwoko bw'urukundo nk'uru kuko afungiyeye ku bwikunde bwe buto bityo akaba ataramenya ko Imana iba muri we no mu bindi biremwa byose. Nkunda abantu kandi nkabafata kimwe kuko bese ari ishusho y'Imana mu buryo bw'umwuka. Sinshobora gufata umuntu uwo ari we wese nk'umunyamahanga kuri njye kuko nzi ko twese turi bamwe mu bagize umwuka umwe w'Imana. Iyo usobanukiwe icyo idini risobanura, ari cyo kumenya Imana, uzamenya ko ari yo muntu uri hejuru yawe kandi ko ibaho kimwe kandi nta kubogama mu byo yaremeye byose. Hanyuma uzashobora gukunda buri wese nk'umuntu uri hejuru yawe.

Sinshaka gukurura abayoboze, kuko iyo atari yo ntego yanjye mu buzima. Nta cyo bitwaye niba amagana cyangwa ibihumbi byitabye Imana mu nyigisho zanjye cyangwa intebe zikaguma ubusa. Mu by'ukuri, nkunda abizera bake b'inyangamugayo kuruta amagana y'abashaka kumenya byinshi ariko b'abanyamahane. Intego yanjye yonyine ni ugufasha abantu kumenya ubwabo. Iyo abantu bamenye ko kumenya Imana ari inshingano yera n'uburenganzira bwo mu buryo bw'umwuka, tuzabona umuseke mushya kuri iyi si. Ibitabo, inyigisho, n'inyigisho ntibizaba bihagije kugira ngo bishimishe umuntu ushaka kumva Imana koko. Ariko nibasobanukirwa ukuri, bazamenya ubuzima uko ari bwo.

Tugomba gushyira mu bikorwa ukuri twumva kandi dusoma kugira ngo kudakomeza kuba ibitekerezo gusa ahubwo bibe ukwemera gukomeye Gusoma Ibyanditswe Byera bigomba gukangura mu muntu ushaka iby'umwuka icyifuzo cyo kumenya Imana Ariko nta kindi cyasimbura gutekereza cyane kugira ngo tugere kuri iyo ntego nziza

Igikenewe by'ukuri ni ubunararibonye bwo mu mwuka. Ubwumvikane bw'Imana ni bwo bwonyine bushobora gukuraho umunaniro ukomeye uterwa no kubura intego mu buzima. Ubunararibonye bwo mu mwuka ni ukuri nyakuri kandi bushobora kugerwaho binyuze mu gutekereza buri muni. Birashoboka kumenya Imana binyuze mu gutekereza cyane. Kandi iyo ubonye ukubaho kwayo, gushidikanya bizashira, igicu cy'ubujiji kizashira, kandi uzumva amahoro utigeze umenya mbere, kuko amahoro y'Imana ntagereranywa.

Igihe kirageze ngo abantu bivumbure ukuri ubwabo icyo mbabwira, namwe murashobora kuvumbura niba mubyifuza. Izi nyigisho zishobora gusa n'iza filozofiya kuri bamwe, ariko abazishyira mu bikorwa bazi akamaro kazo kandi bakabona inyungu zazo.

Umwari mu wanjye yakundaga kumbwira muri buri nyigisho nshya z'umwuka nabonaga ambwira ati: "Ugomba kumenya uku kuri" Kandi ndakumenye!

Ubwo nabonaga umwarimu wanjye nkavumbura iyi nzira, naje kwemeza mu byo nanyuzemo ko ari inzira nziza iyobora ku kumenya Imana n'ukuri, bityo nayiyeguriye ubuzima bwanjye bwose no gukorera abantu.

Amahoro aho kuri mwe aho muri hose mu isi nini y'Imana

Ubumenyi bw'umwuka bugaragara mu bwenge

Umwari mu wanjye umwigishwa washakaga ubuyobozi
:bwe mu nzira y'umwuka ati

Ntukifuze ko abantu bakwemera no kukwereka ibyo
wagezeho mu buryo bw'umwuka, ahubwo shaka Imana
yonyine

Numenya ko muri wowe hari amahoro, uzamenya ko
.hari amahoro n'ubwumvikane mu byiza byose biri mu irema

Uzamubona mu bwiza bw'ibidukikije, wumve ko ariho
mu bucuti nyakuri, kandi ubone imigisha ye mu byifuzo byiza
n'imigambi myiza, udafite intego z'ubwikunde. Uzumva ko
.ariho inyuma y'ituze

Kandi mu bintu byose bitangaje

Mukome cyane ku rugi maze umwenda uzakurwaho
maze muzabona isura nziza cyane mu bwiza bwayo bwose
n'ubwiza bwayo bwose

Niba ukunda Imana, uzumva urukundo rwayo, kandi nta
kindi kizagushuka. Ubunararibonye bw'ibintu
.bizakugerageza

Kubera ko utararyohereza n'ibyishimo byo mu mwuka.
Nubikora, uzamenya itandukaniro

Gira umudendeze wo guhitamo. Ntukemere ko ikintu
icyo ari cyo cyose kikubuza gukora ikintu runaka, kandi
ntukemere ko hagira umuntu ugutegeka cyangwa ngo
.akubuze ibyishimo byawe

Wewe ubwawe ni igice gitandukanye cy'isanzure ryose
kandi ugomba kubona iryo hinduka ritunganye kugira ngo
ugire ubwenge bwiza kandi uryohereze n'ibyishimo
.by'urukundo rw'Imana

Gukura urukundo mu ngoyi z'urwango n'inzika

Turagusaba, Mwami, ngo umurikire ubugingo bwacu
umucyo wawe

Kandi wishimire imigisha myinshi abakunzi bawe
.n'abagushakaho ubufasha

Kandi aturinde ibimenyetso by'intambara, urugomo
n'urupfu

Kandi udutere imbaraga zo kugira amahoro intego yacu

Kandi urukundo ni cyo gitunganyo cyacu

Intego yacu ni ukubohoka ku nzitizi zibangamira

* * *

Iyo umuntu aharanira gusa kwegeranya amafaranga no
guhaza ibyifuzo by'umubiri

Inyungu akuramo ni nto cyane kandi nta gaciro ifite

Kuko umunsi uzagera aho azasiga inyungu zose zo ku isi
inyuma

Ariko niba akize binyuze ku Mana

Azarusha abami bose n'abakire bo ku isi

Ubwo butunzi bwiza buri mu maboko y'abakunda Imana

Abatanyurwa n'ikindi kintu kitari ubutunzi bw'ubugingo

Mu gihe bakora ibishoboka byose kugira ngo bateze
imbere ibyifuzo byabo by'umwuka

No kugaburira inyota yabo yo kubona isoko y'ubuzima
bwabo

Kandi urukundo ruzava mu bwigunge n'ubugome

Bashyira imbere ubwenge bwabo hejuru y'iby'isi bidafite
aho bihuriye

Kugeza ku iherezo ry'ubwisanzure, amahoro, umucyo
n'ibyishimo

Bamenya ubwiza bwabo butagira imipaka

Babona imyumvire n'ubumenyi bushya

Kandi ubwo babiba imbuto z'ibitekerezo byiza n'ibikorwa
byiza

Mu mwanya w'ubwenge bwabo

Ubumenyi bwabo burafunguka

Kandi imbaraga zabo zo gutekereza zirakora

Philamson, imiterere yabo nyakuri

Babona ubwami bw'Imana muri bo

Turasaba Imana Ishoborabyose kutuyobora kugira ngo
dushobore kwiyubaka

Kandi dukura ubugingo bwacu bwo mu mwuka mu ngoyi
z'umwijima

Ku mwanya w'ubwisanzure, ituze, n'urumuri
rw'ubumenyi

Imbuto n'imboga nshya ni intungamubiri z'ingenzi

Kuva mu kiganiro ku mirire

Byatanzwe i Encinitas, muri Kaliforuniya - Kamena 1940

Poroteyine y'inyama si yo soko yonyine y'ingenzi
y'ingufu

Imwe mu myunyu ngugu iboneka mu mboga
zitatekeshejwe n'imbuto nayo ni isoko y'ingenzi

Nubwo igice kinini cy'inyama gitanga imbaraga nyinshi,
iyo inyama ziganje mu mirire igihe kirekire, ntizizongera
gutanga izo ngufu. Byongeye kandi, kurya poroteyine nyinshi
bishobora gutera uburozi bwa poroteyine, isoko y'umunaniro
n'indwara. Muri make, poroteyine nyinshi ni mbi nk'uko nke
.cyane itera ingaruka mbi

Niba ushaka kwikuramo umunaniro, umuti umwe uri mu
ndyo ikwiye Inyama zishobora gutanga imbaraga z'igihe gito,
ariko zishyira uburozi bwinshi mu mubiri Kurya ibiryo bibisi
kandi bitatekeshejwe bizagabanya umunaniro kandi bigutere
.imbaraga

Imitobe itanga imbaraga nyinshi, ariko imbuto n'imboga
byuzuye bitanga intungamubiri nyinshi cyane. Ariko, hari
.abantu badashaka kubishyira mu bikorwa muri ubu buryo

Urusobe rw'igogora rukuramo ibintu bya shimi
bikabikwirakwiza mu turemangingo dukwiriye mu mubiri
wose

Umubiri ugizwe n'ibintu byinshi bya shimi, kandi ibiryo
bigomba kongera kuzuza ibikennye muri ibyo bintu buri
.munsi

Ibiryo bya buri munsi bigomba kuba birimo poroteyine,
vitamine, imyunyungugu, ibinure n'amavuta bihagije,
hamwe n'ingano ikwiye ya karubohidrati karemano, mu gihe
hagabanywa ibiryo byatunganyijwe n'isukari itunganyijwe
.uko bishoboka kose

Isoko ikomeye y'ingufu ni uruvange rw'umutobe
w'icunga n'imbuto z'amande ziseye, kuko imbuto z'amande
.zigogorwa neza iyo zivanze n'umutobe w'icunga

Ni ngombwa kandi kunywa ibinyobwa byinshi Niba nta
mazi meza ahari, umutobe w'imbuto nshya, amazi

y'ikinyobwa, n'imvange ni inyongeramusaruro nziza kandi ni
.bimwe mu bisimbura amazi meza

Mu gihe kizaza, abantu bazarya umutobe w'imbuto
n'umutobe w'imboga kenshi bitewe n'inyungu z'ubuzima izi
.mutobe zitanga

Ibice by'ubukene n'ibice by'ubusumbane byombi ni bibi

Gutekerezwa ko uri hasi ni bibi kimwe no kumenya ko uri
hejuru kuko umuntu wumva ko ari hasi ntashobora
.kugaragaza ko ari hejuru muri we

Umuntu, kubera ko ari umuntu w'umwuka, yahawe
ishashi zera, kandi ni bibi kandi ni amakosa gutekerezwa ko
ari umuntu wo hasi cyangwa gutekerezwa ko ari hejuru ya
bose no kwitwara nk'umuntu udafite icyubahiro cyangwa
.inkomoko

Iyo umuntu agaragaza ubwibone, igicucu kinini
cy'ubwibone gipfukirana umucyo w'Imana mu bugingo bwe

Bityo rero, amapfundo yombi agomba kwirindwa hamwe
kuko yombi ari inzitizi ku iterambere ry'umwuka

Twumve ko Imana iri kumwe natwe, idushishikariza
kandi ikatuyobora, kandi ko ari yo rukundo ruhebuje mu
.buzima bwacu

Abazi Imana bumva ko ari abagaragu ba buri wese kandi
.ntibibwire ko baruta abandi

Itandukaniro ry'ubuswa rifitanye isano n'abafite
ibitekerezo bidakomeye n'ubwenge buke, mu gihe
itandukaniro ry'ubuswa rikomoka ku bwibone bw'urwango
.n'ubwibone bw'ikinyoma

Ayo mapfundo yombi yangiza iterambere ry'umwuka
kandi ashingiye ku kwibeshya no kwirengagiza ukuri, aho

gushingira ku gusobanukirwa neza no gufata ibyemezo
.bikwiye

Kwigirira icyizere bigomba gutsimbatazwa no gutsinda
intego nke za muntu twarazwe. Ababyifuza bagomba
kwihatira kumenyera uburyohe bwabyo binyuze mu byo
bagezeho mu buzima bwabo, bityo bakibohora mu buryo
bwo kwishyira hejuru no kwishyira hejuru, babifashijwemo
.n'Imana

Ibanga n'isoko y'ubuzima

Umubiri ukeneye amasaha menshi kugira ngo uhindure
ibiryo imbaraga. Ariko ikintu cyose gikangura kandi
.kigakoresha ubushake gitanga ingufu ako kanya

Ubushake bukura imbaraga mu turemangingo
tw'umubiri no mu bubiko bw'ingufu z'ubwonko aho ingufu
.zikururwa mu biribwa zibikwa

Ubushake kandi bukurura ibikorwa bishya bivuye ku
isoko y'ikirere bikinjira mu mubiri binyuze mu mugongo

Bityo rero, ibanga ryo kugira imbaraga riri mu
kubungabunga imbaraga umuntu afite no kuzana imbaraga
.nshya mu mubiri binyuze mu bushake bwe

?Ibyo bikorwa bite

Ubwa mbere, umuntu agomba gukora ku bushake no ku
bushake. Niba hari ikintu cy'ingirakamaro cyo gukora,
.kigomba gukorwa ku bushake no ku bushake bwe

Iyo ukora ku bushake, uba ufite imbaraga nyinshi kuko
uba ukura ingufu mu mitsi yo mu bwonko gusa, ahubwo
.unakurura ingufu nyinshi zo mu kirere mu mubiri

Umugore utegurira umukunzi we ifunguro riryoshye aba
yuzuye ibyishimo n'imbaraga

Ariko iyo ahatiwe guteka atabishaka, yumva ananiwe
kuva mu ntangiro

Bityo, ubushake buzana imbaraga

:inkuru ngufi

Igihe kimwe, naganiraga n'inshuti yanjye ku byerekeye
abatagatifu Inshuti yanjye yari umuhuza, kandi ntabwo yari
ashishikajwe nanjye. Ahubwo, yaravuze ati: "Abo mwita
abatagatifu bose mu by'ukuri ni abahemu batazi Imana"
Sinamubajije, ariko nahinduye ikiganiro, maze dutangira
kuganira ku mwuga w'ubuhuza Nyuma yo kumbwira byinshi
kuri byo, naravuze buhoro nti: "Uzi ko nta muhuza n'umwe
wizewe ko bose ari abanyabinyoma?" Yararakaye cyane
maze asubiza arakaye ati: "None se uzi iki ku bahuza?"
Naramusubije nti: "Nibyo koko nashakaga kuvuga Kandi uzi
iki ku batagatifu?" Yabuze icyo avuga Nakomeje ntujye kandi
neza nti: "Nta kintu na kimwe nzi ku buhuza, kandi nta kintu
"na kimwe nzi ku batagatifu

Abamarayika b'ingufu

Imana yaturemye nk'abamarayika b'imbaraga

Kandi twashyizwe mu mibiri ifatika

Twibanze ku mibiri yacu yoroshye

Kandi twibagiwe roho y'umwuka ifite imbaraga
z'ubuzima bwo mu kirere

Noneho tugomba gushyiramo imbaraga zifatika kugira
ngo twibande ku kintu

Kugira ngo wongere kumva ufite ubumenyi bwuzuye

Ishingiro ry'intsinzi riri mu gukura mu bumenyi
bw'umwuka

Ni cyo gituma tumenya kamere yacu idasanzwe
Kandi ko ishusho y'Imana iba muri twe
Indabyo za mbere mu busitani bw'umwuka ni indabyo
z'ukwizera n'ibyiringiro
Icyakora, imbuto ni ubumenyi nyabwo buboneka
binyuze mu kwisuzuma
Gira icyizere kandi umenye ko ibyiza n'imigisha
by'ubuzima bikurindiriye
Igihe cyose ukorana umurava n'ubwitange
Kugira ngo tugarure umurage w'Imana watakaye
Umuntu w'umwuka by'ukuri ni umuntu ushyira mu
gaciro
Umuntu wumva anyuzwe, afite ubuzima bwiza, kandi
afite ubushishozi bugenda burushaho kwiyongera
Afite ubutunzi bw'ubugingo n'ubutunzi bw'ubwenge
Yizeye ko ubufasha bw'Imana buzaza
Uko ubuzima bwaba bumeze kose n'uko ibintu byaba
bimeze kose
Isura y'Imana iratwigaragariza mu bwiza bw'ibidukikije
Kandi ijwi rye rituvugisha binyuze mu ndirimbo nziza
kandi zinoze
Kandi kuva mu majwi meza kandi yoroheje
y'abakundana
Kandi binyuze mu ijwi ryumvikana ry'inshingano
Inkunga ituyobora ku bwiza n'amahoro

Ibyishimo n'ubumenyi ni ijwi ry'Imana

Ibyo bidusaba gusubira mu nzu nziza

Inzu y'ituze n'amahoro yo mu mutima

Kandi kwishimira kuba ari kumwe nawe neza

Kandi ni ubwiza budasanzwe kandi buhebuje

Isi irashukana cyane, kandi tugomba kuyigana uko

imeze. Niba tutabanje gutsinda ubushukanyi bwayo

.n'amayeri yayo, nta wundi tuzashobora gufasha

Tugomba kwibuka ko mu bwigunge bw'ubwenge

bwibanda ku bintu byose, ari ho hari uruganda rw'ibintu

byose bikomeye byagezweho. Kandi muri uru ruganda

rutangaje, tugomba guhora dushyiraho imiterere y'ubushake

bwacu kugira ngo dutsinde cyangwa duhangane neza

.n'ibintu byose bibi

Ubushake bugomba gutozwa no gushyirwa mu bikorwa

buri gihe

Umuntu afite amahirwe menshi yo gukorera muri uru

ruganda rwo ku isi igihe cyose adapfusha ubusa igihe cye no

gupfusha ubusa imbaraga ze ku busa

Nijoro ndikuramo ibyo isi isaba kugira ngo mbe ndi

kumwe nanjye

Kure cyane, kure cyane y'isi

Ndi jyeneyine mfite ubushake bwanjye mu bwigunge

bwanjye bwo mu mwuka

Aho nerekeza ibitekerezo byanjye mu cyerekezo nifuza

Nafashe icyemezo mu mutima wanjye wose

Iyo nshishikarije ubushake bwanjye gukora ibikorwa
bizima kandi by'ingirakamaro, bintera intsinzi. Muri ubu-
buryo, nakoresheje ubushake bwanjye neza inshuro nyinshi.
Ariko, ibi bigerwaho gusa binyuze mu gukoresha ubushake
.buri gihe

Mbega ukuntu uzagira ibyiyumvo byiza cyane igihe
uzaba ushobora kuvuga no kwemeza uti “Ubushake
bwanjye, bushingiye ku bushake bw’Imana, buzangeraho
”!icyo nifuza

Iyo umuntu yishyize mu gaciro maze akabika byose mu
bushake bw'Imana adakoresheje ubushake bwe Imana
.yamuhaye, ntazagera ku musaruro ashaka

Imbaraga z'Imana zirashaka kugufasha ubwazo

Tugomba kwirukana mu bwenge bwacu igitekerezo
cy'uko Imana, hamwe n'imbaraga zayo n'imbaraga zayo
zidasanzwe, iri kure yacu kandi yihishe mu ijuru rya kure,
kandi ntitugomba kwibagirwa ko ubushake bw'Imana buri
inyuma y'ubushake bwacu bwa muntu, ariko ubwo bubasha
bukomeye, nk'inyanja yuzuye amazi n'imigezi yayo,
ntibuzaza keretse ubwenge bufunguye kandi umutima ukaba
.wakira neza

Kwinginga

Mama w'Isi Yose

Kugira ngo tube urumuri rwonyine mu mitima yacu

No kwirukana umwijima w'imitima yacu

Kandi mu marira yacu y'urukundo tugufitiye

Oza urukundo rwacu rw'ibintu by'isi

Kandi twishimiye kwemeranya nawe

Kuraho agahinda n'imibabaro yacu burundu
Uhindure imitima yacu mito ibe umutima munini
Bigufasha kuhaba kwawe kose
Kandi mu ndorerwamo y'imico yawe y'ubumana
Reka twibone nk'abatunganye kandi batunganye
Umuriro w'urukundo rwacu kuri wewe uzamuke cyane
Hejuru y'umuriro w'irari ry'isi
Ibishuko byinshi byihisha nkawe
Kandi ihora itubeshya

* * *

Ngwino, ewe munezero w'Imana utunganye kandi
!utunganye

Injira mu nsengero z'ibyifuzo byacu kuri wewe
Isi nigire amahoro
Mu misozi yacu, mu ijoro ryijimye ry'ubujiji
Atuyobore kandi atugarure mu mutekano
!Ku buhungiro bwawe butekanye kandi butekanye
Imvugo zituruka mu bihe by'iteka ryose
Quatrain ya mbere ya Khayyam

Byahinduwe na Edward Fitzgerald kandi byasobanuwe
na Master Paramahansa

Icubahiro cya Omar Khayyam mu Burengerazuba
gishingiye ku buhinduzi bwa Fitzgerald bwo mu kinyejana
cya cumi n'icyenda bw'inyandiko ze za quatrains, bufatwa

nk'ubuhinduzi bwiza kurusha ubundi bwose bwakozwe mu
.Cyongereza

Umwarimu Paramhansa yabonaga Omar Khayyam
nk'umwe mu bahanga mu by'amayobera kandi ufite
ubumenyi bwo hejuru, kandi ko yakoresheje ibimenyetso
kugira ngo agaragaze ubunararibonye bwe mu by'umwuka
no mu bunararibonye, kandi ko yasobanuwe nabi cyane,
kandi ko abashakashatsi batacukumbuye bihagije ngo
basobanukirwe filozofiya ye y'iby'umwuka yashyize muri
.quatrans

Kanguka! mu gitondo mu gikombe cy'ijoro
Yajugunye Ibuye rituma Inyenyeri ziguruka
Kandi dore umuhigi wo mu Burasirazuba yafashe
Urutare rwa Sultani mu rumuri rw'umucyo
:Ubuhinduzi bw'Icyarabu
Kanguka, kuko igitondo cyateye ibuye mu kibindi cya
nijoro

Gutatanya inyenyeri burundu
Kandi dore umuhigi wo mu Burasirazuba
Yafashe umunara wa Sultani
N'urumuri rw'urumuri
:Ibisobanuro n'ubusobanuro
:Ibisobanuro by'ibisobanuro
Igitondo: Ni umuseke wo gukanguka uvuye mu buzima
bw'isi butari bwo

Igikoresho cy'ijoro: umwijima w'ubujiji ufungira roho
idapfa mu bwenge bw'umuntu bufunganye kandi bufite aho
bugarukira

Ibuye: Gutunganya mu buryo bw'umwuka

Inyenyeri: Urumuri rukurura ibyifuzo by'ibintu

Umuhigi w'Iburasirazuba: Ubwenge bukomeye
bw'Iburasirazuba busenya ibisigazwa by'amayobera

Uruzitiro rw'umucyo: urumuri rw'ubwenge bwiza,
rurimbura umwijima ukandamiza ufunga kandi uboshye
ubugingo

:Ubusobanuro

:Agace k'imbere karavuga ngo

Kanguka! Reka gusinzira kw'ubujiji, kuko ubwiza"
bwarasenyutse. Subiza igikoresho cy'umwijima cy'ibitazwi
ibuye ry'ubuziranenge bwo mu mwuka kugira ngo ukimene
kandi ukwirakwize inyenyeri zijimye z'irari ry'ibintu
"by'umubiri ridafite ishingiro

Dore umucyo w'ubwenge bw'Iburasirazuba, umuhigi"
n'umusenyi w'amayobera, kuko yafashe umunara muremure
w'umwuka n'urumuri, kandi yirukana umwijima wayo
".w'ibintu biwubuza, iwukuraho burundu

Yemwe baturage b'umujiyi w'ibihimbano, nimureke"
gusinzira! Kuko urumuri rw'ubutumwa bw'umwuka
"bw'ubwenge bw'imbere rwagaragaye

Menya uburyo bwo gukoresha ibuye rikomeye ryo
gutunganya ibintu mu buryo bw'umwuka kugira ngo
umenagure igikoresho cy'umwijima cy'ubujiji kandi
wirukanemo icyifuzo cyo kwinezeza by'igihe gito mu bintu

Fata isomo ku muhigi w'ubwenge, uhora ashaka abantu"
bifuza urumuri kandi bashaka ukuri, kugira ngo abakikize
umwuka w'ubwiza bw'icyubahiro n'ubwisanzure bw'iteka
"ryose

Kugaruka k'Umwana w'Ikirara

Hari igihe, mu myaka myinshi ishize, nabonye umwe mu
banyeshuri banjye agenda mu cyerekezo gitandukanye

Nabonye ingaruka zitari gucika z'ibikorwa bye,
nagerageje kumwemeza, nkoresheje uburyo bwose bufatika,
kureka ibikorwa bye, ariko nasanze ntashobora kumufasha

Kubera ko yari afite umugambi wo gukomeza inzira
y'ikibi

:Amaherezo, nibwiye nti

"Kubera ko abyifuza, ndamureka wenyine"

Ariko urukundo rwanjye n'ubwitonzi bwanjye byagarutse
vuba, nuko nicara munsu y'igiti cy'umutini ntangira
kumutekerezaho

Nshishikaye cyane, nakomeje kumwoherereza
:ubutumwa bukurikira mu bwenge

Imana yansabye gusaba ko uhindura igitekerezo cyawe"
"ku byo uteganya gukora

Nimugoroba, numvise mfite ibyiyumvo bikomeye byo
mu mubiri no mu bwenge bwanjye byatumye nizera ko koko
azagaruka

Mu buryo butunguranye, "umwana w'ikirara"
yarahageze, amaze gusubira mu rugo. Yabasuhije arunama
:maze aravuga ati

Umunsi wose, aho nagiye hose n'icyo nakoraga cyose,"
"?nabonye isura yawe Ibyo bivuze iki

Nasubije nti: "Imana yari iguhamagaye binyuze muri
"njye. Uwo ni wo muhamagaro wayo, ntabwo ari uwanjye

Icyifuzo cyanjye ntabwo cyaterwaga n'ubwikunde, ariko
nari niyemeje kutava aho ndi

Aha hantu hazakomeza gufungurwa kugeza igihe
ugarutse

Ubu bwoko bw'igishushanyo bushobora kuzana
!impinduka zikomeye. Ni imbaraga zitangaje koko

Iyo ushyizeho inzira yawe ugafata icyemezo cyo
gukomeza inzira yawe, ugomba gushyira mu bikorwa
ubushake bwawe no gushyiramo imbaraga zifatika, hanyuma
uzasanga ibintu byose bigize intsinzi bizakugeraho aho uzi
.n'aho utazi

Mu bushake bwawe, bufite imbaraga z'Imana, niho
haboneka igisubizo cy'amasengesho yawe

Iyo ukoresheje ubwo bushake, ufungura idirishya aho
.ubona igisubizo cy'amasengesho yawe

Ibyo ni ibyambayeho. Mu bihe byashize nagerageje
gukora ibintu bimwe na bimwe kugira ngo menye ubushake
bwanjye, ariko ubu simbyikoza kuko nzi umusaruro mbere
y'igihe: icyo nshaka cyose ndakigeraho mbikesha Imana
.Ishoborabyose

"Kuva mu gitabo "Intego y'Umwihariko w'Umuntu

Duhindure Imana umushumba w'ubugingo bwacu

Kandi urumuri rw'Imana ni rwo muskuti

Ku nzira z'umwijima z'ubuzima

Ni we umucyo uyobora abantu mu ijoro ry'urujijo
Kandi izuba ry'ukuri mu masaha yo kuba maso
N'inyenyeri iyobora mu nyanja y'umwijima w'ubuzima
bwo ku isi
Dusabe ubufasha bwe kandi dushake imbaraga ze
Kubera ko isi izakomeza kuzamuka no kugabanuka
kwayo
Ibibera muri yo ni imivurungano nk'imiraba y'umuyaga
?Tuzakura he ubuyobozi
Ntabwo biri mu ngeso zacu zihindagurika kandi
zibogamye
Ntibiturutse ku bidukikije bishobora kugira ingaruka ku
.bidukikije
Ntabwo ari mu bihugu byacu cyangwa ku isi yacu
Ahubwo, ni ijwi ry'ukuri kuyobora
Bituruka mu nda y'umutima
Buri kanya mba ntekereza ku Mana yonyine
Namweguriye ubugingo bwanjye
Namushyize umutima wanjye mu maboko ye
Namweretse urukundo rwanjye n'umururumba wanjye
Nta kindi tugomba kwiringira uretse Imana
Kandi ko twagombye kwiringira abazahishura umucyo
we
Urwo rumuri ni rwo ruyobora

Ni ubwenge bwanjye n'urukundo rwanjye

Imbaraga idatsindwa

Kandi ukuri kutazigera kurengwa

Ubu n'iteka ryose

Hari abantu batekereza cyane ku buryo bizera ko kugira
ngo bagire icyo bageraho mu buzima bagomba gukora
nk'imashini badahagarara

Ku rundi ruhande, hari abantu badakabije nka bo, kuko
iyo bamaze gushishikazwa n'iby'umwuka batakaza icyifuzo
.cyo gukora ibindi byose, kandi icyo ni igitekerezo kibi

Urugero, bemera ko nta mpamvu yo gukora ikintu cyose
gisaba kwitonda cyane no gukoresha imbaraga nyinshi,
kandi batanga inama yo kwiyanganga no kureka ibintu byose
bifatika. Ariko iyi myifatire ipfukirana uburangare
bw'ubwenge

Munsi y'igitambaro cy'umwuka w'ikinyoma

Nasanze abarimu beza bashishikajwe cyane n'isi ariko
nta kintu na kimwe bayikundaho Iyo mwarimu wanjye
yahawe ikintu cyiza, yacyitagaho akakirinda, ariko iyo
cyangirikaga cyangwa kikangirika, yasekaga akavuga ati:
"Ubushake bwanjye bwarangiye kuko bwantwaye umwanya
munini cyane" Yari yitandukanije n'abandi kuko atari
.afitanye isano na bo

Numva nk'uko nshimira ibyo Imana impa, ariko
simbyibagirwa iyo mbitakaje

Hari igihe umuntu yampaye ikoti ryiza rifite ingofero,
kandi ryari ikoti rihenze cyane nishimiye kurifata no kuririnda
gucika no kwandura kugeza ubwo narambiwe naryo maze
"!Ndavuga nti: "Mana yanjye, ntabwo nkeneye iki kibazo

Umunsi umwe, nagiye mu cyumba cyo kwigisha i Los Angeles gutanga ikiganiro, maze nkigerayo ntangira kwiambura ikoti ryanjye, numvise ijwi ry'Imana rigira riti: "Jyana ibintu byose biri mu mifuka y'ikoti." Nuko ndabikora

Nyuma y'ikiganiro, nasubiye mu cyumba cyo kubikamo amakoti maze nsanga ikoti - Imana ikurinde - ryabuze

Nababajwe cyane n'ibyo, nuko umuntu arambwira ati "Wirakara, tuzakugurira irindi koti" Naravuze nti "Simbabariye kuko natakaje ikote, ahubwo ni uko uwafashe "ikote atanafashe ingofero ijyanye neza n'ikote

Ntitugomba kwemera ko amarangamutima yacu atuyobora Ni gute umuntu yagira ibyishimo niba icyo ahangayikishijwe gusa ari imyenda ye n'ibindi bintu atunze

Ibi ntibivuze kutambara imyenda isukuye kandi isukuye cyangwa gusukura no gutunganya inzu, ahubwo bivuze kudashyira imbere cyane cyangwa ngo ushishikazwe n'ibi .bintu

Igihe kimwe natumiwe mu birori byo gusangira kandi byose byari byiza cyane kandi biteguye neza, nishimiye cyane ifunguro rya nimugoroba, ariko abatwakiriye bari bafite ubwoba bwinshi, batinya ko ibintu byose bitagenda uko byari biteganijwe, bityo bituma bangiza ikirere .n'impungenge zabo

Abantu bafite ibyiyumvo bikabije bakunze kumva impungenge n'ububabare bw'abandi Kuki ubwoba n'ubwoba ari byo? Tugomba gukora uko dushoboye kose, hanyuma tukaruhuka tukareka abandi bakaruhuka Tugomba kureka ibintu bigafata inzira yabyo tutibagiwe, hanyuma .n'abadukikije bazabona amahoro

Isarura rya Parmenide

Inyuma y'ubushake bw'umuntu hari ubushake bw'Imana
n'intego y'uruja n'uruza rutagira umupaka rw'ingufu zo mu
kirere

Ni ukwerekana ikintu cyose cyiza kandi gifite akamaro
mu buzima

Kubera iyo mpamvu, umuntu wese ukomeza gushikama
no gukurikiza ubushake bwo hejuru azahabwa intsinzi
.abifashijwemo n'Imana

Ubushake ni imbaraga n'icyifuzo bigamije kugera ku
ntego runaka

Nta kintu na kimwe gishobora gukorwa hatabayeho
ubushake; mu by'ukuri, nta n'igikorwa cyoroshye gishobora
gukorwa mu buzima bwa buri muni hatabayeho ubushake

Abantu benshi bakora ibintu bitari iby'ingenzi kandi
ntibashyira imbaraga zabo mu buryo bwubaka

Ibyifuzo bitandukanye n'ubushake, nubwo icyifuzo
gishobora gukora nk'intandaro y'ubushake

Mu guteza imbere ubushake, umuntu agomba mbere na
mbere kugira ubushake bwo kwiyeemeza no gukoresha
ubwenge, ubushishozi n'ubwenge

Ibi bikurikirwa no guhugura no gukoresha ubushake
ubwitondeye kugira ngo ugere ku ntego wifuza

Urugendo n'imbaraga bigomba gukomeza kugeza intego
igezweho

Iyo umuntu yiyemeje kugera ku ntego nziza, biba
bidakwiye kureka kugerageza

Cyangwa ashobora kwemera ibintu bibi

Iyo ubwenge buhuye n'ubushake n'ibitekerezo byo
hejuru n'ubushake byibanda ku gitekerezo runaka nta
nkomyi, imbaraga z'ubushake zizuzura ibikorwa bitagira
imipaka kandi bitagira iherezo by'ikirere

Ubushake bw'umuntu bugengwa n'ubujiji n'irari buzana
ububabare n'ingorane ku nyirabwo

Kugira ngo umuntu aryohewe n'ibyishimo nyakuri,
ibyifuzo byiza bigomba gutsinda ibibi, kandi ubushake
bugomba kwerekezwa mu cyerekezo gikwiye ku isoko
.y'ukuri n'inkomoko y'ibyiza byose biriho

Kuki umuntu yagombye kwirinda guhamya ibinyoma?
Kuko ikinyoma gitera uburyarya n'uburiganya

Ubugambanyi ni kimwe mu byaha bikomeye mu maso
y'Imana Gushinja umuntu ibinyoma kugira ngo akunde
inyungu ze bwite cyangwa kugira ngo yihorere ni uburyo
bwo kurahira ibinyoma Iyo buri wese akurikiza iyi ngeso,
akaduruvayo n'akajagari byari kwiganza mu bantu

Gutega amatwi ubuhamya bw'ibinyoma bushinja undi
umuntu ni ugushyigikira umutangabuhamya w'ibinyoma no
kugira uruhare mu myitwarire ye iteye isoni, kandi ko gutega
amatwi no gushyigikira bizahinduka amakimbirane
y'amarangamutima yo mu mutima agabanya amahoro
.y'umutima kandi agahungabanya ituze ry'ubuzima

Nubwo byaba bifite ishingiro by'agateganyo, igikorwa
kizaba giteye agahinda gakomeye kandi kigatera umubabaro
n'ububabare bwo mu mutwe buhungabanya ubwenge kandi
.bugatera umutimanama gucika intege

Ishyari rigira ingaruka mbi kandi zibabaje, kuko rizanira
umuntu ufite ishyari imibabaro ku giti cye kuko ibitekerezo
.n'ibiyumvo umuntu arekura bizamugarukaho

Utanga urukundo n'ubwitange azahabwa urukundo
n'ubwitange, mu gihe utanga ibitekerezo by'umururumba,
.ubwikunde n'ishyari azanabyishyiramo mu rugero rumwe

?Kuki umuntu atagomba kwiba

Isi yaba imeze ite iyo abantu bose babaho bibye, bakiba,
kandi bagatanga amafaranga? Muri icyo gihe, ibyaha
bikomeye kandi biteye ubwoba byaba bikoze. Hazabaho
intambara zikomeye zo kurinda imitungo no kugaruza
.ibyibwe

Ubujura ni igikorwa kinyuranyije n'amahame
mbonezamubano kandi kibuza abandi uburenganzira bwabo,
bityo bikaba binyuranyije n'amategeko agenga ubuzima,
kandi imiryango nta buryo bukwiye ifite n'uburyo bwiza bwo
.guhanga n'abakoze icyaha

Iyo abajura bafunzwe, ingeso zabo za kera zishobora
gukomera cyane, kandi bashobora no kugira ingeso mbi
nshya mu gihe bifatanyaga n'abandi bagizi ba nabi. Ibi
nibibaho, bazagira ibibazo bikomeye cyane nyuma yo
kurekurwa kurusha uko bari bameze mbere yo kwinjira muri
.gereza

Turagusaba, Mwami, ngo uduhe umugisha kugira ngo
tutwumve ikibi, tutabona ikibi, tutavugaga ikibi, cyangwa ngo
duhumeke ikibi

Ntidukora ku kibi, cyangwa ngo twumve ikibi, cyangwa
ngo dutekereze ku kibi, cyangwa ngo turote ikibi

:Imbaraga dukoresha buri muni

Uburyo bwacu bwo kubona ibintu

n'amarangamutima yacu -

n'ubwenge bwacu -

Byose byatijwe n'Imana, kandi ntabwo dushobora
kubaho umusegonda n'umwe tudafite Yo

Ariko, nubwo dukoresha impano ze, ntabwo
tumutekerezaho uko bikwiye, cyangwa ngo tumuhe
.icyubahiro akwiye

Ahubwo, dukurikirana ibinezeza by'umubiri n'ibyifuzo
.by'isi mu buryo bwuzuye kandi bujyanye n'isi ifatika

Iyi ni yo mpamvu nyamukuru y'ububabare n'imibabaro
yacu yose

Imana yaturemye mu ishusho yayo, bityo ntidushobora
kumenya uburyohe bw'ibyishimo nyakuri keretse tubonye ko
iri muri twe kandi tukaryohereza n'umutobe w'ibyishimo
.byayo mu mitima yacu

Nta n'ubwo dushobora kugira imbaraga nziza zikenewe
kugira ngo tubone, ku bushake, ibyo dukeneye buri muni

Keretse tumenye ko Imana ari yo soko y'izo mbaraga,
tugomba kuyishingikirizaho no kuyihindukirira

Turi kumwe n'imitima ishimira imigisha yose
adusukiraho mu mugezi uhoraho

Niba ushimira, nta kabuza nzakwongerera [mu buryo
bwiza]

Iyo imitima yacu yuzuye ishimwe ku Mutanzi w'ubuntu
bwinshi, iba insengero zera zo kuhaba kwe kw'icyubahiro,
kandi icyo ni cyo kintu gikomeye umuntu ashobora
kugeraho, kuko intego y'ubuzima ari uko umuntu aba mu
.bumwe n'Umuremyi we, akamwegera, kandi akamumenya

Mubanze mushake ubwami bw'Imana no gukiranuka}
{kwayo, ni bwo ibyo byose muzabyongerwaho

Mu kwibuka Imana no kuyitekerezaho neza, tuzamenya
ko ari yo dukunda, ko turi abo yatoranyije, kandi ko dufite
.umugabane mu buntu bwayo

Ubwami bw'ibyishimo, urukundo, umucyo, n'ineza

Iyo tuzirikanye ku migisha myinshi y'Imana, ikomeye
muri yo ikaba ari uburyo bwo gukoresha umudendezo wo
guhita mu gukurikira inzira ikwiye iyobora ku ntego zo
hejuru no kugera ku byishimo byo mu mwuka, buri muni
wuzuyemo ibyishimo bishya byo mu mutima, kandi twumva
umugezi mwiza utemba mu buzima bwacu, bityo gushima
kwuzura imitima yacu, kandi ubuzima bukagira uburyohe
.n'icyo buvuze

Umuntu, binyuze mu gutekereza cyane, ashobora
kubona itegeko ry'Imana rikora mu buryo bw'amayobera,
ntahwema gushima, no kwicisha bugufi imbere y'Uwo
.urukundo rwose, ishimwe, n'ishimwe byose bikwiye

Nimucyo twibuke Imana, isoko y'ibyiza byose biriho,
kandi duhuze kwibuka kwacu n'urukundo ruzira uburyarya
.ruturuka mu mitima yacu

Imana, yo ikomokaho ubuzima, urukundo rugasesekara,
kandi imigisha igasukira ubudahwema

Twibuke twishimye abantu bose bacanye buji ku
bw'ikiremamuntu, cyangwa bateye imbuto nziza mu
butaka bw'isi, cyangwa bakwirakwiza ibitekerezo biboneye,
.cyangwa bashishikariza ibikorwa byiza n'imyitwarire myiza

Dukingurire imitima yacu urukundo, duhindure ubwenge
bwacu bwakire ibitekerezo bitanga urumuri, kandi dusabe
Imana ubufasha n'ubuyobozi

Mu byo dutekerezaho n'ibyo dukora

Ubwoba butera uburozi mu mutima

Ubwenge bw'umuntu ni ububiko bunini bw'ingufu
cyangwa ibikorwa by'ingenzi

Iki gikorwa gikoreshwa buri gihe mu mikorere y'imitsi,
imikorere y'umutima, ibihaha, na diaphragm, imikorere
y'uturemangingo, imikorere y'ibinyabutabire mu maraso, no
mu mikorere y'ingingo zikora ku buryo bw'umubiri (imitsi)

Byongeye kandi, ingufu nyinshi z'ingenzi zikoreshwa mu
gutekereza, amarangamutima, no mu bushake

Ubwoba bugabanya imbaraga z'ibikorwa kandi ni umwe
mu banzi bakomeye b'ubushake bukora

Ubwoba buragabanya kandi bukabangamira ibikorwa
by'ubuzima busanzwe bugana ku mitsi, ku buryo isa n'aho
yagitse intege, umubiri ugacika intege kandi imbaraga zawo
zikagabanuka cyane (ubwoba bubuza imitsi!)

Ubwoba ntibufasha gukuraho icyateye ubwoba. Buca
intege ubushake kandi bugatuma ubwonko butanga
ikimenyetso cy'imbogamizi ku ngingo z'umubiri. Ubwoba
buhumanya umutima, bugatuma igogora rigabanuka, kandi
.bugatera indwara nyinshi z'umubiri

Iyo ubumenyi bukomeje kwibanda ku Mana, ntacyo
uzatinya kandi uzabasha gutsinda imbogamizi zose
n'imbogamizi zose

Ufite ubutwari n'ukwizera "Icyifuzo" ni icyifuzo kitagira
imbaraga, mu gihe "umugambi" ari icyemezo cyo gukora
ikintu: gusohoza icyifuzo cyangwa icyifuzo. Ariko "ubushake"
bushobora kugaragazwa no kuvuga ngo: "Ndakora cyane
"kugeza ngezeho icyo nshaka

Iyo utoza ubushake bwawe, ushobora kurekura no
kuyobora imbaraga z'ibikorwa by'ingenzi, aho kwifuza ikintu
.udakoze ibikenewe kugira ngo ukibone

Ntitugomba gutakaza ibyiringiro, ahubwo tugomba
kumenya ko Imana iduha amahirwe menshi yo kunoza
imimerere yacu, kuzamura ibitekerezo byacu, no guhanga
ibintu bishya kandi by'ingirakamaro kuri twe no ku bandi mu
.buzima bwacu

Niba tudashimishijwe n'imibereho yacu, twagombye
gushaka uburyo bushya n'uburyo bushya buzaduha
.kunyurwa no guhumurizwa mu mutwe

Dukwiye gutekereza gukora ikintu kizaduteza imbere
kandi kigatuma ubuzima bwacu bugira icyo buvuze kandi
.bufite agaciro, hanyuma tukabishyira mu bikorwa

Igikenewe byihutirwa ni uguhindura imyumvire cyangwa
guhindura uko igenda

Tugomba kwiyeemeza ko tutazemera ko ibibazo
bitugiraho ingaruka kandi bikadutesha agaciro, kandi ko
tutazemera ko ibintu biduhangayikisha byangiza ubuzima
bwacu, bigafata amarangamutima yacu, kandi bikangiza
.ikirere cyacu

Kandi ko tutazaba abagizi ba nabi n'ingeso mbi, kandi
ko tuzaba dufite umudendezo kandi tutagira ikitubuza
.nk'inyoni zo mu kirere

Nta mpamvu y'uko abantu baguma bahagaze kandi
badahinduka. Udupfundikizo tw'ubuyobe tugomba
gukurwaho mu by'ukuri k'ubugingo kugira ngo bubengerane
n'ubuziranenge n'imbaraga zabwo, bugaragaze ubwiza
.bw'icyubahiro Imana yahaye abantu

Imana iha umugisha imihati myiza, ibyifuzo byemewe,
n'umurava wo gutsinda

Inyuma y'ubuzima bwacu hari imbaraga z'Umwuka
Usumba byose, kandi inyuma y'ubushake bwacu hari inyanja
.y'Ubushake bw'Imana

Turi igice cy'ingenzi cy'iyo nyanja itagira imipaka Iyo
tuyigezemo tukoga, ubwenge bwacu buraguka kandi
tukumva ubunini bwacu

Gutekereza kuri byo bitwegereza, kandi kubitekerezaho
bikatugeza kuri byo

Imbaraga zihoraho zo guhuza na yo ziduha ubumenyi,
ubushake n'imbaraga

Kwitegura buri munsu ubwenge bizana urukundo
rw'Imana n'imigisha yo mu ijuru

Idutembera nta nkomyi kandi ikaduha umugabane
mwinshi w'ubutunzi bw'inyanja

Hari ubwenge bw'Imana bwihishe muri buri muntu,
.ubwenge butegereje umwanya wo kwigaragaza

No kuva mu bwigunge bufunganye kandi buto
bw'ubwikunde

Nk'uko umuntu abyuka avuye mu nzozi ziteye ubwoba
akamenya ko ibyo yabonye ari inzozo gusa, ni ko n'ubwenge
bw'Imana bushishikariza umuntu gukanguka akava mu nzozi
ziteye ubwoba zo gusinzira no mu rujijo agatangira kumenya
no gusobanukirwa neza icyo ubuzima buvuze n'intego
.yabwo

Niba twifuza kubona umucyo wo gukanguka mu buryo
bw'umwuka no kubona urumuri rw'ibyiringiro, tugomba
kumva ijwi ry'imbere

Turakira ibyo idusaba. Tugomba gukura mu nzira
amabuye y'ubuyobe n'amabuye y'ubujiji abangamira
.iterambere ry'ubugingo kandi akabubangamira

Kandi dukomanga n'ukuboko kw'icyifuzo ku rugi rwo
gukanguka tuvuye mu bitotsi byo kutita ku bintu, kugira ngo
duhumeke mu mwuka w'ibyishimo kandi tuzane
amashanyarazi yo mu ijuru kuri buri gitekerezo cyacu
.n'ibyiyumvo byacu byose

Kandi buri kimwe mu bikorwa byacu

Turasaba Imana Ishoborabyose ngo idufungurire
amadirishya yo kumenya ibintu mu bwenge bwacu, itwuzuze
urumuri rw'ubwenge, idukikize urukundo rwayo, kandi
.ituzengurutse impuhwe zayo z'iteka ryose

Mu baje bansanga, hari abantu nabwiye kuva mu
ntangiriro, mu by'ukuri, ko intego zabo atari nziza, kandi
.nabasabye guhindura izo mpamvu

Bake muri bo ntibakunze ibyo navuze, ariko abandi
barabyitabiriye barahinduka baba beza

Uburyarya ntibutanga umusaruro mwiza, kandi
n'umunyabwenge kurusha abandi bose ntashobora guhisha
icyo amaso ye agaragaza

Amateka yose y'umuntu yanditswe mu maso ye

Niba wifuza kumenya kamere nyayo y'umuntu, saba
.Imana iguhishurire imico nyayo y'uwo muntu

Kubera ko udashaka gushukwa, uzumva mu mutima
wawe ko ari imiterere nyayo kandi ubushishozi bwawe
ntibuzaba bubeshye

Iyo tuvugana n'uwo twajyanye, twagombye kumureba
.mu maso no kuvugana icyizere, icyizere n'ukuri

Iyo duhana ikiganza n'umuntu, tugomba kumwereka
urukundo rwacu n'ukuri kwacu, kandi tukagerageza
.kumufasha uko dushoboye kose

Umuntu ushaka ubumenyi agomba kuba umuntu mwiza
kandi agakora ku guteza imbere imbaraga ze zo mu mwuka;
hanyuma Imana izamuha imbaraga zo gufasha abandi no
.kubageza ku mihindagurikire myiza

Nshobora gutembera hirya y'imibumbe n'inyenyeri za
kure cyane, ariko nzahora ndi uwawe. Abayoboke bawe
bashobora kuza bakagenda, ariko nzaguherekeza kandi mbe
uwawe iteka ryose. Nshobora kuzangazwa n'imiraba
y'abantu benshi binjira mu mubiri wanjye nkumva ndi
.wenyine kandi ndi wenyine, nyamara nzahora ndi uwawe

Isi, ihugiye mu mikino yawe, ishobora kukwibagirwa,
ariko nzahora nkwbuka Ijwi ryanjye rishobora gucika intege
kandi nshobora gutsindwa

Ariko mu magambo y'umutima wanjye nzavuga nti:
""Nzahora ndi uwawe

Ibigeragezo, indwara n'urupfu bishobora kunshengura
no gutwika umubiri wanjye, ariko igihe cyose hakiri icyizere
mu kwibuka kwanjye

Reba mu maso yanjye ari kurangira kuko binyuze muri
yo nzakubwira nti: "Nzagukunda iteka ryose kandi nzahora
"!Indi indahemuka kuri wowe

Ndababwira ukuri ko ibisubizo by'ibibazo byanjye byose
ntabihawe n'abantu, ahubwo nabihawe n'Imana, isoko
.y'ubuntu bwose

Kandi isoko y'ubumenyi bwose mu isanzure

Ni we wenyine umpa imbaraga mu buzima, kandi iyo
mvuze, ndamusaba ko yashyira imbaraga mu magambo

yanjye, ukuri kwe, urukundo rwe, n'umucyo we. Numva
ibyishimo byinshi binyinjiramo kuko urukundo rwe ruhebuje
rwisuka mu bugingo nk'umuyaga woroshye mu minsi
y'ubushyuhe, kandi rukomeza gucucuma cyane ku manywa
na nijoro, icyumweru ku kindi, umwaka ku wundi, bityo ntuzi
.aho iherezo riri

Abantu batekereza ko bakeneye urukundo n'ubutunzi
bivuye mu bantu, ariko inyuma ya buri rukundo na buri
butunzi

Urukundo rw'Imana rudahinduka n'ubutunzi bw'umwuka
budashobora gupimwa n'ubutunzi bwo mu isi. Umuntu wese
umenya ko Imana ari yo soko y'urukundo rwose, ibyishimo
.n'ubuntu azabibona kandi abishimire cyane

Imana itanga abayiringira, n'abayiringira

Aramwitegereza, ntabwo areba ikiremwa

Amukiza ibyago n'ingorane

Kandi arinda ikibi inzira

Mu mutima we tubaho ubuzima bw'amahoro

Kandi imitima ituje irabyumva

Kandi iyo tumukeneye, aradufasha

Ukoresheje gukoraho bitanga ihumure n'ibyishimo

Kandi ineza iratugeraho nk'imvura nyinshi

Itangwa ryayo ntirishira mu buzima bwose

Hahirwa Nyir'impuhwe nyinshi, mbega ukuntu ari

!mukuru

Ahora ari uwacu, nk'uko natwe turi abe

Ibitekerezo by'ikirenga

Ewe Muremyi w'Imana

Mwami w'Isi Yose

O wowe uyobora kandi ushyira imbere imibumbe,
inyenyeri n'amagalaksi

Itegeko ryawe rigororotse ritegeka guha abaturage
bawe uburenganzira bwo kwihitiramo no kwihitiramo, ibyo
bikabafasha kwiteza imbere no kwegera amahame
.n'amahame yawe matagatifu

Waduhaye umudendezo w'iteka kandi udutera imbuto
z'ubwenge rusange. Ariko ikibabaje ni uko twashyize
ubwenge bwacu rusange inyuma y'imigozi y'ubwikunde,
urwango, ibitekerezo bigufi, n'ubufana budafite aho buhuriye
.n'ukuri

Mwami, dufashe gushonga – dukoresheje urukundo
rwacu rushyushye n'ubwumvikane bwa kivandimwe – inzitizi
zose z'ubukorano n'imbogamizi hagati yacu n'abandi

Dufashe gukoresha umutimanama uri maso no gufata
ibyemezo bizima mu kwifata no kugendera mu nzira
z'ubuzima ugororotse

Kandi uduhe umugisha wo kongera ubutunzi bwacu bwo
mu mwuka n'impuhwe zacu z'impuhwe, twagura uruziga
rw'urukundo rwacu rw'igihugu kugira ngo rugere ku batuye
isi bose, hatitawe ku ibara ry'uruhu, icyiciro, igitsina,
.n'imyizerere

Mwami w'Isi Yose, twubaha kandi twishimire ubwigenge
bw'abantu bose bavutse bafite umudendezo

Kandi uduhe umugisha kugira ngo twubake isi yunze
ubumwe kandi tugutore nk'umuyobozi wacu w'umwuka
w'ubuzima bwose

Kuva mu nda y'umutima

Uwiteka, reka amatara y'ibyo nshaka byose agurumane

Ubwiza bwawe buhebuje buhora buriho

Nubatse urusengero rw'ibyo nifuzaga

Muri buri gitekerezo cyanjye

?Wansura

Kandi wicaye ku ntebe y'ubwami y'urukundo rwanjye

!kuri wewe

Ibitekerezo byanjye bikurikize ubuyobozi bwawe

bw'ubwenge

Ube ibyishimo bikomeye mu buzima bwanjye

Kuva mu irembo ryo gutekereza ku Mana no

kuyitekerezaho

Nzinjira mu Ngoro y'Amahoro Arambye

Uyu munsu n'ubwoba inkoni zigaragaza impungenge

n'ubwoba

Kugira ngo mboneshe urusengero rw'Imana mu bugingo

bwanjye

Nzashaka Imana mu bwigunge bw'umutima wanjye

Kandi nzasenga cyane kugeza igihe umutima wanjye

utera kubera urukundo kuri we

Kandi numva igisubizo cy'e ku masengesho yanjye

Oh, iyaba ikibatsi cy'ubuzima bwanjye cyashoboraga
kwivanga n'izuba ry'Imana

Kandi birabagirana mu maso y'abantu bose bakunda
ibyiza

Nzanyanyagiza isi yashenywe n'intambara

Hamwe n'ibitekerezo by'amahoro n'urukundo

Nzinjira mu buturo bwera bw'Imana

Kandi nkora ku bwenge bw'isi

Binyuze mu byishimo byo gutekereza no gukunda Imana

Uburinzi bw'Imana burankikije iteka ryose

Kandi umucyo w'Imana uramperekeza kandi ukirukana
umwijima ukikije

Igihe cyose ngendera mu mucyo we uyobora, sinzagwa

Sinzateshuka ngo mve mu nzira igororotse

Amarangamutima azima

Ewe Roho wo kubaho kandi Mwigisha w'Isi

Uri inyuma yanjye, aho mbona ubwiza bwawe
bugaragara

Kandi inyuma y'ugutwi kwanjye, aho numva uruvange
rw'amajwi yo ku isi

Uri inyuma yanjye, ni nawe numva ibintu mu isi yawe yo
ku isi

Kandi hirya y'igitambaro cy'ibidukikije gihisha isura
yawe nziza

Ndakubona mu maso heza h'indabyo

Kandi ndagusogongera mu buryohe bw'ibiryo
bikungahaye ku ntungamubiri

Ndumva imiterere yawe y'ubumana n'uburyohe bwawe
bw'iteka ryose

Mu bintu byiza byose n'ibitangaza biriho
Ndagusenga, Mwami, kandi uri inyuma y'ijwi ryanjye
rihinda umushyitsi

Kandi inyuma y'ubwenge bwanjye, nsenga
Uri kure y'ibyumvo byanjye byimbitse
Hirya y'ibitekerezo byanjye byera n'ibyifuzo byanjye
n'inyota yanjye kuri wewe

Uri kure y'ibyo ntekereza kandi uri kure y'urukundo
!rwanjye rw'ubugwaneza

Yewe, iyaba washoboraga kuva inyuma
y'amarangamutima y'abantu

Kandi ahantu nyaburanga hatangaje
Fungura amaso yanjye yo mu mwuka kugira ngo
!nshobore kukubona neza uko uri

Ubuzima budafite Imana ntibutunganye
Iyo duhuje n'Imana, gusobanukirwa ibintu mu buryo
bw'ubwenge bizadushishikariza kandi bikatuyobora mu byo
dukora byose

Tugomba kugira izo mbaraga nziza tubigambiriye. Izo
mbaraga ziri muri twe; tugomba kuzihishura gusa

Uzasanga iyi mbaraga ikora muri byose kugira ngo
irusheho kunoza imimerere yawe no koroshya ibintu. Iyo
uhujwe n'iyi mbaraga, imibereho yawe izasesekara ku

mbaraga z'isi, kandi ibitekerezo byawe bizarushaho
gutunganywa, kwibanda ku bintu, gutyaye, no kwinjira.
Uzamenya ko ubugingo bwawe ari ibikoresho by'ukuri
.kw'Imana n'ubwenge bwayo budashira

Imana ni yo soko y'ubuzima bwiza, uburumbuke,
ubwenge n'ibyishimo by'iteka ryose lyo duhujwe na yo,
ubuzima bwacu burushaho kuba bwuzuye kandi bugatuma
tunywurwa

Ubuzima budafite Imana ntibutunganye Tugomba
gutekereza kuri iyo mbaraga ihebuje iduha ubuzima,
imbaraga n'ubwenge

Tugomba gusenga kugira ngo uku kuri kugere mu
bitekerezo byacu, imbaraga zigere mu mibiri yacu, kandi
ibyishimo bidashira bigere mu bugingo bwacu

Inyuma y'umwijima w'amaso afunze hari imbaraga
zitangaje z'isi, n'ubugingo bwiza bwose n'imyuka myiza

N'ubugari butagira iherezo bw'imiraba y'ubugingo

Nutekereza neza, uzamenya ukuri kwuzuye kandi
uzabona umurimo wako utangaje mu buzima bwawe no mu
.bintu byose bitangaje kandi bihebuje mu byo waremye

Ku nzira zo kwifuza

Imana irimo kumpamagarira

Binyuze mu mitima ifunguye

Kandi imitima myiza itera urukundo

Kandi yuzuye ukwizera

Igikorwa cyiza cyose cyakozwe n'umwigishwa

Ubumenyi bwe buri hafi gutera intambwe imwe

Kuva ku mfuruka y'ubwenge bw'ikirere

Reka ninjire imbere, Nyagasani

Kugira ngo ndebe ubwiza bwawe bw'Imana

Kandi mfite umugisha wo kubona amatara yawe
agaragara cyane

Niba ubuzima bwanjye buyobowe n'ubwenge bwawe
bw'Imana

Bityo rero, imbaraga zanjye nta kabuza zizatsindira
intsinzi

Sinzayoba

Uwiteka, mbabarira kugira ngo iyerekwa ryanjye
risobanuke neza

Roho yanjye irasukuwe

Hanyuma yabonye izuba ry'ukuri

Kandi nishimiye kumenya ukuri

Uyu muni nibagirwa ingorane zanjye za kera

Nzahangana n'ibihe bya none n'ejo hazaza

N'ubutwari n'icyizere, tubifashijwemo n'Ishoborabyose

Nzashyira imbaraga mu mubiri wanjye mu ngufu
z'ikirere

Kandi noza umubiri wanjye n'urumuri rukiza rw'ubwenge
bw'Imana

Nk'urumuri rw'ikirere

Amahoro yuzuye ubwenge bwanjye

Kandi yumvise Imana ihari itagira iherezo

Uwiteka, tangariza ubwenge bwanjye
Uzuza umuyoboro wanjye wo mu mutwe
Mu gusobanukirwa no kumenya
Umucyo w'urukundo rwawe urabagirane
Mu nzira z'ubuzima bwanjye
Mu birwa bya Blue Islands

Ndi ku ibaraza ryanjye, narebye iburengerazuba, maze
ndebe ku mababa y'ibitekerezo ngera ku nkombe z'izuba rya
kure. Ku ruhande rwanjye rw'iburyo n'ibumoso, nabonye
.imisozi ibiri yahise ihinduka ibara ry'umuhengeri ridasanze

Ubwo nongeraga kureba, ikiganza kitagaragara cyari
kibatwikiriye mu mwenda w'ubururu bwijimye Inyuma yanjye
hari umujyi wa Guadalajara, wuzuye mu bwije
bw'umugoroba Ijuru ry'iburasirazuba ryari rimeze
nk'umutuku woroshye. Nrebye imbere, amaso yanjye
yabonye umujyi w'ibirwa by'ubururu urimo kureremba mu
.kiyaga cya zahabu

Muri iki kirwa cy'ibirwa by'ubururu bw'amayobera, hari
umusozi munini w'iroza ry'ubururu bw'amayobera, ukikijwe
n'ibicu by'ibirunga by'umweru by'ikirunga byasohoraga
imiyoboro y'amazi y'umukara w'izahabu, irabagirana
nk'umukororombya yerekeza ku kiyaga gituje. Imiriro
ikomeye y'izahabu yatwikiriye ibirwa by'ubururu mu mucyo
.w'urumuri

Isonga ry'ubururu n'ikamba ryayo ry'umuriro
byagaragaraga nk'impanga ku buso bw'icyo kiyaga cya
zahabu kitarimo gutuza. Kandi iburyo, ikiyaga gito, gituje
cyari gikinguye, gikikijwe n'igituza cya kimwe mu birwa
.by'ubururu nk'ukwezi kuzuye koga hagati y'imiraba y'ibicu

Namaze igihe kirekire ngenda mu muji w'izuba rirenga
n'ibicu bisa n'ibirahure, nzamuka hejuru y'ikiyaga n'urumuri
rwacyo rworohere rw'izahabu. Mbega ukuntu ayo mazi
y'izahabu yuzuyemo urubura rutukura yari meza cyane
!atatanye mu mpande zose kugeza ku mpera y'iteka ryose

Nibwiraga ko ibiremwa by'umucyo ari roho nziza kuri iyi
si, kandi nyuma yo gutsinda ibizamini byose by'ubuzima,
bemerewe kwishimisha no gushyira mu bikorwa inzozo zabo
.uko babyifuzaga

Buri munsu iyo izuba rirenze, ibyo biremwa
byakomezaga inzozo zabyo zo mu ijuru mu miji y'inyanja
.ikikijwe n'inyanja n'ibiyaga bya zahabu

Hari n'inyuma y'agahinda kandi hirya y'imitego y'iyi si
yo ku isi hamwe n'ibyago n'imibabaro byayo byose

Aho ngaho, uretse ibibabaza, ibyo biremwa
byahumekaga amatara atukura, binywa imirasire
y'umuhondo, byimuka, byegera, bizerera, kandi byoga
.hagati y'amatara y'amabara menshi

Aha ngaha, ibyo biremwa byahitaga bisohozwa inzozo
zabyo kandi bigashyira mu bikorwa inzozo zabyo uko
.bishakiye, hanyuma bigashira bikayoyoka uko bishakiye

Aha ni ho yishimiye ubutunzi bwo kunyurwa no
kunyurwa, kandi asohozwa indoto z'abamusuye bese mu isi ye
.itangaje kandi y'amayobera

Aha, ntabwo yagombaga gutegereza no kwifuza
nk'abantu kugira ngo inzozo ze zibe impamo n'ibyifuzo bye
bisohozwe, ahubwo yarose uko yabyifuzaga kandi ageraho
.izo nzozo n'ibyifuzo byose ku bushake bwe

Uwo mujyi urenga izuba mu birwa by'inzosi wari umwe
mu nzosi zanjye zari mu bwenge bwanjye, kandi uyu munsu
!byarabaye impamo mu buryo bwose

Mu by'ukuri, nabonye ubutunzi n'ubutunzi byihishe mu
mutima wanjye, kandi urumuri rwabyo rwaranyishe kandi
!urumuri rwabyo rwarampagije

Paramehansiat: Uduce tw'ibyishimo by'Imana

Kwicisha bugufi, Uwiteka, ni bwo buryo bwizewe

Kugira ngo wakire imvura y'imbabazi zawe z'Imana

Nzashyira ibyiringiro byanjye mu butabera bwawe
bw'Imana no mu mahame y'ukuri

Kumenya ko witabira umuhamagaro w'urukundo n'ibyo
umutima wawe wifuza

Mu bufatanye bwa hafi n'ubushake bwawe rusange

Kandi nkwiseye byimazeyo

Nzakira ubufasha bwawe kandi nzamube hafi

Uyu munsu nzakora inshingano zanjye kuri wewe

Nk'uko nanjye nuzuka inshingano zanjye ku isi

O Mukundwa cyane

Uri ijwi ry'umutima rivugika mu mitima y'abantu

Kandi uri ijwi ry'amarangamutima amatwi adashobora
kumva

Guhabwa umugisha n'urukundo rwawe ni ikintu
gikomeye cyane

Kuva ku bitekerezo byose by'isi

Kandi icyubahiro cyose cyo ku isi

Ndizera byimazeyo wowe

Ndabona igicucu cy'uburwayi kigenda kigabanuka
kidasubiye inyuma

Nzakubona, Mwami, ndi mu madirishya y'ibidukikije no
mu miryango y'amahoro

Uduhe umugisha wawe

Kandi utubinjize mu miraba y'imbaraga zawe zo mu
kirere

Dukomeze kwikunda cyane

Ibi bibuza roho kwegerana

Kandi inama yabo yari ishingiyeye ku rukundo rw'ineza
n'umucyo

Reka mvugire indabyo z'amasengesho yanjye

N'amazi yo kugutekerezaho no kugutekerezaho, Mana
yanjye

Kugira ngo indabyo nshya kandi zishaje zishobore
kumera

Kuva ku guhumekwa, amahoro, n'ibyishimo

Uburyo bwonyine bwo kwirinda ikibi ni ugushyira mu
gaciro kugira ngo wemere ikibi kandi wiyemeze kutagikora

Kurwanya umuntu nabi ntibitanga ukuri. Ubujiji ni
umwanzi nyakuri w'abantu kandi bugomba kwirukanwa muri
iyi si. Dufite ibyo dukeneye byose muri iyi si kugira ngo
twinjize igihe cy'uburumbuke, ibyishimo n'ubutabera
.busesuye

Imbogamizi yonyine ni ubwikunde bw'abantu, butuma
ibi bidashoboka. Imibabaro iteye ubwoba kandi idakwiye
iterwa n'ubwikunde bw'abantu no gushaka inyungu zabo
.bwite batitaye ku bandi

Amafaranga yashoboraga gukoreshwa mu kugaburira no
kwambika abakene ahubwo akoreshwa mu gusenya no
kwangiza Ubu bwikunde, bwavutse mu bujiji, ni bwo
ntandaro y'ibibazo by'isi

Buri wese atekereza ko akora ikintu gikwiye, ariko iyo
akurikiranye intego ze bwite gusa, ashyiraho itegeko rya
karmic ry'impamvu n'ingaruka, rizasenya ibyishimo bye
.n'iby'abandi nta kabuza

Uko mbona ibyago by'isi biterwa n'ubujiji bw'abantu, ni
ko ndushaho kubona ko ibyishimo bitazaramba nubwo
imihanda yaba irimo zahabu

Ibyishimo biri mu gutuma abandi bishima, kandi buri
wese aramutse abikoze, buri wese yakwishima

Kandi buri wese yabona umugabane we mu byiza by'isi

Kubera ko twaje muri iyi si aho tutazi, ni ibisanzwe ko
twibaza inkomoko n'intego by'ubuzima

Twumva kandi tugasoma iby'Umuremyi w'iyi si, ariko
ntituzi uko twamugeraho icyo tuzi gusa ni uko isanzure ryose
ritangaza ko ubwenge bwe bw'Imana buriho

Nk'uko ibice bito kandi by'ingenzi by'isaha ntoya bituma
dutangarira uwayikoze, kandi nk'uko imashini nini kandi
zigoye zo mu ruganda zidutangaza kandi zidutangaza ku
muvumbuzi wazo, ni ko iyo tubonye ibitangaza by'ibidukikije,
dutangazwa n'ubwenge bwihishe inyuma yazo, maze
tukabaza tuti: "Ni nde wahaye indabyo ishusho nziza
yerekeye izuba? Impumuro nziza n'ubwiza byayo byaturutse

he? Kandi se indabyo zayo zakozwe gute neza cyane kandi
"?zigasigwa amabara meza kandi ashimishije

Mu ijoro, inyenyeri n'ukwezi, bidukikije urumuri rwabyo
rw'ifeza, bidushishikariza gutekereza ku bwenge buyobora
iyi mibumbe yo mu kirere mu isanzure ryinshi. Umucyo
woroheje w'ukwezi ntuhagije ku bikorwa bya buri muni,
bityo ubwenge bw'ubwenge n'ubwitonzi butanga igitekerezo
cyo kuruhuka nijoro. Hanyuma izuba rirasa, urumuri rwaryo
rurabagirana rutuma tubona isi ituzengurutse mu buryo
.busobanutse neza, kandi twiyemeza guhaza ibyo dukeneye

Hari uburyo bubiri bwo guhaza ibyo dukeneye: uburyo
bw'umubiri n'uburyo bw'umwuka. Urugero, iyo ubuzima
bwacu burushijeho kuba bubi, dushobora kujya kwa
muganga kugira ngo tuvurwe. Ariko hagera igihe aho nta
muganga cyangwa undi muntu uwo ari we wese ushobora
kudufasha, maze tugahindukirira inzira ya kabiri; imbaraga
z'umwuka zaremye umubiri wacu, ubwenge bwacu,
.n'umwuka wacu

Imbaraga z'ibintu ziba zifite aho zigarukira, kandi iyo
tunaniwe, twishingikiriza ku mbaraga z'Imana zitagira
imipaka. Ibi binareba ibyo dukeneye mu by'amafaranga Iyo
dukora uko dushoboye kose ariko ntitubone ibihagije,
.twishingikiriza kuri izo mbaraga

Buri wese atekereza ko ibibazo bye ari bibi cyane. Hari
abantu bumva bafite umuvuduko urenze uw'abandi kuko
ubushobozi bwabo bwo kwihangana bugabanuka. Bitewe
n'itandukaniro ry'imbaraga z'ubwenge bw'abantu, bakoresha
imbaraga zitandukanye. Iyo umuntu ahuye n'ikibazo
gikomeye kandi ubwenge bwe bugacika intege,
ntibazashobora kugitsinda. Abafite ubwenge bukomeye
bashobora gutsinda ingorane zabo basenya inzitizi no
kunyeganyeza ishingiro ryabo. Nyamara, ndetse n'abantu
bakomeye rimwe na rimwe bahura n'ingorane Iyo duhuye

n'ibibazo bikomeye by'umubiri, ubwenge, n'iby'umwuka,
tumenya uburyo imbaraga z'ubuzima zigarukira muri iyi si
.ifatika

Imbaraga zacu ntizigomba gushyirwa gusa mu kugera
ku buzima bwiza n'umutekano w'ibintu, ahubwo zigomba no
.gushakisha icyo ubuzima bugamije

Intego y'ubuzima ni iyihe? Iyo ingorane ziturenze,
tubanza kureba aho dutuye, tugerageza uburyo bwose
bushoboka bwo guhindura ibintu twizera ko bizatugiraho
ubutabazi. Ariko iyo tugeze ku iherezo ribi tukavuga tuti:
"Ibigeragezo byanjye byose byarananiranye, ni iki kindi
nakora?" dutangira gutekereza cyane ku gushaka igisubizo
cyiza ku kibazo cyacu. Kandi iyo ibitekerezo byacu
birushijeho kuba byimbitse, tubona igisubizo muri twe. Ubu
.ni ubwoko bw'isengesho ryasubijwe

Mu ituze ry'umutima wanjye

!Reka nguhure, Nyagasani

Ntungira, kandi umpe kumva ko uriho iteka ryose

Muri njye no mu nkengero zanjye

Mu bitekerezo byanjye byonyine, ndifuza kumva ijwi
ryawe

Nimureke amajwi y'isi anyinjire kure

Ihishe mu bwenge bwanjye

Ndashaka kumva ijwi ryawe rituje kandi rituje

Kandi umuririmbyi ahora ari mu ituze ry'umutima
wanjye

Mana yanjye, aho uri hose

Ugomba kuba uhari

Mu mutima wanjye no mu mutima wanjye

Mfasha kwerekana n'igice gito

Kuva mu butunzi bwihishe mu kirombe cyanjye

!cy'umwuka

O urumuri rumurika cyane

Umutima wanjye uri maso

Ubuzima bwanjye bwo mu mutwe

Uzuza urusengero rwanjye rw'umwuka icyubahiro cyawe

!Yewe Nyenyeri y'Amajyaruguru ihoraho

Aho natembereraga hose n'uko nahindukiye kose

Urushinge rw'ingufu z'ingufu z'ifarashi mu mutwe

wanjye rukomeza kukwereka

Waba warakubiswe n'umuyaga w'ibyago

Cyangwa banyotewe n'imvura y'ingorane n'ibyago

Ariko ubwenge bwanjye bwari buyobowe

Kugira ngo buri gihe tuguhindukirire

Inyoni nkunda cyane, ikubita amababa yayo

Hagati mu bicu by'urujijo

n'inkubi y'umuyaga w'urujijo

Nta kabuza azakubona inzira igusanga

Mu bihe bya kera

Mu mutima wa eteri

Ubwo twavukaga turi imyuka

Twese twari dusinziriye
Munsi y'uburingiti bw'urukundo rw'Imana
Kandi ubwo Imana yadukanguraga
Twamwirukanye kure ye
Nkuko bivugwa mu nkuru y'umwana w'ikirara
Twibagiwe isano y'ubumwe hagati yacu n'Imana
Twabaye abantu bataziranye
Kandi kuva twataye urugo rwacu rwo mu ijuru
Twabaye muri iyi si
Abagenzi bazenguruka impande zose z'isi
Tugendera mu nzira z'amateka
Twarenze urugero cyane
Twimukiye kure y'iwacu twahoze dutuye
Ariko rimwe na rimwe
Hari ahantu, ibyo twanyuzemo, n'amasura amwe
n'amwe biradukangura
Ibitekerezo byashyinguwe n'ibyiyumvo byimbitse
by'imbere
Aradutontomera
Twumva nk'aho turimo kubyibonera ukundi
Ibintu twari dusanzwe tuzi
Duhura kandi tugahuza n'abakunzi bacu
Twari hafi yabo

Mu bihe byashize cyane
Yewe Muremyi w'isi yose
Umucyo wawe urabagirana mu bakomeye
Ubumenyi bwabo bw'Imana buduhe imbaraga zo
gusobanukirwa
Tumenye ko uri intego nyamukuru
Icyo duharanira kugeraho
Intego ikomeye kurusha izindi
Ibyo twifuza kugeraho
Duhumurize n'impumuro nziza y'ubuturo bwawe
Twuzuzemo kwifuza kuboneka kwawe kw'icyubahiro
Ubwenge bwawe bw'Imana butugaburire ubuzima
bwacu
Twumve urumuri rwawe rwera
Irakwirakwira mu bice byose by'ubuzima bwacu
Kandi bikomeza icyemezo cyacu
Kandi ikuraho umwijima wacu
Kandi amahoro atubengere
n'icyizere
Kandi icyifuzo cyo gukora ibikorwa byiza
Hagati y'Igikomangoma n'Umuraperi w'Umucyo
Igihe kimwe, igikomangoma cy'umunyagitugu cyagiye
mu rugendo rwo guhiga hamwe n'abagaragu bacyo

n'abagaragu bacyo, bafite ibikoresho byose n'intwaro.
.Binjiye mu ishyamba bavuzza amakondera banavuzza ingoma

Nyuma yo guhiga inyoni, impongo, n'ingwe z'inkazi,
igikomangoma n'abari kumwe na cyo babonye ko bari
babuze inzira

Bari bafite ibiryo bihagije ariko nta mazi bari bafite
Nubwo bashakishije amazi mu ishyamba badahwema, nta na
rimwe babonye. Nta bwihisho bari bafite ku bitero
by'inyamaswa z'inkazi zo mu ijoro, ubwo umwijima
.wegerezaga vuba

Izuba ryarazimye, maze igikomangoma cyari kiyoboye
imodoka, kigera ku kazu gashaje, kari karashaje. Amaze
kumanuka ku igare, yakinguye urugi rutakinguye yinjira mu
kazu. Ibintu byose byari byijimye uretse urumuri rwari mu
mfuruka yarwo, maze yibwira ati: "Ndetse n'akazu
".karasigayemo abantu

Ariko abitewe n'ibyiringiro, yahamagaye ati "Amahoro,
"?hari umuntu uri hano

Yatunguwe cyane no kumva ijwi rituje rimusubiza rituje,
"?rigira riti: "Yego, ndi hano Urashaka amazi

Igikomangoma cyarebye mu mwijima akanya gato
kugeza ubwo cyabonye umuzimu w'umuntu, maze
gitangazwa nuko uwo mugabo yari azi ibitekerezo bye na
.mbere yuko kimubona cyangwa ngo kimumenye

Igikomangoma cyabajije uwakiriye ati "Uri nde?"
Uwakiriye aramusubiza ati "Uri umuntu ubabaye wiyeguriye
"Imana

Umuzunguruko yacanye itara maze igikomangoma
gihamagara abari bamuherekeje, maze bumva bishimye
.cyane babonye amazi n'imbuto muri iryo shyamba rya kure

Igikomangoma cyabajije umuhetsi kiti: "Ntabwo utinya
"?ingwe n'inzoka

Shehe w'umwirabura yaramusubije ati: "Birumvikana ko
atari byo, ingwe ni injangwe zanjye, kandi inzoka ni amahoro
kuri njye. Turi inshuti zihora zishimira izuba ry'urukundo
".rw'Imana rumurikira byose muri ubu buzima

Ubwo igikomangoma cyarebaga neza uwo
munyacyubahiro, cyagize ubwoba bwinshi ubwo cyabonaga
inzoka ebyiri zimanitse mu ijosi ry'uwo munyacyubahiro.
Igihe yegeraga kugira ngo yemeze ibyo yabonye, inzoka
zaravugije zirahinda iminwa, zizunguza imitwe yazo, kuko
zumvise ubwoba n'ubwihisho byari mu mutima
.w'igikomangoma

Byongeye kandi, muri ako kanya imwe mu ngwe zo mu
ishyamba yinjiye mu nzu iryama bucece ku birenge
by'umuhetsi Nyuma y'uko umuntu w'Imana ayihumuriye
kandi ayikubita umutwe, ingwe yaragiye bucece, yerekeza
mu mutima w'ishyamba

Igikomangoma cy'umwirasi cyaribwiye kiti: "Uyu
musaza agomba kuba ari umukiranutsi kandi w'umutima
mwiza, kuko yaturinze inyamaswa zo mu gasozi n'inyota
yica. Nk'igihembo cy'igikorwa cye, nzamutungisha."
:Hanyuma abwira umuhetsi ati

Yewe Sheikh, isura yawe irabagirana mu bugwaneza"
n'ubunyangamugayo, kandi ndashima ibyo wankoreye byose
hamwe n'abari kumwe nanjye. Bityo, ndashaka kukwizeza
ibanga rizagufasha kuba umukire n'umukire. Iri banga
".ndarihishurira bwa mbere, kandi kuri wowe gusa

Akimara kuvuga ayo magambo, igikomangoma cyafashe
ibuye muni y'igishura cyacyo kigakomeza kuvuga, kigira
:kiti

Ndashaka kukwizeza ubu butunzi bw'umuryango. Ni" ibuye ry'umuhanga mu bya filozofiya, kandi wenda uzatunga ukoresheje iri buye. Iri buye rikora zahabu, kandi ryahawe data n'umwe mu bahanga mu by'ubutabire. Rifite ubushobozi bwo guhindura byose rikoraho zahabu nziza. Ushobora gukoresha iri buye umwaka wose ugahindura amabuye zahabu, hanyuma ukayagurisha kugira ngo wigurire ingoro ya zahabu. Nzagaruka aho uri nyuma y'umwaka kugira ngo ngusure maze nkuremo ibuye ryanjye, ".mbona ko ari iry'agaciro kurusha ubuzima bwanjye

Umuzungura ntiyashakaga kwemera iyo nshingano, ariko asubiza icyifuzo cy'igikomangoma gikomeje, yemeye kugumana ibuye ry'umuhanga mu bya filozofiya. Igikomangoma cyabonye umuzungura ashyira ibuye munsu y'umukandara we atabyitayeho (aho abantu bashyiraga amafaranga yabo kubera gutinya abajura!), hanyuma igikomangoma kigenda

Nyuma y'umwaka umwe, igikomangoma cyagarutse n'abari kumwe na cyo, cyiteze kubona ingoro nziza cyane aho kubona inzu yari imaze kwangirika. Ariko yarababaye ubwo yabonaga ko inzu yari ihagaze kandi imeze nabi kurusha mbere. Nuko ava ku ifarashi ye maze akingura "?urugi, ahamagara cyane ati: "Uracyariho, muramu

Umuhetsi yasubije mu ijwi rikomeye kandi ryimbitse ati:

"Yego, Imana ishimwe, Nyagasani Murakaza neza mu rugo "rwanjye ruciriritse

Ako kanya kandi nta nteruro, igikomangoma cyarasemereye kiti: "Ufite iki kibazo, muntu? Wakoze iki ku ibuye ry'umuhanga nagusigiye? Kuki utaryikoresheje kugira "?ngo ube umukire

Umuhetsi yatekereje akanya gato hanyuma asubiza ati: "Iyi buye ry'umuhanga mu bya filozofiya uvuga ni irihe, kandi

usobanura iki iyo uvuga ko ngomba kuba umukire? Mu
"by'ukuri, sinshaka kuba umukire kundusha

Ubwoba bwarafashe igikomangoma, yibwira ko uwo
mukecuru wari warabuze ibuye rye kubera kutitaho, maze
avuga mu ijwi rituje asaba ati: "Ndavuga ibuye ry'umuhanga
mu bya filozofiya w'agaciro washyize munsu y'umukandara
wawe umwaka ushize? [Eddie, ufite umukandara wawe],
"?mbwira icyo wakoze na ryo

Umuhetsi aramusubiza ati: "Nibyo koko ubu ndibuka
ibuye ryawe ry'agaciro Umunsi umwe nari ntekereje cyane
ku Mana ubwo najyaga kwiyuhagira mu ruzi, maze
ndatekerezaga ko ibuye ryavuye mu myenda yanjye rinyimira
".n'amazi. Gira amahoro

Igikomangoma cyaranguruye ijwi riti "Yewe, igihombo
cyanjye kidasubirwaho! Natakaje byose!" maze hafi gucika
intege kubera gutangara cyane. Umunyeshuri yamusutseho
amazi akonje mu maso aramukiza, mu gihe abagaragu
b'igikomangoma begereye Shekhe, amaso yabo arabagirana
kubera ububi, bashakaga kumugirira nabi. Ariko umunyeshuri
yarasetse ati "Yewe, Mana yanjye, ufite icyubahiro gikabije,
sinari nzi ko watera urusaku ku ibuye. Ngwino tuyane ku
".ruzi, nzashakaga ibuye ryawe kandi ngerageze kuribona

Igikomangoma cyaramushubije kiti: "Warasaze?
Urashakaga gushakisha ibuye ryaguguyeho rigatwarwa n'amazi
"?umwaka ushize

Ariko umuhetsi ntiyitaye ku magambo ye, maze
aramukankamira ati: "Igikomangoma gito, nta mpamvu y'ibi
byose bihari Tegereza kugeza igihe tuzashakaga ibuye mu ruzi.
".Ngwino twese

Nk'aho ari mu burozi, igikomangoma n'abari kumwe na
cyo basubije imbaraga z'umuheto zigaragara maze

baramukurikira bucece bagera ku ruzi. Aho ni ho umuheto yasabye igikomangoma gukura igitambaro cye mu mufuka we, akagifata ku mfuruka zacyo enye, akacyinjiza mu ruzi,
:asenga atya

Yewe Mutware w'Abatware, Umwami w'Abami, kandi"
waremye amabuye y'abahanga bose ba Filozofiya, nsubiza
"ibuye ryanjye kuri njye

Igikomangoma kikimara kubikora no gukura igitambaro
cye mu mazi, cyatangajwe no kubona n'amaso yacyo atemera amabuye arenga makumyabiri y'umuhanga mu bya filozofiya, asa n'aya mbere yari yaratakaje. Amaze kugerageza buri rimwe, yasanze rimwe ryose rishobora guhindura amabuye asanzwe yo ku mucanga zahabu. Igikomangoma cyahise gihambira amabuye mu gitambaro .maze gijugunya umupfundikizo mu ruzi

Umuhanzi n'abari kumwe na we baramukankamira bati
"Kuki wabikoze?" Ariko igikomangoma cyarebye uwo muntu w'Imana, kimwikubita imbere kimwubaha, maze kiravuga
:kiti

Ndashaka, bwana, kugira icyo ufite umuntu ufata"
"amabuye akora zahabu nk'amabuye y'agaciro

Nuko igikomangoma cyavuye mu bwami bwacyo bwo ku isi kugira ngo cyigire ku musaza w'umunyabwenge uburyo bwo kubona ubwami bw'umwuka, butagengwa n'ikirere .kandi budashobora kurimburwa

Ihame ry'iyi nkuru ni uko ubutunzi bwo ku isi, nubwo bwaba bufite agaciro kangana iki, ni ubw'igihe gito kandi bugomba gusigara inyuma muri iyi si isanzwe igihe umubiri .uzaba intumbi ikonje kandi idafite ubuzima

Aho gukoresha ibuye ry'umuhanga mu bya filozofiya, rigereranya ubushobozi bwo kwegeranya ubutunzi bw'igihe

gito gusa, twagombye kumera nk'umuntu wiyanga
wakoresheje igihe cye n'ubushobozi bwe kugira ngo abone
.ubutunzi bw'Imana budashira kandi budashira

Umuntu wese uzi Imana azagira ubutunzi burenze
inzosi, kandi nibiba ngombwa, azareka ubutunzi bufatika
nk'aho ari amabuye, yizeye kubona ubutunzi bwo mu mwuka
.no kwishimira ubutunzi nyakuri

Mu mibanire yacu n'abandi

Ni ingenzi cyane kumenya no guha agaciro

Imico yihariye n'imico myiza

Ibyo babikuye mu byo banyuzemo

Kandi babiremye bahereye ku bumuntu bwabo

Niba twiga ku bantu bafite ibitekerezo bifunguye

Tuzabasha kubumva no guhangana nabyo mu buryo
bworoshye

Tuzashobora kandi guhita

Kumenya imiterere y'umuntu turimo gukorana na we

Ntukaganire n'umuhanga mu bya filozofiya ku birebana
n'amasiganwa y'amafarasi

Ntukaganire n'umuhanga mu bya siyansi ku bijyanye no
gutunganya urugo

Nzi ikimushimisha n'ikimukurura

Kandi yamubwiye kuri iyo ngingo

Ntabwo ari ngombwa ko utekereza ku bintu
bigushimisha

Niba dushaka kumva abandi

Tugomba kwirinda kubanenga no kubacira urubanza
Ahubwo, twagombye kwirebera mu ndorerwamo
y'ubushishozi bwacu
?Kugira ngo umenye ibigomba gukosorwa no kunozwa
Iyo ndorerwamo y'imitekerereze itandukanye cyane
Ku bijyanye n'indorerwamo tuzi neza buri gitondo
Buri munsu ndeba muri iyo ndorerwamo
Iyo mbonye ikintu ntakunda
Ndishinja kandi nkora cyane kugira ngo mbikosore
Muri ubu buryo, umuntu abona ishusho ye
Yagaragaye mu ishusho yayo nyayo mu ndorerwamo
y'ubugingo bwe
Kandi bigenda bitera imbere umunsi ku wundi
Mu nzira igana ku byishimo n'amahoro yo mu mutima
Imana ibahe umugisha kandi amahoro aye kuri mwe

Urusobe rw'abantu bashishikajwe

Dore ndimo ndajugunya urushundura rw'ibyo nshaka
byose
Mu nyanja nini y'ibitekerezo byanjye
!Akenshi warampunze, yewe muhigo w'agaciro w'Imana
Ariko, nkomeje kwinjira mu mahoro akomeye
Kandi ntahwemye kuguterera imitego y'urukundo
rwanjye umwe umwe

Ngomba kugufata umunsi umwe mu mutego w'inyota
yanjye itagira iherezo kuri wewe

Ndatera uru rushundura rw'urukundo rwanjye hose

Hejuru y'imiraba y'ubuzima ihindagurika

Kandi ku byerekeye inyenyeri zicana

Kandi mu bwihisho bw'imitima myiza

Icyo nzi gusa ni uko ndi umuhigi

Kandi nzakomeza kugerageza kugufata

Yewe, icyifuzo gikomeye cyane n'ubutunzi buhebuje

!buriho

Ndamusaba gusenya ibitwikirizo by'ubujiji no gukuraho

umwijima w'ubujiji, no kuba intego ikomeye mu buzima
bwawe no kukwifuzwa cyane ku ntebe y'ibyifuzo byawe, no
kugufasha guhindura ubunywewe no gutinda mu bikorwa
by'umwuka bitera ibyishimo, kuvugurura no gushishikazwa.

Ndamusaba kuguha kunywa divayi y'urukundo rw'Imana
kugeza igihe uzaba wasinze, no kugusura mu rugendo
rutagatifu aho hari ihumure, no koza imitima yawe n'amazi
y'urukundo n'ishimwe, no kumurikira amatara y'icyizere, no
gushonga inzosi zawe mu by'ukuri by'inanyanya ye nziza, no
kubona muri we kunyurwa no kunyurwa, kugira ngo ituze
ribe mu bugingo bwawe kandi imigisha yo mu ijuru
.ikumanukireho

Gutuza bivuze ibitekerezo bituje

Gutuza umubiri no kugenzura ibyo ukeneye

Umuntu wese ubishoboye azagira ituze rirambye

Azumva imiraba ihebuje n'ibitekerezo biturutse ku isi

nziza

Kandi uwo ari we wese winjira mu ituze, icyo gihe
Azavumbura ubwami bw'Imana muri we
Igihe cyose umuntu agenda mu muhanda
Buri kanya k'igihe cye ni igiciro cyinshi
Turi hano muri iki gihugu (inzu yo kunyuramo) igihe gito
Byose ni iby'igihe gito, ariko kumva Imana ihoraho
Nta kintu na kimwe gishobora kubihanagura mu mutima
no mu bugingo
Ntitugomba kwemera ko ibishuko by'iyi si bitugiraho
ingaruka
Mu kutubuza intego yacu ikomeye n'intego yacu
y'ikirenga: Imana
Kumenya Imana birashoboka
Tugomba gushaka umutegetsu w'isi yose
Inyenyeri zirabagirana mu mucyo we
Kandi hamwe n'imbaraga ze imitima iratera
Tugomba kumushaka mu rusengero rw'ituze
Iyo duhamagaye Imana dufite inyota n'ubushake
Kandi iyo tumutekerejeho dufite inyota ikomeye
Tuzamubona
Simvuga ku mana itazwi
Ahubwo, ni ibyerekeye Umwami maze kumenya
Kandi ni ukuri kuri njye
Ni ukuri kurusha ibintu byose bifatika

Inyanja y'Imana ni yo ishyigikira kandi igashyigikira
imiraba y'ubuzima bwacu bwa kimuntu

Dushobora kubaho nta kintu na kimwe

Uretse Imana

.Imana ni yo ihanitse cyane, Umugenga w'Isi, Ukuri

Hahirwa abafite imitima iboneye, kuko bazabona)

(Imana

Ni ibisanzwe ko umuntu yumva akeneye gukunda no
gukundwa. Ariko iki cyifuzo cy'umutima ni isoko y'urwo
.rukundo, ari rwo Mana

Urukundo rwa muntu rushingiye ku byo abantu biteze,
ibibarwa, n'ibitekerezo by'umuntu ku giti cye, bityo nta
gihamya cy'uko ruzakomeza kubaho kuko rugengwa n'ibintu

Ariko, urukundo rw'Imana ntirugira icyo rushingiraho,
ruhoraho, kandi ruramba. Iyo rugukoze ku mutima,
.uzarusanga uri kumwe nawe igihe cyose

Mu bihe byose, uzabyumva nk'isoko y'uburinzi
.n'ihumure, ndetse no mu bihe bigoye n'amakuba

Hagati y'imibabaro n'ibigerageze bikomeye

Buri wese ashobora kugutererana, ariko urwo rukundo
rutagatifu ntiruzagusiga, ntiruzagutenguha, kandi
ntiruzagusiga umuhigo w'imihangayiko n'ibitekerezo bibi,
kuko ari imbaraga irinda kandi ikaba urumuri ruyobora
.ruturutse mu ijuru hagati y'ibihe bihindagurika by'ubuzima

Iyo urukundo rw'abantu rushyizwemo urukundo
rw'Imana, ruhinduka rwiza kandi rusobanutse. Ariko iyo
utandukanije umugezi, ari wo rukundo rw'abantu, n'isoko, ari
wo rukundo rw'Imana, ruhagarara gutemba maze rukabura
.mu musenyi w'isi

Igihe cyose urukundo rw'umuntu rufitanye isano
n'urukundo rw'Imana, rworoshya umutima, rukongera
imbaraga z'umutimanama, kandi rukahira ubusitani
.bw'ubugingo n'amazi y'ubugingo

Urukundo: Igitera imbaraga mu gushaka

Ibyo nkora byose, mbikorana urukundo rwose ruri mu
mutima wanjye

Nubigerageza, uzabona ko utarushye na gato

Kubera ko urukundo ari rwo rutera imbaraga ubushake,
kandi ubushake buyobowe n'urukundo bufite imbaraga
zidasanzwe zo gukora ibintu bishobora kugaragara
nk'ibidashoboka kuri bamwe

Ubumenyi bw'Umwuka

Biva mu nyigisho za Mwalimu Paramhansa

Yogananda

**Ubwikunde bushaka ibyishimo ubwabwo butitaye
ku byishimo by'abandi, cyangwa bukandagira kandi
bugasenya inyungu zemewe z'abandi kugira ngo
bugere ku ntego zabwo bwite, bwiyongeramo
agahinda kandi bugatera imibabaro n'agahinda.**

**Uwiteka, uri isoko y'ubuntu butagira imipaka
n'isoko y'imigisha n'ineza. Tumenye kandi ibyishimo
byo gutanga, kandi dutange ku buntu kugira ngo
duhuze ibyo abandi bakeneye nk'aho ari ibyacu.**

**Iyo umuntu adacira abandi urubanza ahubwo
akagerageza kubafasha mu buryo bw'ubwumvikane
n'urukundo, amategako y'Imana—nk'imbaraga
zisobanutse—azafata uwo muntu w'umunyampuhwe
mu buryo nk'ubwo.**

**Umuntu wese ufasha abandi mu buryo
bw'ubwenge no mu buryo bw'umubiri afite umutima
wuzuyemo ubuntu n'ubuntu, ibyo atanga**

**bimugarukira, kandi iri ni ryo tegeko ry'ibikorwa
rireba imitima.**

**Ibyo umuntu yumva ku bandi bitera imitingito
ihoraho mu mwuka, bigakurura impuhwe
n'ubugwaneza bingana. Ubabarira abamukoshereje
azakurura imbabazi no kwihanganirana.**

**Gukomeza kubana n'abantu beza kandi
b'abanyabwenge bafite ubwenge bukomeye, gusoma
ibitabo byiza, gusuzuma umuntu imbere muri we,
gukora ibihangano by'ubuhanzi, siyansi,
ubuvanganzo, n'ibikorwa byiza kandi by'ingirakamaro
byose bigira uruhare mu guteza imbere no gukomeza
ubwonko, bigatuma bwakira neza ubumenyi bwo
hejuru. Byongeye kandi, gutekereza buri muni
byongera imbaraga mu bugingo n'ubwenge bw'Imana.**

**Nta tandukaniro riri hagati y'abakire bo mu isi
n'abakire bo mu mwuka, kuko abakire bo mu mwuka
ari bo bakire kurusha abandi mu maso y'Imana.**

**Duhumurize n'impumuro nziza y'ubuturo bwawe
Twuzuzemo kwifuza kuboneka kwawe
kw'icyubahiro**

**Ubwenge bwawe bw'Imana butugaburire ubuzima
bwacu**

**Twumve urumuri rwawe rwera
Irakwirakwira mu bice byose by'ubuzima bwacu
Kandi bikomeza icyemezo cyacu
Kandi ikuraho umwijima wacu
Kandi amahoro atubengere
n'icyizere**

Biduha imbaraga zo gukora ibikorwa byiza

**Impamvu nyamukuru y'ibibazo by'isi ni
ubwikunde, bukomoka ku bujiji**

**Buri wese atekereza ko akora ikintu gikwiye, ariko
iyo akurikiranye intego ze bwite gusa, ashiraho
itegeko rya karmic ry'impamvu n'ingaruka, rizasenya
ibyishimo bye n'iby'abandi nta kabuza.**

**Uko mbona ibyago by'isi biterwa n'ubujiji
bw'abantu, ni ko ndushaho kubona ko ibyishimo
bitazaramba nubwo imihanda yaba irimo zahabu**

**Ibyishimo biri mu gutuma abandi bishima Iyo buri
wese abikora, buri wese yakwishima kandi buri wese
akabona umugabane we mu byiza by'isi.**

**Umuntu agomba kuba ashobora kugenzura
ubuzima bwe akuraho imbuto n'imizi yo gutsindwa
binyuze mu gutoza ubushake bwe mu nzira ikwiye
kugira ngo bushobore guhinduka no kunyeganyeza
ibishuko by'abantu.**

**Ubu bushake ntabwo bushobora guseniyuka kuko
ari ishusho y'ubushake bw'Imana, kandi busanzwe
buri mu muntu, kandi icyo agomba gukora ni
ukubugaragaza mu bwihisho bwe.**

**Iyo abayoboke bawe basenga
Nkoranya imirasire y'ibyishimo bitagatifu mu
maso yabo**

**Kandi ndabivanga n'ishyaka ryanjye ry'umwuka
Kugitanga nk'ikinyobwa gihumura ku bitekerezo
byanjye by'inyota**

**Aranywa kugeza anyuzwe, maze ububabare
n'ubwoba bye birashira**

**Ku bashaka kwihanganisha no kugirirwa impuhwe
Ndabagezaho iyi cocktail y'amayobera
Mu bikombe bisobanutse by'umutima uzira
uburyarya n'imigambi myiza**

**Buri wese uzanywa uyu muti w'umugisha
Ahora agira ibyishimo bidasanzwe kandi
akibagirwa ibibazo n'ububabare bwe!**

**Duhe amazi y'ubwenge
Abantu babarirwa muri za miriyoni bari bananiwe
kandi bananiwe kubera inyota yo mu buryo
bw'umwuka**

**Nuko batangira kwirukanka mu mbaga y'abantu
benshi b'ubujiji bukabije**

**Benshi bahungabanywa n'imitingito ikomeye
Bagwa mu nzira**

Ubujiji bubakubita n'ibinono byabwo

**Mwami, twifuza amazi y'amahoro
n'ikinyobwa cy'ubwenge**

Kandi umuti wo gusobanukirwa

Kugira ngo dushire inyota yacu ikomeye

Kuko hatabayeho kuzimirwa n'amazi y'ubwenge

Turatongana, turashwana, kandi turarwana

Twicana

Aho kugerageza gushaka

Mu kibaya cy'imisozi miremire

Ku kiyaga cy'Ubwenge

Amazi ye agabanya inyota y'ubugingo

Ivuga imiterere y'amarangamutima

**Igihe cyose noherereje abandi imiraba y'impuhwe
n'ubugiraneza, mba mfunguye inzira igana ku
rukundo rw'Imana**

Kugira ngo uze aho ndi

**Urukundo rw'Imana ni rwo rukuruzi rukurura
ibyiza byinshi**

**Injira, Mwami, mu buturo bw'ubugingo bwanjye
unyuze mu idirishya ry'ibyishimo biri mu mutima
wanjye, no mu masengesho yanjye akomeye**

Nzatwika intege nke zanjye zose zo mu mutwe no mu by'umuco mu muriro w'ubushake, kuko keretse ninkuraho izo ntege nke, sinshobora kubona umuriro w'Imana, uhebuje.

Nyagasani

Uyu munsu niyemeje gusohozza ibintu byihariye hanyuma nkore ibyo nateganyije

Nzabanza nemeze neza ko umugambi wanjye ari uwo mu buryo bukwiye, hanyuma nkumva imbaraga zawe, kandi, binyuze mu bufasha bwawe n'umugisha wawe, nzasohozza icyo nteganya gukora.

Indwara ziri mu bwoko butatu: iz'umubiri, iz'imitekerereze, n'iz'umwuka

Indwara z'umubiri ziterwa n'ubwoko bwinshi bw'uburozi, indwara zandura, n'impanuka

Indwara zo mu mutwe ziterwa n'ubwoba, guhangayika, uburakari, n'ibindi bibazo by'amarangamutima

Ariko indwara zo mu mwuka zituruka ku kutamenya neza isano umuntu afitanye n'Imana

Ubujiji ni indwara ikomeye cyane Iyo umuntu akuyeho ubujiji, aba anakuyeho impamvu z'indwara zose z'umubiri, iz'imitekerereze n'iz'umwuka.

Umwari mu wanjye, Sri Yuktswar, yakundaga kuvuga ati: Ubwenge ni wo muti w'indwara zose

Uko izuba rigenda rikwirakwira, nzashyira imirasire y'ibyiringiro mu mitima y'abakene n'abababaye, kandi nzacane amatara y'ubushake n'icyizere mu mitima y'abibwira ko ari abananiwe.

Iyo tumenye ko ubuzima ari ishuri ryo kwiga no gusohozza inshingano, kandi icyarimwe ari inzozo z'akanya gato, tuzamenya ko Imana iri kumwe natwe.

Ubuzima bugomba gushingira ku murimo, kuko iyo ntego nziza idafite, ubwenge Imana yahaye umuntu ntibuzigera bugera ku ntego yaremewe.

Ijoro rimwe nagiye kwiyuhagira mu nyanja mu rumuri rw'ukwezi. Amazi yari akonje cyane, ariko nibutse ko ibintu byose bikozwe mu mashanyarazi, ko amashanyarazi amwe atera ubukonje atuma n'ubushyuhe, kandi ko amazi ubwayo ari ikimenyetso cy'ingufu z'amashanyarazi.

Hagati muri ibyo bitekerezo, umucyo w'Imana warantwikiriye, kandi ubukonje bwaranyishe kuko nanze kubwemera. Ahubwo, nemeza ukuri ko byose bikozwe mu muriro w'Imana.

Mu myaka yashize, ikirere cyari gishyushye cyane, kandi buri wese yari arimo guhumeka. Binyuze mu guhuza ibitekerezo, kumererwa nabi kwabo kwari kwaranyimuwe, bimbuza kwibanda ku ngingo no kwandika ingingo. Hanyuma nitotomba nti "Kuki ibi byose?" maze nsenga Imana.

"Mana yanjye, amashanyarazi amwe atera ubushyuhe mu itanura n'urubura muri firigo. Ikirere ni gito!" Ako kanya ikirere cyabaye cyiza kuri njye nk'aho urubura rwari rukikije umubiri wanjye, maze ntangira kumva mfite umwuka mwinshi kandi nandika nta ngorane.

Igihe kimwe, nari ndi mu rugendo muri leta zose ndi mu modoka ifunguye y'ubukerarugendo ndi kumwe n'itsinda ry'abanyeshuri bakiri bato biga ibyo kwivumbura [ingero zivuga ko umwe muri bo yitwaga Rashid] Umwe muri bo yari umunyamabanga wanjye We nanjye twararanye mu modoka kandi dusangira agatambaro gato.

Ijoro ryari rikonje cyane Ubwo nasinziriye cyane, yankuruye igitambaro, maze ndumva ndi hagati,

namukuyemo igitambaro ntabizi! Ibi byakomeje igihe. Hanyuma ubwenge bwanjye buravuga buti: "Kuki umeze utya? Byose ni byiza Uri umushyushye!"

Hanyuma najugunye igitambaro, ndicara, maze ntangira gutekereza kugeza ubwo umubiri wanjye wumvaga umeze nk'umugati ushyushye. Abigishwa bakangutse nyuma y'amasaha abiri, bahinda umushyitsi kubera ubukonje, basanze ntanyeganyega, nari nuzuye ibyishimo byera, kandi bibwiraga ko napfuye. Bankanguye mu byishimo byanjye byo mu mwuka n'induru zabo, ariko ndamwenyura ndavuga nti: "Kuki urusaku rungana rutyo, basore? Dukomeze urugendo rwacu"

Barabyamaganye, bati "Nari nicaye mu bukonje bukonje nta koti cyangwa igitambaro! Nyamara sinafashwe n'ibicurane, ni jye wenyine wakomeje gushyuha!"

Icyitonderwa: Ntitugira inama yo gushyira umubiri mu bihe bikomeye by'ikirere. Umuhanga Paramahansa yavuze ibi bintu kugira ngo yerekane ubushobozi bwa muntu n'ubushobozi bwe, ariko yanatanze inama yo kwitonda no gushyira mu gaciro mu guhangana n'ibihe nk'ibyo.

Ndabizi neza ko ibitekerezo byanjye bizampa gutsindwa cyangwa gutsinda, bitewe n'igitekerezo gikomeye mu buzima bwanjye. Bityo, nzagerageza kwibuka ko wowe, Mwami, urambuye ukuboko kwawe kumfasha kandi ukantegurira inzira yo gutsinda.

Nzakoresha ubunyangamugayo n'ubunyangamugayo mu mibanire yanjye n'abantu bose, kandi nzakwirakwiza ibitekerezo by'urukundo n'ibyifuzo byiza, hanyuma Imana izanshyigikira ikoresheje imbaraga zayo n'ubwenge bwayo.

Iyo ubwenge buhuje n'Imana, isoko y'ibyiza byose n'inkomoko y'imbaraga zose z'umugisha, bumenya ko Imana iriho kandi bukagira ibintu byose bigize intsinzi.

Ibi bintu bifitanye isano rya bugufi n'imbaraga zikomeye z'Imana, ishobora guhanga impamvu nshya n'amahirwe yo gutsinda mu rwego urwo arirwo rwose.

Dukwiye gushaka umuryango w'abantu bateye imbere batubwira ukuri kandi bakadufasha kwiteza imbere

Inshuti nziza ni umuntu utanga inama yicishije bugufi ku buryo twakoresha n'ibyo twagombye gukora kugira ngo duhindure ubuzima bwacu bube bwiza.

Gunenga cyane, bitangwa mu buryo bubi n'amarangamutima akomeye, ni nko gukubita umuntu inyundo ku mutwe, mu gihe urukundo rufite imbaraga nyinshi kandi rugafasha cyane.

Inama nziza zitanzwe mu rukundo no mu bwumvikane zifite imbaraga zo kurema ibitangaza, mu gihe kunenga abandira nabi ntacyo bivuze.

Ndetse n'agahinda gakomeye gakira uko igihe kigenda, bityo nta mpamvu yo kuzana agahinda buri muni y'ubuzima bwacu.

Guheranwa n'agahinda igihe kirekire ku muntu wapfuye ntacyo bimufasha cyangwa ngo bidufashe, kandi nta n'icyo bihindura mu by'ukuri.

Gutera umuntu kwisuzugura cyangwa kwihanira amakosa cyangwa gutsindwa mu bihe byashize ntabwo ari byiza; ahubwo bituma ubuzima buba bubi kandi bigatera intege nke mu bwenge.

Ntitugomba kwemera kugwa mu mwobo w'ingeso mbi, kuko iyo ari imimerere yo mu mutwe idashimishije na gato , kuko ihungabanya ubwenge

kandi igatwika ubushobozi bwihishe mu itanura ry'uburangare.

Ubushake bw'umuntu ni isoko ikomeye y'ingufu. Mu gukoresha ubushake n'icyifuzo cyo kubona amasoko nyayo y'ingufu, umuntu ashobora kwihuza vuba n'umugaba w'imbaraga z'imbere utagira iherezho.

Ijambo ryose, ryaba ryiza cyangwa ribi, risiga imihindagurikire yaryo (ni ukuvuga ingaruka zaryo) mu mubiri cyangwa mu bwonko, no mu buzima imbaraga n'ibitekerezo mu buryo bw'ibyifuzo n'irari. Bityo rero, imihindagurikire y'amagambo yose isiga imihindagurikire myiza cyangwa mibi mu mutwe.

Umuntu wikuramo impamvu zo kugoreka ukuri aba yishingiye imbaraga zikomeye ku buryo atahamya ibinyoma kandi amagambo ye yose akaba ari ukuri.

Mwami, mpa imbaraga zo gukoresha ijwi ryanjye mu gukorera ukuri mvuga amagambo meza, y'ingirakamaro kandi aruhura. Curanga indirimbo zawe zidapfa ku mwirongi w'ubuzima bwanjye kugira ngo mbone umugisha w'imivugirwe y'indirimbo zawe zera.

Turi igice cy'ingenzi cy'inyanja y'isi itagira imipaka Iyo tuyigezemo tukoga, ubwenge bwacu buraguka kandi tukumva ubunini bwacu

Gutekereza kuri byo bitwegereza, gutekereza kuri byo bikatuyobora kuri byo, kandi imihati ihoraho yo kubihuza na byo iduha ubumenyi, ubushake n'ingufu.

Igisa n'aho ari ingorabahizi mu by'ukuri ni ubutumire bwo kurekura imbaraga zibitswe muri twe,

kandi uko imbaraga zihishe z'icyiza zirekurwa muri twe, turushaho gukomera no kugira ubwenge.

Imana irambura ukuboko kwe mu buryo bwihishe. Amahoro yo mu mutima amanuka ku muntu ushaka mu gihe cyo gutekereza ni ikimenyetso cy'uko ariho, kandi ibyishimo byo mu buryo bw'umwuka umuntu utekereza yumva ari igisubizo cye ku byo yifuza n'urukundo rwe.

Umuntu akeneye kugira umwanya uhagije wo kwishimira ubwiza bw'ibidukikije, gusesengura ubuzima bwe, no gusuzuma ibintu abona ko ari ngombwa cyangwa ibyo abona ko ari ingenzi kandi adashobora kubaho atabifite, kugira ngo abashe kwishimira ibyo afite no kumarana umwanya ukenewe n'abagize umuryango we n'inshuti ze kugira ngo abamenye neza, kandi ikiruta byose, amenye ubwe.

Abazi Imana basobanukiwe ko roho y'imbere irimo ibyishimo by'iteka ryose. Kandi umuntu wese uryohereye n'ibyo byishimo kandi akanyurwa na byo afite ubwenge burambye.

Kuki indwara isa n'aho iteye ubwoba? Kuko itera ububabare n'urupfu

Indwara igomba gukurwaho mu mubiri no mu bwenge no mu bugingo bitwikiriwe n'ubujiji

Ububabare ntibugarukira ku mubiri gusa; hariho kandi imibabaro yo mu mutwe, mu mutwe no mu mwuka. Tubabazwa no kwiheba, n'indi mico mibi n'ibibazo byo mu mutwe, ndetse n'ubwoba bukunze kuba ubwo mu bitekerezaho. Mu buryo bw'umwuka, tubabazwa no kutamenya kamere idapfa y'ubugingo bwacu.

**Imbaraga z'Imana zikora neza cyane, bityo
umuntu agomba kuba mu bwumvikane kandi
akabikurikiza**

**Tugomba kureka ngo Imana itugereho kandi
idukoreshe mu buryo bufatika**

**No kuzana kubaho kwe mu buzima bwacu no guha
imibiri yacu imbaraga ze zihebuje kandi zikiza**

**Iyo usimbuje ibyiza bibi n'ibyiza, urujijo rurashira
kandi amahoro yo mu mutima akagaruka.**

**Iyo umwigishwa afashe icyemezo gikomeye cyo
gukomeza inzira, nta kintu na kimwe kizamubuza
kandi nta n'imbogamizi izamubangamira**

**Umubiri ugizwe n'uturemangingo tubarirwa muri
za tiriari, kandi buri turemangingo risa n'ikiremwa
gifite ubwenge. Ubwenge buhishe muri buri
turemangingo bugomba gukangurwa no gutozwa
kumenya ibintu byose bishobora kumenyekana, ariko
umuntu ntabwo yatoje utwo turemangingo, bityo
abaho mu bihe byo kwiheba, mu buryo
bw'imitekerereze butihuta, kandi ababazwa no kubura
ubumenyi.**

**Icyitonderwa: Amagambo yavuzwe haruguru
yavuzwe mu kiganiro cyatanze n'umwarimu
Paramahansa mu 1927 Nyuma y'imyaka ibarirwa muri
za mirongo, abahanga mu binyabuzima bashoboye
kumenya ADN iri mu gice cy'ingirabuzimafatizo cya
buri karemangingo. Igerageza ryagaragaje ko ADN iri
muri buri karemangingo irimo amakuru n'ubwenge
bifatika.**

**Ubunyangamugayo n'ubunyangamugayo ni bimwe
mu bintu by'ingenzi nkunda cyane mu muntu**

**Ubucuti bukura mu bunyangamugayo, bugatera
imbere kandi bugatera imbere mu butaka
bw'ubunyangamugayo**

**Uko twaba turi hafi y'umuntu kose, tugomba
kuryoshya iyo mibanire mu buryo bwubaha kandi
bukwiye, maze ubucuti buzaba bwiza kandi
burambye.**

**Ariko, kumenyerana bitera uburangare no kutita
ku byiyumvo by'abandi byangiza ubucuti**

**Umuntu akeneye inshuti nyazo zazamutse mu
ntera y'ubuzima kugira ngo zimufashe gukomeza
gutera imbere. Agomba kandi gufasha abandi
kuzamuka no gusangira nabo imigisha y'Imana
yishimira.**

**Ubucuti nyakuri ni ugukurura abantu mu buryo
bw'umwuka butuma imitima yegerana kandi
ikabahuza n'urukundo rw'Imana.**

**Uru rukundo cyangwa ubucuti bishobora kubaho
hagati y'abantu babiri cyangwa benshi**

**Iyo ubucuti bwo mu buryo bw'umwuka buba mu
mutima, roho ireremba mu nyanja y'umwuka wo mu
kirere, igasiga inyuma imipaka n'imbibi
byayitandukanyaga n'ibyo Imana yaremye.**

**Numva mfite isano n'abantu bose, nk'uko umuntu
yumva ari hafi y'umuryango we. Iki cyiyumvo
ntigisobanuka, kandi iyo kigeze, kizana ubumenyi
bwimbitse ku cyo ubuzima busobanura n'ubwiza
bwacyo.**

**Ni iby'ubwenge kwihatira gukora ibyo Imana
ishaka mu byo dukora byose, kuko iyi ari yo nzira
igana ku mahoro n'ibyishimo byo mu mutima. Iyi si
nini kandi itagira imipaka, hamwe n'imbaraga zayo**

**zitandukanye, iyoborwa n'ubushake bw'Imana
buyobora byose bikora hakurikijwe gahunda y'Imana,
kandi turi igice cy'ingenzi cy'iyo gahunda y'isi.**

**Tugomba gukora inshingano zacu, kandi tugomba
gukora inshingano Imana yaduhaye, ntabwo ari
inshingano idushimisha**

Mu bubiko: Ese twahuye mbere?

**Mu bihe byashize, mu mutima wa eteri, ubwo
twavukaga nk'imyuka, twese twarasinziye**

**Munsi y'uburingiti bw'urukundo rw'Imana. Igihe
Imana yadukanguraga, twagiye kure yayo, nk'uko
byagenze mu nkuru y'umwana w'ikirara, maze
twibagirwa isano ry'Imana hagati yacu maze tuba
abashyitsi hagati yacu.**

**Twavuye mu rugo rwacu rwo mu ijuru,
twahindutse abagenzi muri iyi si, tunyura mu mfuruka
z'isi kandi tugenda mu nzira z'amateka**

**Twakoze ingendo za kure cyane, kure y'iwacu
twahozemo. Ariko rimwe na rimwe, ahantu hamwe na
hamwe, ibyo twanyuzemo, n'amasura amwe na amwe
biduhindukirira mu bihe bishize ndetse n'ibyiyumvo
byimbitse byo mu mutima bidusogongeraho.**

**Twumva ko twongeye guhura n'ibintu twari tuzi
mbere, kandi tugahura kandi tugashyikirana
n'abakunzi bacu twari dufitanye ubucuti bwa hafi mu
bihe byashize.**

**Uwiteka, duhe ubuntu bw'urukundo rw'Imana
Reka imitima yacu ishongeshwe no kukwifuza
cyane**

**Kandi umuriro w'inyota uragurumana muri we
Wenda roho zacu zifungiyeye mu ngoyi z'umubiri
Yibohora ku nzitizi ze**

Maze aragenda, ayobowe n'inyota y'Imana

**Kugeza ku nkombe z'iteka ryawe
Yewe mukunzi wacu w'iteka ryose**

**Turagusaba, Nyagasani
Urukundo rwawe rumurikire roho zacu
Kandi ubwiza bw'icyubahiro cyawe butumurikire
Kandi ubwenge bwawe butuyobore mu byiciro
byose by'ubuzima bwacu**

**Kandi yemere urukundo rw'imitima yacu n'ibyo
twifuza**

**Kandi uduhe umugisha wo kudufasha kubonana
nawe**

Kandi kwishimira kuba hafi yawe

**Iyo dutangiye gusobanukirwa inyokomuntu yose
uko yakabaye, tumenya ko atari ikiremwa gifatika
gusa. Muri yo harimo imbaraga nyinshi, ubushobozi
bwayo buyikoresha mu buryo butandukanye kugira
ngo ihuze n'imimerere y'iyi si. Kandi ubushobozi
bw'izo mbaraga ni bwinshi cyane kuruta uko umuntu
usanzwe abyibwira.**

**Gukurura urukundo rw'Imana bikorera mu
gukurura gusa no kwemeza mu buryo bworoheje Iyo
umutima wumva umuhamagaro w'urukundo rw'Imana,
uba ufite icyifuzo cyo kwagura uruziga rw'urukundo
rwayo rw'imbohe kugira ngo rushyiremo kubaho
n'ibirimo byose. Bityo, urukundo rw'imbohe
rurabohorwa kandi ruba rudafite aho rubogamiye
hanze y'imigozi y'ubwikunde n'ubudacogora.**

**Bityo urukundo rusanga bushya mu mutima
w'Imana, kandi byose bihuzwa muri ubwo bumwe
bwiza**

Dukura mu bunararibonye bwose tunyuramo, igihe cyose tuzi neza ko dushobora kubigiramo amasomo y'ingirakamaro. Kuko buri bubabare n'imibabaro duhura na byo bifite icyo bisobanuye n'icyo bigamije.

Nubwo igerageza rikaze, ni nk'umuriro ushongesha amabuye y'icyuma kugira ngo ayahindure icyuma cyiza, kiramba kandi gifite ubushobozi bwo gukora ibintu byinshi.

Kwicisha bugufi ni irembo rifunguye aho ubuntu bwinshi, urukundo n'ituze byinjirira mu mitima myiza ikunda ibyiza kandi yakira urumuri n'imigisha yo mu ijuru.

Umuntu yaba ari umucuruzi ukomeye, umunyapolitiki w'umunyabwenge, umunyagitugu w'umunyagitugu, cyangwa umuvuguruzi ukomeye, imbaraga ze ntaho zihuriye n'imbaraga z'Imana zitagira akagero.

Ubwirasi butera ubuhumyi bwo mu mwuka kuko bukuraho ubugingo iyerekwa ry'ahantu hanini haba mu mitima minini

Abantu bakomeye bamenya ko imbaraga zabo bazikuye ku Mana Ishoborabyose ikunda abicisha bugufi kandi ibongerera ubumenyi, ubuyobozi n'imbaraga.

Ubucuti nyakuri ni urumuri rudushishikariza gufashanya kugira ngo tubone irembo ry'ijuru kandi turinyuremo tujye mu rukundo rw'Imana

Uburakari bumeze nka kanseri, butuma umuntu agira amahoro yo mu mutima. Ibi bisobanura

impamvu umuntu ufite imiterere mibi adashobora gutsinda ingorane n'ibibazo bye.

Iyo umuntu yishyize mu kaga mu ngeso mbi, ntashobora gukomeza guhangana n'ubuzima, kandi iyo yemereye ko ibitekerezo bye bibi bigenzura, ubushake bwe burahagarara.

Iyo mico itwikira ubwonko mu gihu cy'urujijo n'urujijo, kandi igasenya ubushobozi bwo gutekereza neza

Umuntu ashobora gutsinda binyuze mu bwenge bwe n'ubushake bwe, uko ibintu byose mu buzima byaba bimeze kose kandi bigoye.

Roho y'umuntu ihambiriwe ku mubiri n'uruhererekane rw'ibyifuzo, ibishuko, ibibazo, imihangayiko, n'ubwoba, kandi igerageza kwibohora

Nukomeza gukurura uwo munyururu ukuboshye ku bwenge bw'umubiri cyane, umunsi umwe ukuboko kw'Imana kuzagufasha gukata uwo munyururu, maze uzaba umudendezo.

Ni akahe gaciro k'ubuzima udafite inshuti nziza kandi z'indahemuka? Umutima ufite rukuruzi ikurura inshuti nyazo Ni rukuruzi y'urukundo, kwitanga no kwita ku bandi mu buryo bw'ubucuti

Iyo duhana ikiganza n'umuntu, tugomba kumwereka imbaraga z'urukundo rwacu n'ukuri kwacu kandi tukagerageza kumufasha uko dushoboye kose.

Nta mpamvu y'uko abantu baguma bahagaze kandi badahinduka. Udupfundikizo tw'ubuyobe tugomba gukurwaho mu by'ukuri k'ubugingo kugira ngo bubengerane n'ubuziranenge n'imbaraga zabwo, bugaragaze ubwiza bw'icyubahiro Imana yahaye abantu.

**Imana iha umugisha imihati myiza, intego
zemewe, n'umurava wo kugera ku ntsinzi**

Nyagasani

**Uko ibigeragezo n'amakuba nahura nabyo byaba
biri kose**

**Ndazi ko bigaragaza intambwe ikurikira
y'iterambere ryanjye ryo mu mwuka**

Ndabizi neza ko mfite ubumenyi n'imbaraga

Ibyo bintu bibiri umpa

Ubwumvikane buhamye n'intsinzi ihamye

**Ijuru ni ahantu hari ibyishimo byinshi aho nta
ngorane cyangwa agahinda biba**

**Mu gukomeza gushyiramo imbaraga n'ibikorwa
byiza, roho zigera ku rugero rw'ibyishimo birambye
kandi bishya**

**Ibikorwa byiza bivuze gutekereza no gukora
ibikorwa byubaka kandi byungura**

Iyo ushoboye guhindura ubujiji ubwenge

**Kuva ku ntege nke n'intege nke kugeza ku buzima
n'imbaraga**

**Genda mu nzira z'ubuzima ufite icyizere kandi
ushize amanga - nubwo waba uri wenyine**

**Kandi ibyishimo byo mu mutima byo kugira
umutimanama muzima kandi uhamye**

**Kandi kwizera kudacogora mu butabera bw'Imana
no mu gutsinda ukuri hejuru y'ikinyoma n'ukuri hejuru
y'ubuyobe**

**Kandi iyo ugerageje buri munsu kurekura
ibitekerezo byawe ukabishyira ku rwego rwo hejuru
kandi runoze**

Afite umutima ukunda kandi ushimira

N'imigambi myiza ku bandi

**Indyo yawe y'ubwenge ni magnetic
Hanyuma bizakurura ibintu byose byiza kandi
by'ingirakamaro kuri wewe
Biturutse ku bintu, abantu, n'imimerere bikenewe
Gukomeza urugendo rugana ku nkombe
z'umutekano n'umutekano**

**Gukomeza ituze n'amahoro, ndetse no mu gihe
cy'igice cy'isaha mbere yo kuryama nijoro no kubyuka
mu gitondo, byongera ihumure ryo mu mutwe, rifasha
mu guhangana n'ibibazo byose bigoye byo mu buzima
bwa buri munsu. Ukoresheje iyo mitekerereze yo mu
mutima, birashoboka kugera ku byo ukeneye bya buri
munsi.**

**Kugera ku rwego rwo hejuru rw'ubwenge
byihutisha iterambere ry'umwuka kandi bifasha
kwibira mu nyanja y'umwuka mu buryo bunonosoye**

**Umuntu abona ibyishimo bitewe n'ubwiza
bw'imbutu z'ibitekerezo n'ibikorwa yabibye kandi
agakomeza kubiba mu butaka bw'ubuzima bwe.**

**Ubwenge bw'umuntu ni ububiko bunini bw'ingufu
cyangwa ibikorwa by'ingenzi**

**Iki gikorwa gikoresheya buri gihe mu mikorere
y'imitsi, imikorere y'umutima, ibihaha, na diaphragm,
imikorere y'uturemangingo, imikorere
y'ibinyabutabire mu maraso, no mu mikorere
y'ingingo zikora ku buryo bw'umubiri (imitsi)**

**Byongeye kandi, ingufu nyinshi z'ingenzi
zikoresheya mu gutekereza, amarangamutima, no mu
bushake**

**Ubwoba bugabanya imbaraga z'ibikorwa kandi ni
umwe mu banzi bakomeye b'ubushake bukora**

**Uburyarya ntibutanga umusaruro mwiza.
Umunyabwenge kurusha abandi bose ntashobora
guhisha icyo amaso ye agaragaza, kuko amateka
y'umuntu yose yanditswe mu maso ye.**

**Niba wifuza kumenya imiterere y'umuntu, saba
Imana iguhishurire ukuri kuri uwo muntu, kuko
udashaka gushukwa, kandi uzumva mu mutima wawe
imiterere ye nyakuri, kandi ubushishozi bwawe
ntibuzaba bubeshye.**

**Icyifuzo, umugambi, n'ubushake:
"Icyifuzo" ni icyifuzo kidafite imbaraga kandi
"umugambi" ni icyemezo cyo gukora ikintu runaka:
gusohozza icyifuzo cyangwa icyifuzo runaka. Ku
bijyanye n'"ubushake," bushobora kugaragazwa no
kuvuga ngo: "Nzakora cyane kugeza ngezeho icyo
nshaka"**

**Iyo utoza ubushake bwawe, ushobora kurekura no
kuyobora imbaraga z'ibikorwa by'ingenzi, aho kwifuza
ikintu udakoze ibikenewe kugira ngo ukigereho.**

**Ntitugomba gutakaza ibyiringiro, ahubwo
tugomba kumenya ko Imana iduha amahirwe menshi
yo kunoza imimerere yacu, kuzamura ibitekerezo
byacu, no guhanga ibintu bishya kandi
by'ingirakamaro kuri twe no ku bandi mu buzima
bwacu.**

**Niba tutanyuzwe n'imibereho yacu ya none,
twagombye gushakisha uburyo bushya n'uburyo
butuma tunyurwa kandi tugatuza. Tugomba
gutekereza ku bikorwa bizamura imimerere yacu
kandi bigatuma ubuzima bwacu burushaho kugira
intego n'igisobanuro, hanyuma tugashyira mu
bikorwa ibyo bitekerezo.**

Nyagasani, ntitugafate inshingano iruta inshingano yera yo kukumenya. Buri gikorwa cyose, uko cyaba kiri kose, gishobora kugerwaho binyuze mu mbaraga zo kugera ku ntogo waduhaye. Tugukunde kuruta ibindi byose, kuko tudafite ubuntu bw'ubuzima bwawe n'urukundo rwawe, ntabwo dushobora kubaho cyangwa gukunda na gato. Twakomotse ku Mana, kandi kamere yayo ituye muri twe mu buziranenge bwayo bwose, mu ikuzo ryayo, no mu byishimo bihebuje.

Kumenya ibyishimo:

Nta kutumvikana kuriho ku bijyanye no kubaho burundu kw'ubwenge bw'ibyishimo, kuko iyo dufite ubwo bwenge twumva ko imiterere yacu cyangwa kamere yacu nto yahindutse kandi yahindutse, kandi ko twazamutse hejuru y'ubumwe bw'urukundo n'urwango, ibyishimo n'ububabare, kandi ko twageze ku rwego aho imiterere y'ubwenge busanzwe buciriritse isa neza kandi igaragara.

Twumva kandi kwaguka kw'imbere no kwaguka, hamwe n'impuhwe muri rusange kuri buri kimwe

Muri iki gihe, urusaku rw'isi rurashira, ibyishimo birashira, kandi muri twe hagaragara ubumwe bw'ubuzima kandi hakagaragara urumuri rw'isi.

Imyanda yose n'ibitagenda neza birashira, maze tukumva nk'aho twimukiye mu yindi si: ku isoko y'ibyishimo by'iteka n'ubudashira bw'ibyishimo.

Ubwoba buragabanya kandi bukabangamira ibikorwa by'ubuzima busanzwe bugana ku mitsi, ku buryo isa n'aho yacitse intege, umubiri ugacika intege kandi imbaraga zawo zikagabanuka cyane (ubwoba bubuza imitsi!)

Ubwoba ntibufasha gukuraho icyateye ubwoba. Buca intege ubushake kandi bugatuma ubwonko butanga ikimenyetso cy'intege nke ku ngingo z'umubiri. Byongeye kandi, ubwoba buhumanya umutima, bugatuma igogora rigabanuka, kandi bugatera indwara nyinshi z'umubiri.

Iyo ubumenyi bukomeje kwibanda ku Mana, ntacyo uzatinya kandi uzabasha gutsinda imbogamizi zose hamwe n'inzitizi hamwe n'ubutwari n'ukwizera.

Imbaraga zo kugera ku ntsinzi ziri mu bwenge Uzamenya uku kuri niwikomeza kwemera kwawe nubwo isi irimo gushidikanya no gucika intege kw'abagerageza kuguca intege Nta mipaka y'imbaraga z'ubwenge Ibande kuri iki gitekerezo kandi wuzuze ubwenge bwawe imbaraga zo kugera ku ntego zawe n'umurava wo gukora neza ugana ku ntego zawe

Komeza ushyire ubwenge bwawe ku ntego zo hejuru. Fika ubutunzi bwo mu mwuka, kandi ubundi bwoko bwose bw'ubutunzi n'uburumbuke bizaba biri ku buyobozi bwawe.

Ubwenge ntibugira imipaka kandi nta mupaka bugira; bugera ku nyenyeri za kure cyane kandi bugakwirakwira muri atome zose mu isanzure, kugeza kuri elektroni ntoya. Abantu bagomba kumva bahuje iyi nyanja y'ubwenge bw'isanzure, barenga imbibi z'umuryango n'iz'igihugu kugira ngo biyemere nk'abagize umuryango munini w'abantu.

Nta muntu ushobora kugira ingaruka ku muntu keretse akoresheje cyangwa akoresheje nabi ubushake bwe. Umuntu agomba gukoresha ubushake

Imana yamuhaye kugira ngo ayishake, hanyuma nta kabuza azayibona.

Umwigishwa agomba kwibuka ko ari ingenzi cyane kwifatanya n'abantu beza bafite ingaruka nziza kandi bamufasha kumushishikariza, gukomeza ubushake bwe, no kongera ubushobozi bwe bwo gutandukanya ibintu.

Umwarimu Paramahansa yabwiye itsinda ry'abigishwa ati:

Naguhaye urukundo rwanjye nta mananiza kandi nta kwiyima, kandi ndizera ko nanjye naruhawe.

Bamwe mu bantu nzi mu buzima bwanjye bari bafite ibintu byose nibwiraga ko nifuza, nyamara ntibabonye ibyishimo mu gusohoza ibyo byifuzo

Nabanje gushaka Imana maze nsanga ibyishimo byayo bihora bishya bisohoza icyifuzo cyose kandi byuzuza ubugingo ibyishimo n'ibyishimo, kandi ko ari yo iruta ibindi byose bishimishije cyangwa ibishuko bibaho.

Umuntu ntagomba kwangiza umutima w'undi muntu cyangwa ngo agire icyo akora ku byiyumvo bye, kuko umutima ari wo uyobora ibyiyumvo, kandi kubera ko ibibazo by'amarangamutima bituma umutima uhangayika kandi ugahangayika.

Umuntu agomba kwisuzuma kugira ngo amenye imiterere yihariye y'imico ye

Hari abantu bakunda kwandika, abandi bakunda guhimba umuziki cyangwa kubyina no kuririmba, abandi bakunda gukora mu bijyanye n'imari n'ubukungu, n'ibindi.

Ikibabaje ni uko hari abakunda gukwirakwiza ibihuha no kwishora mu mazimwe, cyangwa gutongana no kurwana

Umuntu ntagomba kugerageza guhindura imico ye myiza, ahubwo agomba kwikuramo ibyo akora atabishaka bimuzanira agahinda no kwicuza.

**Gukundana mu buryo budasanzwe mu mutwe:
Abarwaye iyi ndwara baba abantu bashyigikiye ibyishimo. Bizera ko ibyishimo bishingiye ku kwigwizaho ubutunzi, kugera ku cyamamare, cyangwa kugira ubuzima bwiza cyangwa imbaraga, batanga byose—ubuzima bwiza, izina ryiza, amahoro yo mu mutima, icyubahiro n'icyubahiro—ku gicaniro cy'imigambi yabo ikomeye. Bitinze, bamenya ko ubuzima burunganiye gusa, bubaha amategeko y'ibidukikije n'amahame y'Imana, kandi buhuza ibikorwa n'ituze, ari bwo bushobora kuzana ibyishimo nyakuri no gusohoza intego y'ubuzima bwiza.**

Abarwaye indwara zo kwihambira ku bintu bidafite akamaro batwarwa n'ibitekerezo byo kurarikira ibintu bitagira umupaka, bigatuma babona ubuzima mu buryo butari bwo. Urugero, umucuruzi yageze ku ntsinzi ikomeye maze arundanya ubutunzi, ariko mbere yuko yishimira ubutunzi bwe, yagize ikibazo cyo guhangayika no gutinya cyane, maze apfa afite agahinda kenshi [Imana iguhumurize]

Abandi bizera ko byose byemewe kugira ngo bagere ku ntego. Kubera uru rujijo, babura intego yabo nyayo kandi ntibashobora kugera ku byishimo na gato, kabone n'iyi baba bafite ibyo bifuzaga, kuko kamere muntu ari nini kandi ifite impande nyinshi kandi isaba iterambere riringaniye ku nzego zose.

ibicurane byo mu mutwe

Iyi ndwara ifite irindi zina: kwiheba Umuntu ntabwo azi igihe izahurira n'ibimenyetso byayo bibabaza, nko kwiheba, kutihanganira abandi, guhangayika no kutihangana. Ikirenze ibyo, akenshi iramara igihe kirekire, kandi abarwaye indwara bakunze kongera kurwara byoroshye, nubwo baba bizera ko bakize.

Indwara yo mu mutwe

Iyi ndwara iterwa no guhora utekereza ku mpungenge zidashira zo ku isi. Abayirwaye akenshi birengagiza gukoresha ubushake bwabo, bityo bakishyira mu kaga mu bwoba bwabo buhora aho guhangana na bwo babigiranye ubutwari no kubukuraho burundu.

Ikintu gikomeye abagabo n'abagore bashobora kwifurizanya ni ugusobanukirwa mu buryo bw'umwuka bitera ubwumvikane mu buryo bw'amarangamutima kandi bigatanga imico myiza nko gusobanukirwa, kwita ku byiyumvo, n'urukundo.

Ariko, bigomba kwitabwaho ko gukura mu mwuka bidashobora gushyirwa ku bandi

Iyo umuntu yumva akunda abandi, ineza ye izatera inkunga abo akunda kandi imugireho ingaruka nziza.

Imana isura imitima yejejwe n'amarira yo kwifuza kandi imurikiwe n'amabuji y'urukundo

Umwarimu Paramhansa yabwiye itsinda ry'abanyeshuri ati:

Ntukitege indabyo z'umwuka buri muni mu busitani bw'ubuzima bwawe

Izere ko Imana, yo wahaye imirimo yawe, izaguha ibihembo kandi ikuzuza ibyiringiro byawe mu gihe

gikwiye. Noneho ko wabibye imbuto y'urukundo rw'Imana mu butaka bw'imitima yawe, uyirere usaba kandi ugakora ibikorwa byiza, kandi urandure ibyatsi bibi kandi bitera indwara biyikikije: ibyatsi bibi byo gushidikanya, kurambirwa, no gucika intege.

Iyo ibitekerezo byera bitangiye kumera, ubirere kandi ubivomere amazi y'ubushake n'ukwizera, kandi mu gitondo kimwe uzishima kubona indabyo nziza zo kumenya kwigira

Ntitugomba kwibagirwa umuntu ukunzwe cyane wihishe inyuma y'abakunzi n'inshuti zose, kandi ntitugomba kureka ngo urukundo rw'ibintu byo mu isi bigende vuba rudutware imitima yacu, ikwiye gukubitana n'urukundo rw'Imana ruhoraho rudasa na rumwe kandi rutagira urukundo rubaho ruruta urwo. Kuko iyo urukundo rw'Imana rufite umutima, ituze riraturamo kandi ibyishimo by'ubugingo birawuzura.

Ibyanditswe Byera bigira inama abantu yo gutekereza ku Mana, kuyicengezamo ubwenge bwabo, kuyiha byose, no kuyisenga nta buryarya, nta kwiyitirira cyangwa uburyarya Kumenya ko Imana igomba kuba intego nyamukuru y'ubuzima Inshingano zo ku isi ntizishobora kugerwaho hatabayeho ubufasha bw'imbaraga Imana yahaye abantu

Nta kintu na kimwe mu buzima bw'umuntu gikwiye gufatwa nk'ikintu cy'ingenzi kurusha Imana. Iyo umuntu yita ku Mana by'ukuri kandi agasohoza inshingano ze zo mu buryo bw'umwuka kuri yo, imibereho ye izarushaho kuba myiza, kandi azumva afite umutekano nubwo hari ibintu byose bimukikije.

Umuntu ntagomba guhonyora uburenganzira bw'abandi, cyangwa ngo abambure ubutaka bwe,

amahoro, urukundo, icyubahiro, cyangwa ikindi kintu cyose atunze mu buryo bw'umubiri no mu by'umuco.

Niba udafite icyifuzo cyo gufata ibitari ibyawwe, icyo ukeneye cyangwa wifuza kizakugeraho Ubujura bubanza gushinga imizi mu mutwe iyo umuntu atangiye kugirira abandi ishyari Imbutu z'irari ribi zigomba kurandurwa mu mutwe

Ubufasha mu by'umwuka ni bwo buryo umuntu azakururamo ubukire, kandi imigisha izaturuka ku masoko azi n'ayo atazi. Ni itegeko ry'Imana ridakuka. Ku bajura n'abantu bikunda, bamara ubuzima bwabo bashakisha ubutunzi, amaso yabo ahora ku byo abandi bafite, nubwo amasanduku yabo yaba yuzuye zahabu.

Isi ntishobora kumenya ibyishimo keretse iyo ubwikunde bw'ibintu butereranywe

Nyuma y'imyaka mike bashakanye, abagabo n'abagore ibihumbi baribaza bati:

"Urukundo rwacu rwagiye he?"

Igisubizo kuri aba bantu ni iki: Yatswitswe n'umuriro wo kwinezeza cyane kandi yarenzwe n'ubwikunde n'agasuzuguro

Iyo izi mico mbi zinjiye mu mutima, urukundo ruhinduka ivu

Iyo umugabo n'umugore bakoreyena nabi, bangiza ibyishimo byabo burundu

Umugabo agomba gufasha umugore kugaragaza imico ye myiza no kumutera kumva ko atari kumwe na we kugira ngo asohoze icyifuzo bye gusa, ahubwo ko ari nk'umufasha mu nzira, yubaha kandi agashima, kandi akamubona nk'ikimenyetso cy'ubuzima bwiza cyane.

Abagore bagomba kureba abagabo mu buryo bumwe

Iyo ushyize ubwoko bw'ifumbire mvaruganda mu mizi y'igiti, imbuto ziba nke kandi zidakora neza. Mu buryo nk'ubwo, iyo umuntu agaburira igiti cy'ubucuti afite ibyiyumvo byo kwikunda, intego ze zidakwiriye zihindura imiterere y'ubucuti kandi zikangiza imbuto z'ubwo bucuti.

Gushishikazwa n'umuntu kubera ko ari umukire cyangwa umuntu ukomeye kandi akaba yadukorera ikintu ntabwo byakwitwa ubucuti. Mu buryo nk'ubwo, gukururwa n'umuntu kubera isura ye nziza ntabwo ari ubucuti. Iyo iyo sura itakaje ubwiza bwayo buto kandi bushishikaje, "ubucuti" buzashira bube ikintu cya kera.

Ibikorwa byiza abantu b'abanyacyubahiro bakora kugira ngo bafashe abandi ntibikwiye gukorwa kubera icyubahiro no kuba icyamamare cyangwa ngo bishimishe ubwikunde, ahubwo ibikorwa byose bigomba gukorwa kubera urukundo bakunda Imana no gushaka ibyo ishima.

Abakunda gusebanya, gusebanya no kuvuga abandi nabi ntibazigera bamenya ibyishimo byo gufasha abandi amagambo atera inkunga n'inama z'ubwenge. Gucira abandi urubanza rubi bica intege umuntu ukora icyaha kandi bikamutera uburakari.

Abantu benshi bazi mu mitima yabo intege nke zabo n'ibikomere bibabaza bavukanye, kandi ibi ntibishobora gukira hakoreshejwe gutotezwa no gucibwa intege, ahubwo biva mu rukundo ruhumuriza kandi ruhumuriza.

Mwami, reka nkore icyo ushaka ko nkora, kandi reka nemere ko ibyifuzo byanjye cyangwa ibyifuzo

byanjye binyigarurira. Mfasha gusohoza imirimo izatuma iyi si iba nziza mu buryo bwose, kugira ngo ibitekerezo byanjye n'ibikorwa byanjye byamamaze icyubahiro cyawe kandi bikwibutse abandi.

Ibitotsi ni umugisha, kuko uko ibibazo byawe byaba biri kose, uba ubyikuyemo iyo ubiretse. Ariko ugomba kwiga uburyo bwo kwikuramo ibibazo mu masaha yo kubyuka. Niba utigeze urya isukari, ntuzamenya uburyohe bwayo. Kimwe n'uko, keretse ukoresheje neza ubushobozi bw'ubwenge, ntuzabasha kwishimira imbaraga zayo zitangaje.

Mu gihe Nyakubahwa Umucamanza yari arimo gutanga umwanzuro we wa nyuma ku kibazo cy'ingutu cyashoboraga gutuma undi muntu apfa cyangwa agapfa, muri icyo gihe yari arimo atekereza ku bibazo byo mu rugo byari byamubayeho uwo muni kandi yarababaye kuko itegeko rye mu rugo ritari rishyizwe mu bikorwa!

Iyo umucamanza nk'uwo atanze icyemezo kitari cyiza cyatuma umuntu utari umwere apfa bitewe no kutagira icyo yibandaho, icyo gihe na we azashinjwa kandi agacirwa urubanza imbere y'Umucamanza w'Ikirenga, Umucamanza w'ibyaha byose: itegeko rusange ritarangwa no gutonesha kandi ridafite aho rihuriye n'icyenewabo.

Ndacyibuka igihe nagiraga ikintu ntari niteze; inyuma y'ibicu byo gutekereza, umuseke w'ibyishimo byo mu mwuka waraje mu buryo butunguranye maze unyigarurira

Ubwo bunararibonye bwiza bwarenze ibyo nari niteze byose, ubwo numvaga ibyishimo bitavugwa,

kandi urumuri rw'ibyishimo rwamurikiye impande zose z'ubwenge, rukuraho igicucu cy'urujijo n'ibibazo.

Urwo rumuri—nk'urumuri rwa X-ray—rwanyuze mu bintu bikomeye runyereka ibintu byari birenga intera isanzwe yo kureba, iburasirazuba n'iburengerazuba, Amajyaruguru n'Amajyepfo, imbere yanjye n'inyuma yanjye, hejuru yanjye no munsu yanjye, imbere yanjye no hirya no hino, ndetse no hirya no hino.

Gushidikanya gusenya bisa no gucika intege mu ngaruka zako Bibangamira imitekerereze yubaka kandi bikabangamira ubushake

Bibera imbogamizi ku mirimo myiza y'imbaraga zo hejuru n'amategeko y'isi, bikabuza imigisha y'Imana kugera ku bugingo. Bizana kandi kumva uhangayitse kandi udafite icyo ushoboye.

Arwanya intsinzi kandi yanga ibitekerezo bitewe n'ubujiji, urwikekwe, urwikekwe rudakwiye, cyangwa amarangamutima n'irari bidagenzurwa.

Kuvuka mu mwuka bivuze kwibohora mu kato k'ubujiji no guhunga inzitizi z'ubwenge buciriritse

Ubuzima bw'umuntu rimwe na rimwe bushobora kuba bwiza cyane, ariko kubukunda ni nko gushyira inyoni yo muri paradizo mu kato gato lyo ukinguye urugi rw'akato, inyoni ishobora gutinda kuguruka kuko imaze kumenyera

Iyi nyoni nziza cyane iratinya kandi ntishaka kuva mu kato ngo isubire mu mudendezo utagira imipaka yaturutsemo, ahubwo ihitamo kuguma mu gace gato kandi gaciriritse katajyanye n'imiterere yayo.

Bityo, roho y'umuntu imenyera umubiri maze ikaba imbohe yawo, itazi ko ari igice cy'isi itagira iherezo kandi ko kubaho kwayo ku isi ari iby'igihe gito

kandi ko igomba gusubira mu rugo rwayo rwo mu ijuru.

Kandi kubohora ubwenge karemano ku nzitizi n'imipaka y'umubiri ni cyo nise kuvuka ubwa kabiri mu buryo bw'umwuka

Nta mipaka y'imbaraga z'ubwenge. Ibande kuri iki gitekerezo kandi wuzuze ubwenge bwawe imbaraga zo kugera ku ntogo zawe n'umurava wo gukora neza ugana ku ntogo zawe. Komeza gusunika ibitekerezo byawe ugana ku byo wagezeho. Niba ugeze ku butunzi bwo mu buryo bw'umwuka, ubundi bwoko bwose bw'ubutunzi n'iterambere bizaba biri ku buyobozi bwawe.

Iyo umuntu adashobora gusohozwa icyifuzo cye binyuze mu mbaraga ze bwite, ahindukirira Imana mu isengesho. Bityo, buri gisabisho cyose gihishura icyifuzo cyihishe imbere. Ariko iyo umuntu abonye Imana, ibyifuzo byose birashira kandi ibyifuzo byose birasohozwa.

Umuntu agomba gukora uko ashoboye kose, ntagire aho abogamira, kandi ntagire ibyo ashingiraho bimubuza

Agomba kandi kwita cyane ku masomo (ibyabaye n'imimerere) ubuzima bumushyira imbere kuko arimo amasomo agomba kwiga.

Intego nziza ku isi zigomba gushyirwa muri iyi si, kandi hagashyirwaho amahame ngenderwaho azamurira abantu ku rwego rwo hejuru, anonosora ibitekerezo byabo, agabanye ibyifuzo byabo, kandi agatunganya impano zabo nziza.

Ibi bishobora gushyirwa mu bikorwa binyuze mu rugero rw'umwuka n'integanyanyigisho nziza, atari binyuze mu mbaraga z'ubugome n'intambara zisenya. Ubutegetsu bwa politiki ni akaga budafite amahame y'umwuka yo kubugenzura no kubuyobora.

Iyo nerekeza ku mahame y'umwuka, sinshaka kuvuga inyigisho runaka, udutsiko, cyangwa imyizerere, ahubwo nshaka kuvuga amategeko rusange: amategeko yo gukiranuka n'imico myiza areba buri wese kandi akamuzanira ineza, imibereho myiza n'amahoro.

Buri muntu aba munsu y'igiti cy'ibyifuzo bye, gisohozu ibyifuzo bye byose. icyo giti ni imbaraga z'ubushake. Ubushake bw'umuntu, bugaragaza ubushake bw'Imana, bufite mu by'ukuri imbaraga zo gusohozu ibyo umuntu yifuza n'ibyo yifuza.

Ariko umuntu wese utazi kugenzura ibyifuzo bye, ibyifuzo bye n'ibitekerezo bye agomba gushimira Umwami we incuro igihumbi kuko ibitekerezo bye bidasobanutse bitahita bibaho ako kanya, bitabaye ibyo ibyifuzo byo mu gasozi byatera ingwe ziryana kandi ziryana zica ituze ry'umutima, zigakomeretsa igufwa ry'ibyishimo, kandi zigahindura ahantu h'amahoro yo mu mwuka ubutayu butagira umumaro.

Umuntu agomba kwitonda ku bwoba, gutsindwa, indwara no kutamenya, kugira ngo ibyo bitekerezo bibi bitazavamo nk'ibisimba biva mu mwijima w'ahantu hatazwi, bigatera ibibazo bikomeye bigoye guhangana nabyo cyangwa kubigenzura. Ibitekerezo bibi nta kindi byangiza uretse kwangiza umuntu; bityo rero, bigomba gusimburwa n'ibitekerezo byiza niba umuntu yifuza ibyiza kuri we no ku bandi.

Iyo tumenye ko ubushobozi dukeneye bwo gutekerezwa, kuvuga, kumva, cyangwa gukora byose bituruka ku Mana kandi ko ihora iri kumwe natwe, ikadushishikariza kandi ikatuyobora, duhita tubohoka mu bihe bigoye.

Ubwo buryo butuma umuntu yumva ibyishimo bye, rimwe na rimwe umuntu ahita yinjizwa mu mucyo mwinshi uhita wirukana ibitekerezo by'ubwoba.

Ijambo ryose, ryaba ryiza cyangwa ribi, risiga imitingito yaryo—ibice byaryo—mu mubiri, mu bwonko, no mu buzima imbaraga z'ibitekerezo mu buryo bw'ibyifuzo n'ibyifuzo Bityo, imitingito y'amagambo yose isiga imyifatire myiza cyangwa mibi mu mutwe Umuntu wibohoye ku byifuzo byo kugoreka ukuri yishyiriraho imbaraga zikomeye, ku buryo atazahamya ibinyoma kandi amagambo ye yose azaba ukuri.

Uwiteka, mpa imbaraga zo gukoresha ijwi ryanjye mu gukorera ukuri mvuga amagambo meza, y'ingirakamaro kandi aruhura

Curanga indirimbo zawe zidapfa ku mwirongi w'ubuzima bwanjye kugira ngo mbone umugisha w'imivuduko y'indirimbo zawe zera

**Yewe mukunzi w'isi yose
Ndabona isura yawe irabagirana mu mabuye y'agaciro yaka**

Kandi nabonye ibara ryawe mu ndabyo z'indabyo z'iroza

Numva ijwi ryawe mu nyoni ziririmba, maze ndanezerwa cyane

**Kandi ndarota ko nzahura nawe mu mitima yose
Ndaremerewe n'ibyishimo byinshi**

Ibisobanuro bya Transcends

Ubwigenge ku bwoba

Umwigisha Paramhansa Yogananda

Ibintu byose biri mu isanzure bigizwe n'ingufu cyangwa imitingito. Imitingito y'imvugo ni ukwigaragaza cyangwa imvugo ikomeye kuruta imitingito y'ibitekerezo. Ibitekerezo by'abantu bose binyura muri ether Kubera ko ibitekerezo bifite urwego rwo hejuru rwo gutigita, ntibiramenyekana. Ku bw'amahirwe, ntabwo tuzi ibitekerezo by'abantu bose!

Ukoresheje cyangwa ugakanda buto za radiyo (ndetse no mu bundi buryo muri iyi minsi), ushobora kumva indirimbo n'amajwi atandukanye. Iyo hataba ubumenyi buri mu bice bya eteri aho imiraba ya radiyo inyura igana kuri receiver yawe, wari kumva amajwi yose icyarimwe.

Imana yaremye eteri kandi yahumekeye ubwenge bw'umuntu kugira ngo ahimbe uburyo bwo kohereza no kwakira imitingito binyuze muri ubu buryo. Imitingito ya radiyo yishingikiriza kuri eteri kugira ngo ikwirakwizwe ndetse n'amashanyarazi kugira ngo yohereze kandi yakire. Imitingito ya radiyo irahindagurika ni ibitekerezo byoherezwa mu kirere ku muntu wese ukira ijwi.

Iyo uri hafi y'uwo ukunda, wumva ibitekerezo bye, ariko ushobora kudashobora kumva ibitekerezo by'umuntu uri kure keretse ufite ubushobozi bwo kumva ibintu neza Abakora imyitozo yo gutekereza no gutekereza cyane bahora batuje cyane kandi ibitekerezo byabo birushaho kunozwa bitewe n'iyi

**myitozo, bigatuma bashobora kumva ibitekerezo
n'imigambi by'abandi ndetse no kuba bari kure!**

**Twese turi abantu batuma ibintu birushaho kuba
byiza: wakira ibitekerezo by'abandi binyuze mu
mutima wawe, ihuriro ry'ibiyumvo, kandi ugatanga
ibitekerezo byawe binyuze mu jisho ryawe
ry'umwuka, ihuriro ry'icyitegererezo n'ubushake
Antene yawe iri mu bwonko, ihuriro ry'ubumenyi bwo
hejuru, bw'ubwenge Tekereza uri kure y'iwanyu kandi
ushaka kumenya ibirimo kuba. Niba ibyumviro byawe
bituje cyane kandi ubwenge bwawe butuje, uzabasha
kumva amarangamutima n'ibitekerezo by'umuryango
wawe mu rugo. Iyo ufite ubushobozi bunini bwo
gutekereza, ibitekerezo byawe bishobora kwinjira
ahantu hose, kandi ibyumviro byawe bigashyirwamo
imbaraga z'ingenzi.**

**Intera ni nke kuko ingufu zigabanya umwanya
Intera iragabanuka bitewe n'iterambere
ry'ikoranabuhanga mu itumanaho Tekereza ko wari
usinziye ukarota ujya mu kindi gihugu, hanyuma
ugafata gari ya moshi ujya mu mujyi, hanyuma
ugafata ubwato ujya ku kirwa, ugahagarara ku
byambu byinshi mu nzira ibi byose bibaho mu minota
mike mu nzozi kuko nta ntera iri mu rwego
rw'ibitekerezo**

**Isi yose n'ikirere biriho nk'igitekerezo, kandi niho
imbaraga z'ubwenge ziherereye Nshobora gufunga
amaso yanjye no gutekereza ku bintu biri kure cyane
Umwanya n'igihe ni ibintu byubatswe mu mutwe gusa
Ni irihe tandukaniro riri hagati ya kawa ishyushye na
ice cream ikonje mu nzozi? Iyo ukangutse, umenya ko
ice cream mu isi y'inzozi yari igitekerezo gusa, naho
ikawa ishyushye nayo yari igitekerezo - byombi byari
ibitekerezo bitandukanye gusa Ubwenge bufite
ububasha bwose n'imbaraga zizi byose Ubwenge**

mvuga ni ubwenge bw'Imana Kandi nk'uko iba hose binyuze mu bitekerezo, ni ko natwe turi

Iyo ugerageje kumva radiyo, rimwe na rimwe wumva ibintu bidahinduka biherekeza ikiganiro. Mu buryo nk'ubwo, iyo ugerageje kugera ku kintu gifite akamaro mu buzima bwawe, uhura n'ubundi bwoko bw'inzitizi zigerageza kubangamira no kubangamira iterambere ryawe. Ibyo kwivanga ni ingeso mbi

Ubwoba ni ubundi bwoko bw'ihungabana rigira ingaruka ku mitekerereze yawe. Nk'ingeso nziza cyangwa mbi, ubwoba bushobora kuba ubw'ubwubatsi kandi bugasenya. Urugero, iyo umugore avuze ati: "Umugabo wanjye azarakara ninsohoka iri joro, bityo sinzabikora," aba ashishikajwe n'ubwoba bwubatsi kandi bw'inshuti. Hari itandukaniro hagati y'ubwoba bw'inshuti n'ubwoba bw'abanyabwoba. Aha ndavuga ubwoba bw'inshuti butuma umuntu yitonda kugira ngo adakomeretsa abandi bitari ngombwa. Ubwoba bw'abanyabwoba butuma umuntu adashaka kugirira nabi abandi. Abagize umuryango bagomba kumva ubwoba bw'inshuti gusa kandi ntibagomba gutinya kubwirana ukuri. Gukora ibintu ubitewe n'inshingano, cyangwa kwigomwa ibyifuzo byawe bwite mu gukorera abandi no mu rukundo, ni byiza cyane kuruta kubikora kubera ubwoba. Nubwo umuntu yirinda kurenga ku mategeko y'Imana, bigomba kuba bitewe n'urukundo akunda Imana, atari ubwoba bw'ibihano.

Ubwoba buturuka mu mutima Niba wumva ufite ubwoba bitewe n'indwara cyangwa impanuka, ugomba guhumeka cyane, buhoro buhoro, kandi ku muvuduko uhoraho inshuro nyinshi, ukaruhuka buri gihe uhumeka. Ibi bizafasha amaraso yawe gusubira

mu buryo busanzwe Niba umutima wawe utuje by'ukuri, ntuzagira ubwoba na gato.

Guhangayika bibyutsa umutima bitewe n'uko umuntu yumva ububabare. Bityo, tubona ko ubwoba bushingiye ku byo umuntu yanyuzemo mu bihe byashize. Wenda umuntu yaguye akavunika ukuguru kwe mu bihe byashize, bityo agatinya gusubiramo ibyo byabayeho. Guhora atekereza ku bintu nk'ibyo bibabaza bigabanya ubushake n'imitsi, bishobora gutuma umuntu yongera kugwa no kuvunika ukuguru! Byongeye kandi, iyo umutima ubangamiwe n'ubwoba, imbaraga z'umubiri zigabanuka zikagera ku rwego rwo hasi cyane, bigatuma mikorobe z'indwara zinjira mu mubiri zikawugirira nabi.

Nta muntu n'umwe udatinya indwara Ubwoba bwahawe abantu nk'igikoreshe cyo kwirinda ububabare, ntibugomba kwitabwaho cyane cyangwa ngo bukomeze kwitabwaho Guhora duhangayikishijwe n'ubwoba bibangamira imbaraga zacu zo kwirinda ingorane no gukemura ibibazo duhura na byo Ubwoba bwo kwitonda bushingiye ku bwenge, nko gutekereza, urugero, ko ibiryo runaka ari bibi nubwo wifuza kubirya Ubwoba bwo kurwara bugaragaza indwara Abantu biyitera indwara gusa iyo batekerejeho Niba uhora utinya gufatwa n'ibicurane, uzarushaho kubyihanganira uko wakora kugira ngo ubirinde. Ntugahagarike ubushake bwawe n'imitsi yawe n'ubwoba. Iyo imihangayiko ikugoseho ubishaka, ufasha mu kurema uburambe utinya. Si byiza kandi kwifatanya cyane n'abantu bahora bavuga ku ndwara zabo n'intege nke zabo. Kwibanda kuri ibi bintu bishobora gufasha gutera imbuto z'ubwoba mu bitekerezo byawe. Abatinya igituntu, kanseri, cyangwa indwara z'umutima bagomba kwirukana ubwo bwoba mu bitekerezo byabo kugira ngo

batazana ibi bibazo bibi. Ku barwayi n'abageze mu za bukuru, bakeneye ibidukikije byiza kandi bishyigikira, bikikijwe n'abantu bafite imyumvire myiza, kugira ngo babatere inkunga kandi babazamure. bafite ibitekerezo byiza n'amarangamutima meza. Igitekerezo gifite imbaraga nyinshi. Abakozi b'ibitaro ntibakunze kurwara bitewe n'icyizere cyabo; mu by'ukuri, ibitekerezo byabo bikomeye birabagaruramo imbaraga kandi bikabaha isoko ihoraho y'imbaraga.

Kubera iyo mpamvu, ni byiza kutabwira abandi imyaka yawe uko ugenda usaza. Ukimara kubikora, babona imyaka yawe igaragara mu isura yawe kandi bakayihuza no kugabanuka k'ubuzima n'imbaraga Igitekerezo cyo gusaza gitera imihangayiko kandi kikambura umuntu ubuzima n'ingufu. Bityo rero, komeza imyaka yawe ibe ibanga. Tugomba kwiwibutsa ko turi ibiremwa bidapfa, ko dufite ubuzima bwiza, kandi ko isi yuzuye ibyiza.

Kubwibyo, kwitonda bigomba kuganza ubwoba. Ingamba zo kwirinda zigomba gufatwa, kandi hagakorwa ibishoboka byose kugira ngo haveho impamvu zitera indwara kandi umuntu yikureho ubwoba. Udukoko turi henshi ku buryo abantu baramutse baduteye ubwoba, batabasha kwishimira ubuzima. Nubwo hari ingamba zose zikenewe zo kwirinda, umuntu aramutse asuzumye urugo rwe akoresheje mikorosikopi, yatakaza ubushake bwo kurya n'ubushake bwo kurya.

Icyo utinya cyose, kuraho ibitekerezo byawe kuri cyo. Birekere Imana kandi wongere icyizere cyawe muri yo. Imibabaro myinshi ikunze guterwa no guhangayika. Kuki ubabara kandi indwara zitaragera? Kubera ko indwara nyinshi z'abantu zikomoka ku bwoba, kureka ubwoba bizahita bibakiza, kandi gukira bizaba ako kanya. Buri joro, mbere yo gusinzira,

yemeza uti: "Imana iri kumwe nanjye, kandi umuntu wese ufite Imana muri we nta cyo agomba gutinya." Mu bwenge bwawe, komeza Umwuka w'Imana n'imbaraga zayo zo mu kirere, wizera ko mikorobe iyo ari yo yose ikugabaho igitero izakubitwa. Subiramo "Mana, Ushoborabyose" cyangwa "Mwami, Umufasha" ufite icyizere cyuzuye kizakurinda, kigukomeze, kandi kigutere kumva umerewe neza kandi ufite ubuzima bwiza. Niba uri mu bumwe n'Imana, ukuri kwayo kuzagutemberamo, kandi uzamenya ko mu mutima wawe, uri umwuka udahuye n'ingorane kandi udapfa.

Igihe cyose wumva ufite ubwoba, shyira ikiganza cyawe ku mutima wawe, ukinyure uherye ibumoso ujya iburyo uvuge uti: "Mwami, kuraho ubu bwoba kuri njye kandi ubohore ubwenge bwanjye n'ibitekerezo byanjye ku kintu icyo ari cyo cyose kimbuza amarangamutima" Nk'uko hari uburyo bwo kwikuramo uburyo bwo kunyuranya na radiyo, ni ko bimeze, niba uhora unyuza umutima wawe uherye ibumoso ujya iburyo, kandi niba uhora wibanda ku gitekerezo cyo kwirukana ubwoba mu mutima wawe, ubwoba buzashira ku bufasha bw'Imana, kandi uzumva ibyishimo by'Imana byuzuye ubuzima bwawe bwose.

Ubwoba buhora buri mu muntu, kandi kubukuraho birashoboka iyo utekereje ku Mana kandi ukumva ko iriho

Izere Imana kandi ube umunyakuri mu byo ukora byose Hari benshi bayigana; ntukongere izina ryawe ku rutonde rwabo rurerure. Umenye neza ibyo ukora kandi ubikore mu buryo budasanzwe butigeze bukorwa mbere. Umurima ufunguye wo guhanga udushya igihe cyose icyifuzo ari icy'ukuri kandi ubushake buhari. Kamere zose ziragusubiza iyo uhuje n'Imana.

Abantu bakunze kwishyira imbere, ariko twagombye gutekereza ku bandi no kubafasha uko dushoboye kose, tubifuriza ibyiza nk'uko natwe tubyifuza. Iyo tubikoze tubikunze kandi tubikuye ku mutima, twumva uruhererekane rw'impuhwe zacu rwaguka kandi urukundo hagati yacu n'abandi rugakomera kandi rugakomera.

Mu gace gatuwe n'abantu 1.000, buri wese aramutse yitwaye neza, buri muntu yagira inshuti 999. Ariko buri wese aramutse yitwaye nk'umwanzi w'abandi, buri muntu yagira abanzi 999.

Gutsinda imitima y'abantu n'imbaraga z'urukundo ni yo ntsinzi ikomeye umuntu wese ashobora kugeraho mu buzima. Buri gihe haranira gutekereza ku byiza by'abandi, kandi uzasanga isi yose iri ku birenge byawe. Iki cyari igikorwa gitangaje cyane cy'abantu bakomeye babayeho kandi bagapfira abandi. Abafite imbaraga nyinshi zifatika babaho ku bwabo, bibagirwa vuba. Ariko ababaho ku bw'abandi bakomeza kwibukwa iteka ryose. Abahanuzi ntibagiraga intebe z'izahabu mu gihe cy'ubuzima bwabo ku isi, ahubwo bicaye ku ntebe y'urukundo mu mitima y'abantu babarirwa muri za miriyoni. Iyo ni yo ntebe nziza cyane umuntu uwo ari we wese ashobora guturamo.

Umuntu aza muri iyi si arira abandi bose bishimira kuhagera. Agomba gukora no gukorera mu gihe cyose cy'ubuzima bwe kugira ngo igihe cyo kuva kuri iyi si nikigera, agende amwenyura mu gihe isi imuririra.

Imana yaremye iyi si kugira ngo abantu bakoreshe ubwenge bwabo kugira ngo babone ubumenyi bw'umwuka kandi bumve ko Igitekerezo cy'Imana ari imbaraga ikomeye, kandi iyi mbaraga igomba kuyoborwa mu buryo bukwiye kugira ngo igirire akamaro abantu ubwabo n'abandi.

Iyo Imana itadushyiramo urukundo idushyiramo urukundo rwayo mu mitima yacu, ntitwari kumenya urukundo rw'abantu na gato Kubera ko Imana ari umunyabuntu kandi idukunda, ni yo yagombye kuba intego yacu n'intego yo gushakisha kwacu. Ntishaka kutwishyiramo, ariko nta byishimo byagerwaho tutayitekerejeho kandi tukayihuza nayo.

Uburyo bw'amayobera umubiri n'ubwonko bikora, Imana yadutandukanije n'ibindi biremwa byose

Ibindi bitangaza n'igitangaza byose mu buzima bigomba kuba impamvu ihagije yo kudutera gushaka kubishakisha no kubisanga

Umuntu wese ugerageza ibi abikuye ku mutima kandi mu buryo buboneye azageraho mu mugambi we kandi azagera ku ntego ye.

Ubwo natangiraga iyi nzira, ubuzima bwanjye bwabanje kuba akajagari kandi budafite gahunda, ariko binyuze mu kugerageza kenshi no gukomeza gushyiraho imihati, ibicu byatangiye gushonga, ibintu bihita bisobanuka neza. Ibyambayeho byose byari igihamya kidashidikanywaho cy'uko Imana iriho n'uko ishobora kwihuza nayo no kuyimenya muri ubu buzima. Yewe, ituze, amahoro yo mu mutima, n'ituze ry'imbere umuntu ushakisha abona amaze kubona Imana! Isi ihita ihinduka urumuri kandi iramwenyura, byose bizaba byiza, kandi nta kintu na kimwe kizashobora gutera ubwoba mu mutima.

Uku ni ko tugomba guhangana n'ibibazo no kurwana intambara y'ubuzima dufite ubutwari n'ubutwari bikwiye abana b'ubuzima n'urumuri.

Kuvumbura ubutunzi

Umwarimu: Paramhansa Yogananda

Ubuhinduzi: Mahmoud Abbas Masoud

Ese hari imbaraga mu isanzure zishobora kugaragaza ibirombe by'ubutunzi n'ubutunzi, no kuvumbura ubutunzi butari bwibanzweho kandi tutigeze turota mbere?

Ese hari imbaraga mu isanzure dushobora kwishingikirizaho no kuzishingikirizaho mu gushaka ubuzima bwiza, ibyishimo, no kumurikirwa mu buryo bw'umwuka?

Abarimu bafite ubumenyi bemeza ko ubwo bubasha buriho kandi bagaragaje ko amategeko n'amahame y'ukuri azakorera abantu mu gihe azabagerageza afite ubwenge bufunguye.

Intsinzi mu isi ntishingiye gusa ku myitozo no kwihaza, ahubwo ishingiyeye no ku cyemezo cyo gukoresha neza amahirwe ahari.

Amahirwe y'ubuzima ntabwo aza ku bw'impanuka; araremwa kandi akavuka Abantu baremye amahirwe yose yabayeho kandi aboneka kuri bo (haba muri ubu buzima cyangwa mu bihe byashize, harimo n'ubuzima bwabanje cyangwa ubwihindurize) Kubera ko baremye aya mahirwe, bagomba kuyakoresha no kuyungukiramo mu buryo bwuzuye kandi bwiza bushoboka.

Nidukoresha uburyo bwose bushoboka n'umutungo wo hanze, uretse ubushobozi bwacu busanzwe, kugira ngo dutsinde inzitizi zose zishobora kutubangamira, tuzahinga imbaraga Imana yaduhaye: izo mbaraga zitagira imipaka zituruka mu nda yacu. Dufite imbaraga ebyiri zikomeye: imbaraga z'ubwenge n'imbaraga z'ubushake, kandi tugomba gukoresha izi mpano ebyiri zera mu buryo bwuzuye.

Intsinzi cyangwa gutsindwa k'umuntu biterwa n'imiterere n'uburyo atekereza bisanzwe Ni ikihe gifite imbaraga mu buzima bw'umuntu: ibitekerezo byo gutsinda cyangwa ibitekerezo byo gutsindwa? Niba gutekereza ari bibi

akenshi, rimwe na rimwe ibitekerezo byiza ntibizahagije kugira ngo bikurure intsinzi Aiko iyo umuntu atekereje mu buryo buboneye, azabona icyo ashaka kandi agere ku ntego ye, nubwo yaba yumva akikijwe n'umwijima.

Buri muntu ni we uzagira icyo asabwa ku giti cye. Nta wundi uzatanga igisubizo cyangwa ngo yishyure amafaranga mu izina rye ku munsu w'imperuka.

Umurimo wacu mu isi, aho ibikorwa byacu byashize byadushyize, nta wundi washobora kugeraho. Umurimo wacu ufatwa nk'uwagize icyo ugeraho gusa iyo ukorera bagenzi bacu mu buryo runaka.

Nta kibazo kigomba kwibazwaho cyangwa gusubirwamo buri gihe. Reka ibintu biruhuke gato, kandi bishobora kwikemurirwa ubwabyo. Aiko, umuntu ntagomba kumara igihe kinini asinziriye ku buryo atabasha kumenya neza. Ibihe byo kuruhuka bigomba gukoreshwa mu gutekereza cyane no kugera ku ntego ituje mu mutima.

Iyo wiyunze neza, uzabasha gutekereza neza ku byo ukora byose Nubwo ibitekerezo byawe byatatanye, uzabasha kubikusanya no kongera kubishyira ku murongo. Ubushobozi bwo kugera kuri ubu bwumvikane butagatifu bushobora kuboneka binyuze mu mbaraga no mu myitozo.

Uretse gutekereza neza, imbaraga z'ubushake, ukora cyane, no kwihangana ni ingenzi kugira ngo ugere ku ntsinzi. Ibintu byose bigaragara inyuma n'ibintu bigaragarira inyuma ni ingaruka z'imbaraga z'ubushake, aiko izi mbaraga akenshi ntizikoreshwa neza kandi mu buryo bushyize mu gaciro.

Hariho ubushake bwikora nk'uko hariho ubushake busanzwe, kandi imbaraga ziyobora ibikorwa byose ni ubushake budacogora cyangwa imbaraga z'ubushake,

umuntu udafite ubwo bubasha ntashobora kugenda, kuvuga, gukora, gutekereza, cyangwa kumva. Bityo, imbaraga z'ubushake ni zo mbaraga zitera ibikorwa byose, kandi kunanirwa gukoresha iki gikorwa bivuze kudakora no gucika intege, haba ku mubiri no mu mutwe. Abantu bakoresha imbaraga z'ubushake ndetse no mu kwimura amaboko yabo, kandi ntibishoboka kubaho badakoresheje ubwo bubasha.

Ubushake bwikora ni ugukoresha imbaraga z'ubushake utabizi Ubushake buzwi ni imbaraga z'ingenzi ziherekejwe n'umurava n'imbaraga; ni isoko y'imbaraga igomba kuyoborwa mu buryo bw'ubwenge no mu buryo butekerejweho Iyo umuntu yitoza gukoresha imbaraga z'ubushake zitekereza, aho gukoresha imbaraga z'ubushake zikora utabizi, agomba kandi kugenzura ko imbaraga ze zikoreshwa mu buryo bw'ingirakamaro kandi bwubaka, atari ukugira ngo agire ingaruka mbi cyangwa ngo abone ibintu bidafite umumaro.

Kugira ngo umuntu agire ubushake bukomeye kandi bukora neza, agomba kugira umugambi no kwiyemeza gukora ibintu yatekerezaga ko bidashoboka. Tangira imirimo yoroshye, kandi uko icyizere cyawe, imbaraga zawe n'ubushake bwawe bikura, genda ugerageza imirimo ikomeye kandi igoye.

Ubwa mbere, umuntu agomba kwemeza ko intego nziza kandi nziza ishyirwaho, kandi agaharanira kuyigeraho akoresheje imbaraga n'ubushobozi bwose, yanga burundu gucika intege cyangwa kwemera ko yatsinzwe, uko byagenda kose hari inzitizi zishobora kumubangamira.

Umuntu agomba gukoresha ubushake bwe bwose kugira ngo amenye neza akazi ako kanya, ntapfushe ubusa imbaraga cyangwa ngo areke ibintu bitarangiye mbere yo gutangira urugendo rushya.

Amahoro abe kuri mwe

Uburyo bwo gusoma amahame mbwirizamuco y'abandi

Kwiga amahame mbwirizamuco y'abandi bituma umuntu arushaho kumenya ibintu bishobora kumufasha kunoza imico ye. Ariko, kwiga amahame mbwirizamuco mu buryo bubi bihabanye n'ukuri n'umutimanama, kandi bigira ingaruka mbi.

Buri wese yirinda "abapolisi b'ibanga b'imyitwarire myiza" bagamije gusa gushyira ahagaragara no kwanduza abandi. Benshi mu bakunda kunenga abandi ntibashobora kwihanganira kunengwa ubwabo, nubwo bashobora kuba bafite inenge n'intege nke bababazwa no kubona mu bandi, hakurikijwe umutimanama wabo "ukeye".

Kwiga imico ni ingenzi cyane kubera impamvu imwe y'ingenzi: tugomba guhora twitegereza imico myiza mu bandi no kwimakaza iyo mico myiza muri twe. Niga imico iyo ngomba guhangana n'abantu bamwe na bamwe. Ariko guhitamo kwanjye guturuka mu buryo butandukanye rwose. Hari igihe nemerera umuntu nzi ko atari mwiza kubana nanjye, nizeye ko azagira icyo ageraho. Niba yakiriye ubuyobozi bwanjye bw'umwuka ku bw'inyungu ze, azahinduka akamera neza; niba bitabaye ibyo, nzaba narakoze uko nshoboye kose.

Ndi nk'umuganga wishyira mu kaga kugira ngo afashe umurwayi. Abaganga bose bafata iyi kaga kuko bifuzaga gukorera no gufasha. Ni ko bimeze no ku muganga wo mu mwuka. Yiha inshingano zo gusuzuma abandi no kugaragaza intege nke zabo n'ububabare bwabo kugira ngo abafashe kunoza roho zabo.

Yesu yaravuze ati: "Ntimugacire urubanza, kugira ngo namwe muzacirwe urubanza" (kandi muri Korowani dusoma ngo: "Mu by'ukuri, gukeka bimwe ni icyaha") Ibi ni ugucira urubanza rugaragara rw'impaka ziterwa n'umugambi mubi n'icyifuzo cyo kugirira abandi nabi. Imyitwarire nk'iyo irakaze kandi yangiza ikirere cy'ubucuti n'urukundo mu bantu. Kunengwa ntacyo bimaze na gato keretse bitanzwe mu rukundo nyarwo kandi iyo undi muntu abyifuje. Bigomba gutangwa gusa hagamijwe gufasha uwo muntu. Abize kwifata bafite uburenganzira bwo gufasha abandi. Muri uru rwego, kwiga amahame mbwirizamuco bifite akamaro kandi bifite akamaro.

Ishami rimwe ry'inyigo y'imico rishingiye ku miterere y'umubiri. Bivugwa ko imico yose igaragara mu muntu igaragara neza mu mubiri we. Iyi mvugo ntishobora gusobanurwa muri rusange kuko si imiterere yose y'umubiri cyangwa ibimenyetso bigaragaza neza ubuzima bw'imitekerereze.

Aristote yize ibijyanye n'imiterere y'umubiri nk'imfashanyigisho yo gusobanukirwa imico y'abantu. Abahanga mu by'Ubuhande barushaho kwimbitse. Bavuga ko ibitekerezo by'ibanze by'ubuzima bw'umuntu bihishurirwa mu maso. Nubwo amaso ahishura amabanga y'imbere mu mutima w'umuntu—atari ay'ubu buzima gusa ahubwo n'ay'ibihe byashize—ubwenge bw'umuhanga ufite ubumenyi ni bwo bwonyine bushobora gusoma no gusesengura ibyo bitekerezo.

Hari igihe uba uri kugenda mu muhanda, maze ukumva ikintu mu maso y'umuntu unyura hafi yawe, ukibwira uti "Uwo muntu sinkunda" cyangwa "Ndamukunda", bitewe n'uko ibintu bimeze.

Amaso avuga inkuru yose Ubwoba, uburakari, ishyari, umururumba, ubuntu, urukundo, ubutwari,

iby'umwuka, n'imico myiza n'ibibi byose bigaragarira mu maso Abakora mu ibanga bashobora kugenzura imitsi yo mu maso yabo kugira ngo isura yabo idahishura imigambi yabo Ariko ntibashobora guhisha cyangwa gukuraho amakenga mu maso yabo (niyo mpamvu bamwe bambara indorerwamo z'umukara!) Ariko amaso y'umunyamayeri arahagaze kuko arimo gutekerezwa ku mwuka w'Imana utuje kandi utuje

Buri gice cyo mu maso no ku mubiri cyigwaho Ndetse n'uduheri twinshi ku mutwe twasesenguye Ariko isura y'umubiri si yo ihora ivuga inkuru yose, kandi imico itandukanye ifata imyanzuro itandukanye bitewe n'ibyo babonye n'ubushakashatsi bwabo. Bamwe bavugaga ko abantu babyibushye cyane bakunda kwinezeza kandi banga gukora, mu gihe abantu bananutse baba bafite umwuka w'Imana.

Kayisari yatinyaga Cassius, uwo yabonaga nk'umuntu ubangamiye ububasha bwe. Abanditsi bamwe bavugaga ko abantu bananutse batekerezwa cyane, ari yo mpamvu batagira umubiri. Nyamara, amateka agaragaza ko abantu bananutse n'ababyibushye cyane bagiye baba abategetsu beza.

Niba ubu uhora ubyibushye cyane, wabyibushye cyane inshuro nyinshi mbere (mu mibanire yabanje) Cyangwa niba uhora unanutse, wabyibushye cyane mu mibanire myinshi ya kera. Warazwe ubushake (bwo kuba ubyibushye cyane cyangwa unanutse) bwo mu bihe byashize. Kandi uko warya kose, iyo mitekerereze ikomeza kuba ikomeye kandi ikaba ishobora kwigaragaza.

Physiognomie, nk'ubumenyi bugamiye gusobanura kamere muntu, ni siyansi nyayo iyo turebye ko ibitekerezo byose byanyuze mu bwenge bw'umuntu mu mibereho ye myinshi bigaragara mu mubiri we. Nyamara, ibi bisaba ubushishozi bukomeye

bw'umwarimu w'umwuka ujijutse kugira ngo asobanukirwe neza kandi neza imiterere ya physiognomie muri uwo muntu.

Urugero, Socrates yari mubi cyane. Igihe kimwe yahuye n'umuhanga mu by'inyenyeri wamubwiye ati: "Socrates, uri umuntu mubi cyane kandi mubi kurusha abandi bose nigeze mbona." Abigishwa ba Socrates barakariye cyane uyu muhanga mu by'inyenyeri, ariko umwarimu wabo yaramushubije ati: "Uri mu kuri ko nari ndi ibyo byose kera, ariko nubwo ubu natsinze iyo mico mibi nkoresheje ubwenge, ibintu nakoze biracyagaragara kuri uyu mubiri, bituma usa n'aho ari mubi cyane."

(Ibi bitwibutsa igaragara ry'umwe mu banditsi b'Abarabu bakomeye mu bihe byose: Abu Bahr al-Jahiz, wavuzweho :)

Iyo ingurube ihinduka ubwa kabiri, yari kuba mbi cyane kurusha iya Al-Jahiz

Umuntu ukora nk'umuntu usimbura ikuzimu ubwe; ni agace k'umukungugu muri buri mfuruka (reba)

Nta maso abiri asa neza Buri maso atandukanye bitewe n'imico n'imiterere byagaragaye muri ubu buzima no mu buzima bwa mbere. Si ikibazo cyo gucira abantu urubanza nk'ababi cyangwa beza hashingiwe ku isura yabo y'ubu, niba ari beza cyangwa babi Mutagatifu Fransisiko wa Asizi atari mwiza ku mubiri, mu gihe umwigishwa we, Umuvandimwe Makedoniyo, yari umugabo mwiza Ariko Makedoniyo ntiyari afite ubwiza bukomeye bwo mu buryo bw'umwuka nk'ubwo Mutagatifu Fransisiko yari afite.

Irindi shami ry'ubushakashatsi rijyanye n'imiterere y'umubiri ni pathognomi: gusobanura amarangamutima y'umuntu cyangwa uburyo

agaragaza amarangamutima ye binyuze mu bimenyetso, isura ye, n'imigendere y'umubiri we, no kwiga uko abyitwaramo ku bintu bimwe na bimwe.

Amarangamutima n'ingeso bigaragaza imiterere y'umuntu, ariko abantu benshi bafite ubushobozi bwo guhisha amarangamutima yabo nyayo kuko badashaka kwiyerekana abandi.

Abagabo babiri bumvise inkuru y'uko abagore babo barohamye hamwe Umwe yagaragaje agahinda gakomeye, undi agakomeza guceceka. Ariko, uwagaragazaga agahinda ku maso yakundaga umugore we cyane kurusha umugabo utagaragazaga agahinda na gato binyuze mu isura ye. Bityo, pathogenesis - gusobanukirwa amarangamutima nyayo n'imyitwarire - ni isomo rikomeye cyane.

Abantu bashobora gusesengurwa neza kandi mu buryo bwizewe hashingiwe ku marangamutima yabo n'uko bagaragara. Nhuza uburyo bwombi kugira ngo habeho isesengura ryizewe kandi ryizewe. Abantu bose baza kunsura kugira ngo bahugurwe bashyirwa mu bihe runaka kugira ngo barebe uko ubwenge bwabo n'amarangamutima yabo bifata. Iyo basubije nabi, ngerageza kubakosora. Ariko ibi mbikora gusa iyo umuntu ansabye inama kandi akampa uburenganzira n'uburenganzira bwo kumuyobora.

Hari abantu bakunze kwiyumvamo amarangamutima kubera impamvu ntoya abahanzi bo mu Burengerazuba muri rusange baba bafite amarangamutima menshi, kandi umuziki mwinshi wo mu Burengerazuba urangwa n'amarangamutima kuko ushingiye ku nkuru z'urukundo rwa muntu. Mu Buhinde, umuziki ushingiye ku gitekerezo cy'Imana, kandi iri ni ryo banga ry'ubushobozi bwayo bwo guhumuriza inkubi z'amarangamutima no kuzana amahoro yo mu mwuka. Ibi ntibivuze ko abahanzi

**bose bo mu Burengerazuba bafite amarangamutima
cyangwa abahanzi bose bo mu Buhinde bafite
amarangamutima, nubwo bashobora kuba ari bo.
Ijambo rya Sanskrit rivuga umucuranzi risobanura
"usingiza Imana"**

**Mu gihe ukorana n'abantu bafite
amarangamutima, ntushobora kubashingiraho cyane
cyangwa ngo wizere ko bahoraho. Uyu munsu bari
kumwe nawe, ejo bakagusiga cyangwa
bakaguhindukirana. Nabonye abantu baza mu nzu
y'imbohe, mu minsi mike bakagerageza kukwemeza
ko ari indahemuka, ariko nyuma y'igihe gito
baragenda kandi ntuzongera kubabona ukundi.**

**Nta kintu kimbabaza kurusha gusenya ubucuti no
kutubahiriza ubuziranenge bwabwo Iyo mpaye
umuntu ubucuti bwanjye, sinigera mbusubiza inyuma**

**Biroroshye gutandukanya ubwoko bw'abantu
batekereza n'abatekereza. Aba mbere barashaka
gukora, mu gihe aba kabiri bashaka gutekereza no
gutekereza. Bombi barakenewe. Abahanga bashaka
gukora ako kanya bityo bakeneye umuntu ubayobora
mu gushyira imbaraga zabo mu bikorwa byubaka mu
mwuka. Kugira ngo dufashe ubwoko bwombi kugera
ku burunganire bunoze, ndagira inama abantu
batekereza gutekereza no gutekereza cyane, kandi
ndagira inama abantu batekereza gutekereza no
gukora cyane.**

**Ababaswe n'ingeso mbi nko kurya cyane, kunywa
itabi, no kunywa inzoga bagomba kwitonda, kuko
kubabuza gusohozwa ibyifuzo byabo bibyara uburakari.
Iyo utwaye ibiryo ku munywi w'inda, azarakara. Nta
cyo bimaze kugerageza gufasha aba bacakara ku
bwenge bwabo keretse bagaragaje icyifuzo cy'ukuri
cyo kunoza imikorere yabo.**

Abafite uburinganire mu bwenge bazamenya Imana Umwami w'Isi Yose yicaye ku ntebe y'uburinganire mu bwenge. Binyuze muri ubwo burunganire, abantu bagira amahoro atunganye.

Dukurikije filozofiya y'Abahinde, buri muntu wese agengwa n'imwe muri kamere eshatu z'ibanze:

Satwa: Ni ikintu kiranga abantu b'umwuka barya ibiryo bikwiye neza, bagahinga ingeso nziza kandi bagakunda Imana.

Rajas: Iki ni ikimenyetso cy'abantu bahora bakora cyane, bakomeza gukora kugeza bapfuye

Tamas: Ni ikimenyetso cy'abantu buzuza ubuzima bwabo amakimbirane, uburakari, ishyari, kwinezeza mu by'imibonano mpuzabitsina, ubunebwe, no guteza urujijo n'akajagari mu bantu

Ingeso iyo ari yo yose ibangamira iterambere ry'umwuka igomba kugabanywa, kandi umuntu ushaka agomba kuba umuhanga mu bitekerezo bye n'ibikorwa bye. Bake cyane bazi neza aho ibyiza bye biri.

Ukoresheje uburyo bukurikira, ushobora gucira urubanza umuntu uwo ari we wese Mirongo icyenda n'icyenda ku ijana by'abantu bose batsindwa iki kizamini: saba umuntu uwo ari we wese gukora ikintu—ku bw'inyungu ze—kandi azakora ibinyuranye n'ibyo. Kuki? Kubera ko badafite imbaraga zo kurwanya ibyifuzo byabo. Ingeso zabo zo mu isi ziba zarashinze imizi kandi zifite imbaraga. Akenshi, abantu ntibakora ibyo ubabwira—ndetse n'iyo bazi ko ari ku bw'inyungu zabo—kugira ngo bagaragaze ko udashobora kugira icyo ubahinduraho. Abashaka kwiteza imbere bagomba kwifatanya n'abantu bigenzura kandi batuje. Gerageza kwihuza n'abafite imiterere yo mu mwuka, kandi uzungukira cyane. Abanyantega nke bagomba kwifatanya n'abakomeye,

ndetse n'abakomeye cyane! Umukinnyi w'imikino arushaho gukomera iyo ahanganye n'umuntu ukomeye kumurusha imbaraga.

Bamwe bavuga ko umugore ari umunyabuhanga nk'injangwe Ariko umugabo na we ashobora kuba umunyabuhanga nk'imwebwe. Injangwe irya injangwe y'inyamaswa hanyuma ikicara nk'umuntu utekerezwa kuri yoga cyangwa umusaza w'icyubahiro, yigira umwere muri icyo gikorwa kibi.

Hari abantu bishimira gusenya amahoro n'ibyishimo by'abandi. Intego yabo ni ugutoteza no guhangayikisha, kandi bitwara nk'ibirura by'inkazi, bazenguruka mu muryango bashaka amakimbirane n'imirwano, ntibabone amahoro kugeza igihe bahungabanyije ituze kandi bagateza umwuka mubi.

Hari ubwoko bw'abantu bagereranywaga n'aba-Jay, bahora bavuga cyane. Byavugwaga ko umuntu ari we wabanje kuremwa, hanyuma imana Tuashtari ifata ubworoherane bw'ukwezi, ubworoherane bwo mu gituzo cy'ingagi, ubushya bw'indabo, n'urusaku rw'aba-Jay, ibi byose bikabivanga kugira ngo bireme umugore. Ibyishimo by'umugabo ntibyari bisobanuke. Ariko nyuma y'igihe gito, yagiye kwa Tuashtari aramubwira ati: "Mbega ikiremwa cyiza!

Ndamushimira cyane, ariko avuga adahwema kandi yanteye ubuzima bubi. Ndakwinginze, Nyagasani, mugarure" Nyuma y'amezi abiri, umugabo yasubiye kwa Tuashtari aramubwira ati: "Mbabajwe cyane, ndakwinginze unshyirire uwo mugore." Hanyuma, nyuma y'igihe gito, yongeye kugaruka aravugira ati: "Ndakwinginze umujyane mu maboko yanjye." Ariko kuri iyi nshuro, Tuashtari aramusubiza ati: "Sinzabikora! Ugomba kumugumana!"

Wa mugabo we! Ntiyashoboraga kubana na we, ariko na we ntiyashoboraga kubaho atamufite!

Abagore nabo bashobora kwinubira abagabo keretse abagabo n'abagore badasobanukiwe kamere y'undi, bazababazanya batabizi kandi mu buryo bw'ubupfapfa. Mu maso y'Imana, nta mugabo uvuka adafite umugore, nta n'umugore udafite umugabo. Ni inshingano zabo bombi gushyiraho uburinganire hagati y'imico yabo y'inyuma n'iy'imbere. Abagabo bayoborwa cyane n'ubwenge kuruta amarangamutima, mu gihe abagore bayoborwa cyane n'amarangamutima kuruta ubwenge. Bombi bagomba kwihatira kugera ku uburinganire mu mitekerereze hagati y'ubwenge n'amarangamutima kugira ngo babe abantu buzuye kandi buzuye.

Hari abantu—Imana imbabarire kuba narabivuze—bitwara nk'indongoro Nubwo bababazwa cyane kandi igihe kirekire n'ingaruka z'ubucakara bw'imibonano mpuzabitsina, bakomeza kwinangira kandi badahwema kurya ingeso mbi zabo. Bisa nkaho bafite ibyo bibuka bibi cyane. Bibagirwa vuba ingaruka mbi zo kwinezeza kwabo kandi ntacyo bigiye ku byo banyuzemo. Muri urwo rwego, bameze nk'inka, cyangwa se ikiruta ibyo!

Muri kamere, inyamaswa z'ubwoko bwose zigereranya amarangamutima n'imico yose Ariko abantu bose babifitemo. Umuntu ashobora kwitwara nk'inzoka, impyisi, imbwebwe, cyangwa intare. Muri twe hari isoko y'ikuzimu cyangwa isoko y'ijuru. Tugomba kwigira kugaragaza imico y'abamarayika n'imico myiza mu bitekerezo byacu, mu magambo no mu bikorwa byacu.

Nubwo bishoboka kwigira imico ukoresheje isesengura ry'amaso, amarangamutima, n'imiterere y'umubiri, nk'uko twabisobanuye, uburyo bwiza cyane, bwiza cyane, kandi bunoze ni ukwigira imico ukoresheje uburyo bwo kureba imbere cyangwa

ibiyumvo byo mu buryo bw'ubwenge. Niba amarangamutima yawe n'ubwenge bwawe bigumye bituje, uzashobora kumva imiterere ya buri muntu wese uhura cyangwa uganira na we mu buryo bumwe cyangwa ubundi, kandi ibiyumvo byawe bizaba byumvikana kandi by'ukuri, kandi nta muntu uzashobora kukuyobya cyangwa kukuyobya.

Inshingano yanjye ni ukwakira abantu b'ingeri zose kugira ngo babahugure kandi babafashe. Ntibikwiye guharira ubushobozi bw'umuntu ahantu hamwe no kubasesengura mu buryo bumwe gusa. Ariko uwo muntu yaba ahindutse cyangwa agakomeza kuba umwe, ubushishozi buzakubwira ibirenze kureba gusa amaso ye, amarangamutima ye, cyangwa isura ye, hatitawe ku miterere ye. Ubwenge ni imbaraga ikomeye yo gusesengura. Nk'uko indorerwamo igaragaza ibiri imbere yayo, ni ko n'ubwonko bwawe bubona imiterere y'indorerwamo, uzabona imico nyayo y'abandi igaragara mu ndorerwamo y'ubugingo bwawe.

Niba ukora ibishoboka byose kugira ngo ufashe abandi, utekereze, kandi ugume utuje, imico nyayo y'umuntu wese uza aho uri cyangwa uganira nawe izagaragara neza kandi itagira ibara. Amahoro abe kuri wewe.

Amasaro aturutse mu nyanja y'ubwenge bw'isi

yose

Umutuzo wo mu mutima ugomba guhingwa kugira ngo

umuntu akureho ubwoba

Umuntu ufite ituze karemano agumana uburimbane bwe

kandi agakomeza kugira amahoro mu bihe byose. Ntiyemera

kandi ko amarangamutima amugenzura kandi akamuyobora

.mu gufata ibyemezo bibi

Ntashukwa n'amagambo meza kandi aryoshye
akoreshwa n'abashaka inyungu kugira ngo babone inyungu
.zitari iz'abandi

Kubera ituze rye risanzwe, ntakunze kubeshywa
cyangwa ngo ashukwe. Koko rero, umutima we ugaragaza
imiterere nyakuri y'abo akorana nabo kandi akagaragaza
.imigambi yabo neza cyane

Ntashyira uburozi mu ngingo z'umubiri we akoresheje
uburakari n'ubwoba, bigira ingaruka mbi ku mitemberere
.y'amaraso ye

Ni ukuri kwemejwe ko amashereka y'umubyeyi akorwa
n'umubyeyi urakaye ashobora kugira ingaruka mbi ku
mwana we. Hari ibimenyetso byinshi bigaragaza ko
amarangamutima akomeye afite imbaraga zo kwangiza no
.gusenya umubiri

Kuringaniza ni byiza kandi bigomba kuba ishingiro
ry'ibyumvo byacu, ibitekerezo byacu, n'ibikorwa byacu,
.ndetse n'aho ubuzima bwacu buzenguruka

* * *

Kubera ko ubwonko ari bwo bwonko, ibyumviro,
n'uburyo uturemangingo twose tuzima tubona, bushobora
gutuma umubiri w'umuntu ukora kandi uhora maso cyangwa
.bugatuma ucika intege kandi wihebye

Ubwenge ni bwo bwami, kandi ingingo zose zigendanwa
zitwara neza neza hakurikijwe uko umutegetsu uyoboye
amerewe

Nk'uko twita ku ntungamubiri ziboneka mu byo kurya
bya buri muni, tugomba no kwita ku ntungamubiri zo mu
.mutwe dutanga mu bwenge bwacu buri muni

* * *

Ibiza, ibiza, n'impinduka z'urugomo biba mu bidukikije
bikazana n'irimbuka, isenyuka, n'ibyago byinshi si "itegeko
"ry'Imana

Ibi biza biterwa n'ibitekerezo n'ibikorwa by'abantu. Aho
isi yose ihurirana n'icyiza n'ikibi, haba hari aho imiraba mibi

n'imitingito bihurira bitewe n'imigambi mibi y'abantu
n'ibikorwa bibi biba, habaho akajagari kandi hagakwirakwira
.ibidukikije

Isi izakomeza kubabazwa n'intambara, ibiza, n'amakuba
kugeza igihe abantu bazakosora imitekerereze n'ibikorwa
byabo bidafite ishingiro. Intambara ntizibaho nk'itegeko
ry'Imana, ahubwo ziterwa n'ubwikunde bukabije bw'ibintu
Iyo abantu bakuraho ubwikunde bw'abantu ku giti cyabo,
bw'inganda, bwa politiki, bw'umwuka, n'ubw'igihugu,
.intambara zahagarara

Iyo umwuka w'ibintu ufashe ubwenge bw'umuntu kandi
ukiganje mu bitekerezo, usohora imirasire mibi igaragara.
Imbaraga zihuriweho z'izi ngendo mbi zangiza cyane
uburinganire bw'amashanyarazi mu bidukikije, bigatera
.imitingito, imyuzure n'ibindi biza
Imana si yo ibitera ibitekerezo by'abantu bigomba
kugenzurwa mbere yuko kugenzura ibidukikije bishoboka

* * *

Ibitekerezo n'amagambo by'umwuka ni amabuye
y'agaciro agaragaza ubwenge butagira iherezo n'urukundo
rw'Imana

Buri shusho nziza y'ubugingo imeze nk'ibuye
ry'umuhanga mu bya filozofiya rihindura icyuma gihendutse
cy'ubwenge busanzwe kikaba zahabu yo kwegera Imana no
.kumva ko iriho

Igihe kirageze ngo umuntu akanguke ubwenge bwe ava
mu bitotsi byo kwibagirwa akagera ku gukanguka k'umwuka
Turagusaba, Mwami, kuzamura ubumenyi bwacu tuva
mu bujiji n'ibitekerezo bito, bigarukira ku ntego z'amahoro,
.urumuri, urukundo, n'impuhwe za muntu ku isi yose

* * *

:Kugira ngo ugere ku ntsinzi
Ubwa mbere, gena intego yawe kandi usabe Imana
kugutera imbaraga zo gufata inzira ikwiye iganisha ku
kugera kuri iyo ntogo, kandi utekereze

Hanyuma ukore ibihuje n'ubuyobozi bw'imbere uhabwa
maze uzagera ku ntego yawe
Iyo ubwenge butuje, ibintu bizarushaho kuba byiza
kandi birushaho kuba byiza, kandi intsinzi izagerwaho vuba
kuko imikorere y'imbaraga zo mu kirere ishobora
kugaragazwa binyuze mu ishyirwa mu bikorwa ry'amategeko
.akwiye

* * *

Umuntu agomba gukoresha ikinyabupfura n'ubuhanga
mu mibanire ye n'abantu. Ibi si uburyarya, ahubwo ni
.ukubaha amarangamutima y'abandi
Umuntu si ibuye, ahubwo ni ikiremwa gitekereza kandi
gifite ubwenge, kandi abantu ntibagomba gufatwa nk'aho ari
amabuye adafite ubuzima
Umuntu uhora ashishikajwe n'iby'abandi aba isoko
y'ibibazo

Niba ibyo ugiye kuvuga bizagira ingaruka nziza, kandi
niba undi muntu yabyakiriye neza, bivuge weruye. Ariko hari
igihe umuntu ugiye kuvuga adashaka kubyumva kandi
.azakora ibinyuranye n'ibyo ushaka ko akora
Iyo umuntu ashoboye kubana neza n'abandi, aba ameze
nk'indabyo y'iroza ihumura neza
Iyo unyuze hafi y'ubusitani bw'indabyo, hari igihe
wumva impumuro nziza y'indabyo, jasmine, cyangwa
gardenias, maze ukavuga uti "Wow! Mbega ukuntu iyi
"!mpumuro ari nziza

Kandi ni ko bimeze ku bugingo bwiza iyo ukimara
kwinjira mu bwami bwabo, impumuro y'ubuzima bwabo
iragutwikira. Ni impumuro izamura roho kandi ikazamura
.urwego rwayo rwo kumenya
Nunyura hafi y'impumuro mbi, ntuzashaka kuguma aho
hantu

Iyo uhuye n'umuntu urakara cyane, ukunda amahane,
ukunda gutongana, kandi ukunda impaka, ntugomba
.kugumana na we kubera impumuro mbi atanga

* * *

Abantu benshi ntibagerageza gusobanukirwa ubuzima
na gato

Babaho ubuzima bwa tekini nta ntego bafite, maze
bakava muri iyi si batabizi iyo ubuzima bwabo bwo ku isi
.burangiye

Ntidukwiye kubaho gutya, nk'imashini zikora mu buryo
bwikora, ahubwo dukwiye gushaka intego no kugera ku
.ntego y'ubuzima

Abato n'abakuru bagomba kugorwa no kubaho. Benshi
biregura kubera ko badashaka ukuri kw'iteka, bavuga bati:
"Ntibishoboka ko duhuza ibikorwa byacu n'ibyo bitekerezaho"
Nyamara ntibagorwa no kurya no gutekerezaho ku buzima
.bwabo bwa buri muni

Dusesenguye, dusanga kamere ya buri muntu igizwe
n'ibice bitatu: umubiri, ubwenge, n'umwuka. Abantu bamara
ubuzima bwabo bishakira ibintu by'ibanze mu buzima, nta
kindi kintu na kimwe, ariko imibereho myiza y'abantu
ishingiye no ku kuzuzanya ibyo bakeneye mu bwenge no mu
.mwuka

Bityo rero, tugomba koroshya ubuzima bwacu tukabaho
mu byishimo, mu mahoro no mu ituze, tugasesengura kandi
tukagabanya ibyo dukeneye kandi tukamenya uburyo
bukwiye kandi bwemewe bwo kuzuzanya ibyo dukeneye
tubakira ibindi byifuzo bitari ngombwa, kuko ibyifuzo byinshi
.bitera ibibazo byinshi

* * *

Iminyururu y'inzitizi n'imfunguzo z'ubwisanzure byose
biri mu mva z'ubwenge

* * *

Uwiteka, nzinjira muri paradizo yo mu maso yawe mfite
umutima wuzuye urukundo n'umururumba mwinshi
Dore ibyifuzo byanjye bigurumana bikingura imiryango
y'ubugingo bwanjye kandi binyuzuzanya ibyishimo byinshi byo
kubona umucyo wawe w'Imana urabagirana

* * *

Muri rusange, sinkunda gutanga amabwiriza, kuko iyo
usabye umuntu kudakora ikintu runaka, uwo muntu
.arashaka kugikora

Kubwibyo, ndasaba ko umuntu agomba kwitegeka
cyangwa kwiyima gusa. Imbuta zibujijwe ziraryoha mbere,
ariko uburyohe bwazo burasharira. Bityo rero, umuntu
agomba kwitonda ntagire uwo areka ngo yibe umudendezo
.n'ibyishimo bye

* * *

Imana iratwibuka nubwo tutayibuka Iyo yibagirwa
ibyaremwe n'akanya gato, byose byasibangana
Ni nde wundi ushobora gutuma iyi Isi ikomeza
kureremba mu kirere uretse Imana? Kandi ni nde wundi
?ushobora gutuma ibiti bikura kandi indabyo zigakura
Yego, ni Imana ikomeza imitima yacu gutera. Ni yo isya
ibiryo byacu kandi ikavugurura uturemangingo tw'imibiri
yacu buri munsu. Nyamara se ni bake cyane bayibuka
!bakayishimira nk'uko ikwiye

* * *

Inyuma y'ikirere cyo hejuru
Inyuma y'imirasire y'izuba n'uburyo uturemangingo
dukoresha

Inyuma y'imitima n'ibitekerezo bitontoma
Inyuma y'ibitekerezo nsenga
Inyuma y'imiraba y'inyota yanjye
Kandi inyuma yo kubuza ibikoresho
Uriho, Yewe Ntageranywa rwose
Umutima wanjye uragushaka cyane
Ntabwo uri kure cyane y'inyenyeri gusa
Ahubwo, ni mu buryo butuma numva meze nabi
Aragaragara mu bitekerezo byanjye
Binoza ubushake bwanjye hamwe n'ubwitange
n'imbaraga
Numva uko ukozeho neza

Kandi nishimiye ko uri mu mutima wanjye

* * *

Ibishushanyo by'imisozi byashushanyijwe ku mwenda

w'ubururu

Uburyo umubiri w'umuntu ukora ibintu bitangaje

Kandi indabyo nziza cyane

Kandi icyubahiro cy'imitima myiza

Kandi ibitekerezo bihanitse cyane

Kandi ubwinshi bw'urukundo

Byose bitwibutsa Umuremyi w'igitangaza

Kandi ni byiza cyane

* * *

Urukundo ni inyubako y'izahabu

Yubatswe n'Umwami w'Iteka ryose

Ku muryango wose w'isi

Urukundo ni umuriro wihishe

Yashongeshejwe n'itegeko ry'Imana

Ubukana buturutse ku isanzure

Kandi ihinduka ikintu kitagaragara

Kuva ku rukundo rudashira

Urukundo ni nk'uruzi rutemba rudahagarara cyangwa

ngo ruhagarike

Mu bihugu by'abantu bicisha bugufi kandi

b'inyangamugayo

Ariko yitwikira mu mabuye y'ubugingo afite ubwoba

Ubwirasi, ubwikunde, n'ubwibone

Kuko adashobora kubirengaho

Kandi ukanyuramo

* * *

Abazi Imana nta cyifuzo bafite

Kugira ngo bishyire mu mitima y'abandi

Cyangwa basa nkaho ari beza cyane

Kuko icyifuzo cyabo cyonyine ari ukubyutsa ubwenge

bwo mu mwuka

Mu mitima y'abashaka

Kandi imbaraga zabo ni ugukunda Imana no

kuyihindukirira

* * *

Kera cyane, umugabo w'ikiragi yaryaga ubuki, maze

umuntu amubaza uburyohe bw'ubuki

Nubwo umugabo w'ikiragi atashoboraga kuvuga, yakoze

ingendo zatumye uwamubazaga asobanukirwa ko ubuki
buryoshye

Mu buryo nk'ubwo, iyo ubwenge bwinjiye mu mimerere

yo mu rwego rwo hejuru kandi bugakora ku buryo butagira

iherezo bwo kubaho, bumenya ko bufitanye isano n'Imana

kandi ko ubunararibonye ari bwiza, ariko ntibishoboka

gusobanura mu magambo imiterere y'iyi sano irenze

.ibisobanuro

Nubwo ububabare ari ubw'ukuri kuri uwo muntu,

ntashobora kugeza ububabare ku bandi kugira ngo babumve

.neza nk'uko we abumva

Ibi bireba imyumvire yo mu buryo bw'umwuka yo

hejuru. Ni ikintu umuntu atabasha gusobanura mu

.magambo

Ubumenyi bw'Imana bushobora kugerwaho gusa

binyuze mu bunararibonye bwite

* * *

Kuva mu mutima w'umuseke, nakuramo indabyo

z'urumuri nk'igitambo kuri wewe

Kandi wacanye amatara yo kuba maso mu rusengero

rwo mu gitondo

Umuntu wuzuye ituze ryo mu mwuka

Kandi nabonye isura yawe nziza

Irareba inyuma y'igicucu

Isura ikundwa cyane yahoraga inyitegereza kandi

iracyayireba

Mu rukundo n'impuhwe mu bihe byose

Sinzongera gushinja ibizaba

Umwijima wagukuye kuri njye ni uwanjye bwite

Noneho mu ndorerwamo y'ibyishimo byawe bitagira
inenge

Ndibona ubwanjye kandi nzi ko ishingiro ryanjye ari
ibyishimo bitagira iherezo

Nsutse urukundo rwanjye mu buturo bwawe bw'iteka
ryose

Kandi ndagutera indirimbo z'umutima wanjye
ukurarikiye

Kandi ndaguhisha amarangamutima yanjye akomeye
Kubera urukundo rwinshi n'inyota idashira

* * *

Hahirwa abantu banengwa n'abandi kubera gukora
ibikorwa byiza, kuko paradizo y'ibyishimo by'iteka ryose
.itegereje abazabaho n'abapfa bafite icyubahiro n'icyubahiro
Bazabona ishyano abantu bagerageza kugirira nabi
abakora ibyiza, bayobowe n'ubwikunde, indorerezi, ishyari
.n'urwango

Gushinyagurira, guseka, gusebanya, kwihorera,
urwikekwe, no kubeshya ni amacumu y'ubugizi bwa nabi
.agaruka kuri nyirabyo akamugiraho ingaruka mbi cyane

* * *

Ibyumviro, bikomoka ku bwenge n'ingufu bituruka ku
Mana, bitwereka isi kandi bikagaragaza roho nk'ikintu
.gitandukanye n'isoko yayo n'ibindi biremwa
Umubiri ufatika wafunze roho, ari na byo bigaragaza
umwuka rusange. Uremerewe no kwibagirwa, roho ntikibuka
imiterere yayo y'ubumana ahubwo ifata umubiri wayo
nk'umuntu wayo nyakuri. Bityo, ifata inenge zayo zose kandi
ikayishyira ku ntege nke zayo n'intege nke zayo. Roho iri
"muri iyo mimerere yitwa "ubwikunde" cyangwa "ubwikunde
Ariko iyo "ubwikunde" cyangwa uyu muntu muto, ufite
imipaka, amenye ko isano afite n'umubiri ari iy'igihe gito
kandi ko afite kamere idapfa kandi ihoraho, icyo gihe
ashobora kwitwa roho

Uko arushaho kumenya kamere ye y'ingenzi, kandi uko
ubwenge bwe burushaho kwiyongera no kwaguka, ni ko
arushaho kumva ko afitanye isano ya hafi n'ubwenge bw'isi
.kandi ko abantu bose ari umuryango we w'isi yose

* * *

Ntitugomba kwibagirwa Utanga impano mu gihe
twishimira impano ze
Umutima ushima ufungura inzira mu bwenge kugira ngo
ukure mu mwuka no kugira ngo ibintu byiza by'ubuzima
bitembe, kuko iyo umuyoboro ufunguwe, imbaraga
z'umwuka ziwunyuramo
Dukwiye kwishimira imigisha yose y'ubuzima no
kumenya ko imbaraga zose z'ibitekerezo, imvugo, n'ibikorwa
bituruka ku Mana, kandi ko iri kumwe natwe ubu,
ikatuyobora kandi ikadushishikariza
Iyo uyu mwigishwa amaze gusobanukirwa neza ibyo
.yakoze, urumuri rw'umucyo ruramurikira muri we
Hari igihe imbaraga z'Imana ziza nk'umuraba w'inyanja
urimo gushyuha cyane, ugenda ukuraho inzitizi kandi
.ugakuraho imyanda mu bwenge no mu bugingo
Isi yose ntabwo ishishikariye Imana, ariko hari abantu
.bayifitiye inyota kandi bayifuza cyane
Nubwo Imana ishobora gusa n'aho idasubiza
amasengesho yacu, umuntu uyishaka cyane ntareka
kugerageza ahubwo agakomeza amasengesho ye avuye mu
.mutima we kugeza igihe abonye igisubizo
Mbere yo kubona Imana, abantu bashishikazwa no
gusohoza ibyifuzo by'umubiri, ariko nyuma yo kuyisanga,
ibyo byifuzo bitakaza uburyohe n'irabagirana, atari ukubera
kutita ku bintu, ahubwo ni ukubera ko uyishaka yumva
ibyishimo by'ubugingo byuzuye umutima we kandi
.bikamushimisha byose
Abantu bamara ubuzima bwabo bwose baharanira
kugera ku bintu bifatika, batazi ko baramutse bashyize
kimwe cya kane cy'imbaraga zabo bahindukirira Imana

mbere ya byose, atari bimwe gusa, ahubwo n'ibyo imitima
.yabo yose yifuzaga byagerwaho
Imitima yacu yuzuremo gushima kandi ubuzima bwacu
busenderemo gushima
* * *

Ntibishoboka gukurura inshuti utabanje gukuraho ibara
.ry'ubwikunde n'imico mibi mu mico yawe
Imyitwarire ikwiye ni inkingi y'ubucuti nyakuri
Iyo umuntu afite intego nziza kandi adafite ubwikunde,
kamere ye y'ingenzi izagaragara kandi umubare w'inshuti ze
.nyazo wiyongera
* * *

Gutuza ni imimerere myiza twagombye kwihanganira
mu buzima
Ihungabana ni ikinyuranyo cy'ituze, kandi imiterere
yaryo ikwirakwira cyane ituma riba icyorezo gikomeye ku isi
yose
* * *

Umucyo wo mu kirere, ari wo soko y'imbaraga zose,
wihishe inyuma y'umwijima kandi ugaragara mu bwihisho
bw'ituze aho ibitekerezo bituje kandi urumuri rugasuzumwa
Hariho imimerere yo kwibanda ku bintu byinshi mu
mutwe, kandi uko umuntu urimo arushaho kuzamuka muri
iyo mimerere, ni ko arushaho kugira ibyishimo byo mu
mwuka bitangaje bitavugwa mu magambo, hanyuma
:akabyumva yishimye
Ibyo nashakishaga ahantu hose"
Ari kumwe nanjye ubu atuye mu mutima wanjye
Ari mu mutima wanjye no mu bugingo bwanjye
Mu ituze ry'agacerere, numva ko ariho
Kandi inyuma y'inkuta z'umwijima, ndamubona
* * *

Imibabaro iterwa n'urwango n'intambara bigaragaza ko
umwuka w'ukuri, impuhwe n'ubugwaneza ari imbaraga zo
.hejuru kandi ziruta izindi

Urwango rurasenya, mu gihe urukundo ari rwo mbaraga
ikomeye cyane yubaka mu buzima
Kubwibyo, nshuti zanjye nkunda, umuntu agomba
kwigira ku busa bw'urwango n'amakuba yo mu ntambara no
gukunda Imana, kuko kuyikunda bitanga intsinzi, amahirwe,
no kunyurwa byuzuye nta kindi kintu na kimwe gishobora
.gutanga

Urukundo ni rwo rwonyine ruzazana ibintu nyabyo ku isi
Iyo ibihugu byose bikundana kandi bishishikajwe no
gufashanya, atari ugukoresha imbaraga n'uburyo bubi,
ahubwo ari urukundo n'ubugwaneza, ubwo kugira neza,
.intsinzi n'iterambere byari kwiganza mu mpande zose z'isi
* * *

Umuntu aba mu maboko y'amategako abuzanyijwe
Ni gute yamenya ko atazakomereka mu kanya
gakurikira, cyangwa ko hari umuntu utazamubabaza
?umutima
Umutekano nyakuri ni umutekano ugerwaho
n'abakomeye. Kugira umutekano nk'uwo no kuwuha abandi
.ni bwo bwisanzure nyakuri n'ubwenge bwo hejuru
* * *

Imana ni yo nziza kurusha izindi zose ziriho
Icyo umutima wawe wifuza cyose, uzasanga mu Mana
nta kanya na kamwe napfushije ubusa mu buzima bwanjye,
kandi naretse ibintu byose bimbuza kugendera ku Mana,
kandi nabonye ibyishimo ntashoboraga kubona mu kindi
.kintu cyose
Mbaho mu buryo bw'umwuka w'Imana kandi ndifuza ko
abashaka kumererwa nk'uko mbamo
Ndashaka kandi kwitura abantu bose bampaye
urukundo rwabo, mbasangiza urukundo rw'Imana n'ubuntu
.bwo kubana nayo
* * *

Ndi ifuro ry'inyanja y'isi yose
Bituruka mu byishimo byinshi

Ndi umugezi w'ibyishimo byo kubyina
Hejuru y'imiraba y'ibyishimo bikabije
Ngerageza uko nshoboye kose
Kugira ngo mbashe kuba inyanja ikomeye y'ibyishimo
Imiraba y'ibyishimo byanjye yaguke kugeza ku iherezo
No gukwirakwira mu mpande zose
Amaherezo kugira ngo nduhuke mu mutima w'ibyishimo
!byo mu kirere

* * *

Abantu babona gusa hagati mu buzima; Intangiriro
n'iherezo ry'ubuzima biba bihishe
Ntabwo ari ibintu bifatika gutekereza ko urupfu ari
iherezo
Ese birashoboka ko twe, dufite impano yo kugira
ubwenge, ubwenge, n'ubuzima bwuzuye, tuzahagarara
!?tukimara gusinzira igihe cy'urupfu
Umuntu muri rusange ni itsinda ry'ibitekerezo bihanga
n'ubwenge bwo mu mwuka, kandi urupfu nta bubasha rufite
bwo gusenya ubwo bushobozi butari ubwo mu mubiri n'ubwo
bwenge bworoshye

* * *

Niba ukunda Imana urukundo rutunganye kandi rudafite
icyo rushingiyeho, izashyira ibitekerezo mu bitekerezo
by'abandi, kandi ibyo bitekerezo bizahinduka uburyo bwo
gusohoza ibyifuzo byawe, ndetse n'ibyo utahishuriye umuntu
.uwo ari we wese
Bityo rero, imbaraga zo mu mwuka ushobora gukurura
ikintu icyo ari cyo cyose kuri wowe ubwawe ni ubwoko
bw'igikurura wifuza guteza imbere
Iyo wifuza ibintu byiza, byiza kandi bisukuye, uzakurura
imbaraga z'Imana zizakuzanira ibintu byiza n'imigisha aho
.uzi n'aho utazi

* * *

Iyo abajura, abasinzi n'abasinzi babazwa niba bakunda
imibereho yabo, igisubizo cyabo cyaba ari "Birumvikana ko
"atari byo

Bibwiraga ko nibatangira gukora ibikorwa bibi, bazagira
ibyishimo Ariko ntibigeze bamenya ko ingaruka z'ibikorwa
.byabo zari kubagirira nabi kandi zikabagiraho ingaruka mbi
Niyo mpamvu umutima wanjye ubabara kandi nkarira
kubera abakora amakosa kuko, Mana yanjye, ni njye koko
.kandi iyo bitaba ubuntu Imana yangiriye, mba meze nka bo
Ikibi ubwacyo ni ubwoko bw'ibiyobyabwenge. Niyo
mpamvu tugomba kugira ubuhungiro bwihariye aho abakora
.ibyaha biga kubaho neza no gutekereza neza
Gereza si ahantu heza ho kwiyubaka Abantu nk'aba
bagomba kuba hafi y'abantu bafite imbaraga kandi beza
bashobora kubafasha

* * *

Biturutse ku byishimo byawe bya station
Numva indirimbo zawe nziza kandi ziryoshye buri munsu
Ibyo bisa nkaho ari ibintu nsanzwe nzi kandi nkunda
cyane

Mu bihe byashize, nagerageje kumva radiyo yawe nziza
Ariko gahunda yawe yasaga nkaho itaragera kure cyane
Birenze urugero rw'ibitekerezo byanjye bito
Ariko nyuma yo gukoraho inshuro nyinshi urufunguzo
rwo gutekereza

Nabashije kumvikana nawe
Waje kunsanga ku mababa ya eteri
Wari urimo ucuranga indirimbo z'ubugwaneza
Kandi amahoro yo mu mutima

* * *

Ibitekerezo ni imigezi itemba iva mu masoko y'ubugingo
Kuba mu bumwe n'Imana ni imwe mu nshingano
zikomeye kandi z'ingenzi
Imana yumva ururimi rw'umutima ruturuka mu bwihisho
bw'umutima

Abantu batekereza ko Imana idasubiza amasengesho
yabo kuko batazi ko rimwe na rimwe Imana isubiza mu buryo
.butandukanye n'ibyo biteze ndetse n'ibyo bayisaba
Ntabwo ahora asubiza akurikije ibyifuzo byabo kugeza
.igihe bihuye n'ubushake bwe muri rusange

* * *

Nzanywa umunyu mu ndabo
Kandi nzarara ku itapi yoroshye ya silk
Cyangwa wiruke ukurikira ibinyugunyugu by'izahabu
Ndifuza kuzerera mu misozi n'impande z'imisozi
Iherekejwe n'umuyaga woroshye kandi uhumura nijoro
Hagati y'imbuta za daisy na anemone
Ikamba ry'amatonyanga y'ikime
Ndahagarara gato kugira ngo nshimire impumuro nziza
Impumuro ituruka ku biti bifite amashami azunguruka
Kandi hamwe n'amababa y'inanyi, ubugingo bwanjye
buzaguruka

Hirya y'ubuhanga bwo gutekereza ahantu hose
Kandi hamwe n'indirimo z'ijoro, nzaririmba indirimo
zanyje zicacetse

Kandi nzaguka n'ijuru ritagira imipaka
Nkurikije imiyoboro y'izuba, nzarema ibyishimo byanyje
Kandi nkoresheje imirasire y'ukwezi nzahanagura
agahinda kanyje
Kandi mu mwijima w'ijoro, nzahanagura ubunararibonye
bwanjye bw'umwijima
Kandi hamwe n'umuseke, nzarema isi nshya
Ibyishimo bitagira imipaka

* * *

Turi imiyoboro yihariye, kuko dushobora kwagura
cyangwa kugabanya
Twahawe uburenganzira bwo kwihitiramo n'ububasha
bwo guhitamo Hari abantu bafunga inzira y'ubuzima bwabo
bakoresheje ibyondo by'ubujiji kandi ntibareke ngo
.ubumenyi bubusukure

Inyanja y'ukuri igerageza gutemba muri iyo myobo mito
cyane, ariko ntacyo igeraho
Kandi hari n'abandi bakomeje gucukura, kwagura no
gushimangira imiyoboro y'ubuzima bwabo bafite kwitonda
no umuco wo mu mwuka, bityo bemerera ubwenge
bw'Imana gutemberamo no kuzura umucyo n'imigisha mu
.mitima yabo

* * *

Kuryama ugaramye ku buriri bw'inzara ni ikintu abantu
benshi batakwifuza gukora, ariko twagombye gushishikazwa
n'imbaraga zo mu mutwe zituma igikorwa nk'iki cy'ubutwari
.n'ibyishimo bishoboka

Twese tuzi ububabare n'ingorane z'umubiri ziterwa
n'impanuka, indwara, n'ingeso mbi. Kandi se ni nde
wahakana ko ubushobozi bwo kuryama ku nzara
z'ububabare bw'umubiri utarinze kugerwaho na bwo ari
?umwe mu migisha y'ubuzima
Umuntu wese ugeze ku rwego rwo kumva neza ibintu
.bituma yumva ko atari umubiri ntazababara
Ushoboye kugenzura ubwenge bwe aba akize
.ububabare kandi agategeka umubiri wose
Birumvikana ko ibi bitazahita bibaho mu ijoro rimwe,
ariko imbaraga zidashira zikora ibitangaza

* * *

Tugomba kwemera ubuzima n'urupfu nta bwoba, kandi
tugakoresha neza amasomo y'ubu buzima kugira ngo
.tumenye ubuzima bw'ubutaha
Hirya y'iki gihugu hari inzira itagira iherezo aho
tuzongera guhura n'abakunzi bacu twibwiraga ko twabuze
.burundu

Birumvikana ko tudakwiye gusaba urupfu cyangwa ngo
turushake, ariko iyo rugeze, tugomba kumenya ko ari cyo
kigeragezo cya nyuma gituma tubasha kubona igihembo
.gikomeye

* * *

Iyo umuntu ushakisha Imana amenye akamaro ko
gushaka Imana, ntatinda, ahubwo arushaho gushimangira
umugambi we kandi agakomeza gutekereza ku ntego ye
.nziza

Iyo icyifuzo kivutse muri we, agishyira mu bikorwa mu
gutekereza no mu byo mu mwuka kugeza ubwo yumva
.Imana iri mu mutima we
Ubwo ni bwo buryo bwizewe kandi bwizewe bwo
kuyobora ubwato bw'ubuzima mu nyanja y'ubuzima

* * *

Imbere muri wowe hari ubusitani bwiza kandi butangaje
bw'ibitekerezo bitunganye, buhumura neza urukundo,
ubuntu, ubwumvikane n'amahoro. Indabo zabwo ni nziza
.cyane kurusha indabyo z'isi n'ibimera bihumura neza
Iyo utanze urukundo rwawe rutunganye, uba wateye
indabyo z'indabyo zihumura neza, kandi impumuro y'urwo
rukundo n'impumuro y'ubwo bumenyi bimara igihe kirekire
!kurusha indabyo zose zo ku isi kandi ni ukuri

* * *

Gutekereza ku guhanga udushya, gusoma witonze no
gusubiramo amagambo y'ukuri ni uburyo bwiza bwo
kwikuramo ibitekerezo bibi no gushyiraho imitekerereze
.myiza

Gusubiramo amagambo yo gushimangira no gusaba
cyane bizafasha mu gushyiraho uburyo bwo gutekereza neza
kugira ngo ibitekerezo byiza bibe ibisanzwe nk'uko
.ibitekerezo bibi byari bimeze mbere

* * *

Tugomba kubungabunga ubutunzi bw'ibyishimo byo mu
buryo bw'umwuka no gushyiramo ibyo byishimo mu mitima
y'abandi, kandi ntitureke ngo ikintu icyo ari cyo cyose
kitwiba ibyishimo byacu byo mu mutima
Nubwo iminsi yo kwiheba no kwitonda mu bitekerezo
bigaragaza ko twatakaje byose, tugomba kwirengagiza
.urusaku n'ibyishimo bitagira ingano

Nimwishime, nshuti z'ibyishimo, ku ntebe y'imigambi
yanyu n'intego zanyu zihanitse, ibikorwa byanyu byiza
n'ibitekerezo byanyu bihanitse, maze muzumva Imana
nk'ibyishimo mu miterere ya buri gitekerezo
.n'amarangamutima yose

Tugomba kandi gutera igiti cy'urukundo rw'Imana mu
butaka bw'abatabizi Iyo twumvise urwo rukundo, ubwoba
buzashira kandi imihangayiko izashira tubifashijwemo
.n'Imana

* * *

Kuvuga ko umuntu afite intege nke kuva akivuka kandi
adashobora gukomera ni bibi, kuko hari amahirwe ko uyu
muntu ashobora kuba umuntu ukomeye kandi akagera ku
.bintu bitangaje mu buzima bwe bwose

* * *

Iteka ryose
?Ese uwo munsu uzigera ucyi, wowe iteka ryose
Aho nzababaza nta nkomyi
Kandi ndakoherereza ibibazo bidashira
!?Kandi nzagusubiza
Uburyo bwo guhinga ibyatsi bibi kandi bitoroshye
Imitwe yabo irazamutse badapfukamye
Kandi hatabayeho guhungabana bitewe n'inkubi
y'umuyaga

Ibyo bikura ibiti birebire
Kandi inyubako nini cyane zirasenywa
!Kandi inyanja zikomeye zirahinda umushyitsi
?Ni gute ikibatsi cya mbere cyamuhumye amaso
Kandi igiti cya mbere cyaragaragaye
Kandi ifi ya mbere
Kandi inyoni ya mbere
?Naho se imfura
?Ni ryari urugendo rwabo rwa mbere rwari rubaye
Iyi nzu yo hasi
!?Inzu y'ibitangaza

Mbega ukuntu nifuza kugufata ukuboko
Uwaremye inyanja n'ubutaka
!Yewe Iteka

* * *

Isi yijimye cyane, ariko iyo tubonye abantu bafite
amasura arabagirana kubera ibyishimo
Inseko zabo zikuraho agahinda kacu kandi zigatatanya
imihangayiko yacu nk'itara rimurikira mu mwijima
Umwijima urashira imbere y'urumuri rwe
Reka inseko y'ubugingo imurike mu maso hacu Reka
umuyaga w'urukundo rw'Imana utware inseko zacu kandi
uzitatanye mu mitima y'umwijima, kugira ngo urumuri rw'izo
.nseko rukureho umwijima mu mitima y'abandi

* * *

Kwita ku byiyumvo by'abandi ni imwe mu mico myiza
cyane, kandi ituma umuntu akundwa cyane
Urugero, iyo umuntu afite inyota, umuntu utekereza ku
bandi azumva ko bakeneye kandi akamuha amazi yo
.kunywa

Kwita ku byiyumvo bivuze kumenya abandi no
kubatekereza
Abubaha abandi kandi bakishimira ibyiyumvo byabo
bazi neza icyo bakeneye

* * *

Umwe mu bigishwa yashidikanyaga ku bushobozi bwe
bwo gukomeza inzira ye y'umwuka. Kugira ngo amutere
:inkunga, umwarimu Paramhansa yaramubwiye ati
Imana ntiri kure, ahubwo iri hafi, kandi ndayibona ihari"
"hose

Umunyeshuri yarabyamaganye, ati "Ariko uri umwarimu
"!uzi Imana, bwana
:Umwarimu yaramusubije ati
Abantu bose barangana, kandi itandukaniro ryonyine"
riri hagati yawe nanjye ni uko nashyizeho imihati
"nagaragarije Imana ko ndayikunda, bityo inyiyereka

Iyo umuntu ahugiye mu kureba filime ishimishije cyane,
 .yibagirwa ibindi byose maze akibanda kuri filime gusa
 Kandi ni ko bimeze ku muntu wakunze urukundo
 .rw'Imana, wibagirwa byose uretse uwo Imana ikunda
 Umuntu usanzwe ntafite icyifuzo gihagije cyo kumva ko
 Imana iriho kuko ubwenge bwe bumenyereye kwibanda ku
 .bintu bifatika aho kwibanda ku by'Imana
 Niba filime, imibonano mpuzabitsina, n'ibinezeza by'isi
 bishobora gukurura abantu, none se Imana, yo soko
 !y'ibyishimo n'ikintu gishimishije kurusha ibindi byose bibaho
 Ariko ikibazo ni uko abantu benshi badashaka kumenya
 Imana, kandi uramutse uyimenye, wasanga amasaha
 .agenda winjira mu byishimo bikomeye byo mu mwuka
 Uko nakora kose, nta munezero numva keretse Imana iri
 kumwe nanjye

Niba abantu bagomba kwirinda ubukene bw'ibintu,
bakwiye kwanga ubukene bwo mu buryo bw'umwuka kuko
.ari bwo ntandaro y'imibabaro yose ibaho ku bantu
Umuntu w'umwuka n'ufite ireme ni umuntu wishimye,
kandi umuntu wishimye ni we wenyine ugira icyo ageraho
Nubwo abatuye umujyi baba bishimiye imibereho myiza,
ibi ntibizahagarika ubwicanyi n'ubugizi bwa nabi muri uwo
.mujyi

Gushyira mu bikorwa amahame rusange yo gukorera hamwe, ubufatanye butunguranye hagati y'abantu, gukunda ubuzima bw'umwuka, no kugenzura ibyifuzo bya roho byose ni ngombwa kugira ngo umuryango uwo ari wo wose ugire ubuzima bwiza, bufite ubuzima bwiza, burangwa n'ibyishimo .n'uburumbuke

Ntugatekereze ko Imana idasubiza amasengesho yawe
Ijambo ryose uyibwira riba ryanditse mu mutima wayo w'isi

yose. Kandi niwitegereza uburyo bwinshi Imana isubizamo,
.uzasanga koko ihora igusubiza
Uko urushaho kugira inyota kandi inyota yawe
igakomeza gukomera, niko igisubizo cyawe kirushaho
.kwihuta kandi gitangaje

* * *

Hari abantu badafite intego ikomeye mu buzima kuruta
kuzuza ibyo umubiri ukeneye no guhaza ibyifuzo byawo, nta
kindi. Iyi ni imibereho ibujijwe n'ibyumviro
N'abantu bakorera mu bikorwa by'ubwenge
n'ubukorikori, ubuhinzi, ubucuruzi, kugura no kugurisha,
n'ibindi byose bifitanye isano n'ubuzima busanzwe muri
rusange

Bahora bahugiye mu gukora ibintu, kandi icyo
bahangayikishijwe gusa n'ubuzima bwabo ni ukubona
amafaranga, akenshi bayapfusha ubusa mu binezeza
.by'umubiri

Muri abo harimo abantu bakuze kandi bafite imico yo
guhanga udushya

Hari abantu bafite impano mu buyobozi no mu buyobozi
bakora ibishoboka byose kugira ngo basobanukirwe
amabanga y'ubuzima nyuma yo kubona amafaranga no
.kugera ku ntsinzi mu buzima bw'umwuga

Bishingikiriza ku kwifata kugira ngo batsinde ibyo
bumva, bafata ubuzima nk'ikintu gikomeye, kandi bizera
kurwanya ingeso mbi, kwishyira hejuru, no gushyira ubuzima
.mu cyerekezo gikwiye

Hari abantu bafite kamere yo gutekereza, bafite kamere
y'umwuka kandi bashobora kugeza ibitekerezo bishya ku
bandi

* * *

Imana yonyine ni yo ishobora gukosora ibibi
bibangamiye isi n'abantu, ariko abantu bagomba gushyiraho
imihati kugira ngo bamenye ko Imana iriho kandi
.bagaragaze ineza yayo itagira iherezo muri yo

:kugira ngo nemeze neza
Buri gitondo ntanga umubiri wanjye, ubwenge bwanjye,
n'ubushobozi bwose mfite kuri wewe, Umuremyi Utagira
Imbibi, kugira ngo ubikoreshe mu buryo ubwo aribwo bwose
.uhisemo, kugira ngo ubashe kwigaragaza binyuze muri njye

* * *

Kugira ngo umuntu abashe kugera ku kwemera kwe,
agomba kugenzura ibitekerezo bye
Ugomba kwitoza gutekereza byimbitse no gushyira
ubwenge bwawe ku kintu runaka kugira ngo iyo ushyize
ubwenge bwawe ku gitekerezo runaka, ibitekerezo byawe
ntibizerereze cyangwa ngo bive ku gitekerezo kimwe ujya ku
kindi

Abantu benshi babaho ku isanzure ry'ubuzima, ariko
kugira ngo ubone ubumenyi bw'agaciro bisaba kwinjira mu
nyanja y'ibitekerezo

Abantu batekereza cyane ni abantu bishimye kuko
bashobora kwitandukanya n'ibintu bitera imihangayiko mu
.bidukikije

Umuntu usanzwe nta buryo bwo guhunga afite, kuko
ahora aba hejuru nk'ifi yoroshye kuroba umurobyi

* * *

Ni ubwiza budasanzwe bw'umwuka wo guhanga
udushya butuma nyirabwo ahagarara imbere y'isi mu rumuri
rumurika nk'abakomeye bazanye ibintu bishya
.by'ingirakamaro ku isi bitarigeze bikorwa mbere
Abo bahanga b'abahanga bari bafite umwuka wo
guhanga udashidikanywaho, ushyigikiwe n'ubushake
.butazahagarara kugeza igihe intego bifuzaga igezweho
Ese Imana yari ishyigikiye abo bantu bakomeye ku
buryo bari bafite ubwo buhanga budasanzwe? Kandi se,
Imana yabatoranyije kugira ngo bahabwe ubwo bwiza
?buhebuje kurusha abandi
Ntabwo ari byo rwose. Ni uko bakoresheje impano zabo
zo guhanga kugira ngo bagaragaze ubunini n'icyubahiro ari

byo murage wa buri muntu kuko yaremwe mu ishusho
.y'Imana, isoko y'ubuhanga bwose n'udushya

* * *

Abantu bakurikirana ibyishimo nk'ingufu, ariko hari
uburyo bwo kubona ibyishimo, kandi ni ugushimira Imana ku
bw'imigisha yayo no kumva dushimira imigisha tubona mu
.buzima

Gushimira Imana ku bw'imigisha idufitiye mu buzima
bwacu ni ikintu cy'ingenzi gisabwa kugira ngo tuyimenye, yo
.soko y'amahoro ahoraho, ubuzima bwiza, n'ibyishimo bishya
Iyo duha Imana urukundo rwacu, tuba twakiriye impano

.zayo z'amahoro, kunyurwa, no kunyurwa
Abantu bishimye cyane muri iyi si ni abize gutekereza
neza, bakora imirimo yubaka, kandi bagatanga ubuntu
.n'ubugwaneza uko bashoboye. Ni bo batsinda mu buzima
Uko umuntu arushaho kugira imyumvire myiza,
umutima ushima, n'ubugingo bukunda, ni ko arushaho
.kumva Imana muri we

Kandi igihe cyose umwigishwa abwira Imana ati "Mbega
ukuntu uri umunyabuntu, Mwami!", amenya ko amahoro
n'ibyishimo yumva ari umugisha uturuka ku Mana, kandi
yifuza kuyobora ibitekerezo bye n'ibikorwa bye mu buryo
.butuma ahora hafi y'Imana

Ubu bucuti bugerwaho binyuze mu gutekereza,
gutekereza neza, no gufata ibyemezo bizima. Ibi, mu buryo
busanzwe, bivuka bitewe no gushimira no kugira umutima
.wo gutanga

Nituzirikana imigisha dufite n'ibintu byiza byose bikwiye
gushimwa no gushimwa, aho gutekereza ku byago,
ingorane, indwara, indwara, imihangayiko, n'ubwoba
bidukikije cyangwa biduteza imihangayiko, tuzatangira
kumenya Imana, kandi tuzabihemberwa n'ubumenyi
.bw'umwuka twita amahoro cyangwa ibyishimo
Imitima yacu izatera urukundo n'ibyishimo, kandi
ubwenge bwacu buzatangara n'ibitekerezo bitangaje

* * *

Ubwenge bw'abantu benshi bumeze nk'ibinyabiziga
!bifite imbaraga imwe y'ingufu
Nubwo hari ubushobozi bunini mu bwenge bwa buri
muntu, abantu bake cyane bakoresha ubwo bubasha
butegereje gukoreshwa
Inyungu z'abantu akenshi ziba zigarukira ku bintu
by'ingenzi mu buzima nko kurya, gukora, kwidagadura,
.gusinzira, n'ibindi nk'ibyo
Ariko abantu bafite imwe mu mico ikomeye kurusha
izindi zose, ari yo ubushobozi bwo guhanga cyangwa
guhanga udushya
Iyi mbaraga y'amayobera kandi iteye ubwoba ni iyihe?
Iburengerazuba ni igihugu cy'udushya dufatika n'inganda
hamwe n'ubumenyi bukoreshwa. Iburasirazuba ni igihugu
.cy'umucyo n'ubuhanga mu by'umwuka
Umwuka wo kwihangira imirimo ni ubushobozi bwo
guhanga udushya kugira ngo ukore ikintu kitari cyarigeze
gikorwa mbere, mu buryo bushya
Ni imbaraga zo guhanga zikomoka ku Muremyi

* * *

Iyo hatabaho impinduka z'imbere mu mutima, aho
imbuto z'icyo tuzaba, ntitwari gushobora guhindura igice
.kitazwi cya kamere yacu
Ariko dufite amahirwe yo kugira ingaruka ku bo tuzaba
bo mu gihe kizaza. Gutoza ubushobozi bwacu hakiri kare
bigira uruhare runini mu gutuma iki gice cyacu kitazwi
gitangira gukora cyangwa kikagisiga kidakora neza iyo
.kidafashweho umwanzuro
Nk'uko ibimera bikura imizi yabyo mu butaka, ni ko
natwe tugomba kurera imico myiza iri muri twe binyuze mu
gufumbira, gukuraho ibyatsi, gukurura ubutaka, kuhira no
.kuzitira uruzitiro
Tugomba kandi gukata no kurandura ibyatsi bibi mu
butaka bw'ubugingo

Imbuto z'ubuzima bwacu, zaba nini, nto, ziciriritse, zifite
ubuzima bwiza, cyangwa zirwaye, zizaterwa ahanini
.n'uburyo twita ku biti by'imirima yacu
Dufite ubwisanzure bwo kubikora, kandi nidukoresha
uburenganzira bwacu bwo guhitamo uko dushoboye kose,
umusaruro w'inyuma uzaba mwiza, kandi kubera iyo
mpamvu, imbuto nshya kandi nziza zizavuka mu gice kitazwi
cya kamere yacu, kandi ibi bizagenda uko ubuzima bwacu
.buzaba bumeze mu gihe kizaza

* * *

Ibisubizo bibi n'ibyiza by'ibitekerezo
Igitekerezo kirashukana cyane, kuko gishobora gutanga
umusaruro mubi n'uwiza
Ndibuka igihe kimwe ubwo umwe muri bashiki banjye
yari arwaye umuhogo ubabara, kandi ntari narigeze mbona
umuhogo ubabara cyane nk'uwo mbere; ntiyashoboraga
.kurya cyangwa kumira ikintu icyo ari cyo cyose
Yarampamagaye maze aravuga, arira ati "Ndakwinginze
"kora ikintu cyose kimfasha
Namuzaniye ibiryo ndamusaba kurya. Ntabwo yari azi ko
ukuboko kwanjye kwari kumukora ku muhogo, aho
.nashyiraga imbaraga zanjye zo mu mutwe
Ako kanya yisanze aya nta bubabare yumva, maze
yuzura ibyishimo kubera gukira k'umuhogo we
Namaze kumusiga, yarahagurutse yitegereza mu
muhogo we mu ndorerwamo, maze abonye ko ibisebe
bikirimo, ububabare bwaragarutse maze atangira gutaka
Ngeze mu rugo nkamubona ari kubabara, naramubajije
"?nti "Wakoze iki
"Yarasubije ati "Narebye mu muhogo wanjye
Namubwiye nti: "Nabonye umuhogo wawe umeze neza
mu mucyo w'Imana, niyo mpamvu ubuzima bwawe
bwarushijeho kuba bwiza, ariko wabonye indwara, niyo
"mpamvu wumva ububabare
"Hanyuma ndamubwira nti "Nywa aya mazi

Kubera ko ubwenge bwe bwari bwakiriye neza,
yashoboye kumira amazi yongera gukira, kandi ntiyigeze
.yongera kwirebera mu muhogo we mu ndorerwamo
Bityo, ibitekerezo bigira uruhare runini. Ku bijyanye
n'indwara z'imitsi—zikunze guterwa n'ibitekerezo bitari byo—
ubwonko bushobora gutuma bukira vuba iyo imbaraga
.zabwo zikoreshejwe neza
Icyitonderwa: Iyi nkuru ntivuga ko udakwiye kujya kwa
muganga cyangwa ngo ushake ubuvuzi, bityo rero ugomba
.kubisobanura neza

* * *

:Twagombye kuba dushobora kuvuga tuti
Inyuma y'uyu mubiri ufite imipaka, numva nta mupaka"
"kandi nta n'umwe utagira
Sintanga inyigisho keretse numva Imana iri kumwe
nanjye, kandi sinigisha keretse mvugana na yo neza. Kandi
iyo mvuga kuri urwo rwego, nzi ko abanyumva batazibagirwa
.ibyho bumvise
Abakomeza kwihangana bazamenya Imana, kandi
nizeye ko abifuza gukomeza gukurikirana bazagera ku Mana
.ye nziza

* * *

Icyifuzo cyo kwishima ni cyo cyifuzo gikomeye kurusha
ibindi byose
Ibyishimo nyakuri kandi birambye biboneka mu Mana
gusa, kandi iyo ubonye ko iriho, wuzuye ibyishimo byinshi—
ibyishimo bitaboneka mu kindi kintu cyose
Iyo uhabwa isi yose, ntiwari kumenya uko wayitwara,
kandi wakumva umutwari uremereye n'impagarara kuri
byose
Reba ubuzima bw'ibyamamare n'abagabo bakomeye ku
isi, uzasanga bari abarakare, bahungabanyijwe n'ihohoterwa
riturutse impande zose nk'ibipupe byimuwe kandi bikinwa
.n'ukuboko kw'amateka

Ariko umuntu wifatanyije n'umucyo w'isi ni umuntu
wishimye kuko afitanye isano n'Umuremyi we

* * *

Hagomba gushyirwaho imbaraga kugira ngo umuntu
atsinde ingeso mbi, kuko iyo umuntu yumvise afite icyizere
kandi yihebye, abiba imbuto mbi mu butaka bw'ubugingo
.bwe

Gukomeza kwishora mu ngeso mbi ni uburyo bwo
kwiyangiza. Ariko, kwihatira kumva wishimye kandi ufite
icyizere buri munsi, nubwo hari ibigeragezo bibabaje kandi
bibabaza, ni ikimenyetso cyo kwiubaka no gukanguka mu
.buryo bw'umwuka

* * *

Abemera ko ubwenge bwabo bukomera kandi bugatera
ubwoba ni bo koko barimo gupfa
Abifuza gukemura ibanga ry'ubuzima bagomba
kuvugurura ubuzima bwabo buri munsi, bagakora ku kwiteza
imbere mu buryo runaka, bagateza imbere ibitekerezo
.bishya, kandi bagakora ibikorwa byubaka
Kandi ikiruta byose, bagomba gusaba Imana ubwenge,
kuko ubwenge buzana ibintu byose byiza kandi bihebuje

* * *

Imana yaduhaye umuryango kugira ngo twagure uruziga
rw'urukundo rwacu turukureho abandi dufitanye isano,
hanyuma twongere imbibi z'urwo rukundo kugira ngo rugere
.kuri buri wese

Abo dukunda badukuye mu buzima bwacu, haba mu
rupfu cyangwa mu bindi bihe, kugira ngo twige kudaha
urukundo rwacu abantu gusa, ahubwo dukunde urukundo
ubwarwo, ari rwo Mana, umuturanyi wacu wa hafi, wihishe
.inyuma y'udupfukamunwa twose tw'abantu

* * *

Igihe cyose mbonye abantu bakira neza, ngerageza
kuvuga ku mitekerereze n'ubwenge bw'abo bantu, mu gihe

ntakunze kuvugana n'abatabishaka kuko badashaka gutega
.amatwi na gato

Ku bijyanye n'abashaka Imana by'ukuri, ngerageza
kuvugana nabo binyuze mu bitekerezo byabo bifunguye
.kandi nkabiba imbuto z'urukundo rw'Imana mu mitima yabo
* * *

Iyo barebaga filime cyangwa ikinamico, iyo abarebaga
bamenyaga inkuru mu buryo burambuye mbere yo kuyireba,
iyo barebaga, iyo bamenyaga uko inkuru imeze mbere yo
.kuyireba, icyo kiganiro cyatakazaga ibyishimo byacyo
Mu buryo nk'ubwo, ni byiza kutamenya amabanga yose
y'ubu buzima kuko hari filime y'isi inyura mu bice
by'ubuzima bwacu, kandi ntabwo bishimishije kumenya
.ibizaba mbere yuko bibaho
Ntidukwiye guhangayikishwa n'ingaruka za nyuma,
ahubwo dusabe Imana kutuyobora kugira ngo dukore
imirimo yacu mu buzima mu buryo bwuzuye bushoboka,
byaba ari intege nke cyangwa imbaraga, indwara cyangwa
ubuzima bwiza, ubwibone cyangwa kwicisha bugufi, ubutunzi
cyangwa ubukene, no kumenya icyo iyi nkuru isobanura ku
.iherezo
* * *

Buri wese yifuza kugira amafaranga menshi kurusha
undi, kandi iyo ayabonye, ntabwo anyurwa kuko avumbura
.ko hari abakire kumurusha
Abantu baba mu kagari k'imibabaro bikoreye ubwabo
binyuze mu kwihangira ibyo bifuza aho kunyurwa n'ibyo
.bafite

Hari abantu bafite byinshi kurusha abandi, nyamara
ntibabyishimiye, ahubwo barakazwa n'irari ryo gushaka
.byinshi kandi bagahangayika cyane
Inzira y'Imana, nshuti zanjye, ni yo nzira yoroshye, kandi
ni byiza ko tubanza kugana Imana tukayisaba kuduha ibyiza
kuri twe, kandi tuzabona ibyo dukeneye mu kuboko kwayo

kw'ubuntu kuko isubiza amasengesho y'ukuri kandi
.igasohoza ibyifuzo by'abakunzi bayo

* * *

Ni ubupfapfa kwitega ibyishimo nyakuri bivuye mu byo
dukunda n'ibyo dutunze ku isi kuko bitashoboye kubituzanira
.mbere na mbere

Nyamara abantu babarirwa muri za miriyoni bapfa bafite
agahinda kandi bashenguwe n'ibyo bakoze nyuma yo
gushaka mu buzima bwo ku isi ibyishimo biri mu Mana
.yonyine, isoko y'ibyishimo n'ibyishimo byose

* * *

Ni ibisanzwe ko abantu bashimira Imana nyuma yo
guhabwa impano na yo, ariko ntibayishimira gake cyangwa
ngo batekereze kuyishimira ku bw'impano y'ubuzima
yabahaye ndetse no ku bw'imico yo mu mwuka yashyize mu
.mitima yabo

Biroroshye kuzamura imitima yacu ku Mana iyo twumva
ko iriho cyangwa tuyishimiye iyo dusenze, ariko mbega
ukuntu ari byiza kuyishimira ku bw'ubuyobozi bwayo buhishe
kandi ikaba iri kumwe natwe nubwo tutabizi neza Iki ni
ikimenyetso cyo kwiringira Imana, kwicisha bugufi imbere
yayo, no kunyurwa n'ubwenge bwayo
Imana isubiza mu buryo bwayo urukundo rwacu n'ibyo
twifuza, kandi ni abicisha bugufi bafite imitima yuzuyemo
gushimira no gushimira imigisha myinshi n'ineza biva ku
.isoko y'Imana ihoraho

* * *

w'umuntu ni inda ye (inda y'umuntu ni umwanzi we)
Igifu ni cyo gice cy'umubiri kidakunze kwibasirwa cyane
kandi gikunze gukoreshwa nabi cyane. Iyo sisitemu y'igogora
ihungabanye kubera kurya cyane cyangwa kurya ibiryo
bidafite isuku, bishobora guteza ibibazo by'ubuzima
.bitandukanye

Iyo umuntu yitegereje mu ndorerwamo, yumva ameze
neza, ariko ntamenye ko afite uburozi bwinshi bushyizwe mu

mubiri we Keretse niba azi uburyo bwiza bwo kubukuraho,
kandi niba umubiri udashobora kubukuraho neza, indwara
.zibaho

* * *

Umwe mu bigishwa bakiri bato yasabye inama, maze
:umwarimu Paramahansa aramubwira ati
Isi igushyiramo ingeso mbi n'ingeso mbi, ariko isi
ntabwo izaba ifite uruhare, kandi ntabwo izatanga igisubizo
cyangwa ngo itange ibisobanuro ku makosa yawe aturuka
.kuri izo ngeso n'ingeso mbi

None se kuki uha umwanya wawe wose inshuti yawe
y'umushukanyi? Teganya isaha imwe ku munsu kugira ngo
uvumbure ibintu byo mu buryo bw'umwuka n'ubumenyi
Ese Imana – itanga ubuzima, umuryango, amafaranga,
n'ibindi byose – ntabwo ikwiriye igice kimwe cya
?makumyabiri na bine by'igihe cyawe

* * *

:Umunyeshuri yabajije ati
Bwana, kuki bamwe baseka kandi bagashinyagurira"
"?abatagatifu n'abera
:Umwarimu Paramahansa yaramusubije ati
Abagizi ba nabi banga ukuri, kandi ab'isi bishimira"
kugendana n'ubu nta n'umwe mu itsinda ukunda impinduka.
Bityo rero, gutekereza gusa ku bantu b'Imana bakiranuka
"birababuza amahoro kandi bikababuza amahoro
Aba bantu bashobora kugereranywa n'umuntu umaze
imyaka myinshi aba mu cyumba cyijimye. Iyo umuntu
afunguye urumuri, urumuri rutunguranye rubangamira
umuntu utabona neza kandi rukamugaragara nk'ikintu
.kidasanzwe

* * *

Inyundo iremereye y'umucuzi nta bushake ifite bwite
Keretse ayiteruye n'ukuboko kwe akayimanura, iguma aho
iri, idakoreshwa

Ariko umuntu afite uburenganzira bwo kwihitiramo
kugira ngo ahitemo kuba igikoresho cyiza n'umukiranutsi mu
maboko y'Imana
Imana ntishaka ko abantu baba inyundo zikomeye kandi
zitagira ubuzima, ahubwo ishaka ko bakoresha ubushake
bwo kwihitiramo kugira ngo bagere ku ntego z'Imana kuri iyi
si

* * *

Amafaranga si ngombwa ko aba ari ikimenyetso
cy'uburyohe bwiza. Abantu benshi bakize bagura ibintu
badakeneye, hanyuma birundanya mu ngo zabo mu buryo
.butari bwiza kandi budafite akamaro
Ntukeneye amafaranga menshi kugira ngo inzu ibe
nziza; uburyohe ni cyo kintu cy'ingenzi
Ariko igitekerezo cyo gushariza inzu gikurura bamwe,
.bityo bakabishishikarira cyane bakibanda ku bintu bifatika
Umuntu wese ugomba kwishyura fagitire ze zihutirwa
kandi zihagije agomba kwifuza ubuzima bworoshye no
kwibohora ku bibazo by'amafaranga
Ariko ubwo bwigenge ntibuzazanwa no kwigomwa
ubunebwe no gukora ibidashoboka, cyangwa kureka byose
nta mpamvu cyangwa ishingiro
Hari igihe umugabo yagize igihombo gikomeye maze
:aravuga ati
Yewe, ndagowe! Natakaje umutungo wanjye kandi"
umugore wanjye yarantaye, bityo nafashe icyemezo cyo
"gusiga byose nkaba umucakara
Uyu mugabo, nshuti zanjye, ntiyasize byose inyuma,
!ahubwo byose byamusize inyuma
Ibidukikije byo mu mutwe no kumva unyuzwe ni ibintu
bibiri by'ingenzi kugira ngo umuntu agere ku byishimo
Nyuma yo gusuzuma no gusesengura ibyifuzo byose,
:birashoboka kuvuga uti
Nta ngorane zo kubona ibintu bikenewe, kandi"
"kudashobora kubibona nta shingiro bifite

* * *

:Umwe mu banyeshuri yabajije ati
"?Bwana, ngomba gukora iki kugira ngo menye Imana"
:Umwarimu Paramahansa yaramusubije ati
Mu gihe cyose cy'ikiruhuko, jya utekereza cyane kuri
.we. Mubwire mu mutima wawe, mu mutima wawe
Ari hafi kuruta kuba hafi kandi akundwa kurusha
umukunzi. Ndamukunda nk'uko umuntu w'umunyabinyoma
akunda amafaranga, kandi ndamukunda nk'umuntu urwaye
urukundo, ukunda uwo akunda, nk'umuntu urohama ashaka
.guhumeza umwuka
Iyo ugaragaje icyifuzo cyawe gikomeye n'inyota
"ikomeye, azaza aho uri

* * *

Imbaraga zacu zose ntizigomba gushyirwa gusa mu
kugera ku buzima bwiza n'umutekano w'ibintu, ahubwo
.zigomba no gushakisha icyo ubuzima bugamije
Iyo ingorane ziturenze, tubanza kureba aho dutuye,
tugerageza guhindura ibintu byose dutekereza ko ubufasha
.buri muri byo
Ariko iyo tugeze ku iherezo ribi maze tukavuga tuti
"Ibigeragezo byanjye byose byarananiranye, ni iki kindi
nakora?" dutangira gutekereza cyane ku gushaka igisubizo
.cyiza cy'ikibazo cyacu
Iyo twimbitse bihagije mu bitekerezo byacu, twakira,
tubifashijwemo n'Imana, igisubizo kiva muri twe. Iki,
ubwacyo, ni ubwoko bw'isengesho risubijwe

* * *

Umwarimu Paramahansa yabwiye bamwe mu
:banyeshuri ati
Mwirinde imyumvire mibi ku buzima Kuki wibanda"
cyane ku myanda myinshi kandi hari ubwiza bwinshi
"?bugukikije
Umuntu ashobora kunenga ingero nziza cyane"
z'ubuhanzi, umuziki, n'ubuvanganzo. Ariko se, si byiza kandi

bifite akamaro kurushaho kwishimira ubwiza n'ubwiza
"?bwabyo

Ubuzima bufite uruhande rwiza n'uruhande rwijimye"

"kuko isi y'ubusobanuro bushingiye ku mucyo n'igicucu
Nimwemerera ibitekerezo byanyu kwigaburira ibibi,"

"muzaba mwikururiye ububi n'ubugizi bwa nabi
Shaka ibyiza gusa muri byose, kugira ngo ushobore"

"kwiwongerera umwuka w'ubwiza

* * *

Umwarimu Paramahansa yabwiye itsinda ry'abigishwa

:ati

Imana yaduteguriye uru ruzinduko ku Isi, ariko abenshi"

muri twe tuba abashyitsi batakirwa neza, dufata ibintu

"bimwe na bimwe hano nk'ibyacu

Mu kwibagirwa ko ubuturo bwacu bwo ku isi ari
ubw'igihe gito, tuba dufite amasano menshi n'imibanire, nko:

"urugo rwanjye," "akazi kanjye," "amafaranga yanjye,"

."umuryango wanjye," n'ibindi

Ariko iyo viza yacu yo ku isi irangiye, imibanire yose
y'abantu izashira, hanyuma tuzahatirwa gusiga ibintu byose

twibwiraga ko dufite. Umwe rukumbi utujyana igihe cyose
.kandi ahantu hose ni umuturanyi wacu w'iteka ryose, Imana

Menya noneho ko uri umwuka, ntabwo uri umubiri Kuki

utegereje ko urupfu rukwigisha mu buryo bwarwo

?bw'ubugome kandi butunguranye

* * *

Iyo umuntu arwaye, agomba gukora ibishoboka byose

kugira ngo atsinde indwara ye. Nubwo abaganga bamubwira

ko nta cyizere cyo gukira kirimo, agomba gutuza kuko

ubwoba butuma yumva ko Imana iriho, ari yo ishobora

.byose

Aho kwishyira mu mubabaro no mu bibazo byo mu

mutwe, umuntu ubabaye agomba kwiyemeza ko afite
umutekano kandi atekanye arinzwe n'Imana kandi amwitaho

.neza

* * *

Guhangayika bivuze ko hari ukwivanga mu buryo bwo
mu mutwe bw'insinga
Indirimbo y'Imana ni indirimbo yo kwitonda no gutuza,
kandi imivurungano ni urujijo
Utuze ni ijwi ry'Imana rivugira mu mwuka udafite
insinga

* * *

Abifuza kuvugurura ubuzima bwabo bagomba kubanza
kumenya ibintu byiza bashaka kwinjiza mu buzima bwabo,
hanyuma bagashyiraho gahunda bakurikiza buri muni,
maze bakumva ibyishimo byinshi bitewe no gukomeza
.ibyemezo byabo
Kudakurikiza gahunda yo kwiteza imbere bigabanya
ubushake kandi bigashyira inzitizi mu nzira y'iterambere
Inshuti nyayo y'umuntu n'umwanzi mubi kurusha abandi
bose ni we ubwe
Abihuza n'imiterere karemano y'ubuzima bazagera ku
ntego nziza Nta mategeko abuza umuntu guhinduka akagera
ku ntego ze nziza no kugera ku byifuzo bye byiza Nta
mbogamizi zishobora kubuza umuntu kugera ku ntego ze
zikomeye keretse yemeye mu buryo butaziguye izo
.mbogamizi kandi akiyemeza ko adashobora kuzitsinda
Kuva ku masoko y'ihumire

Nta tandukaniro riri hagati y'amategeko agenga
imiterere y'umubiri n'amategeko agenga umwuka, cyangwa
ibitangaza bibaho bitewe no gusobanukirwa imikorere
y'ubwonko bw'umuntu. Abahanga mu bya siyansi bakora
ibitangaza bakoresheje amategeko agenga imiterere
y'umubiri, kandi abateye imbere mu by'umwuka bakora
ibitangaza byo mu mutwe. Muri iki gihe cy'ibitangaza bya
siyansi, birangwa n'imyuzure y'udushya n'udushya
tudasanzwe, abahanga mu bya siyansi bagomba gucengera

mu kwiga amategeko agenga imiterere y'umwuka
.akoreshwa n'abafite ubushishozi mu by'umwuka
Ibitangaza byo mu mwuka cyangwa ubuntu bw'Imana ni
ugukoresha amategeko y'isi adasanzwe. Ku muntu usanzwe,
ibi bikorwa bisa n'ibitangaza, ariko mu by'ukuri, ni
.ugukoresha amategeko amwe ahishe kandi yo hejuru

Naryohewe n'ubwiza bw'inyenyeri za miliyari
Bikwirakwiriye mu isanzure rinini
Kandi mu byishimo bitagira inenge nanyoye inzoga
Kandi nakoze umuriro aho natwitse agahinda kanjye
kose

Kandi nari ntwaye amatara y'urumuri
Kandi urukundo rutunganye rwari rwashyizwe mu
mutima wa buri wese
Byahuje urukundo rwa kibyeyi, rwa kibyeyi, n'urwa
kivandimwe

Nayinyoye kugeza ubwo nasinze
Ibitabo by'umwuka byashyizwemo agatonyanga
k'amahoro

Ibisigo byahimbwe bishingiye ku bidukikije
Kandi nibye uburyohe mu nzuki y'ibyishimo
Nakuyemo ibisobanuro by'ingenzi mu kirombe
cy'ibitekerezo

Kandi narasomye
Naramwenyuye
Kandi narakoranye
Kandi narateganyaga
Kandi narakubise
Nari mfite amatsiko menshi
Kandi ibyo byose ntibyari bihagije
Ubwo yamenyaga ko ari inzozo zakundaga gucika
Mbere y'uko ibyifuzo by'umutima wifuza bigerwaho
Ariko nkimara kwirukana izo nzozo
Kandi nicaye mu rusengero rw'amahoro

Inyota yanjye yarushijeho gukomera
Kandi numvise roho yanjye iririmba
!Imana yonyine irasigaye

Buri muntu wese afite imbaraga zitagira imipaka, kandi
tugomba kugaragaza izo mbaraga mu byo dukora byose Iyo
twifuza kurema ikintu, ntitugomba kwishingikiriza gusa ku
masoko yo hanze, ahubwo tugomba kwibanda mu bwihisho
.bwacu bw'imbere tugashaka isoko itagira imipaka
Uburyo bwose bw'akazi bwagenze neza, ibihangano
byose, imivuduko yose y'umuziki, ibitekerezo bitanga
imbaraga, n'ibihangano byiza kandi bitangaje byanditswe
.mu nyandiko z'Imana

Tugomba kubanza gushyiraho intego, hanyuma
tugasaba ubufasha bw'Imana kugira ngo ituyobore ku
gikorwa gikwiye dushobora gukoresha mu kugaragaza
imbaraga zacu, no gutekereza kugeza ubwo ubwenge butuje
.kandi bukabona neza intambwe ikurikiraho igomba guterwa
Hanyuma tugomba gukora dukurikije ubuyobozi
bw'imbere duhabwa, kandi icyo twifuza kizagerwaho Iyo
ubwenge butuje, ibintu bizasobanuka vuba kandi byoroshye
!—mbega ukuntu ari byiza cyane
Uzagera ku byo wifuza kandi intsinzi muri byose izaba
iyawe mu gihe gito, kuko imbaraga zo ku isi zose zishobora
kuyobora amategeko akwiye no kugaragaza ko akoreshwa
neza Iyo twisuzumye, tuzamenya ukuri kw'ibi,
.tubifashijwemo n'Imana

Umwe mu bigishwa yabajije umwarimu Paramahansa
uburyo bwiza bwo gutsinda ikigeragezo cya Satani kibujijwe,
:maze aramubwira ati
Keretse niba warakomeye mu bwenge, ugomba kubanza
- igihe ikigeragezo kiguteye - guhagarika ako kanya igikorwa
cyangwa imbaraga nyinshi hanyuma utekereze ku bintu
.nyuma yaho

Nugerageza gutekereza mbere na mbere, ikigeragezo
kizakunesha utabishaka kandi uzisanga ukora icyo udashaka
.gukora, kuko muri iki gihe ikigeragezo kizanesha ubwenge
Icyo ugomba gukora ni ukuvuga ushikamye uti
"Sinzabikora," hanyuma uhaguruke ugende. Ubwo ni bwo
.buryo bwizewe bwo guhunga imitego ya sekibi
Uko urushaho gukuza imbaraga zo "Sinshaka" mu gihe
cy'ibitero by'ubusa, niko urushaho gukomera kandi ibyishimo
byawe birushaho kwiyongera, kuko ibyishimo biterwa no
.gukora icyo umutimanama wawe ukubwiye gukora
Iyo uvuze "oya" ku gushukashuka, ugomba kuvuga icyo
.ushaka kuvuga n'icyo ushaka kuvuga
Ntucike intege kandi wibuke ko abafite ubushake buke
bahora bavuga "yego", mu gihe imitima ikomeye yuzuyemo
."oya" mu buvanganzo

Mu myitozo yo mu mwuka, twize kugenzura
amarangamutima yacu n'ibyo twifuza, tutemera ko ibyo
dukunda bigenga ubuzima bwacu. Twashimiye Imana ku byo
yaduhaye byose. Abantu bafite byinshi, nyamara benshi
bahora batanyuzwe kandi bitotomba, bumva batanyuzwe
nubwo ntacyo bafite, nk'aho ntacyo bafite na gito, kandi
.ibyifuzo byabo bisa n'ibitagira iherezo
Mu gitondo, umugabo amaze kogosha ubwanwa bwe—
wenda ubwanwa bwe—akaraba mu maso, akambara, ikintu
gikurikiraho ashaka ni ifunguro rya mu gitondo. Akimara
kurya utuntu duke, yifuza ko umugore we yaba yateguye
ikintu gikwiranye n'uburyohe bwe, mu gihe umugore na we
yifuza ko yaba afite ibikoresho byiza by'ifeza, amasahani
.n'amasahani

Bityo rero, umunsi ku wundi, bifuzwa ibi n'ibi kugeza igihe
nta kintu na kimwe gishobora kubashimisha, kandi imibanire
yabo ikabura ubucuti bwabo, ndetse bakabura n'ibyishimo
ubwabyo Kubera inzika bumva, bahindukirana abo baba hafi.
Umugore aritotomba kandi akavugana n'umugabo, umugabo

akarakarira abana, maze abana baragoma bagwa mu bibazo
n'inshuti mbi. Ingingo ni iyi: si bibi gutunga ibintu, ariko ni
bibu kwemerera imitungo ikatwigarurira Abashaka ibyishimo
ntibagomba kwishyira hejuru cyangwa kwigarurira ibintu
.byinshi

Paradizo yanjye iri muri njye, kandi iyo nishimiye
icyerekezo cyiza cyangwa guhura n'inshuti zanjye, paradizo
yanjye yo mu mutima yongera ibyishimo byanjye kuri iyo
shusho cyangwa kubona izo nshuti. Nta byishimo byo mu
mutima, ndetse na paradizo yo ku isi ihinduka ikuzimu
.ritavugwaho rumwe

Kumenya ko imbaraga zose z'ibitekerezo, imvugo,
amarangamutima, n'ibikorwa bituruka ku Mana, kandi ko
ihora iri kumwe natwe, ikadushishikariza kandi ikatuyobora,
bizana ukubohoka ako kanya ku guhangayika, urujijo, no mu
rujijo. Muri uku kubimenya, urumuri rw'ibyishimo by'Imana
.ruragaragara

Hari igihe urumuri rwinshi rw'umwuka runyura mu
mubiri wose, rugakuraho kandi rugakuraho igitekerezo
cy'ubwoba

Nk'imiraba y'inyanja, imbaraga z'Imana ziza n'imbaraga
nyinshi, zinyura mu mutima zikawuhagira n'umugezi
ukomeye w'umugisha, ziwukuraho inzitizi zose n'imbogamizi
.zo gushidikanya, ubwoba n'ubwoba

Iyo dukora ku Mana, kwibeshya ko turi imibiri y'inyama
gusa birakurwaho. Ibi bishobora kugerwaho binyuze mu
gutekereza byimbitse kandi byibanze ku mwuka, gutekereza
ku Mana, no gushaka ubufasha bwayo kugira ngo
.idufungure

Hanyuma tukamenya ko umubiri ari nk'agace gato
k'ingufu mu nyanja y'Imana yo mu kirere

Iyo umuntu ahuye n'ibibazo bikomeye byo mu mutwe
cyangwa atsinzwe n'ubwoba bukomeye, agomba kugerageza
gusinzira

Niba abishoboye, azasanga abyutse ko umuvuduko wo
mu mutwe washize, kandi ko ubwoba bwagabanutse, kuko
iyo roho yinjiye mu bitotsi, izamuka by'agateganyo hejuru
y'ibibazo bya mbere bifitanye isano no kwihambira ku mubiri
.n'ibyo uhura na byo

Imbere ni ugukora ku bwenge bwo hejuru binyuze mu
gutekereza cyane no mu buryo bwimbitse. Tugomba
kwiyeemeza ko nta kintu na kimwe kizaduhungabanya
.cyangwa ngo kidutware ituze

Iyo ubwenge bumaze kwinjirira mu bihe by'ubuzima,
ntibushobora kubona imiterere nyayo y'ubugingo
bw'umwuka bwishimye. Ariko iyo dukora ibintu icyarimwe
twibuka isano ryacu rya hafi n'Imana, ko umucyo wayo
utuzengurutse kandi amahoro yayo akaba muri twe, ibintu
ntibizatugiraho ingaruka, kandi ibintu bibi
.ntibizahungabanya amahoro yacu

Umuntu agomba kugenzura ibyifuzo bye. Umuntu
w'umukunzi w'ibiryo aya, kimwe n'umuntu w'umwuka ufite
ingeso zo kwirinda. Ese noneho byemewe kuvuga ko kurya
ari icyaha kubera ko akenshi bifitanye isano n'ubukunzi
?bw'ibiryo

Icyaha kiri mu bitekerezo, mu mpamvu zituma umuntu
agira umururumba aya kugira ngo ahaze inzara ye, naho
umuntu w'umwuka akarya kugira ngo umubiri we ukomeze
kugira ubuzima bwiza, kandi hari itandukaniro rinini hagati
.y'ibyo byombi

Kugira ngo umuntu atandukane hagati y'icyiza n'ikibi,
agomba kwisuzuma no kwibaza niba icyo agiye gukora ari
cyiza cyangwa kibi Tugomba kuba inyangamugayo rwose
.kuri twe ubwacu

Iyo umuntu ari inyangamugayo, ntabwo ashobora
gukora ikosa, kandi nubwo yabikora, azashobora kwihutira
gukosora inzira ye. Tugomba kuyoborwa n'umutimanama

wacu mu byo dukora kuko umutimanama ari wo mbaraga
.zituyobora

Uko imirimo n'imihigo byaba biri kose, ntitugomba
kwibagirwa rimwe na rimwe gukura burundu mu bwenge
.bwacu imihangayiko n'ibindi bibazo byose n'imihangayiko
Gerageza kudatekereza ibintu bibi mu gihe cy'umunota
umwe, wibande ku mahoro yo mu mutima, cyane cyane niba
.uhangayitse kandi wumva uremerewe n'imihangayiko
Hanyuma yongereye icyo gihe iminota myinshi, yibutsa
ibintu bimwe na bimwe bishimishije n'ibihe
Wibuke ibihe byiza byagusigiye ishusho nziza kandi
ugerageze kubisubiramo mu buryo bwose, maze buhoro
buhoro uzabona ko wibagiwe impungenge zawe kandi
.ubwoba bwawe bwaragabanutse

Kubaka ibidukikije by'imbere
Niba umuntu ashaka kubaka ibidukikije byiza imbere mu
mutima, agomba kwitoza guceceka no kudahora aseka,
.kandi akagira ibyishimo, ibyishimo n'inseko
Ibiganiro bidafite umumaro bikuraho ibyiyumvo byiza,
kandi ni nk'isasu rikoresha imbaraga zaryo mu kuvuga ibintu
bidafite akamaro kandi bidafite akamaro, bityo bigatera
igihombo cy'umutungo w'agaciro kandi w'ingenzi mu
.mitekerereze

Ubwenge bumeze nk'ikibindi cy'amata; iyo cyuzuyemo
amahoro yo gutekereza, ibitekerezo binoze,
n'amarangamutima, kigomba kugumana ubuswa
n'amagambo asa n'ay'ingurube ni ibintu by'imyidagaduro
bitera imyobo mu mpande z'umubiri w'ubwenge, bigatuma
.amata y'amahoro yo mu mutima avamo akabura
Ibi ntibivuze ko umuntu agomba kuba umuntu ukabije,
ukomeye kandi wirinda gushinyagurira, ahubwo bivuze
kwirinda gushinyagurira, guseka, no kuvuga ibintu bidafite
.ishingiro kandi bidashyize mu gaciro

Ndacyibuka imyitozo myiza nahawe n'abantu
bakomeye. Iyo twabaga turimo tunganira cyane,
:baratubwiraga bati
Musubire mu birindiro byanyu by'imbere kandi"
ntimukice mu buryo bw'amaraso, kugira ngo mutakaze
ubwenge bwanyu bw'umwuka maze amahoro yanyu
"abahunge nta garuriro
Ntabwo byari byoroshye ko twumva icyo gihe, ariko ubu
ndumva inzira y'amahoro batwigishije
Amafaranga y'amahoro
Iyo umuntu akomeje kwandika sheki nta mafaranga
ashyize kuri konti ye ya banki, amafaranga ye azashira kandi
.asigaye azasigara ari ubusa
Mu buryo nk'ubwo, iyo umuntu adakomeje gushyira
amahoro mu buzima bwe, imbaraga ze, ituze n'ibyishimo
bizagabanuka amaherezo bikayoyoka, biganisha ku
guhomba mu marangamutima, mu bwenge, mu mubiri no
mu mwuka. Gutekereza ku Mana no kubona Imana no
kuyibona mu buryo bwiza bitwongerera imbaraga kandi
.bikatwuzuza ibintu byose by'ingenzi

Aho kubaho mu gihe cy'ubu gusa, tugerageza kubaho
mu gihe cyashize n'igihe kizaza icyarimwe, ibyo bigashyira
umutwaro uremereye ku mutwe, bikawunaniza kandi
bikagabanya ubushobozi bwawo bwo guhangana n'ibintu
neza. Niyo mpamvu tugomba kugabanya umutwaro wacu wo
mu mutwe. Ibyahise byagiye burundu, none kuki
?tubigumana mu bwenge bwacu
Reka ubwenge buhangane n'imitwaro yabwo umwe
umwe, ntabwo ari byose icyarimwe. Igisimba kirya gusa
ibikubiye mu mazi gikoresha umunwa wacyo; mu buryo
nk'ubwo, twagombye kuzirikana amasomo twize mu bihe
.byashize gusa tukibagirwa utuntu tudakenewe

Ibi bizaruhura cyane mu mutwe. Ibyishimo by'umuntu
wa none biri mu kugwiza ibyo afite no kubona byinshi,
.hatitawe ku bukenye n'imibabaro by'abandi
Ariko se si byiza ko umuntu abaho mu buryo bworoshye,
adafite ibintu by'agaciro gakabije kandi afite ishyaka rike
n'imihangayiko? Nta byishimo byo kwiruka cyane kugeza
.aho utishimira ibyo afite
Umunsi uzagera aho abantu bakanguka bakava mu
bitotsi byabo byo mu buryo bw'umwuka bagatangira
kurenga ibyo bakeneye mu buryo bw'umubiri. Umunsi
uzagera aho bazavumbura ko ubuzima bworoshye buzana
.umutekano, amahoro n'ituze byinshi
Gutsinda imitima y'abantu ukoresheje imbaraga
z'urukundo ni yo ntsinzi ikomeye umuntu wese ashobora
kugeraho mu buzima
Ibi byari ibintu bitangaje cyane abantu bakomeye
babayeho kandi bagapfira abandi. Abafite imbaraga nyinshi
zifatika babaho ku bwabo gusa bibagirwa vuba. Ariko
.ababaho ku bw'abandi bazakomeza kwibukwa iteka ryose
Abahanuzi ntibagiraga intebe z'ubwami za zahabu mu
gihe cy'urugendo rwabo ku isi, ariko bicaye ku ntebe
y'ubwami y'urukundo mu mitima y'abantu babarirwa muri za
miriyoni. Iyo ni yo ntebe nziza kurusha izindi zose umuntu
.wese ashobora guturamo
Umuntu aza muri iyi si arira abandi bese bishimira
kuhagera. Agomba gukora no gukorera mu gihe cyose
cy'ubuzima bwe kugira ngo igihe cyo kuva kuri iyi si nikigera,
.agende amwenyura mu gihe isi imuririra
Imana yaremye iyi si kugira ngo abantu bakoreshe
ubwenge bwabo kugira ngo babone ubumenyi bw'umwuka
kandi bumve ko Igitekerezo cy'Imana ari imbaraga ikomeye,
kandi iyi mbaraga igomba kuyoborwa mu buryo bukwiye
.kugira ngo igirire akamaro abantu ubwabo n'abandi
Iyo Imana itaduha urukundo idushyira mu mitima yacu,
.ntitwari gushobora kumenya urukundo rw'abantu na gato

Kubera ko Imana ari ubuntu kandi idukunda cyane, ni yo
igomba kuba intego yacu n'intego yo gushakisha kwacu.
Ntishaka kutwishyiramo, ariko nta munezero wagerwaho
.tutayitekerejeho kandi tukayihuza nayo
Uburyo bw'amayobera umubiri n'ubwonko bikora,
budutandukanya n'ibindi biremwa byose, n'ibindi bitangaza
n'ibitangaza byose mu buzima, bukwiye kuba buhagije
kugira ngo budutere inkunga yo kubishakisha no
kubivumbura. Abagerageza kubikora nta buryarya kandi
babikuye ku mutima bazatsinda mu byo bakora kandi bagere
.ku ntego yabo

Ubwo natangiraga iyi nzira, ubuzima bwanjye bwabanje
kuba akajagari kandi budafite gahunda, ariko binyuze mu
kugerageza kenshi no gukomeza gushyiraho imihati, ibicu
byatangiye gukemuka kandi ibintu biba bisobanutse neza.
Ibyambayeho byose byari igihamya cyuzuye cy'uko Imana
iriho n'uko bishoboka kuvugana nayo no kuyimenya muri
.ubu buzima

Yewe, amahoro n'ituze umuntu azabona iyo abonye
Imana! Isi izaba nziza kandi isekeje, byose bizaba byiza,
kandi nta kintu na kimwe kizashobora gutera ubwoba mu
.mutima

Uku ni ko tugomba guhangana n'ibibazo no kurwana
intambara y'ubuzima dufite ubutwari n'ubutwari bikwiye
.abana b'ubuzima n'urumuri

Iyo twumva ko tugomba gukora ibintu byinshi
icyarimwe, turarakara cyane
:Aho guhangayikishwa n'icyakorwa, ni byiza kuvuga uti
Iki gihe ni icyanjye njyenyine, kandi nzakora uko"
nshoboye kose muri icyo gihe ntaretse ngo igitutu
"kindengere

Isaha ntishobora gukora amasaha 24 mu munota umwe,
kandi ntushobora gukora mu isaha imwe ibyo amasaha 24
agomba gukora

Tugomba gushyiramo imbaraga zihagije kugira ngo
dukore ibyo tugomba gukora muri iki gihe kandi tubikore
.dutuje kandi nta stress, maze ahazaza hakazanabyitwaramo
Ishimire ibihe by'ubu kandi ugerageze guhuza
n'imitingito y'amahoro

Uko urushaho gukora ibi, ni ko urushaho kumva
imbaraga nziza ziri muri wowe zigukorerera inyungu zawe,
.ziguteza imbere kandi ziguhesha ibyishimo

Guhangana n'ubwoba n'imihangayiko
Guhangayika bivuka mu mutima bitewe n'uko umuntu
yumva ububabare. Bityo, tubona ko ubwoba bushingiye ku
byo umuntu yanyuzemo mu bihe byashize. Birashoboka ko
umuntu yaba yaraguye mu bihe byashize akavunika
.ukuguru, bityo agatinya kongera guhura n'ibyo bintu nk'ibyo
Guhora wibanda ku bipimo nk'ibi bibabaza bigabanya
ubushake n'imitsi, bishobora gutuma umuntu agwa kandi
akavunika ukuguru! Byongeye kandi, iyo umutima ucitse
intege kubera ubwoba, imbaraga z'umubiri zigabanuka
zikagera ku rwego rwo hasi cyane, bigatuma mikorobe
.z'indwara zinjira mu mubiri zikangiza

Nta muntu n'umwe udatinya indwara Ubwoba bwahawe
umuntu nk'igikoreshe cyo kwirinda ububabare, kandi intego
.yabwo ntiyari ukubwibandaho no kubuhoramo iteka ryose

Guhora duhangayikishijwe n'ubwoba bibangamira
imihati yacu yo kwirinda ingorane no gukemura ibibazo
duhura na byo. Ubwoba bupimye bushingiye ku bwenge, nko
gutekereza ko ibiryo runaka ari bibi nubwo wifuza kubirya.
Gutinya indwara bikubiyemo indwara. Abantu bikururira
indwara iyo batekereje gusa. Niba uhora utinya kurwara
ibicurane, uzarushaho kurwara, uko wakora kose kugira ngo
.wirinde

Ntureke ubwoba bugutere ubwoba n'imitsi lyo
imihangayiko ikurenze, uba ufasha mu gukora ibintu utinya.
Si byiza kandi kumarana umwanya munini n'abantu bahora
bavuga ku ndwara zabo n'intege nke zabo. Kwibanda kuri ibi
.bintu bishobora gutera ubwoba mu mutwe wawe
Abatinya kwandura igituntu cy'ibihaha, kanseri,
cyangwa indwara z'umutima bagomba kwirukana ubwo
bwoba mu bitekerezo byabo, kugira ngo bitazabazanira ibyo
.bibazo bidashimishije
Ku bijyanye n'abarwayi n'abageze mu za bukuru,
bakeneye ahantu heza kandi heza uko bishoboka kose,
hagati y'abantu bafite imico myiza kandi ikomeye, kugira
ngo babatere inkunga kandi babazamure binyuze mu
.bitekerezo n'amarangamutima meza
Igitekerezo gifite imbaraga nyinshi Abakozi bo mu bitaro
ntibakunze kurwara bitewe n'icyizere cyabo; mu by'ukuri,
ibitekerezo byabo bikomeye bivugurura imbaraga zabo kandi
.bikabaha imbaraga zihoraho
Indirimbo yo Kwishimira
Nkuririra cyane, ndagusingiza indirimbo z'umutima
wanjye
Ndagushyiriye imbere ubutunzi bwanjye bwose bwo mu
buryo bw'umwuka
Nagukusanyirije ubuki bw'urukundo ruhebuje
n'ubudahemuka budacogora
Mu ngirabuzimafatizo z'umutimanama wanjye; icyanjye
cyose ni icyawe
Uwiteka, nari mfite inyota mu butayu bw'ibyiringiro
by'ibinyoma n'ibyifuzo by'ubusa
None ubu nanyoye kandi ndashira inyota yanjye mu
masoko y'urukundo rwawe n'amahoro
Sinkigira inyota y'irari ry'isi
Numva umuyaga wawe w'umugisha, uhumura neza
unyegera, kandi ndahumurizwa

Kandi amatara y'ibyishimo byanjye arabagirana
n'urumuri rw'ibyishimo byawe
Nari hafi gupfa kubera inyota n'umunaniro
Hagati y'amazi y'isi ayobya
None ubu ndi mu miraba y'ibyishimo by'umwuka wawe
w'umugisha
Ndashaka kurohama mu nyanja yawe yera no kubaho
!iteka ryose muri wowe
Ururimi rw'indabyo
Imana ni yo muhanzi ukomeye kurusha abandi
Ubwiza bwayo bwuzuye bugaragarira mu bwiza
bw'indabyo
Mbega ukuntu ari byiza cyane kumutekerezaho igihe
!cyose tubonye indabo n'indabo z'amaroza
Imana ntigaragara
Ariko, arimo aravugana natwe
Binyuze mu ndabyo
N'ibindi biremwa byinshi byiza kandi bikunzwe
Kandi itwuzuza impumuro yayo y'ijuru
Atwemeza buri muni ko ariho binyuze mu biremwa bye
Indabo zaremwe ku bw'impamvu runaka
Akorera buri wese ubwiza bwe, umurimo we wicisha
bugufi
Twavuze ku bitangaza by'Imana kurusha ikindi kintu
cyose
Buri rurabo ruvuga inkuru yarwo ishimishije y'uko Imana
iri
Indabyo zimaze ibinyejana byinshi zikoreshwa
Si ukubera imitako gusa, ahubwo no kugaragaza
impumuro nziza n'ubwiza bw'Imana
Dushobora kumva ko Imana iriho binyuze mu ndabo
n'indabyo z'indabyo
Kubera ko buri ndabyo ari imiterere y'Imana aho tubona
ukwigaragaza kw'Imana
Umwiza ukunda ubwiza

Tekereza indabyo zo mu gasozi, ndetse na Salomo mu}

{bwiza bwe bwose

Yari yambaye nk'umwe muri bo

Amaganya: Imiterere yabo n'uburyo bwo guhangana

nabo

Guhangayika ntacyo bimaze, ahubwo biremerera

imitima yacu guhangayika cyane

Iyo ugiye cyangwa urangije umunsi wawe w'akazi,

ibagirwa. Ntukabishyire mu mutwe wawe, ahubwo ubijyane

.mu rugo

Amaganya akora urukuta rwinshi rw'ibicu byijimye kandi

byijimye bikikije ubwenge, bigatuma umuntu agwa kuko

inzira yabyo idasobanutse neza kandi yoroshye. Tugomba

kwiga kwishingikiriza ku Mana cyane. Iyi ni siyansi ubwayo

kandi ni itegeko rihoraho ry'Imana ritahinduka cyangwa ngo

e. Umuntu wese ukora uko ashoboye kandi agashaka

ubufasha bw'Imana azakurwaho inzitizi mu nzira ye,

uburemere bw'ingorane bugabanuke, kandi Imana

izakingura imiryango kuri bo. {Umuntu wese wiringira

Imana, izamuhaza} {Mushyire imihangayiko yanyu ku

Uwiteka, na we azayicunga}

Menya—Imana ikongerere ubumenyi—ko buri gihe

hariho uburyo bwo kuva mu ngorane n'imihangayiko

by'ubuzima. Iyo duhagaze gato tukatekereza neza ku

gukuraho impamvu idutera imihangayiko aho

kuyitekerezaho, Imana izadukingurira amarembo kandi

.ituyobore mu nzira tutigeze dutekereza

Abantu benshi baza aho ndi bakambwira impungenge

zabo, bityo ndabasaba gutuza no gutekereza, bagashaka

ubufasha bw'Imana, kandi ntibatekereze ku bundi buryo bwo

gukemura ibibazo byabo kugeza igihe bumva bahumurijwe

.kandi bakagira amahoro yo mu mwuka

Iyo ubwenge butuje, amahoro y'Imana amanukira ku

bugingo, kandi ukwizera kukarushaho gukomera, ibisubizo

by'ibibazo bizagaragara nk'izuba riva inyuma y'imisozi

Kwirengagiza ibibazo ntabwo ari garanti yo kubikuraho,
cyangwa ngo ubwitonzi butange umusaruro mwiza
Tekereza kugeza igihe wumvise utuje, hanyuma
utekereze ku kibazo cyawe kandi usenge Imana cyane
kugira ngo igufashe. Ibande ku kibazo, maze uzabona
.igisubizo nta guhangayika cyangwa imbaraga nyinshi
Isengesho rivuye ku mutima kandi rivuye ku mutima
rizahora risubizwa n'Imana. Ariko iyo isengesho ritatanzwe
mu buryo bw'ishyaka n'ubunyangamugayo, biragaragara ko
.ritazasubizwa

Buri wese amenya ko hari igihe kimwe mu byo yifuzaga
cyasohojwe bitewe n'isengesho
Iyo icyifuzo gihindutse icyifuzo, gikora ku mutima
w'Imana kandi iguha icyo wifuza
Iyo Imana ishatswe ikintu, kamere yose isubiza ubushake
bwayo

Imana irasubiza iyo tuyihindukiriye tubikuye ku mutima,
dufite ukwizera gukomeye n'ubushake budacogora
Hari igihe asubiza ashyira igitekerezo runaka mu mutwe
w'umuntu kizagufasha gusohoza icyifuzo cyawe cyangwa
.kiguheshe ibyo ukeneye

Umuntu nk'uwo ni we ukoreshe n'Imana kugira ngo
agere ku musaruro yifuza

Abantu ntibazi uburyo izi mbaraga zikomeye zikora
Ikora mu mibare isobanutse neza cyane, nta mwanya
iha abantu umwanya wo kuvuga ngo "niba" cyangwa "niba
."atari byo

"Ibi nibyo bisobanura "kwizera ibintu bitagaragara
Kandi azamuha ibyo akeneye aho adategereje
Kuva mu ndirimbo z'ubugingo
Ibiti birahuha
Kandi umuyaga urashyuha
Kandi izuba riramwenyura
Kandi uruzi rutemba
Kandi ijuru rirazamuka hejuru

amabara y'umutuku asa n'umutuku
Kandi isi ihindura umwitero wayo w'umukara
Diyama zuzuye inyenyeri
Kwambara ku manywa
Ikoti ryiza cyane rya zahabu
Kamere irimba kandi ikarishya
Mu mabara meza y'ibihe bikurikirana
Kandi umugezi urimo urusaku
Ntuzigera ugerageza kuvuga
Amajwi afite urusaku rusa n'urusaku
Ku gitekerezo cyihishe
Kandi biva mu bwihisho bw'ubugingo
Kandi inyoni ziraririmba
Kandi agerageza kwatura
Hamwe n'ibintu bitazwi
Irimo kuzunguruka muri we
Ariko abantu
Ushoboye kuvuga no gusobanura
Mu magambo asobanutse neza kandi yumvikana neza
Ku bijyanye n'ibyo abantu bose bananiwe gukora
Ku bijyanye no kubitangaza
Ibyerekeye Umunyabintu w'Isi Yose
Bigaragare ahantu hose
Kumenyekanisha
Imiterere y'imitekerereze yacu ishingiyeye ku mibanire
yacu n'ibidukikije byacu byo hanze kuva mu ntangiriro
z'ubuzima bwacu
Iyi miterere y'imbere n'ingeso z'ubwenge, uretse
ibyifuzo n'ibyifuzo byagizwe n'ubuzima bwa kera, akenshi
biyobora ibikorwa byacu n'imyitwarire yacu mu buryo
bwikora
Ku bijyanye no kuvugurura ubwenge, cyangwa
kuzamura ubwenge kuva ku mubiri ukajya ku mwuka n'ukuri
kw'umwuka, mu ntangiriro y'ubuzima roho yishimira

kwigaragaza no kugaragaza ibyifuzo byayo binyuze mu
.mubiri, bityo ikaba imfungwa y'umubiri
Tugomba kwitoza kubaho ku rwego rwo hejuru kurusha
urwego rw'umubiri. Iterambere ry'ubwenge rifitanye isano
rya hafi n'iterambere ry'umubiri cyangwa iry'ibintu. Bityo,
dukurikije ubwihindurize bw'ibidukikije, roho inyura mu
byiciro byinshi kugira ngo igere ku rwego rwo kumenya
iby'umwuka, ari na byo bisobanura impamvu intsinzi y'ibintu
.ibanza kugerwaho, hagakurikiraho intsinzi yo mu mutwe
Ibyo twagezeho mu mutwe nta gushidikanya ko ari
ingirakamaro, kuko binyuze muri byo twiga guhindura ibyo
dukeneye mu buryo bw'umubiri tukaba umutekano wo mu
.mwuka

ihindukira riteje akaga
Ibibazo byugarije isi muri iki gihe ntibyaremwe n'Imana
Ahubwo, ni ingaruka z'imyaka myinshi y'imitekerereze
idahwitse n'ibikorwa bitari byo byakozwe n'abantu muri
.rusange. Ibyo abantu babiba, bagomba gusarura
Umuntu ageze ku ihinduka rikomeye kandi ahagaze ku
mahuriro y'inzira. Ashobora kwiyangiza akoresheje uburyo
bw'intambara yavumbuye cyangwa agahindukirira inzira
nziza y'ubuzima maze akazana Imana mu buzima bwe
akurikije indangagaciro z'umuco, amahame mbwirizamuco
n'iz'umwuka zavuzwe n'abahanuzi n'abanyabwenge.
.Amahitamo ni ayacu

Igihe kirageze ngo abantu basobanure aho baherereye
kandi bafate icyemezo cy'inzira bagomba kunyuramo: haba
mu kagari no mu irimbuka cyangwa mu bitekerezo byo
hejuru byasabwe n'amadini yo mu ijuru kugira ngo roho n'isi
.birinde imibabaro n'ibyago
Iyo umuntu akina uruhare rwe nk'uko agomba kurukina,
kandi akaba yarahumekewe n'amategeko y'ineza, urukundo
n'amahame meza, ubwo umwijima uzashira nta kabuza
.kandi umwijima uzashira

Nta mpamvu cyangwa impamvu ifatika ihari ku bintu
bibabaje isi ibona, cyangwa ku bikorwa by'urugomo rudafite
ishingiro biba muri buri gihugu. Impamvu y'ibi byose ni uko
abantu bagiye kure y'Umuremyi wabo kandi bagatakaza
.isano nyakuri na We

Abantu ntibabona impamvu ifatika yo kudatura
ibiyumvo byabo bibi no kureka uburakari bwabo ku bandi,
kandi batekereza ko uburyo bwonyine bwo gukemura ibibazo
.ari intwari no kwica abantu
Ariko Imana, abahanuzi bayo, n'abantu bayo bakomeye
bifuza ko abantu babana neza kandi bagafatanywa mu
.gukiranuka no kubaha Imana

Umuntu wawe nyakuri afite imizi y'isi. Iyi mizi ikura
imbaraga zayo mu isoko y'isi, ari yo Mana, inkomoko
y'imbaraga zose ziriho. Umuntu muto, cyangwa
"ubwikunde," ni agace gato k'ibyho umuntu ashobora
.gukuramo imbere akabigaragaza mu by'ukuri
Umuntu wawe w'ingenzi arimo ubushobozi butagira
iherezo butegereje gukoreshwa, gukoreshwa no kungukirwa
nabwo
Abarimu bose bakomeye bavugaga ko mu mubiri harimo
roho idapfa, ikaba ari urumuri rw'Imana rwuzuye ubuzima
.kandi rushyigikira ibyaremwe byose

Ese uzi uko abantu bakoresha ubuzima bwabo? Bake
muri twe ni bo bazi uburyo bwiza bwo kubaho, n'uko
twakungukirwa n'ubuzima turamutse tubushoyemo imari mu
.buryo bwiza kandi buciriritse

Mbere na mbere, tugomba kwibuka igihe cyacu Igihe
kirahita kandi kikagenda tutarabimenya, niyo mpamvu
akenshi tunanirwa kwiyumvisha agaciro k'igihe Imana
.yaduhaye

Mbega igihe kinini gipfa ubusa! Kandi se ni bake
bahagarara bagatekereza ku byo ubuzima bushobora

kuduha Abantu benshi ntibatekereza cyane na gato; bamara
ubuzima bwabo barya, basinziriye, kandi bishimisha,
.hanyuma bakava muri iyi si nta cyo bagaragaza
Ni ngombwa gutandukanya ibyo dukeneye n'ibyo
twifuza. Ibyo dukeneye by'ukuri ni bike cyane, ariko ibyo
twifuza ni byinshi. Kugira ngo tubone umudendezo
n'amahoro yo mu mutima, tugomba gukemura ibyo
dukeneye kandi tukareka gukurikirana ibyifuzo bitagira
iherezo no gukurikirana ibyishimo by'isi by'akanya gato,
nk'ikirahure cyo mu butayu kidatunga inyota cyangwa ngo
.gihaze inyota

Uko umuntu yishingikiriza ku bintu byo hanze kugira ngo
agere ku byishimo, ni ko arushaho kubireka. Guteza imbere
no gukuza icyifuzo cyo kwinezeza ni inzira yizewe yo
.kwi Yongera kw'ibyishimo no kuba imbata y'ubutunzi
Tugomba kugabanya ibyo dukeneye tugakoresha igihe
cyacu dushaka ibyishimo nyakuri cyangwa ibyishimo byo mu
buryo bw'umwuka

Ubugingo ntibuhinduka; ni ikiremwa cy'iteka cyose
cyihishe inyuma y'ubwenge bw'umuntu bufite aho
bugarukira, cyuzuyemo ububabare bw'ubwoko bwose,
.gutsindwa, n'urupfu

Tugomba gukuraho umwenda w'impinduka no
guhinduka no kuruhuka muri kamere yacu y'iteka. Tugomba
gushinga ubwenge bwacu ku rutare rw'ubudacogora n'ituze
ryo mu mutima, ari rwo ntebe y'amahoro y'Imana irenga
ubwenge, hanyuma tukazaryohereza n'isoko nziza
y'ibyishimo itemba mu masoko y'Umwuka, ku manywa na
.nijoro

Ibyishimo bishobora kuboneka binyuze mu kwigira,
kwitoza kugira imibereho yoroshye no gutekereza neza, no
kuzigama amafaranga, nubwo twaba twinjiza arenze ayo
dukeneye kugira ngo twiheshe ibyo dukeneye by'ibanze.
Tugomba kandi gufasha abandi no kubafasha kwifasha
.ubwabo

Hari itegeko ritanditse rivuga ko umuntu wese ufasha
abandi kugera ku burumbuke n'ibyishimo azahabwa
ubufasha buturutse ahantu hatunguranye, kandi
uburumbuke bwabo n'ibyishimo byabo bizi Yongera. Iri ni
itegeko rihoraho kandi ridahinduka, kandi hahirwa
abaryisunga, kuko bazaba bari mu bishimye. Ese si byiza
?kubaho mu buryo bworoshye no kuba umukire mu mwuka
Umucyo ku wundi Imana iyobora uwo ishaka}

{kumurika

{Kandi umucyo urabagirana mu mwijima}

Inyuma y'urumuri rwose mu itara rito ry'amashanyarazi
hari umuraba ukomeye, kandi munsu ya buri muraba muto
.hari inyanja nini yahindutse imiraba myinshi
Ibi kandi bireba abantu Imana yaremeye abantu ibaha
uburenganzira bwo kwihitiramo no guhitamo Ariko abantu
bibagirwa isoko n'imbaraga Imana yashyize muri bo
Nta mupaka ku mahirwe ariho muri iyi si, cyangwa ku
iterambere umuntu ashobora kugeraho n'icyerekezo
.ashobora kugeraho

Iyo dutangiye gusobanukirwa umuntu mu buryo
bwuzuye n'uko ari, tumenya ko atari ikiremwa gifatika
Muri we harimo imbaraga nyinshi, ubushobozi bwazo
akoresha mu buryo butandukanye kugira ngo ahuze
n'imimerere y'iyi si. Kandi ubushobozi bw'izi mbaraga ni
.bwinshi cyane kuruta uko umuntu usanzwe abyumva
Springs and Sips: Uruziga rw'urukundo rutagatifu
Nzakuramo imbaraga
Kuva ku isoko y'izuba rya zahabu
Nzanywa amahoro
Kuva ku masoko y'amajoro y'ifeza amurikiwe n'ukwezi
Nzanywa imbaraga zawe
Kuva mu gikombe cy'umuyaga ukomeye
Nzanywa ubumenyi bwawe nishimye kandi n'ibyishimo

Kuva mu bikombe by'ibitekerezo byanjye bitoroshye
kandi byimbitse

Mu mucyo wawe w'umugisha
Nzaguma ndi maso iteka ryose
Nkareba isura yawe y'icyubahiro kandi ihoraho byose
Dufite amaso areba mu bihe birambye by'iteka ryose
Nashatse urukundo rw'Imana
Mu butaka bw'amarangamutima y'abantu butagira
umumaro

Kugeza ubwo nabonye
Ku rukuta rw'urukundo rutagatifu
Inkomoko ye ntijya ishira
Uwiteka, mfasha gufata umurage wanjye wo mu ijuru
Kandi kugira ngo mbashe kubaho ubuzima
bw'abatazigera bapfa
!Wowe Nyir'urukundo n'Uwera cyane
Nubwo umwijima w'ubujiji bwanjye waba ushaje nk'igihe
ubwacyo

Reka menye ariko
Ibyo hamwe n'umuseke w'urumuri rwawe
Umwijima uzashira mu kanya nk'ako guhumbya ijisho
Nk'aho nta na rimwe byabayeho
Uburakari n'ingaruka zabwo ku buzima
Nubwo umuntu usanzwe atagira kwibuka ibyo ubugingo
bwe bwanyuzemo, ni umwe mu bagize isanzure ryose kandi
agomba kongera ubuzima bwe rimwe na rimwe n'imigezi
ihumura y'ubuzima ituruka kuri Umwe Rukumbi, isoko
y'ubuzima, urukundo, n'ukuri bidahinduka cyangwa ngo
.bivange

Iyo umuntu ushakisha yubashye ihame ry'Ukuri mu
bitekerezo, mu magambo no mu bikorwa, aba yihuza
n'ibyaremwe n'Umuremyi. Umuntu wese uhura n'uyu muntu
wakuze mu buryo bw'umwuka arushaho gukungahara mu
buryo bw'umwuka bitewe n'imitingito ye y'umwuka ihuza,
nubwo ubu bukungu butandukanye mu rugero

Uwo mwigishwa nta kintu na kimwe kibabaza kandi nta
kintu na kimwe kivuguruzanya kijyanye n'uko ibintu bimeze,
kandi amaherezo yujuje ibisabwa kugira ngo yinjire mu
.buhungiro bwa nyuma: ukuri kwuzuye
Kubura uburakari ni yo nzira yihuse igana ku mahoro yo
mu mutima. Uburakari buterwa no gucika intege kw'ibyifuzo,
.kandi udafite ibyifuzo nta burakari afite
Utagira icyo yiteze ku bandi, agahindukirira Imana
kugira ngo agere ku ntego ze kandi asohoze ibyifuzo bye,
ntazagirira inzika cyangwa ngo agirire nabi bagenzi be, kandi
ntazabakomeretsa (Kumwenyura umuvandimwe wawe ni
ubuntu) kandi (Genda mbere wiyunge n'umuvandimwe
wawe)

Umuntu w'umunyabwenge anyurwa n'ubumenyi bwe
bw'ukuri ko Imana ari yo icunga n'umuyobozi w'isi yose,
kandi ntatekereza ko ibintu bibaho ku buryo butunguranye,
bityo ntafite uburakari, urwango rwinshi n'amarangamutima
.y'urwango

Iyi si ni isi y'ubusumbane, kandi abanyabwenge bihuza
n'ubushake bw'Imana kandi bagahuza ibikorwa byabo
n'imimerere. Hari igihe bashobora kugaragaza uburakari
bukomeye cyangwa urugomo iyo bibujije inkodzi z'ibibi
kugirira nabi inzirakarengane. Ariko abanyabwenge
ntibagirira urwango umuntu uwo ari we wese, uko ubujiji
bwabo bwaba bungana kose cyangwa uko ibyaha byabo
.byaba byinshi

Umuntu uzi kwimenya ashobora kurakara igihe kirekire
cyangwa gito, ariko agahita asubira mu buryo bwe bwo
.kwisanzura no gutuza nk'uko bisanzwe

Uburakari bw'umuntu usanzwe ntibushobora gukurwaho
n'ubushake kandi ako kanya, ariko umutima wera w'umuntu
.udafite irari ry'isi ntiwumva uburakari kandi ntubugaragaza
Uburakari ni inenge ikunze kugaragara mu bantu, kandi
buhungabanya amahoro mu miryango no mu bihugu

Abakunda kurakara cyane ntibakundwa n'imiryango
yabo, kandi uku kurakara guhoraho bigira ingaruka mbi ku
buzima bw'abantu kandi akenshi bigatera urugomo Iyo
abantu baremerewe n'uburakari butari busanzwe, umubare
munini muri bo bakora ibyaha, bajya muri gereza, cyangwa
.bagakatirwa urwo gupfa

Dukurikije ihame ryo kwirinda, abantu bose bagomba
kwigira kugira ubushishozi, gutekereza ku ngaruka, no
kugenzura uburakari bwabo

Abafata uburakari bwabo bakababarira abantu - kandi
Imana ikunda abakora ibyiza

Kugera ku burunganire mu mutwe

Uburyo ubuzima bufitanye isano (kuvuka, urupfu,]
ibyishimo, n'ububabare) buthindwa n'abareba iyi si bafite
ubwenge burunganiye. Mu by'ukuri, ibi bifite imizi mu mwuka
Bhagavad-Gita 4:9 [w'Imana urunganiye neza
Gusobanura no Gutanga Ibitekerezo

Kuboneza imiterere y'ubwenge bishobora kugerwaho
binyuze mu gukora imyitozo yo mu mwuka ifasha mu
guhindura ibitekerezo imbere, aho yoga igira ibyishimo
bidahinduka Iyo ishoboye kugaragaza iyi mimerere y'imbere
mu masaha yo gukanguka, iba isuku kandi ishingiye ku
.mwuka w'isi yose

Abanyabwenge bavuga ko umuntu usanzwe afite inenge
bitewe n'uko yumva ibintu bifatanye isano n'ibintu bibiri
n'uko ubuzima bwe bungana, nko kubabara no kwishima,
ubushyuhe n'ubukonje, ubuzima n'urupfu. Abantu bashobora
gutandukanya ubwenge bwabo n'ibintu by'isi ku bushake ni
bo bonyine badafite ibintu bibiri bihungabanya, kandi ni bo
babona ikiruhuko mu mwuka w'Imana, bakagira amahoro
.y'iteka

Abakora yoga bagira ibyishimo bitagatifu mu buryo bwo
kumenya imbere, mu byo bazi, no mu buryo buhebuje, ni
.abaziranenge kandi bafitanye isano n'umwuka wo mu kirere

Umuntu utagira ikinyabupfura yitegereza amashusho
agendagenda y'iyi si maze akagenda ku miraba y'ibyishimo
n'agahinda, kwiheba, uburakari, gucika intege, cyangwa
kutita ku bintu mu nyanja y'ubwenge bwe atabasha kubona
.ukwezi k'ubugingo kugaragara muri iyo nyanja
Iyo imiraba y'ubwenge itangiye kugabanuka,
umunyabwenge uri mu nyanja ituje abona ishusho y'ukwezi
kwera nta kugoreka

Gutekereza nabi ni umwanzi
Iyo ugomba gutsinda ikintu runaka, ugomba
gusobanukirwa impamvu ugomba kugitsinda. Ntabwo
ugomba kugitererana gusa no kwitandukanya na cyo,
ahubwo ugomba no kureka kugitekerezaho no kukivana mu
bitekerezo byawe. Gutekereza nabi ni umwanzi ukomeye
.ugomba kuneshwa

Nuhindura intego yawe ukava ku kumenya ibintu
by'amarangamutima ukajya ku kumenya ibintu by'umwuka,
uzabona intsinzi kandi wishimire ibyiza. Ibyo wagezeho biri
.mu mutwe wawe

Umuntu ntagomba kuba umucakara w'ibintu birengeje
urugero. Ishimire ibintu, ariko ntukabireke bigushyire mu
bucakara. Ba umudendezo. Ba umunyabuntu, w'inshuti,
.wishimye, kandi wishime, kandi wiyoborere mu bihe byose
Gukora icyo umuntu ashaka gukora cyose si ubwigenge,
ahubwo ni ugukoresha nabi ubwigenge bwe
Ubwisanzure buturuka ku gukurikiza itegeko
ry'ubwiyoborere, ni ukuvuga kwifata
Ubwisanzure nyakuri busobanura gukora byose ukurikije
ubwenge

Ubwisanzure ni buke kandi budafite aho buhuriye
n'Imana n'amategeko yayo
Ubuzima bw'abantu benshi bugengwa n'ibyifuzo, irari,
imico, ingeso, n'ingaruka z'ibidukikije n'imibereho
Iyo ingeso z'umubiri zitangiye kugenzura ubwenge,
biragora umubiri kumvira amategeko y'ubushake. Ingeso

nziza ni inshuti yawe ikomeye, mu gihe ingeso mbi ari
umwanzi wihishe. Bityo rero, umuntu agomba kwitondera
gusubiramo ingeso cyangwa igikorwa, kuko gusubiramo
bihindura igikorwa mo ingeso mbere y'uko umuntu
abimenya, kandi iyo ngeso ikaba kamere ya kabiri. Ariko,
ishobora guhinduka binyuze mu bikorwa byiza bihoraho no
.gutekerezwa neza, guhanga udushya
Tubohore mu bujiji n'ingaruka zabwo
Uri isoko y'ibintu byiza byose n'inkomoko y'imbaraga
zose

Uwiteka, duhe umugisha kugira ngo tugaragaze
imigisha yawe kuri twe
Mu buzima bwacu
Mu byifuzo byacu by'ubwenge
Kandi mu byifuzo byacu by'umwuka
Uri urumuri mu nyenyeri
Ingufu muri atome
No kumenya ubwimbike bw'umuntu
Dufashe kwiyubaka
Ku bw'imbaraga zawe zihebuje
Ufite ubwenge bwawe butagira akagero
Kandi hamwe n'ukuri kwawe kutagira imipaka
Reka tumenye ko uri isoko y'ubuzima bwiza
n'ibidukikije by'ubuzima
Kandi isoko y'ubumenyi bwose
Tubohore mu bujiji n'ingaruka zabwo
Kuva ku bubabare n'imibabaro
Ubwenge bwawe busenyuke, bugende butemba
Ibisigazwa byose n'ibyangiritse by'ubuzima bwacu
Kuraho imyenda itwikiriye isura yawe
Reka tukurebe ufite urumuri rwinshi cyane
Hari izuba ritabarika ku iherezo ry'ubuzima bwacu
Reka twumve ko uriho nk'imbaraga ihora ivugurura
Humura ibitekerezo byacu
Kandi tugaburire ubugingo bwacu

Kandi bikomeza imibiri yacu
Nta kindi uretse wowe ushobora kudukaza no gushoza
ibyiringiro byacu
Turagusaba ubuyobozi mu byo dukora byose
Kandi niba dufite ibitekerezo bitari byo
Reka twumve ijwi ryawe ryiza ritugarura
Kugana inzira ikwiye
Muhe umugisha ubuzima bwacu n'imbaraga zawe zo
guhanga
Kandi ibyishimo byawe by'iteka ryose
O Nyir'ubuntu bwinshi kurusha abandi bose
Kandi isoko y'ibitanga byose

Abifuza kubona ubumenyi bw'umwuka bagomba gukora
kugira ngo bagere kuri izo nzego, atari ukugira ngo bagire
inyungu z'ubwikunde ahubwo bashishikarize abandi
.bakurikije urugero rw'ubuzima bwabo
Abasohozza inshingano zabo mu buryo bufasha guteza
imbere ubuzima bwabo mu buryo buringaniye, bakora
nk'amarembo meza kandi akinguye aho abazimiye
n'abababaye binjirira bakagera mu mucyo w'amahoro,
.ibyishimo n'intsinzi
Aba bantu bahuje kamere yabo yo hejuru kandi
ntibakora ngo bahaze ibyo bashakaga ahubwo bagakora kugira
ngo buzuze ibisabwa n'ukuri, iterambere no kubahiriza
.ubushake bw'Imana
Ni abantu bikunda cyane nubwo baba mu ngo kandi
batunze za miliyoni kuko bareka ibyo bifuza kugira ngo
.bashimishe Imana kandi bafashe abandi
Umuntu agomba gukora no gukora uko ashoboye kose
kugira ngo atsinde ibizamini by'ubuzima kandi atsinde
ingorane zo kubaho, haba mu mashyamba cyangwa hagati
.mu mashyamba y'umuco wa none
Amashyamba ni icumbi ry'inyamaswa ziryana, kandi
amashyamba y'abaturage yuzuyemo inyamaswa z'ubwoba

Ibishuko n'ibyifuzo bikomeye, kandi umuntu agomba
kwikingira abamurwanya bose b'ibintu n'amahame kugira
ngo abashe kugendera mu nzira z'ubuzima bwiza afite
.umudendezo, ibyishimo no kubohoka ku bwoba
Iyo umuntu abonye ubwami bw'ibyishimo birambye byo
mu mwuka muri we, azabusanga hose, haba mu ituze
cyangwa mu rusaku rw'ibikorwa, kandi azumva ijwi ry'Imana
rimwongorera mu buvumo bwo gutekereza no mu mirima
.y'akazi

Inkuru y'umuhanga mu bya filozofiya n'umusare
Bivugwa ko umufilozofe wari uzi filozofiya n'ubwenge
yari afite umugambi wo kuva ku nkombe imwe y'uruzi akajya
ku yindi , bityo ahamagara umusare w'ubwato wari ufite
ubwato buto yakoresheye mu gutwara abantu kwambutsa
.uruzi

Umuhanga mu bya filozofiya yinjiye mu bwato maze
umusare arabutera, arwanya umugezi ukomeye Nyuma
y'intera ngufi, umuhanga mu bya filozofiya yabajije umusare
ati: "Musare, ese wafashe mu mutwe igice cya mbere
"?cy'amahame ya filozofiya
Umusare yaramushubije ati: Oya, bwana, sinabifashe
mu mutwe

Umuhanga mu bya filozofiya aramubwira ati: Mbabajwe
no kukumenyesha ko wapfushije ubusa 25 ku ijana
by'ubuzima bwawe nta nyungu nini ufite
Umusare yarumiye igitutsi agakomeza gukaraba Bageze
hagati mu ruzi, umuhanga mu bya filozofiya yongeye
:gufungura umunwa we urimo urusaku maze aravuga ati
Hey Naughty: Ese wafashe mu mutwe igice cya kabiri
?cy'amahame ya filozofiya

Umusare yaramushubije ati: Bwana, nta kintu nzi kuri iki
gitabo, Amahame ya Filozofiya
Umuhanga mu bya filozofiya hanyuma atanga
igitekerezo gishya ati: "Mbega agahinda! Mbabajwe no
kukumenyesha ko wapfushije ubusa 50% by'ubuzima bwawe

ntacyo umaze" Umusare yababajwe n'ubu bugome ariko
ntacyo yavuze, akomeza kugendesha ubwato mu buryo
burenze bumwe, atuka isaha yari yahuye n'uyu muhanga mu
bya filozofiya w'umuhanga mu bya filozofiya Ubwo ubwato
bwari bugeze kuri bitatu bya kane by'inzira imanuka mu ruzi,
umuhanga mu bya filozofiya yabajije ikibazo cya gatatu ati
Hey Naughty: Ese wafashe mu mutwe igice cya gatatu

?cy'amahame ya filozofiya

Umusare w'umukene yasubije yihanganye ati:

".“Nakubwiye, bwana, ko nta kintu nzi kuri filozofiya
Aha umufilozofe yamwenyuye inseko y' (impungenge
n'ihumure), agira ati: Ikibabaje ni uko wapfushije 75%
by'ubuzima bwawe muri ibyo, kandi icyo ni igihombo
.kidasubirwaho

Umusare ntiyasubije icyo gitekerezo ahubwo yihutishije
ubwato bwe, yizeye kugera ku nkombe yo hakurya no
gukuraho icyo kintu cyari giteye ishozi. Mu buryo
butunguranye, ikirere cyaracanye imirabyo, inkuba
iratangira, maze imvura nyinshi igwa mu mvura nyinshi yo
mu turere dushyuha, itera inkubi y'umuyaga ikomeye
.yajugunye ubwato mu mpande zose

Hanyuma, igihe cyarageze cy'umusare abaza ikibazo

:umufilozofe, nuko aramubwira ati

Nshuti yanjye muhanga mu bya filozofiya, kuva
twatangira uru rugendo, wakomeje kunkubita ibibazo
byinshi, kimwe ku kindi. Ese nshobora kukubaza ikibazo
?kimwe gusa

Umuhanaga mu bya filozofiya yaramushubije ati: Yego,

:urashobora. Umusare aravuga ati

Yewe muhanga mu bya filozofiya, uzi filozofiya neza

?kandi wafashe ibitabo byayo mu mutwe, ese uzi koga

Umuhanaga mu bya filozofiya yasubije mu ijwi rituje ati:

Oya, bwana, sinzi uko noga

Umusare yaramwenyuye aramubwira ati: Rero ibyago

byacu biri kuri wewe naho ibindi biri mu buzima bwacu,

kandi birambabaje kukubwira ko mu kanya gato uhereye
!ubu ubuzima bwawe buzaba ari amateka ijana ku ijana
Muri ako kanya, umuraba munini cyane wakubise
ubwato maze uhindukiza, wohereza umuhanga mu bya
filozofiya w'icyo gihe mu mazi, mu gihe inshuti yacu
y'umusare yakoresheje amaboko ye akomeye n'uburambe
bwe bw'igihe kirekire mu koga, yirinze umuraba mu buryo
bwizewe kandi butuje kugeza ageze ku rundi ruhande
.rw'inyanja amahoro

Nk'izahabu ihishwe munsu y'icyondo
Kuva mu ntangiriro y'irema, imbaraga z'ibyiza zarwanye
n'imbaraga z'ikibi Tugomba kwibuka ko ishyari, uburakari,
umururumba, n'ibindi atari ibyacu bwite, ahubwo twabihawe
kuva mu ntangiriro. Ni ukubabazwa n'ibyo bibi ari bwo
ubwenge bukanguka bukagerageza gushaka inzira hagati
.y'ibyo bibabaza

Uburyo bwonyine bwo kubona ubwenge ni
ubunararibonye, kuko binyuze mu bunararibonye bwacu
bwite tumenya ko ikibi ari cyo kitubuza amahoro kandi
kikaduteza imibabaro, imibabaro n'ububabare, bityo tukaba
.tugomba gukora kugira ngo tubyirinde kandi tubikureho
Igihe cyose ubonye amahoro nyuma yo gushotorana
maze ugafata icyemezo cyo kugumana umutima mwiza
n'ituze, shitani iraza ikakubwira iti: "Urimo gusebanya, none
"?kuki utavuga ikintu kibi cyangwa gikomereza
Ntukemere ko shitani iba intsinzi mu rugamba hagati
y'icyiza n'ikibi

Ijwi ryera rihora rituvugisha, ariko kugira ngo tubone
ubufasha bw'Imana tugomba guteza amatwi twitonze ijwi
ry'ljuru

Igihe cyose Satani agerageza kutureshya ngo
tumugereho, Imana igerageza kudukurura. Ikibazo ni iki: ni
?nde tuzatega amatwi, kandi ni nde tuzayoboka
Nta muntu ushobora kutuyobora cyangwa ngo
adugireho ingaruka tutabyemeye, kuko dufite icyemezo

n'ubwisanzure bwo guhitamo Imana yaduhaye, ariko
uburiganya bwa Satani buhora buriho kandi tugomba
.kuburwanya

Imbaraga z'icyiza zizana ibisubizo ku bibazo byacu, mu
gihe imbaraga z'ikibi zigerageza guteza ingorane n'ibibazo.
Kugira neza bivuze kubohoka ku byifuzo byose by'ubwikunde
.bitandukanya abandi kugira ngo bikunde

Imbaraga z'Imana ni nyinshi cyane, kandi imbaraga
zayo zirenze imbaraga zose. Binyuze mu rukundo rwayo,
igerageza kudukurura no kudukiza amaboko y'ababi. Abantu
bahagaze hagati: abamarayika iburyo bwayo n'imbaraga
z'ikibi ibumoso bwayo

Igihe cyose umuntu akora igikorwa cyiza, Imana
iramwegereza; igihe cyose yakoze igikorwa kibi, Satani
iramwegereza. Ariko Satani ntashobora kugumana umuntu
.iteka ryose kuko yaremwe mu ishusho y'Imana

Igihe cyose umuntu yumvise urwango mu mutima we,
ajye yibuka ko Satani arimo kugerageza kumurimbura, kandi
.iyo yumvise akundwa, ajye amenya ko Imana imuhamagaye
Hariho ingero mbi n'ingeri nziza Imana igaragaza ingero

zayo cyangwa imiterere yayo kugira ngo idukurure kuri yo,
na Satani agaragaza ibicuruzwa bye ku ntego imwe. Kandi
mbega ukuntu umuntu w'Imana watangiye kuririmba ubwo
:yatekerezaga kuri ibyo byerekanwa ari mwiza cyane

Ubuzima buraryoshye, kandi urupfu ni inzizi Ubuzima"

buraryoshye, kandi indwara ni inzizi, iyo indirimbo yawe
"yera yumvikana mu mutima wanjye, Mana wanjye

Ikibi n'icyaha ntabwo biri muri kamere yacu, ahubwo

biva mu mahanga bigashyirwa mu bugingo

Ibyiza ni nk'izahabu ihishwe mu cyondo; ntabwo itakaza

imiterere yayo, ahubwo irabagirana n'ubuziranenge bwayo
karemano iyo icyondo gikuweho. Mu buryo nk'ubwo, ineza iri
mu mutima w'umuntu irahoraho. Uko byagenda kose,
zahabu y'umutima yandujwe n'icyondo gikomeye kandi
gikomeye cy'ubujiji, dukeneye gusa gukuraho icyo cyondo

n'icyuma cy'ubwenge cyangwa kugikaraba n'amazi
y'ubumenyi kugira ngo tugaragaze ubwiza bw'izahabu
.nyayo

Gukoresha imbaraga z'umwuka
Roho igomba gukangurwa
Kuva mu nzizi z'intege nke n'intege nke
Kandi kohereza ubwenge mu isanzure ry'ubwenge
Binyuze mu gutekerezwa cyane, gukora imyitoto
ngororamubiri, no kuruhuka
Kwifata no kurya neza
Kandi imbaraga zo mu mutwe zidacogora kandi
zidahungabana
Ntukemere ko watsinzwe
Kuko kwemera ko ari ugutsindwa gukomeye
Ufite imbaraga zitagira imipaka
Izo mbaraga zigomba gushyirwaho
!Ibyo ni byo byonyine bihari
Gutekerezwa mu buryo bwimbitse no mu buryo bwimbitse
Ni bwo buryo bwo kwibohora ku mbogamizi
Kandi ibibazo byinshi
Ubwenge ku Mana bugomba kwinjizwamo
Kandi hamwe n'imyumvire yo mu buryo bw'umwuka yo
hejuru
Ingorane zishobora kuba nyinshi
Imitwaro iraremereye
Ariko umwanzi w'umuntu ubwe
"Ni ukuvuga, umuntu we muto cyangwa "ego
Roho nyayo ntipfa
Mu gihe ibintu n'ibibazo ari iby'igihe gito kandi
bihinduka
Umuntu muri rusange ni umwuka
Ishingiro ry'umwuka rihoraho kandi ntirihinduka
Ushobora gukoresha imbaraga n'imbaraga bidasanze
Gutsinda ingorane n'ibyago
Kandi inzitizi zose n'imbogamizi bikubangamira

Igitekerezo ni imbaraga nk'amashanyarazi
imimerere yo mu mutwe
Bisubira ku bitekerezo n'uburyo bwo gutekereza
Amashanyarazi ni ingirakamaro kandi ni mabi
?None se ni nde uzi uko yabyitwaramo
Abishyira mu kazi ke
Bitabaye ibyo, bishobora kumukomeretsa
amashanyarazi
Kandi ni ko natekereje
Niba byerekeza mu nzira zikwiye
Bizanira nyirabyo ibyishimo
Bitabaye ibyo, bizamuteza ibibazo
Igitekerezo ni nk'ifarashi yo mu gasozi
Ariko, kuyitsinda ntabwo bidashoboka
Gutekereza neza ni bumwe mu buryo bwo kugenzura
ibitekerezo byawe
Gutekereza neza ni inshuti magara
Kandi ubwenge burwaye ni umwanzi uhoraho
Gutekereza neza bikurura amahoro n'umutekano
Kandi ubwenge burwaye burasa imyambi yica
Isubira inyuma kuri nyirayo inshuro ebyiri
Niyo mpamvu imvugo ivuga ngo, igihembo ni kimwe
n'igikorwa
Igihe cyose umuntu yohereje imigambi myiza
Ibitekerezo bye bizahinduka amatara
Kumurikira ibyumba by'ubugingo
Kandi wirukane ibirundo by'umwijima
Hanyuma yumva aruhutse cyane
!Amaso ye yarabengeranaga aseka cyane
kubana neza n'abandi
Amasezerano yabo ntabwo asobanura byose
Cyangwa kwirengagiza amahame ngenderwaho kubera
ayo
Kubera ko ubu buryo bwo kumvikana budakwiye

Ntabwo bihuye n'ukuri
Abavuguruye n'abantu bakomeye ntibavugaga rumwe
Hamwe n'abantu benshi babakikije
Ariko, bagumanye intego yabo
Kubera ko bamenye ko ibyo bakoraga
Ibyo byari ukuri rwose
Ihame ntirigomba kwangizwa
Kandi kudakoresha impamvu zihishe kugira ngo ugere
ku ntego runaka

Kuko ibyo bidakwiye abantu bafite amahame
?Ni nde ushobora kubaho mu buryo bushimisha Imana
Ntukagirire nabi abandi, kuko nta cyo batinya
Mbere na mbere, umuntu agomba kuba mu
bwumvikane n'Imana

Hanyuma n'umutimanama, hanyuma n'abantu
Ariko niba ubu buryo budashimishije abandi
Birahagije ko umuntu agira amahoro muri we
Yumva afite amahoro yo mu mutima atuma adashimwa
n'abantu

Imbaraga n'icyifuzo cy'ubugingo
Mu guhindukirira Imana
Byitwa rukuruzi y'umwuka
Kandi iyi magnetism
Roho yikururira imigisha kuri yo ubwayo
n'imitingito myiza
Kandi ibintu byose byiza byabayeho mu bantu
Ibyo bimwibutsa ibyiza n'ubutungane
rukuruzi y'umwuka
Ni imbaraga zikoreshwa
Bikurura kandi bigakurura umuntu kuri we ubwe
Inshuti nziza
N'ibintu by'ingenzi kandi by'ingenzi
No gusobanukirwa ibintu mu buryo bwumvikana
Ubu bubasha bukomoka
Biturutse ku mbaraga rukuruzi z'Imana zikurura

Buji y'amahoro
Fata igikoresho cyo mu mutwe maze wuzuzemo
amahoro yawe
Fata icupa ry'amarangamutima yanjye uryuzuzemo
imbabazi zawe
Fata agaseke kanjye k'ubugingo karimo ubusa hanyuma
wuzuzemo imbuto z'ubwenge bwawe
Suka amazi y'urukundo rwawe mu bugingo bwanjye,
kugira ngo nyisuke mu bikombe by'umutima ufite inyota
Senya inkuta z'ubwiza bwanjye kandi unshyire mu maso
yawe yose
Umucyo w'urukundo urabagirana mu mitima yanjye,
unyibutsa urumuri rw'izuba rw'urukundo rwawe
Gukwirakwira mu kirere cy'ubuzima bwanjye
Umucyo w'urukundo rwawe wamurikiye roho yanjye,
urayimurikira, kandi umucyo wawe wuzuye umwuka wanjye
Uri ubuzima bukomeza umubiri wanjye, ubwenge
butuma ntekereza, n'ubwenge bukuraho ubujiji bwanjye
Ndacana buji nto y'urukundo rwanjye kugira ngo nsome
.igitabo cya zahabu cyabitswe muri njye kuva kera
Urukundo rwawe rwari kandi ruracyari urumuri
rw'amahoro rutagaragara rwirukana umwijima kandi
runyereka ubutumwa bwawe
Blog iri ku mapaji y'imitima
Ingano y'ubudashira
Nyuma yo kugushakisha kenshi
No guhora uzenguruka mu mashyamba y'amabanga
yawe atangaje
Amaherezo ngeze ku iherezo ry'ibihe bidashira
Nahamagaye izina ryawe ryera n'ukwizera no
kwihangana
Maze mu buryo butunguranye urugi rwo kuhaba kwawe
rurakinguka
Hari hagati yayo

Kandi ku ntebe y'ubwami y'iyerekwa ry'icyubahiro
narakubonye

Iburanisha ryanjye ntiryari rihuje neza
Ukoresheje ijwi ryawe ry'ubuhanga n'ubuhanga
Nategereje cyane kumva ijwi ryawe
Hanyuma ubumaji bw'ituze ryawe bwanyinjiriyemo
Kandi hamwe n'amagambo yoroshye kumva
Yanyigishije ururimi rw'abamarayika
Kandi inama nshya yarahungabanye
Nagukubise ibibazo n'ibibazo byanjye
:Igihe cya kera nk'igihe ubwacyo
"?Kuki Mana, icyaha n'imibabaro"
?Kuki hari uburiganya n'ibitekerezo bidafite ishingiro
Nuko nafashe imirasire y'ahantu hera hawe
Ubwoko bw'inyuguti zigaragara
Kunsobanurira ibisubizo byawe by'ukuri kandi byizewe
Utanga ihumure n'ihumure
Noneho, mu rusengero rwa Salami rw'ahantu
nyaburanga

Nishimiye kuba uri mu mutima w'ituze
Tuganira mu magambo atagira uko asa, acecetse
Mana y'amayobera adashobora gusobanuka
Nzavugana nawe iteka ryose
N'ubuhanga bwose bwo kuvuga no kuvuga neza mu
!mutima wanjye
Iyo urumuri rwawe rucanye mu mutima wanjye
Ikuzo ryawe rigaragare, Nyagasani
Umucyo w'ubwenge bwawe ushireho
Ubujiji, amakimbirane, n'ishyari
Kuva ku nkombe z'isi iteka ryose
Hindura intege nke zacu mo imbaraga
Kandi twagize intege nke mu gufata icyemezo
Shyira umubiri wacu umuriro w'amashanyarazi w'ingenzi
Kandi wuzuze ubwenge n'ubugingo bwawe urumuri
rwawe rukiza

Dufate ukuboko kwacu kugira ngo tudapfa mu mazi yo
kutita ku bwawe
Uzuza ubuzima bwacu urukundo rwawe n'ubwenge
bwawe

Reka twumve ko turi hafi yawe cyane
Kandi izuba ry'imbabazi zawe
Iratumurikira buri gihe

Ndashyira indabyo z'ibitekerezo byanjye bishyushye
kandi bizima

Mu miterere y'ituze
Impumuro ye ituje iraririmba
Kandi aririmba iby'icyubahiro cyawe
Kandi hamwe n'urumuri rwawe rwera
Ndabona ubwiza bw'ubuzima bwawe
Inzosi zanjye nziza zirasohoye
Iyo urumuri rwawe rucanye mu mutima wanjye
Udupfundikizo turaka umuriro w'ubwenge
Noneho reba icyubahiro cyawe
Ibyishimo byanjye birakura
Inyanja y'Imigisha y'Imana
O urumuri rw'isi yose
Buri munsu ndakubona uri gushushanya ikirere
n'amabara meza

Ndareba wambika ubutaka butaramera ubudodo bwa
emerald

Uri mu bushyuhe bw'imirasire y'izuba
!Kandi agaragara hose
Mwami, mfasha kubona isura yawe mu ndorerwamo
y'ituze ryanjye

Erekana ubwami bunini bw'ubuzima bwawe,
!wigaragaze

Igisha umutima wanjye gusenga, n'ubugingo bwanjye
kumva

Ko imiryango yose izakingurwa kugira ngo agaragare
anyuze muri yo
Kuba uriho ni umugisha
O Mutagatifu rwose mukunzi
Reka menye ubu n'iteka ryose, ko wari uwanjye kandi
uracyari uwanjye iteka ryose
Dore inzizi z'amakosa yanjye, zarazimye kandi
zishyinguwe mu irimbi ry'ibyibagiwe
Ndi maso, nishimira urumuri rw'izuba ry'ubuzima muni
y'amababa yawe
Inyanga y'imigisha y'Imana inyura muri njye
Kandi numva ko ndi njye nzira inyuramo
Imbaraga zose zera zo kurema
Uwiteka, mbabarira kugira ngo ngushake
Ndakwitayeho kurusha ikindi kintu cyose
Nk'uko ababaha imyenda babikora

Hari byinshi bisabwa n'ibisabwa
Isi irabidushyiraho
Kandi itwemeza akamaro kayo gakomeye cyane
Kandi kubera ko bidashoboka kubaho udafite icyo
Cyangwa gukora nta byo
Ariko igisabwa cy'ibanze kigomba kuba
Kubona amahoro y'Imana
Amasoko ye ntajya ashira
Inkomoko yayo ntijya ishira
Ibyo bitanga uburyohe n'igisobanuro ku buzima bwose
Twibuke ko Imana ari yo kamere yacu
Kandi urwo rukundo ni idirishya tunyuramo tureba
Ku maso ye y'icyubahiro
?Ni nde wifuza kumva ko Imana iri kumwe nawe
Kandi icyo cyifuzo cyiza gishyirwa mu bitekerezo no mu
bikorwa
Imana izamuha ibyo yasabye
Kandi bimufasha gusenya imyenda

Ibyo bibuza kureba amatara y'umugisha
Abiyemeje gukomeza inzira
Nta kintu na kimwe kizamubuza
Nta kizamubangamira
Kugeza igihe azagera ku ntego ye
Abona icyo umutima we wifuza
Ntureke uburakari bugutegeke

Aya marangamutima arushaho kwiyongera kurusha uko agaragara ku isura. Umuntu ashobora kugenzura mu buryo bukwiye ibimenyetso by'uburakari bukabije, ariko agakomeza kugira uburakari bukabije n'umujinya mwinshi. Uyu mujinya ugaragarira mu buryo butandukanye, nko gukaza umurego, kutihangana, kutishima, ishyari, kurakara, kutishima, no kugira ipfunwe. Mu by'ukuri, hafi ya buri wese agira uburakari ku rugero runaka.

Uburakari, uko bwaba buri kose, buturuka ku gucika intege mu gusohoza ibyifuzo. Mu gihe nta byishimo byo mu buryo bw'umwuka, abantu bahindukirira ibinezeza binyuze mu byifuzo by'imibonano mpuzabitsina—irari rituma bakuramo imbuto zo gucika intege no kutanyurwa, bityo, uburakari, busenya amarangamutima meza n'ibitekerezo byo hejuru.

Bityo rero, uburyo bwizewe bwo gukuraho uburakari ni ugukuraho icyabuteye: icyifuzo. Uko umuntu agira ibyifuzo byinshi, niko arushaho kurakara, kuko bidashoboka guhaza ibyo byifuzo byose, kuko irari ry'imibonano mpuzabitsina ritarangira kandi ntirishira. Uko turushaho guharanira gusohoza ibyifuzo cyangwa kwishimira imibonano mpuzabitsina, niko turushaho kubyihambiraho. Kandi uko turushaho gukomera, niko turushaho kubabara iyo tubuze ibintu bisa n'aho biduhaza ibyifuzo byacu.

Urugero, kamere yadushyizemo kumva dushonje kugira ngo tumenye igihe imibiri yacu ikeneye ibiryo. Ariko

kwishyiramo cyangwa kwifuza byongerera iki kimenyetso kikagihindura ikibazo cyo mu mutwe. Niba uhora ushonje kandi ukiyiriza ubusa iminsi itatu—byaba ari impamvu z'ubuzima cyangwa izindi—ushobora kumva urakaye. Ku rundi ruhande, umuntu ukora yoga ashobora kumara iminsi myinshi atarya nta kibazo afite kubera ko yabyitoje mu kwirinda irari ry'umubiri.

Iyo tumenye ko ibyifuzo ari byo bitera uburakari, twifuza kumenya uburyo bwo guhangana n'ibyo byifuzo mu buryo bwubaka. Hari uburyo butandukanye bwo kubikemura:

Ubwa mbere, sohoza ibyo byifuzo

Niba ibyo byifuzo ntacyo bitwaye, nta kibi kirimo mu kubishyira mu bikorwa, hanyuma bikazashira. Ikibazo ni uko kuzuza ibyo byifuzo bishobora kubyara ibindi bishya, cyangwa bishobora guhinduka ingeso mbi kandi zica intege. Uko urushaho kubytaho, ni ko birushaho gukomera. Bityo rero, umuntu agomba kuba umunyabwenge no kunenga, ndetse no mu gihe asohoza ibyifuzo bisa nkaho ari bibi.

Icyamba kabiri, kuraho ibyo byifuzo

Bumwe mu buryo bwiza bwo gutsinda ibyifuzo ni ukubyangira mu bitekerezo byawe, kandi ibi biba ibisanzwe uko turushaho kumenya ibintu mu buryo bw'umwuka. Urugero, abakora amasomo n'imyitozo yo mu mwuka batazaza icyifuzo cyo kunywa itabi. Kwirengagiza ibyifuzo biza iyo roho ikangutse bihagije kugira ngo ikurikirane icyifuzo cy'ingenzi: ibyishimo birambye. Iyo twishimiye ibintu byo mu mwuka muri twe, icyifuzo cy'ibintu bitera irari kiragabanuka kandi kikagabanya imbaraga zayo ku bushake.

Dushobora guhindura ibyifuzo bikomeye tukabigira imbaraga zikomeye kandi zihanga udushya kandi zigira akamaro kanini. Akenshi, icyifuzo ubwacyo si kibi; ikibazo kiri

mu buryo abantu bagikurikirana. Iyo uzi uburyo bwo kubona ibyishimo muri wowe, wasanga ibyifuzo byawe byose byagerwaho utiriwe ugerageza ibintu bitandukanye kugira ngo ubigereho.

Ibi ntibikwiye gufatwa nk'aho bivuze ko nta byifuzo tugomba kugira Nk'abantu, ntabwo twakwirinda kugira ibyifuzo Igihe cyose tukiri kuri iyi si, kamere idushishikariza gukora. Ikibazo kiri mu kutemera ko uburakari butuyobora mu gihe ingaruka z'ibikorwa byacu zidahuye n'ibyo twiteze.

Gutekereza ku bintu ni umuti mwiza wo kurakara cyangwa ikindi kibazo icyo ari cyo cyose. Ibi biterwa nuko gutekereza ku bintu biduhuza neza na kamere yacu nyayo, tudafite ubwoko bwose bw'ibitekerezo bibi, harimo n'uburakari. Ibyishimo n'amahoro by'Imana biba muri twe, kandi iyo dutekereje mu buryo bukwiye, tubona ibyo byishimo n'amahoro, kandi uburakari bugashira mu buryo busanzwe. Nk'uko umusenyi mwinshi udashobora kwihanganira imiraba ikomeye, ni ko n'umuntu udafite amahoro yo mu mutima adashobora kwihanganira inkubi z'umuyaga zikomeye.

Ariko diyama igumana kamere yayo y'ingenzi uko imiraba yayikubita kose iturutse impande zose. Mu buryo nk'ubwo, umuntu ufite ubugingo bweze, nk'ikirahure gisobanutse neza, agumana urumuri nubwo ingorane zamukikije n'imiyaga y'uburambe ikamutigisa cyane.

Kuki yanze imyanya yo hejuru?

Inkuru ifite icyo ivuze

Nk'uko byavuzwe n'umwarimu Paramhansa

Ubuhinduzi: Mahmoud Abbas Masoud

Mu bihe byashize, abagabo b'intungane bamwe babaga mu nzu ituje iri ku rutugu rw'ikibaya gihana imbibi

n'ishyamba, aho umuyaga w'amahoro wahoraga uhari kandi urukundo rwa kivandimwe rwari ikimenyetso cy'uwo mwiherero w'umugisha.

Abo bavandimwe ba Purity batungwaga n'imbuta nshya ibiti byatangaga, kandi bakoresheje amaboko yabo afatanye mu guterura no kunywa amazi meza, meza kandi atemba yo mu misozi myinshi kandi iboneye.

Amaso yabo yarabagiranaga kandi arabengerana nk'amadiyama, inseko zo mu ijuru zuzuyemo kunyurwa no kunyurwa, kandi ibyishimo byari byarabashyize mu mitima yabo, buzuza ihumure rirambye.

Nubwo byari bimeze bityo, umwe muri abo bantu b'imigisha yumvise ko yari afite ibyishimo byinshi byo mu buryo bw'umwuka kandi yifuzaga cyane kuryohereza n'icyubahiro cy'isi, nubwo byaba ari akanya gato gusa yafashwe n'icyifuzo cyo kuba umwami umunsi umwe gusa, nuko asezerana kuri bene se maze agenda yerekeza ku muryango w'Imana ashaka ibyishimo by'ubwami.

Mu rugendo rwe, yasenze Imana n'umutima we wose, agira ati: "Nyagasani, Mana y'umunyabuntu, wowe wumva amasengesho kandi ugasohozza ibyiringiro, ndagusaba kuyobora intambwe zanjye zigera mu ngoro aho nshobora kwishimira ibyishimo abami bishimira umunsi umwe"

Akimara kurangiza ubusabe bwe, amaso ye yarebye inyubako nziza cyane, maze aribwira ati: "Yewe, isaha y'Impuhwe! Imana yasohoje inzizi zanjye, kandi ibyishimo nifuzaga biri hafi kuboneka mu maboko yanjye" Yihutiye gutera intambwe ze yerekeza kuri icyo nyubako nziza cyane

Nta barinzi bamubujije, nuko yinjira mu irembo rikuru nta nkomyi, maze azenguruka mu busitani bwiza burimo

indabyo nziza cyane n'amaroza na basil nta muntu n'umwe yabonye.

Hanyuma yagiye mu cyumba cyo kuriramo cy'ibwami asanga ameza yuzuyemo ibiryo biryoshye cyane, ategereje ko ahagera Nyamara nta mugaragu n'umwe yabonye aho. Yibwiye ati: "Mbega ukuntu uri umunyabuntu, Nyagasani! Wampaye iyi ngoro nziza n'ibiryo byiza bikwiriye abami. Ibi nibyo nagusabye, kandi wankoreye icyifuzo cyanjye, Nyagasani Nyir'ubuntu bwinshi."

Amaze kwemeza ko Nyir'impuhwe nyinshi yamushyikirije icyifuzo cy'umutima we, yatangiye gutekereza ku byishimo byari bimutegereje, yizeye mu mutima we ko Imana Ishoborabyose yari yamuhaye ibyishimo by'ubwami yari yarategereje igihe kirekire. Mbere ya saa sita, yagiye mu bwogero bw'ibwami, yiyuhagira, yambara imyenda y'ubudodo bwiza. Hanyuma yicara ku meza meza cyane atangira kurya amaturo meza kandi ashimishije.

Muri ako kanya, abagaragu bari bakiniraga urusimbi mu mfuruka imwe y'ibwami barinjira, maze bararakara cyane kandi barakara cyane, baramubaza bati: "Uri nde kugira ngo urye ibiryo by'umwami wacu wagiye guhiga kandi twiteze ko azagaruka igihe icyo ari cyo cyose?"

Aha mugenzi wacu yatekereje ko Imana Ishoborabyose imugerageza, nuko ababwira mu ijwi ryiza ati: "Ndi inshuti y'Umwami Mukuru, kandi naje hano kubera ubusabe bwe bwiza kugira ngo nishimire ibyishimo by'ubwami umunsi umwe"

Abagaragu babonye ituze rye ridasanzwe n'icyizere cye, bamujyanye nk'umushyitsi w'umwami, bamwemerera kurangiza ifunguro rye rya saa sita. Nyuma yaho, bamujyana mu cyumba cyo kuriramo kugira ngo aruhuke, batazi ko

"Umwami Mukuru" yavuze atari umwami wabo wo ku isi wari urimo guhiga, ahubwo ari Umwami Imana

Nyuma y'amasaha agera kuri abiri, umutangamakuru yaje yihuta kumenyesha abagaragu be ko Umwami yari yatinze gato kandi ko azahagera mu isaha imwe, maze abategeka kurya ibiryo bishya kandi biryoshye bimutegereje.

Abagaragu barabajije bati “None se Umwami ntiyatumye umushyitsi ngo arye ibiryo bye kandi aryame mu buriri bwe?”

Intumwa y'umwami yahise imenya ko umwe mu ba dervishe b'inzererezi yari yaje ibwami adatumiwe, yariye ibiryo by'umwami, none yari arimo kwishongora mu buriri bwe. Yarakajwe n'ubu bugome budasanzwe, ateguka abagaragu kuzana inkoni kugira ngo bazimene kubera uwo mu dervishe w'inzererezi.

Birumvikana ko inshuti yacu ikundwa yabyutse mu nzosi ze z'ubwami yumva urusaku rw'inkoni zimugwaho mu buryo butagira impuhwe ziturutse impande zose. Ariko uko abagaragu bamukubitaga bakamutuka badahwema, yarasekaga cyane, ibyo bikaba byarabarakaje cyane, bityo bakomeza kumutera kugeza ubwo yataye ubwenge. Hanyuma bamukurura, ata ubwenge, bamuvana mu marembo y'ibwami.

Inshuti yacu y'umuderuvi yatinze gusubira kwa bene se, nuko baramushakisha kugeza ubwo bamusanze ata ubwenge kandi aryanye hanze y'ingoro. Bamujyanye mu nzu yabo ituje. Umwe muri bene se yamushyizemo amata mu kanwa, amubaza niba yongeye kugarura ubwenge: "Uzi uwaguhaye aya mata?" Arasubiza ati: "Yego, ndabizi. Imana imwe yampanye cyane kubera gushaka kwishimira ibyishimo by'ubwami umunsi umwe ni yo impa aya mata ubu."

Abandi bavandimwe bashimiye Imana ku bw'umutekano w'umuvandimwe wabo kandi bashima ukwizera kwe gukomeye kandi kudacogora mu Mana, bitandukanye n'abasenga Imana mu bihe by'icyubahiro n'uburumbuke kandi bakayihakana mu bihe by'amakuba n'amakuba.

Hagati aho, Umwami yasubiye mu ngoro ye nziza cyane ategeka ko ibiryo bitegurwa. Yarakaye cyane igihe gito ubwo yamenyaga inkuru y'umusabirizi watinyutse kurya ibiryo bye kandi adahwema guseka mu gihe abagaragu bamukubitaga inkoni mu buryo butagira impuhwe.

Kubera impamvu runaka, umwami yakozweho cyane n'inkuru, yamuhangayikishije cyane. Yategetse abagaragu be gushaka uwo mukene w'intwari no kumuzana aho ari. Bagiyeye kumushakisha impande zose, ariko ntacyo byatanze. Bagarutse mu ngoro bababaye, banyuze hafi y'aho umuderuvi yari ari maze bumva inseko ikomeye. Bahise bamenya ko ari urwenya rwe, nuko bamanuka ku ifarashi, binjira mu rugo ku ngufu, bafata uwo mugabo w'umugwaneza, bamujyana imbere y'umutegetsu wabo.

Igihe umwami n'umuderuvi barebanaga, umuderuvi yasetse cyane kurusha umwami, nk'aho atashoboraga kwihisha ibyishimo bye mu mutima we. Nubwo umwami yakomeje gusaba ko asobanura ibyo yasekaga, umuderuvi yaranze gusubiza, nubwo yari afite ubwoba bwo guhanwa bikomeye.

Kubera amatsiko, umwami yahise akoresha amagambo yo kumushimagiza no kumuhumuriza, amuha intebe ye y'ubwami niba yamubwira impamvu yari arimo aseka mu gihe abagaragu be bamukubitaga.

Hanyuma umuderuvi aravugaga ati:

"Umva ibyo ngiye kukubwira kandi ubisobanukirwe neza Imana yampannye cyane kubera kwifuza ibyishimo by'ubwami by'impimbano umunsi umwe gusa nasetse kandi ndaseka kuko nahunze ubuzima bwanjye maze mbona ko niba nkwiye ibi bihano byose kubera kwishimira ibinezeza by'ubwami amasaha make, bite ku bantu badafite icyo bitayeho ku isi uretse ibinezeza n'ibyishimo, cyane cyane iby'ubwami! Ahari muri ibi hari isomo n'umuburo kuri wewe, Mwami w'ibihe byose, kuko itegeko rya karma riri mu gihome kandi iherezo ryawe riri mu nzira"

Ku bijyanye n'intebe yawe y'ubwami wampaye, igisubizo cyanjye ni iki: Urakoze cyane. Irinde, kuko ntayikeneye kuko nishimiye Imana kandi ndanyuzwe n'ubuzima bwanjye, kandi nta kintu na kimwe nkeneye cyahungabanya ibyishimo byanjye kandi kikambuza amahoro.

Amahoro abe kuri mwe

Amagambo n'amarangamutima by'umwuka
Amagambo akurikira ni aya Shri Dayamata avuga ku
: mwarimu B Ramhansa Yogananda
Ndacyibuka guhura kwanjye bwa mbere n'umwarimu
wanjye nkunda. Yari afite umutima mwiza kandi w'urukundo
ku buryo buri wese yahuraga yumvaga ari inshuti magara,
nk'aho bari baziranye kuva kera. Ntibyari bigoye
kumufungurira umutima wawe kuva ku nshuro ya mbere.
Umwari mu udapfa yari afite ubushobozi bwo kugaragaza
kamere ye nyakuri y'umwuka. Yari koko ishusho y'urukundo,
.ubucuti, imigambi myiza, n'ibyifuzo byiza

:Noneho ku migani n'amarangamutima
Intambara zizahagarara igihe imbuto z'urukundo rwa
kivandimwe zizashinga imizi mu mitima y'abantu

Ibikorwa by'umuntu by'ubu bizagenda amahoro
n'ibyishimo bye by'ejo hazaza cyangwa imibabaro
n'agahinda bye by'ejo hazaza, kubera ko itegeko
ry'impamvu n'ingaruka ridashobora gushukwa nubwo
.ryirengagijwe cyangwa ryibagiranye

*

Ihumure ry'ibintu ni igice gito cy'intsinzi nyakuri,
.kitagomba kugerwaho no kugirira nabi abandi

*

Umuntu ukomeye ni uwicisha bugufi wibona nk'uri hasi
y'abandi bose. Umuyobozi nyawe yumva abandi, akumva ko
ari umugaragu wa bose, kandi nta muntu n'umwe
.asuzugura

*

Iyo umuntu agaragaye afite inseko nziza, umwijima
urashira. Abantu nk'abo bakwirakwiza imirasire y'ibyishimo
.imurikira umutima kandi igashimisha roho

Gerageza kwibuka no kwibanda ku bintu byose byiza mu
buzima bwawe

Ubuzima burara mu butaka bugoye, burota ubwiza mu
ndabyo, bukabyuka mu nyamaswa mu buryo bukomeye,
kandi bukagira ubumenyi ku bushobozi butagira iherezo mu
muntu

Urukundo ni indirimbo y'ubugingo ivugira hejuru kandi
iririmbira Imana

Buri muni, buri munota, buri saha ni idirishya ushobora
kubonamo ubuziraherezo Ubuzima ni bugufi, nyamara
bukomeza kandi ntibugira iherezo. Ubugingo ntibupfa, kandi

muri iki gice kigufi cy'ubuzima bw'umuntu, ugomba gusarura
.ibyo ushoboye byose mu musaruro w'ubuziraherezo

Uyu munsu, niyemeje kutazigera nemera gusubira mu
byondo byo kwiheba, cyangwa ngo nkomeze kwibanda ku
byiringiro bitaragerwaho cyangwa ku nzozi zidashoboka. Aho
kwemera kuguma mu mwanya muto kandi nta bushobozi
mfite, nzakoresha ubwenge bwanjye, nzi neza ko ubu buryo
.bushyize mu gaciro buzatuma ngira ibyishimo nshaka

*

Mwami, mu mucyo w'izuba numva ubuhari bwawe,
kandi mu mwuka mwiza numva umwuka mwiza w'ubuzima
bwawe ndagushimira, Mwami, ko unyibuka nubwo
nakwibagirwa, kandi ndagushimira cyane imigisha yawe
.ihoraho. Mpa umugisha wo kubaho uhora unyibuka

*

Ndabizi, Mwami, ko hari ibintu byinshi muri iyi si bisa
n'ibiteye isoni, biteye ubwoba, kandi bibi, ariko urundi
ruhande rw'irema ruhishurwa n'ijisho ry'imbere ry'ubwenge
ni rwiza cyane, ni rwiza, kandi ni rwiza. Bityo, nzahora
ngerageza kureba n'ijisho ry'ubwenge kugira ngo mbone
inyuma y'intege nke n'inenge z'iyi si. Ubwiza bwawe
.buhebuje buganza ubwiza bwose

:Imiterere y'ubwumvikane mu magambo

Kwitonda Gukunda abandi ineza ku nyamaswa Gukunda
imico myiza Gukunda amahoro n'ituze Gukunda abantu
bakomeye Impuhwe ku bakene n'abakene no kubafasha
kuba inyangamugayo Gusohoza inshingano zawe mu
rukundo no kuzibaha Gukunda gukiranuka no kwivugurura
Kugira umuco mwiza no gukora ibikwiye Kwiyubaha Kwicisha
bugufi Ubugwaneza Ubudahemuka Ubupfura Kwihangana

Kubabarira Gukurikira imitima ikomeye n'ubwenge
busobanutse Ubunyangamugayo Imico myiza Ubugwaneza
Ubupfura no gusobanuka Kuringaniza Amarangamutima yo
mu mwuka Gushimishwa no kugira isuku y'umubiri
n'ubuziranenge bwo mu mutwe Kwicisha bugufi no kwirinda
ubwibone Gukunda ibyiza Ubuziranenge Gushima Kubaha
ibintu byera 623 MAM

*

Inyuma y'igicucu cy'ubu buzima hari urumuri rutangaje
kandi rutangaje rw'Imana, kandi isi yose ni urusengero runini
.rwo kubana kwayo kw'umugisha

*

Iyo dutekereje cyane kandi mu buryo buzira uburyarya
ku Mana, tukayikunda cyane, kandi tukayiringira byuzuye,
imiryango itabarika irakinguka imbere yacu. Iyo tubonye
urumuri rwayo kandi tukabona ko iriho, uko ibintu biteye
ubwoba cyangwa biteye ubwoba mu buzima, bishobora
.kutwiba amahoro n'ituze twumva turi imbere yayo

*

Mu buzima no mu rupfu, mu ndwara no mu nzara,
cyangwa mu bukene no mu makuba, no mu mihindagurikire,
mu mivurungano no mu mihindagurikire y'isi, nzahora
nguhungiraho, Nyagasani

*

Ingeso idasanzwe y'umwuka wo kwihangira imirimo ni
yo itandukanya umuntu ku isi kandi ikamugira nk'urumuri
rwaka. Abantu bakomeye ni abakunda gutanga, gutera
.abandi inkunga, no kubatera icyizere

*

Ibitangaza bitangaje tubona muri iyi si bitwereka ko
Imana iriho; ukubaho kwayo kugaragara mu mfuruka zose
z'ibyaremwe byose, ari na byo byavuye mu bwenge bwayo
.bw'isi yose

*

Umuntu umanuka umusozi nta ndwanyi ahura nayo,
ariko akimara gushaka kuzamuka hejuru, ahura n'urwanyi
rukomeye. Mu buryo nk'ubwo, umuntu umanuka mu nyenga
y'ikibi nta ndwanyi yumva kugeza igihe agerageje gusubira
.inyuma no kuzamuka umusozi w'indashyikirwa
*

Ibyishimo by'umuntu byiyongera iyo akomeje kwihatira
kwiteza imbere, kandi uko ibyishimo bye byiyongera, ni ko
.n'ibyishimo by'abamukikije byiyongera
*

Wibuke ko gushidikanya, intege nke zo mu mutwe,
imihangayiko, kutita ku bintu, kurambirwa, ubwoba,
guhangayika, isoni, ubunebwe bw'umubiri n'ubunebwe mu
bwenge, kurenza urugero mu kintu icyo ari cyo cyose,
kubaho udafite gahunda, kutagira icyo ushishikajwe na cyo,
no kutagira ubushobozi bwo guhanga ari ibintu bibi bibuza
imbaraga zo mu kirere gukururwa n'umuntu kugira ngo
ashyire umubiri we n'ubwenge bwe imbaraga z'ubuzima; mu
gihe icyifuzo cy'umurimo wubaka, gufasha abandi, intego yo
guhanga mu buryo bw'umwuka, gutuza, ubutwari,
imyumvire yo mu mutwe idacogora kandi ihamye,
kwihanganirana, kwihangana, n'amahoro byose ari
imiyoboro imbaraga zo mu kirere zishobora kunyuramo
.zikagufasha guhangana n'ibibazo by'ubuzima
*

Umwe mu bashyitsi yatekereje ko gutekereza ku Mana
ari ibintu bidahuje n'ubwenge, nuko umwarimu Paramahansa
:asubiza ati

Isi irabyemera, ariko se iyi si ni paradizo? Ibyishimo"
nyakuri si iby'abatererana Imana, kuko Imana ari yo
byishimo bikomeye, kandi abayisenga baba mu buhungiro
bw'amahoro yo mu mutima kuri iyi si, mu gihe abayibagirwa
bamara iminsi n'amajoro yabo mu muriro w'ikuzimu

bihimbiye, batwitswe n'umuriro w'ubwoba no kwiheba. Bityo
rero, gutekereza ku Mana no kuyegera ni byo by'ukuri bigize
".gukiranuka n'umwuka wo gushyira mu gaciro
*

Abantu ni bo bakomeye mu biremwa by'Imana, bahawe
ubwenge n'ubushobozi bwo gutekereza; bityo rero,
ntibagomba gupfusha ubusa igihe cyabo Imana yahaye
abantu uburenganzira bwo kwihitiramo n'ubwisanzure bwo
guhitemo, kugira ngo bareke ibyo bifuza byose byo ku isi
.kandi bakunde Imana, yo yabahaye izo mpano
*

Mu mutima hari urukurura rukurura inshuti nziza kandi
z'indahemuka. Ni urukurura rw'ubwitange n'ubuntu
*

Imitima yacu ni nk'amasaro, kandi urukundo rw'Imana ni
umugozi ubahuza kandi ukabakomeza hafi y'abandi mu
ikamba ry'ubumwe n'ubwumvikane
*

Dushimire Imana yadushyize kuri iyi si, ari yo rugo
rwacu rukomeye, kandi tubeho mu byishimo, mu
bwumvikane, kandi dukurikije ubushake bwayo kugira ngo
.urugo rwacu rube uko ishaka kuri twe
*

Va mu bantu benshi maze uvumbure imbaraga zawe
n'ubushobozi bwawe. Ntureke ngo umwuka wawe
ugabanuke, kandi ntukite ku bitekerezo bibi by'isi. Komeza
inzira yawe udatezuka, wizeye ko imbaraga z'Imana zitagira
akagero ziri kumwe nawe, zigushyigikira kandi zikayobora
.intambwe zawe

Abafite ubumenyi busobanutse bakusanya indabyo
z'indabyo n'amaroza y'ukuri mu busitani bw'ubumenyi kandi
bagakora kugira ngo bamurikire kandi bishimishe imitima

yabo bafite imico myiza kandi iboneye ituma bashobora
.kwinjira muri paradizo y'ubwenge bw'isi yose

*

Ntitugomba kwanga abandi kuko batandukanye natwe,
cyangwa kubera ko ibitekerezo byabo bitandukanye
n'ibyacu. Kandi ntidukwiye gushimangira ko ibyo twemera
ari byo byonyine bikwiriye. Ni byiza kwicara hamwe
tukaganira ku bitekerezo byacu dufite ibitekerezo bifunguye
kandi twubahana, tuzirikana ko abantu b'abanyabwenge
badatongana ahubwo basuzuma ibintu mu buryo butuje
.kandi bushyize mu gaciro

*

Imigambi myiza imeze nk'ibuye ribonerana aho umucyo
w'Imana unyura kandi ukanyura mu buzima bwacu gusa

*

Turagusaba, Mwami, ngo ucane urumuri rw'urukundo
rw'Imana mu mitima yacu kandi utume imitima yacu
ikurarikira kandi ikugirire neza amanywa n'ijoro. Duhe
urukundo rwawe kugira ngo igihe tugutekerezaho, ibyishimo
byuzure imitima yacu kandi imitima yacu yishime imbere
.yawe

Natwitse amateka mabi, nirengagiza imbuto zo gutinya
no guhangayika ku by'ejo hazaza, maze ngenda hejuru y'ivu
ryari ryatatanye ry'ubwoba n'impungenge

Banki yawe y'ibyishimo

Hagarara gato utekereze! Ese si byiza kubaho mu buryo
?bworoshye kandi ukaba umukire by'ukuri
Amafaranga wakoreye cyane kugira ngo ubone
ashobora kubura niba banki yawe ihombye. Ariko ibyishimo
byo mu buryo bw'umwuka wakusanyirije muri banki

y'umurava wawe udacogora n'umurava wawe uhamye
ntibishobora kubura; agaciro kabyo kazakomeza kwiyongera
.no kwiyongera

Uri umuyobozi n'umushoramari muri banki yawe
y'ibyishimo. Niba uzi uburyo bwo gusohoza neza iyi mirimo
yombi, kandi ukaba uzi uburyo bwo kongeramo amafaranga
yawе y'ibyishimo buri gihe, gutsindwa ntibishoboka kuri
.wewe, Imana nibishaka

*

Mu ituze ry'ituze, ukuri kurabagirana ku bwenge nk'uko
izuba rimurikira mu gihu

*

Iyo umuntu atakaje ubutunzi gusa, nta kintu na kimwe
aba atakaje by'ukuri, kuko iyo afite ubuzima bwiza,
ubuhanga n'ubuyobozi bwiza, ashobora gukomeza kwishima
no kubona amafaranga menshi Iyo atakaje ubuzima, aba
atakaje ibyishimo byinshi Ariko iyo atakaje intego ye mu
.buzima, aba atakaje byose by'agaciro

*

Nta muntu nkunda nk'umunyamahanga, kandi nishimiye
gukunda buri wese n'urukundo Imana yashyize mu mutima
wanjye, kandi sinshobora kwirukana umuntu uwo ari we
.wese mu rukundo rwanjye

*

Iyo ushoboye gushyira ubwenge bwawe mu mwanya
wabwo neza, ibyumviro byawe bibasha kwinjira ahantu hose
kandi ubushobozi bwawe bwo kubona ibintu bugashyirwamo
imbaraga

*

Umuntu agomba kwitoza we ubwe n'abagize umuryango
we kutavuga abandi nabi cyangwa ngo avuge amakosa
yabo, ahubwo akibanda ku kwiteza imbere no gukosora
.amakosa ye

*

Guteza imbere urukundo rutunganye kandi rudafite
ishingiro hagati y'umugabo n'umugore, ababyeyi n'abana
babu, inshuti n'inshuti, twebwe ubwacu na buri wese, ni
.isomo twaje ku isi kugira ngo twige

*

Hari abananirwa kwigira ku masomo y'ububabare
n'ibyishimo, bakabaho ubuzima bwuzuyemo kwicuza no
kwiheba kuko batirinda ibikorwa bibabaza cyangwa ngo
bakurikire inzira zigana ku byishimo. Bake cyane, nyuma yo
gutwikwa n'inkongi z'ubujiji, birinda gusubiramo imyitwarire
itera kubabara no kubabara. Hanyuma hari n'abayoberwa
byoroshye n'ibyishimo kandi bagafungwa n'agahinda,
bakeneye imiterere ihamye yo mu mutwe irangwa
.n'ubushishozi n'uburinganire

*

Udafite ibyishimo byo mu mutima, umuntu yisanga ari
ingwate y'ibibazo n'imihangayiko. Kandi ibyishimo - nshuti
zanyye - ntibigarukira ku ntsinzi n'ubutunzi gusa, kuko
ibyishimo nyakuri bishingiye ku guhangana n'ubwoko bwose
bw'ibinanyiranye, ingorane n'ibibazo by'ubuzima ufite
.umwete n'icyizere cy'icyiza

*

Ubuzima bwiza, ubushobozi bwo gutekereza neza, akazi
gatuma umuntu yumva anyuzwe, n'ubwenge ni ibintu
by'ingenzi mu gukuza ibyishimo. Umugezi w'ibyishimo
ugomba gukomeza gutemba muni y'ibitare bikomeye
.by'ibigerageze by'ubuzima

*

Ubuzima n'urupfu ni ibihe bibiri bitandukanye byo
kubaho, kandi ubumuntu ni igice cy'ubuzima bw'iteka Iyo
umuntu abonye amahoro n'ubwenge busobanutse neza,
akora ku mwuka we utagira imipaka

*

Nukoresha uburyo bwose bwo hanze buhari hamwe
n'ubushobozi bwawe busanzwe kugira ngo utsinde inzitizi
zose ziri mu nzira yawe, uzabikora uteza imbere kandi
.wongere imbaraga Imana yaguhaye

*

Yewe Murinzi w'Imana, Uriho Byose, igihe ibicu
by'intambara bizongera imvura y'umuriro n'ibyuka
bihumanya, ube ubuhungiro bwanjye n'ubuhungiro bwanjye
Mu rupfu no mu buzima, mu ndwara no mu nzara, mu
byorezo no mu byago, mu makuba no mu bibazo, nzahora
ngushakira ubuhungiro
Reka menye ko ndi umwuka udapfa, utagengwa n'ibihe
byiza n'ibibi byo mu bwana, mu buto, mu busaza, no mu
guturika gutunguranye kw'isi

*

Kora uruhare rwawe mu kubaka ubucuti burambye
ubera inshuti nyayo

*

Mu isi y'inzozi, twibagirwa amazina yacu, imibiri yacu,
ubwenegihugu bwacu, ibyo dutunze, n'intege nke zacu,
kandi twishimira umudendezo ukomeye tutabizi, ari wo
mudendezo w'ubugingo Tugomba kugira ubumenyi busa
.ariko buzwi kuri uwo mudendezo karemano

*

Inshingano z'umwuka zigomba gukorwa hibandwa ku
bitekerezo, kandi imirimo y'isi ikwiye kwitabwaho cyane.
Umuntu agomba gukomeza ibirenge bye hasi kandi umutwe
we ugakomeza hejuru y'ibicu by'ubujiji, mu mucyo
.w'ubwenge

*

Umucyo w'Imana n'imbaraga zayo zo kurinda bihora
bimpagarara kandi binyura muri njye, kandi gukozaho
amahoro yayo byafunguye ijisho ry'ubwenge mu bugingo
bwanjye

Ubuzima butagira amategeko butuma nyirabwo agira
agahinda no kudahuzagurika mu mitekerereze. Umuntu
ubaho ubuzima butagira ikinyabupfura mu by'umuco
n'amahame ni umuntu wuzuye imihangayiko n'amaganya
mu bwenge, mu gihe umuntu wiga kwifata no gutsinda irari
.ritagenzurwa aba azi inzira igana ku byishimo nyakuri

*

Mu bwigunge bwanjye bwo mu buryo bw'umwuka,
ibyifuzo byanjye birakomera, kandi umutima wanjye wifuza
kumva ijwi ry'Imana Ikundwa, nzakuraho amajwi yose y'isi
yuzuye ahishe mu byibutso byanjye kugira ngo numve ijwi
ryera cyane riririmba iteka ryose mu ituze ry'umutima
.wanjye

*

Izuba ry'urukundo rwanjye ntirizashira munsu
y'indorerwamo z'ibitekerezo byanjye kuri wewe, kandi
sinzareba ikindi kintu cyose kitari wowe, kandi sinzakora
ikintu icyo ari cyo cyose kitakwibutsa ibikorwa byavutse ku
bujiji n'ubupfapfa bitera inzizi mbi n'inzizi mbi ziteye
ubwoba, reka rero ngire inzizi nziza gusa z'ibintu byiza
byagezweho, kuko bikomoka ku mwuka wawe n'ubuyobozi
.bwawe

*

Ubuzima budafite ubumenyi ni ukwiyahura mu buryo
bw'umwuka no mu buryo bw'umubiri. Hahirwa abafite
ubumenyi, kuko gusobanukirwa ari cyo kintu gikenewe
cyane mu nzira y'umwuka no mu nzira z'ubuzima.
Gusobanukirwa ni urumuri ruyobora inzira y'umuntu kandi
rukazana intsinzi Mbere y'uko umuntu agera ku ntego
y'ubuzima, agomba kugira iyi miterere y'ingenzi kandi
y'ingenzi. Gusobanukirwa bigomba kuba imbaraga ziyobora
muri buri kibazo. Uko ibigeragezo duhura na byo byaba
.bikomeye kose, tugomba kugira ubumenyi nyakuri

*

Imana ntabwo iduteza ibyago cyangwa ububabare;
ahubwo ni twe twifasha cyangwa twigirira nabi binyuze mu
gusobanukirwa no gusobanukirwa kwacu, cyangwa
.kutumvikana no kudasobanukirwa kwacu

*

Tugomba gusenga Imana kugira ngo iduhe
gusobanukirwa, hatitawe ku bigeragezo duhura nabyo
cyangwa uko ibintu bimeze. Gusobanukirwa byonyine ni byo
bizaturinda

*

Iyo ibyo nanyuzemo birushijeho gukomera, icyo
ngerageza gukora mbere ni ukubona uburyo bwo
gusobanukirwa muri njye ubwanjye. Sinshinja ibintu
cyangwa ngo ngerageze gukosora abandi; ahubwo, njya
imbere nkagerageza gusukura igihome cyanjye cyo mu
mwuka, nkuraho ikintu cyose gishobora guhisha uwo mucyo
w'imbere, kikabuza imbaraga z'ubugingo kwigaragaza,
cyangwa kikazibuza kwigaragaza. Ubwo ni bwo buryo bwo
.kubaho neza

*

Guhunga ibibazo bishobora gusa nkaho ari igisubizo
cyoroshye, ariko umuntu abona imbaraga iyo ahanganye
n'umwanzi ukomeye. Abadafite ingorane ntibakura, kandi
.icyemezo cyabo ntigikomera

*

Ubwoba burashira iyo dufite ubumenyi; mu
gusobanukirwa hari umutekano n'uburinzi

*

Nahuye n'ibintu byinshi mu buzima, kandi bigoye cyane
muri byo ni abantu banyumvise nabi Nabonye abantu
nakundaga—abantu nahaye umutima wanjye—banyumvise

nabi kandi bakampindura. Ariko ibyo ntibyanteye uburakari
kuko umujinya upfukirana gusobanukirwa Sinemera ko
nkomeretswa n'uko abandi batumvikana. Ahubwo,
ngerageza kubafasha niba babyakira neza kandi nkabaha
.intego nziza n'ibyifuzo byiza

*

Ibyishimo byanjye bikomeye biri mu kubwira abantu
banyizera kandi banyizera ibitangaza by'Imana, no kongera
icyifuzo cyabo cy'umucyo w'Imana wampaye ihumure,
.umudendezo n'umutekano bitavugwa

*

Ingorane zose uhura nazo muri ubu buzima zigamiye
kugutera imbaraga no kugushishikariza gukoresha imbaraga
nyinshi kugira ngo ubashe kugera ku rwego rwo hejuru Teza
imbere ubushake bwawe kugira ngo ubashe kugenzura
imimerere yawe aho kureka ngo ibe ari yo igutegeka Kora
gahunda nziza ku buzima bwawe kugira ngo ubashe kugera
ku bintu byiza byose wifuza gukora no kumenya ko ukwiye
gukora

*

Abakunda iyi si cyane bibagirwa Imana, niyo mpamvu
dutakaza byose dukunda. Amategeko agenga isi yose
adukuraho cyangwa akadukuraho mu buzima bwacu atari
ukugira ngo aduhana, ahubwo nk'ikizamini cyo kureba niba
.dukunda ibyaremwe kurusha Umuremyi

*

Abafite ubushake buke bahora bavuga "yego," mu gihe
abantu bakomeye buzuyemo "oya" mu buvanganzo

*

Uyu muni zakoresha ubushobozi bwanjye bwo
gutekereza neza kugira ngo ngere ku ntsinzi muri buri
gikorwa cy'ingirakamaro nteganya gukora, kandi mu
kubikora nzaba nakoresheje neza ububasha bwose nahawe
.n'Imana

*

Ibyishimo nyabyo bishingiye ahanini ku miterere
y'imitekerereze y'umuntu. Kunyurwa, kunyurwa, amahoro,
.n'ituze byose ni ibimenyetso by'ibyishimo
*

Umuntu agomba kwihatira kugira ubuzima bwiza,
ubwenge bukora neza, ibikenewe kugira ngo agire ubuzima
bwiza n'akazi keza, agire ubushishozi bukwiye, kandi
ntagomba kwemera ko agwa mu mimerere cyangwa
.imimerere mibi
*

Abantu bakunze kuboha udukoko tubafunga kandi
bagahambira imigozi ibaboha. Bagomba gusobanukirwa
impamvu z'izi mbogamizi kugira ngo barandure ubwo
bwandu bugenda buhoro mu bwenge bwabo no mu mibiri
yabo. Ibi bizazana ivugurura mu mitekerereze, bibe inzira
y'ibyishimo, ubuzima bwabo burushaho kugaragara, kandi
imbaraga z'ingenzi mu bwenge zigomba kuzamurwa mu
.bujiji zigere ku rwego rwo hejuru rw'ubumenyi n'ubumenyi
*

Umuntu uhorana ubwoba bukomeye akurura ibyo
agerageza kwirinda, kandi ubwoba buhora bwangiza imitsi
kandi bukazana indwara mu mubiri. Iyo wuzuye imbaraga,
.imbaragan'ubuhanga, indwara ihunga umubiri
*

Roho yishimira indirimbo y'ibyiringiro ntikunda kumva
amajwi akaze y'ibyiringiro, kandi ubwenge buhora
bwerekeza ku nyenyeri yo gukanguka mu buryo bw'umwuka
buhinduka ubwenge bukomeye, buzingiye butazi
.guhindagurika cyangwa gushidikanya
*

Narebye indabyo nitonze, maze ako kanya
ndakwitegereza, wowe mwuka w'isi. Yari yuzuye impumuro
nziza yo kubaho kwawe, indabyo zayo zari zifite ibara

ry'ubuziranenge, kandi urumuri rw'izahabu rw'ubwenge
bwawe rwamurikiraga mu mutima wayo. Uruti ruto n'ikimera
cy'icyatsi kibisi byari bishyigikiwe n'imbaraga zawe, kandi
amabanga y'ubuzima n'iteka ryose yari mu mukungugu
w'umukungugu. Gukora kwawe kutagira iherezo
kwahumekeye inzuki, maze itangira kunywa umunyu
.w'uburyohe bwawe

*

Nyereka ibitangaza by'irema amabanga yawe atagira
iherezo, ahishe mu cyatsi cyiza cyane kiri ku ruhande
.rw'umuhanda

*

Buri mubyeyi na nyina bagomba kugira ubwenge n'ituze
nk'ibya kibyeyi n'ubwitonzi n'urukundo nk'ibya kibyeyi, kandi
izi mico yombi igomba kuba iringaniye kandi yuzuzanya muri
.buri kimwe muri byo

*

Nzakwirakwiza inyenyeri z'ibyishimo n'ibyiringiro kugira
ngo nirukane umwijima mu mitima, kandi nzakwirakwiza
.imirasire y'impuhwe kugira ngo nhumurize abababaye

*

Turi hano uyu munsi, kandi ejo tuzamanuka nk'ibicu—
igicucu gusa mu nzozi z'isi. Ariko inyuma y'iyi shusho y'igihe
gito kandi y'igihe gito hari umwuka w'iteka, kandi roho zacu
.ni igice cyayo kitagereranywa

*

Imana ni yo kuri yonyine Tugomba gusenga buri gihe
kugira ngo ibigeragezo byo mu buzima bitazatubuza
kumwibuka Iyo nsenze muri ubu buryo, mbona umusaruro
mwinshi kurusha ikindi gihe icyo ari cyo cyose. Hanyuma,
nubwo haba hari ikintu gikomeye, ntibishobora kumbuza
kuyitekerezaho; ahubwo numva mfite umutekano kandi
.mfite umutekano imbere ye yera

*

Ubuzima hano busa n'ubusa kandi burangwa n'akajagari
kugeza igihe tuzagera ku nkombe z'umutekano. Niyo
mpamvu iteka mvuga ko ndi hano kugira ngo mpamye
akamaro n'icyubahiro cy'ukuri kw'ukuri. Ntitugomba
gushyira ibyiringiro byacu ku ntego z'isi zihita n'ibintu
bidakomeye. Imibanire nk'iyo idakomeye idutandukanya
n'intego yacu y'ingenzi, nk'uko idutandukanya n'umuntu
.nyakuri

*

Ibidukikije birema amayeri mu bantu kandi bikabagira
ingenzi mu maso yabo. Umuntu wifuza cyane agomba
kurenga ubwo bumenyi bw'igihe gito kandi bw'igihe gito ku
bidukikije kandi akamenya ukuri kuri muri we kugira ngo uku
kuri kube ibidukikije bye karemano n'ingaruka rukumbi mu
.buzima bwe

Dusaba Imana kuduha ubuyobozi no kutuyobora kuri yo,
no kudufasha kuyisanga mbere yuko tuva muri iyi si. Uko
ibigeragezo duhura na byo byaba biri kose n'ububabare
duhura na bwo, ntitugomba gutakaza icyizere cy'uko
ubufasha bw'Imana buri hafi, ko isubiza buri sengesho rivuye
ku mutima, ryuzuyemo ubushake, kandi ko itazabatererana
.abo ikunda cyangwa ngo ibasige ku bw'ibizaza byabo

*

Ubukire si ngombwa ko butanga ubuzima bwiza,
amahoro yo mu mutima, cyangwa umusaruro. Ariko, iyo
tugeze ku musaruro mwiza n'amahoro, nta gushidikanya ko
.tuzagira intsinzi mu by'imari ihagije

*

Muri wowe harimo ubusitani bwiza kandi butangaje
bw'ibitekerezo bitunganye, bihumura neza impumuro
y'urukundo, ubuntu, ubwumvikane n'amahoro. Indabo zabwo
.ni nziza cyane kurusha indabyo zo mu isi n'ibimera bifatika

*

Iyo utanze urukundo rwawe rutunganye, uba wateye
indabyo z'indabyo zihumura neza, kandi impumuro y'urwo
rukundo n'impumuro y'ubwo bumenyi bimara igihe kirekire
!kurusha indabyo zose zo ku isi kandi ni ukuri

*

Umuntu ntagomba gutinya ikindi kintu uretse kwitinya
ubwe, kuko ari umwanzi ukomeye w'intsinzi n'ubuzima.
Ingiza ubwenge, ikabyara ibintu umuntu atinya, ikongera
ububabare, yangiza umutima, kandi ikangiza uburyo bwo mu
bwonko n'imitsi. Bityo, igomba kuneshwa binyuze mu
kwizera Imana, gutekereza neza no guhanga udushya,
kugira icyizere, kwiringira, no kwiringira uburinzi bw'Imana.
Abakunda Imana kandi bakagendera mu mucyo wayo
ntibashobora kuneshwa n'umwijima w'ubwoba, kuko Imana
.iri kumwe na bo, kandi ufite Imana ari mu mutekano

*

Iminsi mikuru irushaho kuba myiza kandi irangwa
n'umwuka binyuze mu guhana impano z'umwuka
z'urukundo, amahoro, ibyishimo, kwihanganirana,
.n'imyifurize myiza

*

Iyo tweretse Imana imitima yacu tukayisaba urukundo
rwinshi n'umururumba mwinshi, tuzayisanga hafi kandi
yihuta kubabarira no gutanga, kuko tubikora tuba dukora ku
mutima wayo w'impuhwe rusange n'urukundo rwayo
.rw'Imana rutagira akagero

*

Ubuzima busanzwe si ukurya, gukora no gusinzira gusa,
bityo nzakoresha impano yo gutekereza kugira ngo nshake
Imana kandi nyibone, kandi nzakorera agakiza kanjye
.binyuze mu gukorera abavandimwe banjye bo mu isi

*

Abantu benshi baje kuri iyi si bayivuyemo, nyamara
turacyafata kubaho hano nk'aho tugomba kuguma hano
iteka ryose. Umuntu w'umunyabwenge ni uhora yibuka

Imana, kuko kuyitekerezaho kenshi ari yo nzira igana ku
.kubohorwa muri iyi nzizi zo ku isi zo kuvuka no gupfa

*

Imana yadushyizemo imbaraga n'imbaraga nziza kugira
ngo dutsinde inzitizi zose zitubuza n'ibigeragezo duhura
nabyo, kandi tugomba gukora kugira ngo tubone izo
.mbaraga zidatsindwa n'imbaraga zidashira

*

Hari abantu badahinduka; basaza bakomeza kugira
ingeso zimwe n'uburyo bwo gutekereza. Ibi bishobora kwitwa
ibisigazwa by'imitekerereze. Bimwe muri ibi bisigazwa ni
iby'umwuka, abantu nk'abo babaho ubuzima bwiza kandi
bw'amahoro ariko ntibakora ku guteza imbere ubumenyi
bwabo cyangwa kwagura icyerekezo cyabo, bagakomeza
guhagarara. Babura ubushobozi bwo gusobanukirwa ibyo
abakiri bato bakeneye, ishyaka, n'ibyo bashishikajwe na byo.

Ibi bishobora kuba byemewe, ariko iyo bamagana kandi
banenga ab'iki gihe badafite ubushishozi, bahinduka abantu
bakomeye mu bwenge. Ku rundi ruhande, urubyiruko rwinshi
rugwa mu makosa kuko batubaha ibitekerezo by'abakuru
babo cyangwa ngo bumve inama zabo. Batekereza ko
abantu bakuze bashaje, bityo nta mpamvu yo kubatega
amatwi cyangwa gukurikiza inama zabo kuko ibitekerezo
byabo ari ibya kera kandi bitagikoreshwa. Mu buto bwabo,
barenga ku mategeko menshi ashaje ashoboka. Ariko
bagomba kwibuka ko abasaza bafite uburemere n'agaciro;
babayeho imyaka myinshi kandi babonye kandi bize byinshi.
Abagize ibisekuruza bya kera n'ibishya bagomba gushyiraho
imihati yo kwigira kuri buri wese, kuko ibihangano bya kera
.n'ibishya bifite ibyiza n'inyungu zabyo

*

Nta kigeragezo gikomeye kuruta kumenya ko Umuremyi
wacu ari kumwe natwe. Tugomba kwitega ko ariho kandi
tukamwifuza, kuko aturinda mu buryo bwose. Nubwo twaba
dufite ibibazo, nubwo twaba dufite agahinda, ububabare,

cyangwa indwara zingana iki, reka dusaba Imana ihumure
kandi iduhumurize, kandi tuyisabe ubwenge n'ubuyobozi.
Izadusubiza igihe cyose tuyiringira, tuyikunda kandi
.tuyishaka

*

Urukundo ni impumuro nziza y'indabyo zirimo kurabya
indabyo n'indirimo y'indabyo zituje zishimira ubwiza
bw'ibidukikije Urukundo ni indirimo y'umutima, indirimo
y'ubuzima, n'imbyino y'imibumbe iringaniye mu rugendo
rwayo ruhoraho mu isanzure rinini. Ni inyota y'indabyo zo
kunywa imirasire y'izuba, kurabya no kuzimya umuti
w'ubuzima. Ni icyifuzo cy'isi cyo kugaburira imizi yumye
amata yayo no kurera ubuzima bwose n'amazi yabwo. Ni
ubushake bukomeye bw'izuba bwo gukomeza ibiremwa
byose bizima kandi bizima, n'ubushake bw'ubuzima bwo
kurinda no kwita ku batishoboye. Ni inseko y'ubuziranenge
ituma umwana agwa neza kandi agashyira mu mitima
y'abakunda kugira ngo batange serivisi n'ihumure
badategereje kugaruka. Ni ubucuti buvura imitima
yamenetse kandi bukiza ibikomere. Ni induru y'umutima
idasobanutse. Ni umusizi wuzuye urukundo afitiye abantu,
ubabazwa n'imibabaro yabo. Ni uruhererekane rw'ubucuti
hagati y'abagize umuryango umwe, rukomeza gukura mu
mwanya wagutse no mu isanzure ryagutse. Ni urusaku
rw'ubuzima mu nzego z'ubwenge bufunguye kandi ijuru
ry'imitima yuzuyemo inyenyeri z'amarangamutima meza
Urukundo ni ibyishimo by'umutima, ibyo imitima ikunda
yifuza kandi yifuza kugeraho no kwihuza na byo

*

Ba uri kumwe natwe, Mwami, kandi udufashe gusohoza
inshingano zacu no kumva ko uriho mu buryo bwiza butuma
umutima uruhuka kandi bugashyira amahoro n'ibyiringiro
.mu bugingo

Keretse ukoresheje feri yo kwifata mu gihe utwaye
imodoka yawe y'ubuzima, uzaba uri mu maboko
y'amarangamutima adacungwa n'ibyifuzo bibi bituruka ku
kwishyira hejuru. Ugomba kuba ushobora gukoresha feri iyo
bibaye ngombwa kugira ngo wirinde gukora nabi,
guhindukira mu nzira nziza, no kugwa mu mwobo
w'ububabare n'imibabaro. Sup24

Gukoresha amagambo nabi ni imwe mu ntwaro zica
kandi zisenya cyane Impamvu nyamukuru itera uburakari ni
imvugo mbi kandi ibabaza Umuntu agomba kwirinda
amazimwe n'amagambo adafite umumaro, kwirinda impaka
n'amakimbirane, no kwikuramo ingeso mbi

*

Iyo umugabo cyangwa umugore arakaye agashotora
undi, inzira nziza ni uko undi agenda yirinda gusubiza
kugeza igihe ibintu bihagaze neza. Iyo umwe muri bo avuze
amagambo akomeretsa, ni byiza ko undi atamusubiza mu
buryo nk'ubwo, ahubwo agatuza kugeza igihe uburakari
bugabanutse. Iyo umugore arakariye umugabo we maze we
akamusubiza avuza induru, umugabo azababara kabiri:
mbere na mbere bitewe n'amagambo ye ababaza hanyuma
agasubiza nabi ubwe, amaherezo akangiza mbere na mbere.
Ibi bishobora gutuma habaho gutandukana cyangwa izindi
ngaruka mbi. Ni ngombwa kandi kwirinda kunangira
umutima cyangwa gufata undi nabi. Muri icyo gihe, umuntu
agomba kwirinda kuja mu makimbirane no gutongana,
ahubwo agategereza kugeza igihe ituze n'amahoro yo mu
.mutima bizagaruka

*

Ntukemere ko hagira umuntu wiba amahoro yawe, kandi
ntukibe amahoro y'abandi akoresheje amagambo (cyangwa
inyandiko) ibitutsi Mu burakari cyangwa ubushyuhe bw'ako
kanya, umuntu ashobora kuvuga ikintu kidakwiriye, ikintu

atigeze ateganya, hanyuma akacyicuza, mu gihe undi muntu
azibuka ayo magambo mu gihe cy'imyaka makumyabiri.
Muri ubu buryo, kwibuka ni ikintu kibi Imbaraga zo kwibuka
ni umugisha iyo zikoreshejwe neza, ariko zigira ingaruka mbi
.iyo zikoreshejwe nk'ububiko bw'ibibi twakorewe

Nitukanguka mu Mana, tuzamenya ko ubuzima
bw'umuntu ari urukurikirane rw'igicucu n'urumuri bigaragara
.kuri ecran ya sinema yo mu kirere

Tumenyereye kubona ibintu ibyumviro byacu bishobora
kumva no kubona, kandi akenshi tuba tutazi imbaraga
zihisha zituzengurutse Nyamara buri gitekerezo dufite gitera
guhindagura gukomeye. Niyo mpamvu umuntu adashobora
guhisha abandi kamere ye nyakuri. Niba yakoze ikosa,
arimenya mu mutima we, nubwo yaba atekereza ko arihisha,
kuko kumva ko hari ikibi kiba mu bitekerezo, kandi abandi
bazabimenya kuko guhindagura kw'ibyo bitekerezo
bizagaragara mu buryo bumwe cyangwa ubundi binyuze mu
bikorwa byabo. Ibi binareba ibikorwa byiza n'ibitekerezo Iyo
dutekereje ku Mana kandi tukavuga izina ryayo—mu ijwi
riranguruye, mu ijwi rituje, cyangwa mu ituze—turekura
guhindagura kw'umwuka mu mwuka, bitera imbaraga zo
.kubana kwayo kw'umugisha

*

Mwami, imirasire y'urukundo rwawe irabagirana ku
bagize umuryango wawe w'isi yose. Abantu ni bo bazira
kuba badafite urumuri, badashobora kurucamo, bitewe
n'ibitekerezo byabo bidafite ishingiro. Imbaraga zawe
zinshyire mu mubiri wanjye kandi zikureho umwuka mwinshi
wijimye w'iyi si, kugira ngo mbe indorerwamo isobanutse
kandi irabagirana igaragaza ishusho yawe iboneye kandi
.irabagirana

*

Urukundo rugomba kuba nyakuri, kandi iyo ruvuye mu
mutima, ni ukuri

*

Nuhindukirira umucyo w'Imana, uzabona imbaraga
z'Imana zishobora kumurikira no koroshya inzira yawe no
kuguha ubuzima bwiza, ibyishimo, amahoro, umudendezo,
.n'intsinzi

*

Niba kubona amafaranga bigoye, kugera ku burunganire
mu mitekerereze ni byo birushaho kuba byiza. Umuntu
agomba kuba umuntu mwiza kandi utuje mu mvugo ye, mu
.bitekerezo bye no mu bikorwa bye by'umubiri

Abantu bafite kamere ebyiri: imiterere y'urugo
n'imiterere ya salon. Mu rugo twiruhutsa kandi tukumva
kamere yacu nyayo, nyamara akenshi twifuza ko twirinda
kwitwara nk'uko bisanzwe kuko iyo twitwaye neza tuba
tugaragaza ibintu bibi bitagombaga kugaragazwa, cyane
.cyane iyo bibangamiye abatuzengurutse

Dufata imitekerereze ya salon iyo dusohotse twambaye
neza, tumwenyura cyane, mu gihe ibitekerezo byacu
n'ibyumvo byacu biri kuzenguruka imbere. Mu rugo,
tuvuga tuti: "Ndarakajwe n'umuntu runaka kandi sinshobora
kwihangana kumubona," ariko iyo duhuye n'umuntu umwe,
tumusuhuza tuti: "Muraho! Umeze ute?" Iyi miyoboro
ivuguruzanya y'amarangamutima adahuye n'ay'imitsi
.n'ibindi bice by'umubiri

*

Mana yanjye nkunda
Nabonye ubwiza bwawe butagira iherezo mu mucyo
w'amahoro
Kandi naryohewe n'ibyishimo byawe bihumuriza mu
mutima wanjye

Kandi numvise ijwi ryawe mu mutima wanjye ubyutse
Kandi numvise ijwi ryawe rituje ku byo ntekereza mu
buryo bw'umwuka
*

Mwami, hindura abadayimoni b'umururumba mubi kandi
wikunda babe abamarayika b'ibyifuzo bihanitse, ubujiji
bubabaza ubuhindure ubwenge bwiza, kandi ubunebwe
ubuhindure zahabu itunganijwe y'ibikorwa by'umwuka
.birabagirana

*

Uwiteka, duhindure abaziranenge, uhindure intege nke
zacu n'ubudakora bwacu umwete n'ubwitange, n'ibitekerezo
byacu bibi bihindure gusobanukirwa ukuri
Urukundo ni iki?

Urukundo ni impumuro nziza y'indabyo z'amalisi

N'indirimbo y'amaroza acecetse

Kwizihiza ubwiza bw'ibidukikije

Urukundo ni indirimbo y'ubugingo iririmba ubuzima

N'imbyino iringaniye y'imibumbe

Mu rugendo rwayo rudashira mu kirere cyimbitse

Ni inyota y'indabyo kunywa urumuri rw'izuba

Kandi irakura kandi igatungwa n'umuti w'ubuzima

Ni cyo isi yifuza cyane

Kugira ngo imizi y'umuntu ufite inyota irusheho
kumererwa neza n'amata yayo

Kandi kwita ku buzima bw'ubwoko bwose hamwe
n'ishingiro ry'ubuzima

Ni ubushake bukomeye bw'izuba

Kugira ngo ibinyabuzima byose bikomeze kubaho kandi bigire icyo bikora

Ni imbaraga iyobora ubuzima

Gukingira no kwita ku bana bato

Inseko y'ubuziranenge ni yo ituma umuntu akundana na kibyeyi

ku mwana

Kandi kwishyira mu mwanya wabyo mu mitima y'abakundana

Gutanga serivisi n'impuhwe ku buntu

Ni cyo kintu cy'ubucuti butuma abantu bakundana

Uvura imitima yangiritse kandi agakiza ibikomere

Ni uguhamagara umutima udashobora gusobanura

Ni umusizi wuzuye urukundo afitiye abantu

Uwibasiwe n'ibyago bye

Ni uruhererekane rw'ubucuti hagati y'abagize umuryango umwe

Kwaguka no kwaguka buri gihe bijya ahantu hanini

N'imirima migari

Ni urusaku rw'ubuzima

Mu mucyo w'ubwenge bufungutse

Kandi ijuru ry'imitima ryuzuyemo inyenyeri z'amarangamutima meza

Urukundo ni ibyishimo by'umutima

Ibyo imitima ikunda ishaka

Kandi yifuza kumugeraho no kuvugana na we

Nabonye ubuzima

Ubwo nagendaga mu misozi itoshye n'ibibaya by'ibyatsi

Kwimuka hagati y'ibiti n'indabyo

Nabonye ubuzima bukina kandi bwishimisha

Nabonye imirasire yaryo y'izahabu mu ishami ry'izuba

Kandi namubonye abura mu bihuru by'ibicu

Numvise aseka mu migezi y'ibyishimo

Kandi arira cyane kubera amasumo y'imvura

Namubonye azunguza amashami y'ibiti

Kandi daisy zibyina mu byishimo

Numvise ijwi ryayo rivugitse mu kuririmba kw'inyoni no
mu kuririmba kw'inyoni zo mu bwoko bwa nightingales

Nabonye igicucu cye gitwikira imisozi

Ikime cyayo gitose imitima y'indabyo z'amaroza kandi
kiyisoma ku matama

Nabonye ubwatsi bw'ikime bumufashe ku birenge

Nkuko namubonye arimo gutera ibyatsi byo mu murima

Hamwe n'amatonyanga y'urukundo, byongera ubushya
n'ubwiza byayo

Nahumurijwe n'impumuro ye ihumura neza itwarwa
n'umuyaga wo mu gitondo

Numvise amahoro ye kandi nabonye amaboko ye
asanzaza imigisha

Muri buri kibaya n'imfuruka

Mbega ukuntu ubuzima ari bwiza cyane!

Kandi mbega ukuntu ari byiza kugendana na we

Bafatanye mu ntoki

Ku nzira zayo z'umugisha!

Amahoro abe kuri mwe

Ikintu kitazwi cyangwa genie idafite ubwenge

Uko tugenda dutera imbere mu nzira kandi ubumenyi bwacu bwo mu mwuka burushaho kwiyongera, twumva nk'aho duhanganye n'urugamba rukomeye rw'imbere. Ariko iki gitekerezo ni nk'impimbano gusa; ibinyuranye n'ibyo ni ukuri. Imiterere idasanzwe, iteye urujijo, kandi idasobanutse y'icyo "kiremwa kitazwi" kiri muri twe isa n'aho irya ibintu bitavugwa byakuwe mu bihugu birengeye ubwenge bwacu bwa muntu.

Iki kiremwa gisa n'aho gituye ahantu hatagaragara, kandi gishobora kugereranywa n'umuntu ukomoka ku wundi mubumbe, akaba ari umushyitsi wacu nubwo nta sano dufitanye na we mu bijyanye n'ibyo akunda, ibitekerezo, ingeso, ibyifuzo n'ibyifuzo bya kure.

Iki kiremwa kitazwi gisa n'aho gifite ibitekerezo ku buzima bwa nyuma y'urupfu biruta cyane ibyacu. Kuri twe bigaragara ko gifite ubumenyi buke ku bintu by'ingenzi n'ibyo dukeneye mu buzima bwacu bwo ku isi.

Inshuti yacu tutazi isa nkaho itwirengagiza, nta gushidikanya ko yinjiriye mu mayobera y'isi. Iyo itwibutse kandi igashaka kudushimisha, irema ikintu kidasanzwe, gisa n'aho kidahuje n'ubwenge kidutesha umurongo, kikaduhungabanya, kikadusiga dusaze.

Akenshi twizera ko iki kintu kitazwi kirimo kudushinyagurira no gushinyagurira ubushobozi bwacu, nk'aho kirimo gukinisha ubwenge bwacu kititaye ku byiyumvo byacu cyangwa impuhwe zacu ku mimerere yacu. Hari igihe bisa nkaho biduhangayikisha kandi bikatubabaza, ntibiduhe ubuntu bukwiye gushimwa cyangwa inyungu iyo ari yo yose igaragara.

Iki kiremwa gisa n'aho gishobora gukora ibitangaza n'ibitangaza by'ubwoko bwose, ariko nubwo kiri muri twe, biragoye kuvugana na cyo no kungukirwa n'ubushobozi bwacyo butagira imipaka n'imbaraga zidasanzwe.

Iki kintu cyihishe gishobora kugereranywa n'umwana wangiritse wemerewe kwinjira mu mabanga y'ijuru n'isi. Gikoresha ayo mabanga kandi kikagenzura ubwo bubasha uko gishaka, nta mbogamizi cyangwa ngo kibazwe.

Asa n'uzi byose, ariko ntazi gukoresha ubwo bumenyi neza. Amaboko ye yuzuye ubutunzi, abusesagura mu cyerekezo kitari cyo no mu gihe kitari cyo.

Tumubona aha umugati abafite inyota n'amazi ku bashonje (kandi aha ibiryo biryoshye abadafite amenyo)

Atanga impano ku bantu batishimira, kandi akabuza abasabiriza impano

Akurikirana abamuhunga kandi agahunga abashaka kumusanganira

Ni iyihe mbaraga ihishe rimwe na rimwe itera umuntu imbaraga zidasanzwe kandi zitangaje ziruka ku miyaga n'abazimu?

Ni iyihe mbaraga izamura kandi ikagabanya urugero rw'ingufu n'umuvuduko mu buryo bufasha umuntu kuringaniza ubushyuhe bwe iyo avuye mu cyumba gishyushye mu gitondo gikonje, n'izindi mbaraga zikoreshwa mu buryo bunyuranye?

Icyo kintu kitazwi gikora mu buhanga budasanzwe ku buryo kitazigera kigera ku muhanga mu bya shimi cyangwa injeniyeri w'umuhanga.

Ese birashoboka ko imbaraga nk'izo zishobora kwegeranywa muri iki gihe gito cy'ubuzima kuri iyi si?

Oya, nshuti zanjye, byatwaye imyaka ibarirwa muri za miriyoni kugira ngo uwo "munyamahanga" atunganye iyi mikorere y'umubiri dushyira mu byumviro bitanu. Urugero, ntibishoboka ko ubwenge buzi neza bumenya ingano nyayo y'isukari igomba gushyirwa mu maraso. Iyo iyo ngano iba iri hasi cyane cyangwa iri hejuru cyane, ingaruka zaba mbi cyane.

Duhangana imbonankubone n'imbaraga tuzi bike cyane, kandi twagombye kuyimenya. Uburyo bwiza bwo kubikora ni uguhakana ibyo twize kugeza ubu no kwitegura nk'uko byari bimeze ku mwigisha ukomeye ubwo yagiraga ati: "Nimutamera nk'abana bato, ntimuzinjira mu bwami bw'Imana"

Mu yandi magambo, keretse umuntu yemeye ubworoherane bw'umwana, ubuziranenge bwe, n'ukwizera kwe, ntazashobora gutera imbere mu buryo bw'umwuka.

Gutekereza mu bya siyansi ni bwo buryo bworoshye bwo kumenya ubwo bubasha bw'imbere bwihishe, ariko abantu benshi babura imbaraga zo gutekereza kandi bakunda kugera kuri ubwo bumenyi mu buryo bwabo, cyangwa bicaye bucece—nubwo ibitekerezo byabo byaba bigurumana nk'umuyaga mu mpande zose. Bamwe bashobora kuvuga bati: “Ngomba kugera kuri ubwo bumenyi mu gihe kizaza, kandi ntabwo ndihuta ubwenge bwanjye bushobora kunkangura umunsi umwe, ariko nta mpamvu yo gukoresha imbaraga zifatika kugira ngo mbugereho.”

Ntacyo bitwaye imyaka yacu, inshuro twananiwe mu buzima, cyangwa icyo abandi badutekerezaho Nta cyo bitwaye ku ngirabuzimafatizo dufite cyangwa imimerere tubamo. Nta na kimwe muri ibi gifite agaciro ku mushyitsi wihishe uba muri twe. Icyo ashaka ni uko tumwemerera gukoresha imibiri yacu, imbaraga zacu, ubwenge bwacu, n'ubwenge bwacu, no kubwegurira kugenzura buri gice cy'ubuzima bwacu. Ibi nibyo tugomba gukora niba twifuza kugera ku ntera zidutegereje.

Iyo tuzirikanye ku byabaye mu buzima bwacu, ese ntabwo ari ukuri ko tubona ko imbaraga zihishe zatuyoboye zikaturinda ibyago byinshi? Ariko iyo akaga kamaze gushira mu mahoro, ni gute twibagirwa iyo mbaraga vuba!

Iyo mbaraga ntiyigeze ituvaho kandi ntizigera ituvaho. Igihe cyose tuyikeneye, ihora ihari kugira ngo idufashe, nk'uko umwarimu ukomeye yabivuze ati: "Ndi kumwe namwe kugeza ku iherezo ry'isi"

Iyo dusomye inkuru z'ubuzima bw'abagabo n'abagore bakomeye mu bisekuruza byose, tubona ko muri buri kibazo cyose, uko cyaba gito kose, kandi uko cyaba cyarakoreshejwe kose, haba binyuze mu isengesho rikomeye cyangwa mu kwemera byimbitse, umusaruro wahoraga ari umwe.

Iki gihangange kiri muri twe gihora kigendera,
giharanira kwibohora burundu Ni ryari tuzakibohora
tubigambiriye kandi tukagikurikiza kugeza ku bwisanzure
n'intsinzi?

Reka dutangire noneho duhe amahirwe igihangange
cy'imbere, maze tuzabone uburyo ubuzima buzaba bwiza
n'uburyo buzamurikirwa n'amatara y'ibyishimo n'intsinzi,
tubifashijwemo n'Imana.

Amahoro abe kuri mwe

Amashusho yo mu Buhinde n'iyerekwa

Ubuhinde ni akarere gato k'isi mu buryo bwose. Ni
igihugu gifite ikirere cy'ubwoko bwose, ikirere, amadini,
ubucuruzi, ubuhanzi, abantu, imiterere y'ubutaka, indimi
n'imico.

Umuco w'Abahinde watangiye mu myaka ibihumbi
ishize, kandi abategetsu bawo, abanyabwenge, n'abayobozi
bawo basize inyandiko zihamya ko umuco w'Abanyanubaho
kandi ko ari uw'ukuri mu Buhinde no muri Sindh.

Ba mukerarugendo benshi b'i Burayi basura Ubuhanze
bakabona abapfumu, abakoresha inkota, n'abapfumu
b'inzoka mu mihanda yabwo, bizera ko ibi ari byo byiza
Ubuhanze bufite, batazi ko ibi bishushanyo bidahagarariye
ukuri kw'Ubuhanze Ubuzima nyakuri n'ubuzima bw'Ubuhanze
biri mu muco wabwo w'umwuka, watumye buvangwa
n'amadini n'imyizerere kuva kera.

Nibyo koko Uburengerazuba bushobora kwigisha Ubuhinde imikorere myiza, uburyo n'amahame by'ubucuruzi, ndetse n'iterambere ry'umutungo kamere n'abakozi. Kandi nibyo koko Ubuhinde bukeneye abayobozi bafite icyerekezo nka Henry Ford na Thomas Edison. Ariko isi y'Uburengerazuba nayo, mu buryo buzi cyangwa butazi, ifite inyota y'amasomo y'ingirakamaro, y'umwuka Ubuhinde bwibandaho mu mateka yose.

Siyansi yateye imbere cyane mu mijyi yo mu Burengerazuba bw'Isi, itera intambwe yihuta cyane ku buryo ibyo abantu bakeneye mu buryo bw'umubiri—aho kuba, ibyokurya n'imyambaro—biboneka byoroshye. Ariko, ihumure ry'umubiri n'iry'umubiri ntirihagije hatabayeho ihumure ryo mu mutwe, amahoro n'ihumure ryo mu mwuka.

Umurage ukomeye kandi ukize cyane mu Buhinde ushingiye ku buryo n'inzira z'umwuka byavumbuwe n'abahanga mu by'umwuka b'Abahinde bafite ubushishozi kandi basobanukiwe mu binyejana byinshi. Uyu murage wagize uruhare kandi uracyakomeza gutanga umusanzu mu mucu w'abantu mu by'umwuka no mu bya siyansi.

Ubuhinde ni igihugu cy'amabanga, ariko aya ni amabanga afungurira imitima yabo gusa ababagirira impuhwe, abashaka ukuri babikunze kandi babikuye ku mutima.

Ubuhinde bufite imisozi miremire kandi itangaje ku isi: Darjeeling ya Himalaya mu majyaruguru y'Ubuhinde ikunze kwitwa Ubusuwisi bw'Ubuhinde mu bwiza karemano butangaje. Ifite kandi amatongo ya kera y'ingoro zidasanzwe, ibihome, n'ingoro z'ibikomangoma i Delhi, hamwe n'uruzi rwa Ganges rugari n'imisozi miremire ya Himalaya, hamwe n'ubuvumo bwabyo n'ahantu ho kwiherera kugira ngo umuntu atekereze kandi atekereze ku mucyo n'ubwenge by'Imana.

Umujiyi wa Agra mu Buhinde ufite kimwe mu bitangaza ku isi, Taj Mahal, umusozi w'ubuhanzi bw'ubwubatsi n'inzozi nziza cyane z'abantu, ugaragara mu mabuye y'agaciro n'amarangi meza cyane, urukundo rw'abantu rudashira.

Ubuhande bufite kandi amashyamba yijimye n'amashyamba y'inzige aho ingwe n'intare zizenguruka Ubuhande bufite kandi ikirere cy'ubururu gihinduka cyiza cyane iyo izuba rirenze iyo imirasire y'izuba ihindutse umuriro w'umuhondo ugurumana.

Ubuhande bufite kandi amoko menshi n'amabara y'imbuta n'imboga byo mu burasirazuba hamwe n'amoko menshi y'abantu, byose bihuriza hamwe bigatuma Ubuhande buba igikoresho gitangaje, cyiza kandi kitazibagirana.

Ubuhande ni igihugu cy'ibintu bitandukanye cyane, aho ubutunzi buteye isoni buri hamwe n'ubukene bukabije, kandi aho icyitegererezo cy'ubuziranenge bw'ubwenge kibana n'ubuzima bubi bwa buri munsu. Mu Buhinde, uzasangamo imodoka zo mu bwoko bwa Rolls-Royces n'igare ry'inka, nk'uko uzasangamo inzovu mu myenda y'amafarashi meza n'amagare y'amafarashi meza cyane.

Mu majyaruguru y'Ubuhande dusangamo abantu bafite amaso y'ubururu n'umusatsi w'umuhondo, mu gihe mu majyepfo hashyushye cyane tubona uruhu rwijimye rwahindutse ibara ry'umukara kubera ubushyuhe bw'izuba ryo mu turere dushyuha.

Kuva mu ntangiriro kugeza ku iherezo, mu by'ukuri Ubuhande ni igihugu cy'ibitangaza n'ivuguruzanya. Ubuzima buba butoroshye iyo bukurikiye inzira imwe. Ariko mu Buhinde, umuntu yumva ko ubuzima ari urugendo rukomeye rwuzuyemo ibitangaza n'amabanga umuntu atatekerezaga.

Ubuhide bushobora kutagira inyubako nini cyangwa ibintu bigezweho by'akataraboneka n'imyidagaduro binaniza imitsi yo mu mwuka

Nibyo koko Ubuhide bufite inenge zabwo, nk'uko ibihugu byose bifite inenge zabyo

Ariko mu Buhinde hari inyubako ndende zo mu buryo bw'umwuka: ibihangange by'umwuka byicisha bugufi kandi bifite ishingiro bishobora kwigisha bagenzi babo uburyo bwo gukuramo ibyishimo byuzuye mu buryo bw'umwuka mu mimerere iyo ari yo yose y'ubuzima.

Aba Sufi bafite ishingiro rya siyansi, bamenye ukuri n'ukuri binyuze mu mbaraga zabo n'ibyo banyuzemo, bashobora gufasha abandi guteza imbere ubumenyi bwabo no gukura amazi meza y'amahoro n'ibyishimo mu butaka bw'ubuzima bwabo bwa buri munsu.

Iyerekwaga ry'ibintu bidasanze igihe izuba rirengaga

Umwarimu w'umunyabwenge Paramhansa asobanura icyerekezo cye muri ubu buryo:

Ndi ku ibaraza ryanjye, narebye iburengerazuba, kandi ku mababa y'ibitekerezo, nazamutse ngera ku nkombe z'izuba rya kure. Ku ruhande rw'iburyo n'ibumoso bwanjye, nabonye imisozi ibiri yahise ihinduka ibara ry'umuhengeri ritangaje. Ubwo nongeraga kureba, ikiganza kitagaragara cyari cyayitwikiriye mu mwenda w'ubururu bwijimye. Inyuma yanjye hari umujyi wa Guadalajara, wogejwe n'umugoroba w'izuba rirenga. Ijuru ry'iburasirazuba ryari rimeze nk'ibara ry'umutuku woroshye. Narebye imbere, amaso yanjye yabonye umujyi w'ibirwa by'ubururu urimo amazi menshi ureremba mu kiyaga cya zahabu.

Muri iki kirwa cy'ibirwa by'ubururu bw'amayobera, hari umusozi munini w'iroza ry'ubururu bw'amayobera, ukikijwe

n'ibicu by'ibirunga by'umweru by'ikirunga byasohoraga imiyoboro y'amazi y'umukara w'izahabu, irabagirana nk'umukororombya yerekeza ku kiyaga gituje. Imiriro ikomeye y'izahabu yatwikiriye ibirwa by'ubururu mu mucyo w'urumuri.

Isonga ry'ubururu n'ikamba ryayo ry'umuriro byagaragaraga nk'impanga ku buso bw'icyo kiyaga cya zahabu kitarimo gutuza. Kandi iburyo, ikiyaga gito, gituje cyari gikinguye, gikikijwe n'igituza cya kimwe mu birwa by'ubururu nk'ukwezi kuzuye koga hagati y'imiraba y'ibicu.

Namaze igihe kirekire ngenda mu muji w'izuba rirenga n'ibicu bisa n'ibirahure, nzamuka hejuru y'ikiyaga n'urumuri rwacyo rworohereje rw'izahabu. Mbega ukuntu ayo mazi y'izahabu yuzuyemo urubura rutukura yari meza cyane atatanye mu mpande zose kugeza ku mpera y'iteka ryose!

Natekereje ko utunyamuryango duto tw'urumuri twari imyuka myiza kuri iyi si, kandi nyuma yo gutsinda ibigeragezo byose by'ubuzima, twemerewe kuzerera no kugaragaza inzosi zacu uko bishakiye. Buri muni izuba rirenze, utunyamuryango twagombaga gusozwa inzosi zatwo zo mu ijuru mu miji y'inyanja ikikijwe n'inyanja n'ibiyaga bya zahabu. Hariya, hira y'agahinda no hira y'imitego y'iyi si y'isi hamwe n'ibyago n'ububabare bwayo bwose, hira y'ibyago byose, ibi biremwa byahumekaga urumuri rutukura, binywa imirasire y'umuhondo, kandi byagendaga byegera, bigendagenda no koga hagati y'inyanja y'amatara menshi.

Aha ngaha, abo bantu b'ingunzu basohozaga inzosi zabo kandi bagashyira mu bikorwa inzosi zabo uko babyifuzaga, hanyuma bagashiraho bakabura uko babyifuza.

Aha ngaha, ibyo biremwa byishimiye ubutunzi bwo kunyurwa no kunyurwa, kandi bitanga ubuntu ku nzosi z'ababasuye bwo mu isi yabo itangaje kandi y'amayobera.

Aha, ntabwo yagombaga gutegereza no kwifuza nk'abantu kugira ngo inzosi ze zibe impamo n'ibyifuzo bye bisohozwe, ahubwo yarose uko yabyifuzaga kandi ageraho izo nzosi n'ibyifuzo byose ku bushake bwe.

Uwo mujiye urenga izuba mu birwa by'inzosi wari inzosi zihishe mu mutima wanjye, kandi uyu muni koko byarasohoye. Koko rero, nabonye ubutunzi bwihishe bw'ubugingo bwanjye, kandi umucyo wabwo warantwikiriye, umucyo wabwo urampagurutsa!

Amahoro abe kuri mwe

Amatara amurika

Dushima kandi tugashimira Imana ku bw'impano ya buri mwaka mushya no ku bw'ibyiringiro n'amasezerano yo kuzuzura biduha

Nta mbaraga ziruta ubusabe buvuye ku mutima bwo gusaba Imana, kuzana impinduka nziza mu buzima bw'abantu ku giti cyabo no mu bihe by'isi, no kugera ku mahoro n'ubuvandimwe bw'abantu

Dusenga Imana ngo amasengesho y'umuntu ku giti cye, ibitekerezo byera, n'ubumenyi bukura bihinduke imbaraga .z'umwuka zihesha Imana impinduka nyazo ku isi

Uwiteka, duhe umugisha kugira ngo tuyoborerwe n'urumuri rwawe n'amatara amurikira inzira, kandi kugira

ngo tukangure urukundo rwawe mu mitima yacu no mu
mitima y'abandi, kandi dutware amatara y'urumuri ruzima
kandi dukoreshe impano zacu mu byo ukunda kandi bigirire
.akamaro abantu

Dufashe kwiyubakira imiyoboro imbaraga zawe zo mu
isanzure n'urumuri ruyobora bishobora gutemberamo kugira
ngo bifashe abandi kandi bigabanye imibabaro n'imibabaro
yabo, kuko tubikesha wowe dufite imbaraga zo gufasha
.abantu ndetse natwe ubwacu

Twahawe umugisha kugira ngo tubashe kwishyira mu
mwanya w'abababaye
Dukwirakwiza ibitekerezo n'imigambi myiza ku isi yose
Amahoro n'ubuvandimwe bibe uburambe bw'ubuzima
"Nkuko mu ijuru, no mu isi ni ko bimeze"

Amahoro ni rimwe mu mazina y'Imana Ishoborabyose,}
{yashyize ku Isi, bityo muyakwirakwize hagati yanyu

* * *

Umwe mu banyeshuri yabwiye mwarimu Paramhansa ko
bimugora gusimbuza ingeso mbi ze n'izifitiye akamaro maze
:amusaba inama, maze aramubwira ati

Ntugomba gutakaza icyizere cyo kwiteza imbere

Umuntu ashaje gusa iyo yanze gushyiraho imihati yo
guhinduka neza

Iyo mimerere yo kudahagarara, mu bitekerezo byanjye,
ni imimerere ya "piramide" nyayo

Iyo umuntu avuze ati "Sinshobora guhinduka"
akabisubiramo kenshi
Ndamubwira nti: "Noneho, kubera ko wahisemo kuba
"utyo, guma aho uri

Uko imimerere y'umuntu muri iki gihe yaba iri kose,
ashobora guhinduka akamera neza binyuze mu kwitonda,
.imirire ikwiye, no gukurikiza amabwiriza y'ubuzima

Kuki utekereza ko udashobora guhinduka? Guhagarara
mu bwenge ni yo mpamvu yihishe y'intege nke Buri wese
afite imiterere imubuza gutera imbere. Iyi mico ntiyashyizwe
muri kamere muntu n'Imana, ahubwo yashyizweho n'abantu.
Iyi ni inenge ugomba gukuraho, kandi ushobora

Wibuke ko ingeso z'umuntu nta kindi zivuze uretse
kugaragaza ibitekerezo bye by'imbere gusa

Iyo ufashe icyemezo cyo guhinduka, imbaraga nyinshi
zizagutera inkunga kandi zigashimangira ibyemezo byawe
byiza

Kandi ku bufasha bw'Imana

Ubusitani bw'Umwaka Mushya

Inyikirizo z'umwaka ushize, hamwe n'agahinda n'inseko
byazo, zarazimye

Dore ijwi ry'indirimo y'Umwaka Mushya iririmba mu
:buryo butera inkunga, itanga icyizere, kandi irangurura ijwi

"Ongerera ureme ubuzima bwawe neza"

Reka ibyatsi bibi by'ubwoba bwa kera

Mu busitani bwa kera bwari bwaratereranywe,
yakusanyije kandi arokora gusa imbuto z'ibyishimo, ibyo
yagezeho, ibyiringiro, ibitekerezo byiza n'ibikorwa byiza,
.n'ibyifuzo byiza kandi bihanitse

Mu butaka bw'ikime bwa buri muni mushya, tera izo
mbuto zikomeye, uzivomere, kandi uziteho kugeza zikuze
kandi wuzuze ubuzima bwawe ibyiza bidasanze byo
.kurabya indabyo

:Umwaka mushya uratangaje

Kangura umwuka, wafashwe n'ingeso mbi, kandi"
uwushishikarize gukora ibikorwa bishya kandi
by'ingirakamaro. Ntugahagarike kugerageza, kandi
ntugatuze kugeza igihe ugeze ku mudendeze w'iteka kandi
ugatsinda karma (ingaruka zihora zikurikiranwa n'ibikorwa
"bya kera)

Dufite ubwenge buhumuye kandi buhora buvuguruye,
twishimane kandi tugendane dufatanye mu ntoki twerekeza
.mu nzu yo mu ijuru tutazongera gusohokamo ukundi

Inkuru y'intsinzi

Ndacyibuka bwa mbere nakoresheje ubushake bwo
gufasha abandi

Jye n'umwe mu nshuti zanjye twari abahungu bato icyo
:gihe. Umunsi umwe namubwiye nti

"Tuzagaburira abantu magana atanu (abakene)"

"!Yasubije atangaye ati: "Ariko nta na kimwe dufite

Naramwijeje nti: "Umushinga uzakomeza nubwo bimeze
bityo, kandi ndizera ko amafaranga azaza binyuze kuri
"wowe

Yasubije aseka ati: "Mbega umushinga! Ibi
"!ntibishoboka

Ukwizera kwanjye kwatumye mvuga nti: "Ntukarakaze
"nyoko na gato, ahubwo ukore ibyo agusaba byose

:Nyuma y'umunsi umwe yaje yiruka ambwira ati

Nari ndimo kwiuhagira ubwo mama yampamagaye,"
ngiye kumusubiza mubwira nti 'Ntunyibagirwe ubu ndimo
kwiuhagira,' ahubwo namubajije icyo ashaka, maze ansaba
kujya kureba nyirasenge utuye hafi y'iwacu, nuko
'''ndamubwira nti 'Ndumva kandi ndamwumvira

Ubwo najyaga kureba nyirasenge, ikintu cya mbere"
yambwiye ni iki: 'Uriya muhungu w'umusazi uri kumwe ni
nde? Warasaze? Uyu mushinga numvise uvuga aho mwembi
'''!?mugiye kugaburira abantu magana atanu ni uwuhe

Naramurakariye cyane ndamubwira nti "Ngomba
kugenda ubu ngubu," maze ntangira kuva iwe. Ariko
yarampagaritse arambwira ati "Inshuti yawe ishobora kuba
isaze, ariko igitekerezo cye ni cyiza. Fata iyi noti ya 20
rupee" (ayo yari amafaranga menshi cyane mu ntangiriro
z'ikinyejana cya 20)

Uwo muhungu yaratangaye cyane ku buryo yari agiye
gucika intege. Yaje yiruka aho ndi ambwira amakuru. Ubwo
twajyaga kugura umuceri n'ibindi bikoresho byo mu birori,
abaturanyi bari bumvise iby'umugambi wacu maze baduha
ibindi biryo. Amaherezo, twagaburiye abantu ibihumbi bibiri
!(2000)

Inzu y'umurage yashinzwe n'umugezi wera ni yo
yashinze isomero rya mbere yashinze, Isomero rya Saraswati
.muri Calcutta

Iyo wiyemeje gukora ibikorwa byiza, uzabigeraho niba
ukoresheje ubushake buhamye kandi bufite ingaruka nziza

Uko ibintu byaba bimeze kose, niba ukomeje, Imana izaguha
.uburyo bwo kugera ku cyo wifuza

Uko ni ko Yesu Kristo yerekezagaho ubwo yagiraga ati:

“Niba mufite ukwizera kandi ntimushidikanye..., mwabwira
uyu musozi muti ‘Imuka wijugunye mu nyanja,’ kandi
”bizabaho

Kandi muri Hadithi nziza: Iyo usabye Imana, komera mu]
[busabe bwawe

Nukoresha imbaraga zawe z'ubushake buri gihe, uko
imbogamizi zaba ziri kose, uzakomeza kugira intsinzi,
ubuzima bwiza, n'imbaraga zo gufasha abandir, kandi ikiruta
byose, uzagera ku bwumvikane n'Imana. Ubwo ni bwo
bubasha bugomba guhingwa: imbaraga z'ubushake zituma
inyanja y'ihungabana no kunanirwa gukora ibyiza no kugera
.ku byo witeze

* * *

Reba mu bwihisho bw'umubiri wawe, niho uzasanga
ubushobozi butagira imipaka bw'ubwiza, ubwenge
n'ubuziranenge

Turasaba Imana Ishoborabyose ko wakira umwaka
mushya ufite icyizere gikomeye cy'uko ufite ubushobozi bwo
.kugaragaza kamere yo hejuru iri muri wowe

Ibidukikije n'ingaruka z'ibikorwa bya kera byagutwikiriye
imico, imiterere, n'imyitwarire yihariye, ariko ibi ni ibintu
by'igihe gito gusa, kandi munsu yabyo hari kamere yawe
nyayo - roho nziza - ifite ubwisanzure busesuye bwo
guhitemo ibyiza n'imico wifuza kugira no kugaragaza mu
.gihe ukora imirimo yawe ku rubyiniro rw'iyi si

Ese hari ibyifuzo by'umwuka bigutera imbaraga,
bikagutera imbaraga zo kubishyira mu murongo w'ibyo
wifuza gukora mu mwaka utaha? Niba igisubizo ari yego,
ibagirwa ibyahise, komeza amasomo wizemo, kandi
ukomeze umugisha w'Imana kugira ngo ugere ku cyo wifuza
.kugeraho

Babonaga buri munsu nk'amahirwe mashya yo
kugenzura ingeso mbi n'irari, kubaho mu mahoro, gutanga
.urukundo, no gukwirakwiza icyizere n'ibyishimo muri iyi si

Igihe cyose ukangutse ubushake bwawe bwo gukora
impinduka nziza no kubushyigikira mu bikorwa byawe,
imbaraga zitagaragara zo mu kirere zituruka ku Mwami
w'Imbabazi zitangira gukomeza imbaraga zawe Uko
ukomeza kwihangana mu byemezo byawe, ni ko imbaraga
z'ibyiza zirushaho gukomera mu buzima bwawe—iri ni
itegeko ry'Imana ridahinduka

Umunsu wa mbere ushobora kugorana, ariko umunsu wa
kabiri ushobora kugorana gato, n'umunsu wa gatatu
woroshye kurushaho Nyuma y'iminsi mike, uzasanga intsinzi
iraboneka Kandi abihangana bagakomeza imbaraga zabo
umwaka wose bazasanga barahindutse

Ku bafite ibyifuzo by'umwuka, turababwira tuti: Icipfuzo
cyo kwiyinga n'Imana ni cyo kintu gikomeye mu buzima
bwanyu. Ku bwo gutekereza ku Mana no kuyitekererezaho niho
tubona icyizere kidakuka cy'uko idukunda iteka ryose kuko
.turi abayo, nubwo twaba twarateye intambwe zitari zo

Iyo twumva ko dukundwa nta kiguzi, ibyo ntibidutera
gukora uko dushoboye kose bikadufasha kureka ibyahise
hamwe n'ibyananiranye n'ibyatubabaje? Iyo twumva ko
dukundwa kandi ko hari umuntu udukunda, twumva
.duhumurijwe kandi imitima yacu ikanezerwa

Nubwo hari inshingano n'ibikorwa byose, tugomba
gufata umwanya wo kwisuzuma mu buryo bwimbitse,
tukisuzuma, kandi tukaruhura imitima yacu n'urukundo
.n'amahoro by'Imana

Niba dukunda Imana kandi tugakora tubikuye ku
mutima kugira ngo tuyishimishe buri muni, nta kintu na
kimwe kizashobora kubangamira iterambere ryacu ryo mu
mwuka

Mwibuke ko, nshuti zanjye, kandi ku bufasha bw'Imana,
mu mwaka mushya muzagira ibyishimo mutari mwarigeze
.murota mbere

* * *

Hamwe n'inyandiko y'umurage ijyanye n'iyemezo
N'icyizere cyuzuye mu bushobozi bwa roho y'umuntu

Ufite ukwizera gukomeye mu Mana
Reka dusezere uyu mwaka kandi twishimire umwaka
mushya

Nubwo isi irimo kunyuramo, ndetse n'ingaruka izo
mpinduka zigira ku buzima bwacu, nitureba kure y'ibintu
bibera buri muni vuba dukoresheje ubwenge n'ubushishozi,
.tuzungukira mu gusobanukirwa no kwiga amasomo

Buri wese muri twe afite uruhare ku rubyiniro rw'igihe,
.aho ibintu by'iki gihe bihinduka inzozo z'ejo hazaza

Ibintu bikomeye n'imimerere ijyana nabyo bifite intego
imwe: gukangura, kimwe kimwe, imico myiza myinshi iri
muri twe. Buri kintu cyose tunyuramo kigaragaza imbaraga
zihishe muri twe zo guhangana nacyo mu buryo bw'ubwenge
.no mu buryo bunoze

Dufite ubushobozi bukomaye Imana yadushyizemo,
kandi iyo bukoreshywe, buhinduka isoko y'imigisha mu
.buzima bwacu

Nubwo ibintu byo hanze bitaba ari byo bidutegeka buri
gihe, dushobora guhitamo icyo twifuza kuba cyo muri twe,
aho ariho urufunguzo rw'iterambere ryacu n'iterambere
.ry'ikiremwa muntu riri

Buri muntu wese wifuza kubohoka agomba kwiyeemeza
guhinduka akarushaho kuba mwiza, kandi igihe gikwiye ni iki
gihe, aho imigambi iba igamije gufata ibyemezo no
.kwiyeemeza guhinduka

Abantu ntibagomba kuba ibisigazwa bihoraho,
badashobora kuvugururwa mu mitekerereze no mu mwuka.
Imico y'ubutwari iri muri twe igomba gukangurwa, kandi
.imitwaro y'ubwoba no kutizera ikavanwaho

Iyo umuntu yiyemereye ko Imana imukunda kandi ko
ihorana na we, ibyahise nta na kimwe kizashobora
.kumubangamira cyangwa ngo kimutere ubwoba

Hirya y'ikibatsi cy'ubuzima bw'umuntu hari urumuri
rw'Imana
Hirya y'umurabyo w'ibitekerezo bya muntu, urumuri
rw'Imana runini rurabagirana
Hirya y'umuraba w'ubwenge busobanutse hari inyanja
nini y'ubumenyi rusange
Uretse urukundo rw'umuntu, urukundo rw'Imana
rwuzuye umutima kandi rugahaza ibyifuzo byawo

Ikintu kimwe kidahinduka mu isi iyobowe n'ihindagurika
.n'impinduka ni umubano wacu n'Imana

Icyemezo cya nyuma ni ugushimangira uwo mubano
mwiza no kubana mu bwumvikane n'utanga ubuzima,
.imbaraga, urukundo n'ibyishimo kurusha abandi bose

Kugira ngo umuntu amenye Umuremyi we mu bwigunge
bw'ubugingo bwe no mu bitekerezo bye byimbitse

Agomba kwibaza buri munsu niba ahuza ubuzima bwe
n'amategeko y'ukuri n'urukundo, ari yo mategeko y'Imana
.y'isi yose

Dukomere ku mahoro y'Imana ari muri twe
Nimuze twumve ijwi ry'umutimanama
Reka twagure impuhwe zacu kugira ngo dushyiremo
abandi

Dukoresheje ibitekerezo byacu byiza n'ibikorwa byacu
bihuje, dushobora gukomeza imbaraga z'icyiza, ku
bw'ubuntu bw'Imana, zishobora kuzana impinduka z'ibanze
.muri iyi si

* * *

Uyu munsu umuntu ashobora kwiyemeza ko azakurikira
inzira igororotse, ariko ejo ashobora kuyivamo agasanga
ashaka kureka ibyemezo bye byiza

Intege nke mu buzima bwacu ntizikwiye kwemerwa.
Umuntu wese ushobora gukomeza amahame ye nubwo yaba
ahanganye n'ibishuko n'ingaruka zo hanze, ari mu nzira
igana ku kubohoka, kandi umuntu wese ufata ubwenge
nk'urumuri rwe rumuyobora azatsinda ibishuko by'ubuzima,
.inzitizi n'imbogamizi

Abantu b'abanyabwenge bagumana ubwenge bwabo
kugeza ku iherezo kandi bagahangana n'ubuzima bafite
ubutwari n'ukwizera kudacogora, uko ibintu byaba bimeze
kose

Umuntu wese ureka ubushake bwe, akiyegurira
imimerere ye, akareka gushyiraho imihati, yiciraho iteka
.kandi igihe kizamurenga

Umuntu ni we ukomeza ingeso ze nziza n'izitari zo,
kandi iyo avuze ati "Sinshobora guhinduka," yicira urubanza
rwo gutsindwa

Iyo umuntu yiyemereye ko afite imbaraga kandi afite
umudendeze nubwo aterwa n'ingeso mbi n'ibitekerezo bibi,
kandi ko atazareka kugerageza gukora neza kurushaho, aba
afunguriye inzira imbaraga z'ibyiza zimurimo kugira ngo
.zimufashe kandi zimushyigikire

Uko ibikorwa by'umuntu byaba bibi kose, agomba
gusuzuma ubuzima bwe no gushyiraho imihati yo kwifasha
no gukora icyiza, maze ibikorwa bibi byose bizahinduka
.ibikorwa byiza Imana imufashije

Kuva mu bubiko: Uburakari n'Urwibutso rw'Inzovu

Abifuza amahoro yo mu mutima bagomba
gusobanukirwa uburyo uburakari buterwa kandi akenshi
.bugatera ingaruka mbi

Bitewe n'uburakari, abantu benshi bahinduye abagizi ba
nabi n'abicanyi b'inkazi

Kubuza ibyifuzo bihuma ubwenge lyo igihu cy'ibyifuzo
kifashe mu mutwe w'umuntu, atakaza ubwenge bwe maze
.akitwara mu buryo budakwiriye umuntu w'umunyacyubahiro

Gutakaza ubwenge bivanga ubushishozi karemano ari
na bwo bubasha butuma ibikorwa byose byiza n'intego nziza
.bikorwa

Iyo umuyoboro w'imodoka yo mu mutwe w'umuntu
ukoze nabi, nta kabuza azagira impanuka kandi ashobora
.kwisanga mu mwobo w'ububabare n'agahinda

Urugero: Umugabo arimo gutwara imodoka yishimye,
kandi mu nzira ajya muri pariki, umugore we amusaba
guhindura icyerekezo akajya kwa ababyeyi be aho kujya
muri pariki, maze aha ngaha ibyishimo bye bihinduka
.uburakari

Nahisemo uru rugero kuko ari ikintu gikunze kubaho. Mu
bihe bisanzwe, ingaruka ni uko umugabo yanga icyifuzo
cy'umugore we cyangwa akemeranya n'umujinya
n'agahinda, kandi ibi nibyo bibaho muri rusange. Muri ibyo
bihe byombi, uburakari burafata intera, umwuka urakomera,
.maze amahoro akabura amahoro

Mu bihe bimwe na bimwe, uburakari bushobora
guhinduka ibyago ku bantu bafite uburakari bukabije.
Uburakari bushobora kugira ingaruka ku kwibuka, cyangwa
umushoferi akibagirwa gutwara yitonze kandi yitonze,
cyangwa akirengagiza kureba ibimenyetso by'umuhanda,
.bigatera impanuka cyangwa, Imana ikinga akaboko, urupfu

Mu gusoza, uburakari bufunga uruziga rw'ubushake mu
igare ry'ubuzima kandi bukabubuza kugera ku ntego zabwo
.z'umubiri n'iz'umwuka

kwibuka inzovu

Ubumenyi bwitwa "kwibuka" ni impano Imana yahaye
abantu, kandi mbega ukuntu ari umugisha ukomeye!
Ukwibuka na ko guhabwa inyamaswa; iyo bitabaho,
ntibyashoboraga kumenya ibyana byazo. Inyamaswa zimwe
zifite ibihe byiza byo kwibuka, nk'uko inkuru ikurikira ivuga
.ku nzovu ibigaragaza

Mu gihe inzovu nini cyane yari irimo gutwara ibiti,
nk'uko inzovu nyinshi zatojwe zibikora mu Burasirazuba,
umuhungu yarayegereye ayitera urushinge ku gituza cyayo,
.maze ariruka

Umwaka warashize nyuma y'icyo kibazo, maze inzovu
ihura n'umuhungu umwe mu muhanda. Byari umwanya
ukwiye wo kwihorera. Nuko, izunguza umugongo wayo
imujugunya hakurya y'umuhanda cyane. Bityo, inyamaswa
.zifite ibyo zibuka

Narose inzozu nyinshi, none ndi maso kandi ku gicaniro
cy'ubugingo bwanjye ndacana amabuji yo kukwibuka iteka,
Mana yanjye

Ntegereje mu maso hawe ubwiza kandi nkishimira
kubona amatara yera, amaso yanjye, afite imipfundikizo
.yavuye mu bitotsi

Kandi ku bw'ubuntu bwawe nasobanukiwe ko ubuzima
n'indwara

Ubuzima n'urupfu

Byose ni ubwoko bw'inzozi

Narangije gusoma igitabo cyitwa "Inzozi zashushanyijwe
"mu mabara meza
Ku mwenda w'amayobera agaragara cyane

None ndakubona nk'ukuri wenyine uriho

Gukomeza gufungura imiyoboro

Abantu benshi ntibatekereza cyane ku Mana kugeza
igihe bahuye n'ibibazo bikomeye, hanyuma bakitega ko
.izabafasha ikabakiza ingorane zabo

Umwe mu bari bafite ubumenyi yagize ati: "Nudatumira
Imana ngo ibe umushyitsi wawe mu mpeshyi y'ubuzima
bwawe, ntabwo izaza iwawe mu gihe cy'itumba ry'ubuzima
"bwawe

Ibi ntibivuze ko Imana idashaka kudufasha Irashaka
kukuramburira ukuboko no kudukiza imibabaro yacu. Ariko,
iyo tubayeho imyaka myinshi mu buryo bunyuranyije
n'amategeko yayo, kandi ntituvugane nayo mu bitekerezo,
ubwenge bwacu buremererwa n'ibihimbano byinshi, kandi
inzira zo kuvugana n'Imana zigahagarikwa n'ubwoba,
ibyifuzo by'ubwikunde, impinduka mu byiyumvo, uburakari,
kunangira umutima, ingeso mbi, n'ibitekerezo bibi. Bityo, nta
muyoboro ufunguye ushobora kunyuramo kugira ngo
.ubufasha bw'Imana butugereho

Nitunanirwa gutegura ibitekerezo byacu no gukomeza
inzira zifunguye, ntabwo tuzashobora guhangana - no
gutsinda - ibibazo bizaducamo mu nzira zacu zose mu
.rugendo rwacu rw'ubuzima

Bivugwa ko umuntu wakundaga Imana yamubonye
avuga izina ryayo ry'icyubahiro mu buryo bwimbitse kandi
abigiranye urukundo rwinshi, atitaye ku cyo yakoraga.
Yatangiye uyu muco akiri umwana kandi awukomeza cyane
.ku buryo yanavugaga izina ry'Imana mu bitotsi bye

Uko yakuraga, yambukiranyaga amashyamba y'inzige
yuzuyemo ingwe z'inkazi, impiri, sikorupiyo n'udukoko
tw'uburozi, nta kindi yambara uretse umwenda n'inkweto
.gusa

Abantu batangazwaga n'ubutwari bwe maze
bakamubaza batangaye bati: "Ese ntabwo wigeze ubabazwa
n'izo nyamaswa z'inkazi n'udukoko twangiza?" Yabasubizaga
:ati

Nibyo rwose, sinigeze ngiraho ingaruka mbi, kuko iteka"
"nitwaza izina ry'Imana kandi ni bwo burinzi bwanjye

Dushobora kandi kumenya ko uburinzi bw'Imana
buturimo. Ihora ihari kugira ngo igabanye ibyago byacu
kandi idufashe gutsinda ibibazo byacu, ariko tugomba
gukomeza kwakira imigisha yayo, tuyitekerezaho, tuyisenga,
kandi tukavugana na yo mu mitima yacu mu gihe dukora
.inshingano zacu

Nitubikora, dushobora kwihanganira inkubi z'umuyaga,
kandi ibibazo bikomeye n'ibibazo bikomeye ntibizashobora
kudutsinda cyangwa ngo bitume tunanirwa gukomeza
.kwiyemeza

ishema ryo mu mwuka

Kwicisha bugufi ni inyungu ikomeye mu nzira y'umwuka,
kandi kwitoza kwicisha bugufi byihutisha kandi bikarinda
iterambere ry'umuntu

Kwicisha bugufi ni byo bigomba kuba urufatiro umuntu
ushaka yubakiraho ubuzima bwe bwo mu mwuka niba
ashaka kugera ku ntego ye, ari yo kuba mu bumwe n'Imana
.no kumva ko iriho

Isi ishishikariza kwirata ku byo yagezeho, ibyo atunze,
n'imyanya ye, no guharanira kwemerwa no gushimwa
n'abandi, ariko umuntu ushaka agomba kuva ku muntu
.muto, "ubwikunde", akajya ku muntu wo hejuru

Kwicisha bugufi by'ukuri bivuze kumenya neza ko Imana
ari byose muri byose, no kwikuramo intego yo guhaza
ubwikunde binyuze mu kugira intego ikomeye yo kwemerwa
.n'Imana

Nanone kandi, ni ukureka ubwikunde binyuze mu
gukuza urukundo rw'Imana no guhindukirira Imana, yo soko
y'ibyo dushaka byose kandi duharanira kugeraho cyangwa
.kubigeraho

Ubwibone bwo mu mwuka ni igishuko kigaragara, kandi
umuntu urimo gushaka agomba kwitonda kuri iki kibazo
kuko kidatuma umuntu abona Imana cyangwa ngo ashobore
.kuvugana na yo

Iyo umwigishwa agerageje kwicisha bugufi by'ukuri,
azaba ashobora kugwa mu mitego y'uburiganya n'imitego
.y'ubwirasi

Mu by'ukuri, umuntu ashobora gutsinda intege nke
nyinshi agatera imbere cyane mu nzira, nyamara ashobora
kugwa bitewe n'igishuko cy'ubwibone

Umwami w'Isi n'Umugenzuzi w'Imitimanama azi ibiri mu
mitima, kandi abirata iby'umwuka wabo bazabitakaza

Abishimira ibyo banyuzemo mu mwuka bahinduka
abanduye no kwishyira hejuru, cyangwa mu yandi
magambo, batangira kwibona nk'abantu badasanzwe, kandi
.bashobora gutakaza imigisha bahawe

Uwirata we arenga imigisha y'Imana iri muri we
akoresha nabi impano z'umwuka, hanyuma Imana iha uwo
mwigishwa isomo ryo kwicisha bugufi imukuramo imigisha
ye kugeza igihe aboneye ubumenyi bw'umwuka kandi
agakosora inzira ye. Ariko ibi ibikora kubera urukundo, kuko
iyo umutima w'umwigishwa ufungukiye Imana yicishije
bugufi, akamenya ko yishingikiriza ku Mana byuzuye, ni bwo
.abona ubuntu bwuzuye bw'Imana

Iyo ubuzima bw'umwigishwa bwuzuyemo kwicisha
bugufi, impumuro yo kwicisha bugufi ikurura ubwitonzi
bw'Imana, imigisha imanuka ku mwigishwa, kandi ubuzima
.bwe bwuzuyemo amahoro n'urukundo

Kamere y'umuntu

Igitekerezo nta mupaka gifite, kuko uko waba wiga
cyangwa wihariye, nushyira ubwenge bwawe kuri iyo
nyandiko, bizagenda ubuziraherezo muri iyo cyerekezo. Nta
na hamwe ubwenge cyangwa amakuru ushobora gukoresha
.no kungukirwa na byo

Ese, nshuti zanjye, muzi ko buri wese muri mwe
asobanura aya magambo mu buryo butandukanye gato
n'ubw'abandi? Impamvu ni uko uburyo bwo gutekereza
.butandukanye bitewe n'umuntu ku wundi

Kubera ko buri muntu ari umwihariko mu miterere ye
n'uburyo atekereza, uko abyitwaramo n'uko abyitwaramo
mu bihe ibyo ari byo byose bitandukanye n'iby'undi muntu
uwo ari we wese. Imiterere ye y'imbere ni ihurizo
ry'ibitekerezo bye, amarangamutima ye, ibisubizo bye,
n'ibimutera imbaraga—kandi ibi, na byo bigena imiterere
y'imbaraga ze zo gukurura, cyangwa imbaraga zo gukurura
.afite

Gukurura ni imbaraga ikomeye ushobora gukoresha mu
gukurura inshuti, impuhwe n'ubugiraneza

Twese twifuza kubonwa no kwitabwaho; ntawe wifuza
kwirengagizwa cyangwa kwibagirwa. Ndetse n'abana bakora
nkana mu buryo runaka kugira ngo bagerageze gukurura
.abantu

Nanone twifuza gukundwa no kwishimirwa n'abandi.
Ariko se ni bangahe muri twe duha abandi ubumenyi
?n'icyitegererezo nk'uko tubona ko dukwiye kubabona

Twishyira mu mwanya wacu cyane kandi tubabarira
intege nke zacu, mu gihe twiteguye kunenga no kwamagana
.amakosa y'abandi

Ese dushobora guhagarara imbere y'abandi tukababwira
amakosa yacu kuva mu bwana bwacu? Igisubizo ni oya

Ariko keretse twize imyitwarire myiza, ntabwo
dushobora kwereka abandi uburyo bwo kwitwara neza

Nta burenganzira dufite bwo kutihanganira intege nke
.z'abandi niba natwe ubwacu tuzibasiwe nazo

Isi yuzuye abantu bashaka gukosora abandi ariko
ntibashake kwikosora ubwabo Keretse twihutiye kwisuzuma,
.iminsi n'imyaka bizashira tudahindutse

Icyo dukeneye ni ukwivugurura, kuko nitwivugurura
tuzashobora kuvugurura ibihumbi by'abantu binyuze mu
.rugero rwacu rwiza

Mu by'ukuri, ibikorwa bivuga cyane kurusha amagambo

* * *

Ibitekerezo byo mu mwuka bihora bivugururwa kandi
bikazana amahoro n'ibyishimo

Ubumenyi bw'umwuka butangira nk'umuyaga woroshye
hanyuma bugakomera kugeza ubwo buhinduka umuyaga
mwiza utwara ibisigazwa by'ubujiji, ibisigazwa by'ibibi,
.n'ibirundo by'ubwikunde

Hari ibimenyetso bitera inkunga bigaragara mu cyifuzo
cy'umubare ukomeje kwiyongera w'abakunzi b'Umucyo cyo
kuzamuka bakagera ku rwego rw'ubwumvikane n'ubumenyi
.bw'umwuka ku isi

Ku rugero duhuje n'imiraba y'amahoro, turushaho
kumenya neza kamere yacu y'umwuka n'isano dufitanye
.n'isoko yacu y'Imana

Urukundo rw'Imana rusukura ibitekerezo
Bikuraho amarangamutima
Kandi bikangura ubwenge

Ubwenge bw'Imana ni ubw'ingenzi cyane, bworoshye
kandi buhebuje, kandi umuntu wese ubuhuza afite
icyitegererezo cy'imbere kimuyobora mu cyerekezo gikwiye
kugira ngo adateshuka

Ubwenge bw'Imana n'urukundo rwayo biri hafi cyane
.nk'uko ibitekerezo byacu bitwemerera kubigira

Nk'uko moteri imwe y'amashanyarazi iha amatara yo
mu muji ingufu z'amashanyarazi, ni ko n'abafite ubumwe
n'Imana bahabwa imbaraga zimurika zibafasha kwirukana
.umwijima mu mitima yabo no mu bayikikije

Abakunda Imana by'ukuri kandi bagahuza imibereho
yabo n'amategeko y'isi yose babona imbaraga nyinshi,
.amahoro n'imigisha myinshi

Turasaba Imana Ishoborabyose kuduha imigisha
n'ubuhumekero buhebuje
Kandi azuzuze icyemezo cyacu imbaraga n'ubushobozi
bwo gukora neza no gukorera abandi nta bwikunde
Kandi ko tubaho tumwibuka buri gihe nk'isoko y'ibyiza
byose, ubuntu, no kubaho

Kuva mu bubiko: Inkuru y'igiti cyifuzwa

Kera cyane, umuhezanguni witwaga Harry yatuye muri
Hindustan, amara imyaka myinshi azerera mu misozi ya
.Himalaya ashaka igiti kidasanzwe cyitwa igiti cy'ibyifuzo

Inkuru ivuga ko ibi biti bitangaje biboneka gusa
n'abihaye Imana nk'igihembo cy'ubwigunge bwabo no
gukora cyane mu myitozo yo mu mwuka. Bavuga ko ibi biti
bifite ububasha bwo guhaza ibyifuzo n'ibyifuzo by'umuntu
.wese wicaye munsu y'amashami yabyo

Umuzungu Harry yumvise mu mutima we ko akwiye
kubona icyo giti bitewe n'uko yamaze igihe kinini akora
ibintu bitandukanye byo kwiya agaciro, uburyohe bwe bwo
guhangana n'ingorane, ndetse n'ubwitange bwe mu migenzo
.ikomeye yari yarihayeho

Nubwo yari afite ibyo byose byo mu buryo bw'umwuka,
hari amasomo yari ataramenye Nubwo yifuzaga ubumenyi
.bw'Imana, yari afite n'ibindi byifuzo bike

Muri ibyo byifuzo harimo icyifuzo cyo kubona igiti
cy'icyifuzo. Inzira zo mu misozi miremire zari
zaramushegeshe mu birenge bye byambaye ubusa mu
gushaka icyo umutima we wifuzaga no gusohoza ibyifuzo
bye byimbitse. Amarangamutima ye yo mu mutima
yahoraga amwemeza ko icyifuzo cye kizaba cyaragezweho,
kandi ko igiti cyari kimutegereje nk'igihembo gisanzwe ku
bw'imbaraga ze zo mu mwuka, zarenze ubushobozi
.n'ubuhanga bw'umuntu usanzwe

Inshuti yacu yari ifite ubushishozi bukwiye. Muri kimwe
mu bibaya byo mu misozi ya Himalaya, yabonye igiti gifite
amababi manini, ariko kubera ubushishozi bwe bwo mu
buryo bw'umwuka, yahise abona ko ari ubutunzi yari amaze
.igihe kirekire ashaka kandi yifuza kubona

Ako kanya kandi afite umurava mwinshi, yegereye
amashami y'igiti akira neza maze yicara munsi yacyo Kugira
ngo yibonere imbaraga zidasanzwe z'iki giti kidasanzwe,
Harry yafunze amaso maze aribwira ati: "Niba iki ari igiti
"!cy'ibyifuzo, reka kube igihome gikomeye kuri njye

Akimara gutekerezwa icyo gitekerezo, ingoro nziza cyane
yagaragaye iruhande rw'igiti, ikikijwe n'ubusitani bwiza
.bwuzuye indabyo nziza, basil ihumura neza, n'ibiti birebire

Harry yishimiye iki gitangaza kandi yuzuye ibyishimo
byo kubona icyifuzo cye cy'urukundo gitangwa, kuko yari
amaze kubona igiti cy'icyifuzo yari amaze igihe kinini
ashaka. Ntiyategereje igihe kinini mbere yo kuvuga icyifuzo
cye gikurikiraho, agira ati: "Ndifuza kubona koralali

y'abakobwa beza bankikije bampa ibiryo byiza kandi
biryoshye ku masahani ya zahabu kandi bansukaho
ibinyobwa biryoshye kurusha amacupa y'ifeza mu bikombe
".birabagirana nk'izahabu

Mu kanya gato, icyifuzo cyeye cyararangiyeye, kuko yasanze
imbere ye ameza yuzuyemo ubwoko bwose bw'ibiryo
biryoshye bitangwa ku masahani ya zahabu, n'abakobwa
beza bamuzanira ibiryo n'ibinyobwa bitandukanye bikwiriye
.abami n'abatware

Nyuma yo kwishimira ibirori bitangaje kandi bitangaje,
inshuti yacu yatangiye kugenzura inzu ye nshya. Yazamutse
ku ngazi z'amabuye y'agaciro maze agendagenda mu
.byumba byuzuyemo amabuye y'agaciro meza cyane

Amaherezo, umuherwe wacu w'amahirwe yararambiwe
kugenda maze ashaka amahoro n'ikiruhuko muri kimwe mu
byumba byo hasi. Amadirishya yo hasi y'icyo cyumba yari
atwikiriwe n'amashami maremare y'igiti cyiza cyane
.cy'icyifuzo

Ubwo yari aryamye ku buriri hafi y'idirishya, yabonye
amashami manini y'igiti cyifuje yazibiye urumuri, maze
yumva ari wenyine kandi ubwoba bumwinjiramo. Agace
k'ituze kaciwe gusa n'amajwi make, yibazaga ko yaturutse
mu busitani cyangwa mu nyamaswa zo mu ishyamba
.zazengurukaga inyuma y'inkuta z'ingoro

Yaribwiye ati: Bite se niba imwe mu ngwe zo mu
ishyamba ibashije kwinjira inyuze mu idirishya? Muri icyo
gihe, izandya kandi izaba ari iherezo kuri njye

Akimara gitekereza icyo gitekerezo cy'ubwoba, ingwe
y'inkazi yavuye mu idirishya, ifata uwo mwiherero wari ufite
ubwoba, imujyana kumurya—ibyago bikomeye rwose

Ikibabaje ni uko Harry atamenye ko igiti cy'ibyifuzo
kitatandukanyaga ibitekerezo byiza n'ibibi. Intego yacyo
kwari ugutanga ibyifuzo by'ababifite. Koko rero, igiti
cy'ibyifuzo cyagaragazaga neza ishusho ikomeye y'ubwenge
bwa Harry, kandi icyo ni cyo cyari igitekerezo cye cya
.nyuma

Buri muntu aba muni y'igiti cy'ibyifuzo bye, gisohozwa
ibyifuzo bye byose. Icyo giti ni imbaraga z'ubushake.
Ubushake bw'umuntu, bugaragaza ubushake bw'Imana,
buri mu by'ukuri imbaraga zo gusohozwa iby'umuntu yifuza
.n'ibyo yifuza

Ariko umuntu wese utazi kugenzura ibyifuzo bye,
ibyifuzo bye n'ibitekerezo bye agomba gushimira Umwami
we incuro igihumbi kuko ibitekerezo bye bidasobanutse
bitahita bibaho ako kanya, bitabaye iby'ibyifuzo byo mu
gasozo byatera ingwe zirya kandi zirya zica ituze
ry'umutima, zigakomeretsa igufwa ry'ibyishimo, kandi
zigahindura ahanu h'amahoro yo mu mwuka ubutaye
.butagira umumaro

Iri ni isomo ryiza ryo gushyira ibitekerezo byawe ku
bantu byiza n'ibiza mu gihe wicaye muni y'amashuri y'igiti
cy'ubushake, kitari ikindi uretse ubushake bukomeye
.n'ubwenge bukomeye bw'umuntu

Umuntu agomba kwitondera kwibanda ku bwoba,
gutsindwa, indwara no kutamenya, no guhora atekereza ku
bwoba, kugira ngo ibyo bibi bitazava mu mwijima w'ibitazwi
bigatera ibibazo bikomeye bigoye guhangana nabyo
.cyangwa kubigenzura

Ibitekerezo bibi bibangamira gusa umuntu ubifite; reka
bisimbuzwe n'ibitekerezo byiza niba umuntu yifuza ibyiza
.kuri we no ku bandi. Kandi intsinzi ituruka ku Mana

* * *

Uretse impano zifatika, Imana iduha ukwizera
n'ubumenyi bw'umwuka

Kandi abamuhindukirira bakamwiringira, abaha
ubwenge bwo hejuru cyane bw'Imana

Impano z'umugisha ni izikora ku mitima, zigahindura
kamere zigoramyeye, zikangura imitima kuva mu burangare
bw'umwuka, kandi zigatera inkunga kumenyana no kugirana
.ubumwe hagati y'abagize umuryango umwe w'abantu

Abazi Imana ntibigisha gusa binyuze mu magambo yabo
y'ubwenge n'urugero rwabo rutunganye, ahubwo banaduha
urukundo rw'Imana rutunganye kandi rudafite ishingiro. Mu
mucyo w'urwo rukundo, tubona icyerekezo gishya
.cy'ubushobozi bwacu bwo hejuru

Abatoranijwe n'Imana baza muri iyi si kuduha ubumenyi
bw'ubuntu bwayo, no kutwereka urumuri rw'imbere rudufata
ukuboko rukatuyobora mu rugo rwo mu ijuru, kugira ngo
imitima yacu ibohorwe mu bihe byose by'ihungabana
n'umwijima w'isi, kandi badutera inkunga, batwizeza ko
dufite umugabane mu murage w'Imana kandi ko dushobora
.kuvugana n'ubwenge bw'isi

Uko umuntu agenda ahuza n'Umuremyi we, ibyaha bye
birasenyuka, intege nke ze zihinduka imbaraga, kandi
.akamenya ko roho ye ari nziza kandi yegereye Imana

Iyo urumuri rw'Imana ruhora rumurikira umuntu
ubyifuza, amenya ko kamere y'Imana iri muri we no mu
bandi, nubwo hari udupfundikizo twinshi tuyibuza kumurika
.mu mitima y'abantu bafatiwe mu buyobe

Turasaba Imana Ishoborabyose kuduha impano: kumva
mu mutima wacu amahoro ahebuje, urukundo ruhebuje,
.n'ibyishimo bitavugwa

Icyo tugomba gukora ni uguhindukirana urukundo
n'icyizere ku mutima w'isi yose, urukundo rutagira iherezo
.kandi gutanga kwawo kutagira imipaka

Imana ishaka kuduha umugisha no kuduha mu buntu
bwayo, ariko tugomba gufungura imitima yacu, tukareka
ibyifuzo byacu, kandi tukiyezameza kwakira ubuntu bwayo
.bwinshi

Iyo duhamagaye Imana n'imitima yacu yose, inzitizi
zose nko guhangayika, gushidikanya, n'ubwoba birakurwaho,
.kandi twumva turi hafi y'Imana kandi ko itwegereye

Twifuriye buri wese ibyiza n'imigisha

Amahoro abe kuri mwe, nshuti zacu

Ba umushyitsi wanjye w'iteka ryose

Uwiteka, yobora intambwe zanjye mu nzira zigororotse
Kandi nkora ibikorwa by'ubugwaneza

Amaso yanjye ahe umugisha, kugira ngo abone icyo
nkwiye kubona
Reka ibitekerezo byawe binyure mu magambo yanjye
Kandi ushyire ubuntu bwawe ku bandi ukoresheje
amagambo yanjye meza kandi yoroheje

Impumuro yawe iva mu ndabyo z'ubugingo bwanjye
No gukurura imitima mu rusengero rw'aho uri

Kugira ngo ugukoreho kwawe kumpe umugisha
umutima wanjye
Wenda azananirwa kumvikana no kubana neza na buri
wese

Kora ku bitekerezo byanjye
Ese nshobora kuzana abandi ku isoko y'amahoro yawe

Ba umushyitsi wanjye w'iteka ryose
Kandi mba mu rusengero rw'ituze n'ibyishimo byanjye

Sinzakwibagirwa, Mwami
Sinzanyura mu nzira z'ubuzima ntari kumwe nawe

Nari narazimiye mu nzira z'igihe
Wanyeretse inzira unsubiza aho uri

Mpa ibyifuzo byinshi by'amarangamutima
Kandi mu buryo bw'uko wiyeguriye Imana mu buryo
bufatika
Reka numve ijwi ryawe ry'umugisha

* * *

Umwarimu yavuze, ashishikariza umwe mu banyeshuri
:ati

Gusitara no kugwa mu mitego mibi ni intege nke z'igihe
gito gusa

Ntukibwire ko wabuze inzira mu buzima kandi ko
utazongera kubona inzira. Aho ugwa hashobora gukoreshwa
nk'inkunga n'ishingiro ryo kongera kubyuka, niba wigiye ku
.byo wanyuzemo

Niba ubonye amakosa runaka mu buzima bwawe
ugafata icyemezo cyo kutazongera kuyasubiramo, nubwo

wakongera kugwa, ingaruka z'uko kugwa zizaba nke cyane
.ugereranyije n'iyo utagerageza na gato

Ntidukwiye kwitega ko tuzagera ku ntego zacu zose

Zimwe mu ntego zacu zishobora kunanirana, ariko izindi
ntego zizagerwaho

Menya ko gutsinda no gutsindwa bifatanye isano; nta
n'umwe ushobora kubaho ku giti cye. Bityo rero, ntidukwiye
kwishyira hejuru cyangwa kwishyira hejuru niba tugeze ku
ntsinzi ikomeye, kandi ntidukwiye gucika intege cyangwa
.gucika intege niba tugeze ku gutsindwa

* * *

Bivugwa ko umwarimu w'icyamamare yabayeho
ubuzima bwe bwose afite ubuzima bubi Mbere y'uko agera
ku myaka mirongo ine, yari yaragize ibibazo bibiri byo mu
.bwonko ndetse akagira n'indwara ikomeye y'umutima

Byaramugoye cyane gukomeza akazi ke, kandi ubuzima
bwe bwarushijeho kuba bubi uko iminsi yagendaga ihita
kugeza ubwo yagiraga ingorane zikomeye mu kugenda no
gutanga amasomo, kuko kugenda gato k'umubiri
.byamuteraga ububabare bukabije no kumva ahumeka

Amaherezo - ubuzima bwawe burambe - abaganga be
bamubwiye ko iminsi ye ibaze, kandi indwara abaganga

bamusuzumye yongeraga kumva adafite icyo akora no
.kwiheba

Nyuma gato y'ibyo, yitabiriye umwiherero w'umwuka
utera imbaraga watumye abona ibintu mu buryo bushya,
.kandi yumva yegereye Imana

Kuri uwo mugoroba yagiye gutembera yinjira mu
ishyamba ry'ibiti by'imipanu yicara ku giti cy'igiti kugira ngo
aruhuke, maze yisanga asenga n'umutima we wose, asaba
Imana mu mutima we wose ngo imukize kandi imukure mu
.bumuga bwe bw'umubiri

Hanyuma yasabye Imana kuza kuri we, ikamwigarurira
ubuzima, ikamworohereza imiterere y'umubiri we

Yagize ati: "Aho mu ishyamba, nari mfite isano n'Imana,
kandi numvaga ko buri karemangingo ko mu mubiri wanjye
"kari karimo karahinda umushyitsi bitewe n'uko Imana iriho

Nyuma y'iminsi mike, yashoboye kuzamuka umusozi,
igikorwa atari yarigeze akora mbere. Yagize ati: "Ubwo
nageraga ku gasongero k'umusozi, ubwoba n'intege nke
byaramvuyemo kandi sinongeye kubyumva ukundi. Kuva
icyo gihe, numvise ko umutima mushya urimo utera mu
"gituza cyanjye

Kandi ni ko byagenze koko, kuko yamenyekanye kubera
imbaraga ze, imbaraga ze, n'ubuvanganzo bwe bwinshi,
kandi yabayeho imyaka hafi mirongo ine nyuma y'uko
.abaganga be bamusuzumye

Akenshi, iyo duhuye n'ikibazo cyo guhindura uburyo
bwacu bwo gutekereza no gukora ibintu—byaba ari
ngombwa cyangwa kubera ububabare—duhatirwa
kwiyegegurira Imana no gutangira bundi bushya. Hanyuma
inzira yo guhanga iratangira, kandi imbaraga z'ubuzima
zigatembera mu bitekerezo byacu no mu mibiri yacu nta
nkomyi. Kubera iyo mpamvu, impinduka nyazo mu mwuka
zibaho mu gihe cy'imibabaro ikomeye yo mu mutwe
.cyangwa ku mubiri

Hari isengesho ryitwa "Isengesho ryo Kureka" aho usaba
:agira ati

Uwiteka, muri iki gihe ndahanganye n'iki kibazo, ariko"
ingaruka ziri mu maboko yawe, Mana yanjye nkunda. Ni
itegeko ryawe, kandi nzemera ubushake bwawe kandi
"nyurwe n'ibyo unshakaho

Birumvikana ko bigoye kuri benshi gusenga muri ubu
buryo bivuye ku mutima, kuko bivuze kureka ubushake
n'ibyifuzo by' "ubwikunde", kandi iki ni kimwe mu bintu
bigoye ku muntu. Umuntu wese ubishoboye agaragaza ko
.yizeye Imana byuzuye

Ariko ibi ntibivuze ko tugomba kuba abantu badakora
ibyo dushoboye no kwishingikiriza ku Mana, tukitega ko
izadukemurira ibibazo byacu byose nta mbaraga dufite
"Kandi muvuge muti 'Kora!'" kuko kwizera kutagira ibikorwa
.ntacyo bitanga

Iyo umuntu yicaye mu cyumba, agakinga urugi, kandi
agakomeza kwizeza ko Imana izamugira umukire nta kindi
kintu akora, Imana ntizasubiza isengesho rye, kuko agomba
".gukora kugira ngo akire cyangwa ikindi kintu cyose

Ukwizera gupfukirana kutagira "akazi" cyangwa
imbaraga zo mu mwuka kuzimya urumuri rw'ubwenge, ariko
iyo umuntu akoresheje ubwenge bwe, agafata ingamba
zifatika, kandi agakorana ibikorwa byubaka, azahabwa
.ubufasha bw'Imana kandi ahabwe igisubizo cy'Imana

* * *

Ubucuti nyakuri buruta ubutunzi ubwo aribwo bwose
kuri iyi si
Abafite urukundo mu mitima yabo bazamenya abandi
by'ukuri
Ni nk'aho arimo areba mu icupa ry'ikirahure risobanutse
neza maze akabona ibirimo imbere

Kumenya abandi muri ubu buryo bituruka ku gukunda
Imana no gukunda abandi muri urwo rukundo

* * *

Ku ifoto: Umwarimu Paramhansa ari kumwe na bamwe
mu nshuti ze z'Abanyamerika kavukire baha agaciro ubucuti
bwe, bashakaga kuvugana na we, kandi bishimiye
.kumubona

Akenshi twisanga mu bihe bisa nkaho tudashoboye
guhindura. Tugerageza byose dushobora gutekereza, harimo
no gusenga Imana tubikuye ku mutima ngo ihindure
imimerere yacu mu buryo twizera ko ari bwo bwiza kuri twe.
Nubwo bimeze bityo, ibyo twifuza—byaba ubufasha
bw'amafaranga, ubuzima, cyangwa ikindi kintu icyo ari cyo
cyose—bishobora kutagerwaho, bigatuma twumva twihebye
.kandi twihebye

Ariko iyo tudashobora kwihuza n'imbaraga z'Imana ziri
muri twe, ni uko tudasobanukiwe icyo kwiyegegurira Imana
.bisobanura

Umugabo w'umunyabwenge yigeze gutanga inama ko
ibibazo byose bishobora gukemurwa binyuze mu gutekereza,
ariko abantu benshi ntibazi ko gutekereza atari ukugerageza
gusobanukirwa Imana cyangwa kubona ikindi kintu icyo ari
cyo cyose kiyiturukaho. Tugomba kubanza kumenya isano
dufitanye n'Imana no kureka kwishyira hejuru cyangwa
"kwishyira hejuru" bihagarara nk'igisitaza mu buzima bwacu
kandi bikagabanya urujya n'uruza rw'imbaraga z'Imana kuri
.twe

Hari inkuru ivuga ku mugore wamaze imyaka umunani
afite ubumuga kandi arwaye, asenga Imana buri gihe kugira
ngo imukize kugira ngo akomeze akazi ke. Amaherezo,
ababajwe n'ibyo yagerageje byasaga n'aho ari ubusa,
:yemeye gukora ibyo Imana ishaka, asenga atya

Ndashyize ubuzima bwanjye mu biganza byawe,"
Uwiteka Niba ushaka ko nkomeza kuba ubumuga n'ikimuga,
ibyo ni ibyawe, ariko ndagushakaho byinshi kuruta ubuzima,
"kandi ikibazo ni icyawe mu byo ushaka no gukora

Mu byumweru bibiri yari amaze gukira neza kandi
yavuye ku buriri bwe

Ibi bishobora gusa n'aho ari ibintu bivuguruzanya, ariko
igitekerezo nyamukuru ni uko akenshi tugerageza gusaba
Imana gukora ibyo ishaka aho kwemera ubusabe bwayo
bukomoka ku nyungu zacu bwite n'ibyifuzo by'ubwikunde
bibuza inzira z'amasengesho. Mu by'ukuri, Imana ifasha
abifasha ubwabo, kandi uko turushaho gutoza ubushake
bwacu guhuza n'ubushake bw'Imana, ni ko imbaraga nziza
.turushaho kuzana mu buzima bwacu

Ariko rimwe na rimwe ubushake bwacu ntibuyoborwa
n'ubwenge, nyamara tugashaka kubona ikintu kitari mu
nyungu zacu, kandi Imana ntiyigiremo uruhare ngo ihindure
.imimerere yacu

Ububasha bwacu bushobora rimwe na rimwe kuba
buhagije kugira ngo duhangane n'imimerere yacu, ariko
nyuma tugahura n'ibibazo bikomeye tudashobora kugira icyo
dukora, bikadusiga mu kaga. Ariko, niba dushobora
kwishyira ku ruhande ubwira bwacu tugasenga tubivanye ku
mutima kandi tubishishikariye tuti: "Ugushaka kwawe
nikubaho, Mwami, ntabwo ari ukwanjye," dufungura imitima
yacu kugira ngo tubone ubuyobozi, kandi imbaraga z'Imana
.n'imigisha myinshi bikadusukaho

Nubwo dukora uko dushoboye kose kugira ngo
dukemure ibibazo byacu, tugomba kumenya ko imbaraga
z'abantu zifite aho zigarukira kandi ko tugomba kwiyakira
imbaraga z'Imana zitagira imipaka, ariko bigaragara ko
benshi bagomba kubura imbaraga mbere yuko bamenya uku
.kuri

Hari indirimbo ivuga ngo: "Iyo ngeze aho, uza
"kundera

Kandi ubwo ni bwo buryo Imana itwigisha ko amaherezo
ari Yo yonyine ishobora guhindura ibintu bigoye no
.gukemura ibibazo bigoye

* * *

Nubwo Imana yumva amasengesho yacu yose (kugira
ngo idusure)
Ariko ntabwo ahora asubiza

Imimerere yacu imeze nk'iy'umwana muto uhamagara
nyina

Ariko nyina nta mpamvu yo kuza aho ari
Nuko amwoherereza igikinisho kugira ngo akomeze
kugira icyo akora no gutuza

Ariko iyo umwana yanze guhumurizwa n'ikindi kintu
cyose

Umubyeyi ubwe ni we wenyine uza kuri we

Mu buryo nk'ubwo, umuntu wese ushaka kumenya
Imana
Bikwiye kuba nk'umwana
Umuntu utanyuzwe n'uko umubyeyi w'umwana ariho
nk'umusimbura

iterambere rya rukuruzi

Umuntu ashobora kugira imbaraga zo gukurura ibintu
yihitiyemo, byaba ari ugukurura imbaraga zihebuje z'Imana,
kugira ngo agire imbaraga zo gutekereza, cyangwa gukurura
.ibintu by'ingenzi mu buzima bwa buri muni

Imana yahaye abantu umubiri, kandi tugomba kuwitaho
Abahinga kandi bagakoresha imbaraga zabo zo mu mutwe
gusa kugira ngo bakire ibintu bifatika n'imbaraga zo mu
mutwe amaherezo bazashukwa. Ariko, abahinga imbaraga
zabo zo mu mwuka bazabona izo mbaraga nziza zibafasha
mu byo bakeneye no gusohozza ibyifuzo byabo byose
.by'umubiri

Hari itegeko rusange rikora neza, kandi naryiboneye mu
buzima bwanjye kandi nemeza ko rikora

Ni ngombwa ko umuntu agira umubiri ukomeye kandi
muzima kandi ukurikiza amabwiriza y'ubwenge. Tekereza
umuntu utagira imbaraga, utagira ishyamba aya ku kazi
adafite intego cyangwa imbaraga, hanyuma tekereza
ifarashi yiteguye kwiruka mu kibuga cy'isiganwa ikimara
kubona ikimenyetso cyo gutangira. Uko ni ko umubiri ukwiye
.kumera

Hari igihe tubona abantu bageze mu za bukuru bafite
ubuzima bwiza kandi bafite imbaraga zo mu buto
Imibiri yabo isa n'iy'abakiri bato kandi yuzuyemo
imbaraga zo gukurura, kandi nubwo bakuze, bafite imico
myiza

Kurara no kurara bigabanya imbaraga Reba uko abantu
bicaye mu myanya yabo; bamwe basa n'abasinziye kandi
basinziye, ku buryo igihe ubabonye wumva unaniwe Abandi
bicaye bahagaze, kandi uzi ko bafite ishusho nziza; igihe
ubarebye, ubahuza

Umuntu wese wiyemerera kwicara yitonze kandi atitaye
ku buryo bugaragara agira uruhare mu kugorama no
kunama k'umugongo we binyuze mu buryo butari bwo. Ubu
bwoko bwo kwicara bugira ingaruka ku miterere
.y'imatekerereze kandi bugatuma ibitekerezo bye biba bibi

Abicara bahagaze neza kandi bafite imiterere myiza
baba bafite icyizere kandi bafite icyizere. Abadashobora
kwicara bahagaze neza bitewe n'imimerere yihariye
bashobora kubikemura binyuze mu kugira icyizere, icyizere,
.no kugira imitekerereze myiza

Buri gihe shyira ubwenge bwawe ku kintu cyose ukora,
nubwo cyaba gisa n'aho ari gito cyangwa kitari kinini, ariko
icyarimwe ukomeze ubwenge bwawe buhindagurika kugira
ngo ubashe kwimukira ku kindi kintu nibiba ngombwa. Ariko
ikiruta byose, kora byose witonze cyane, kuko ibi bizamuka
.cyane ubwiza bwawe

Abacuruzi benshi batsinze mu rwego urwo arirwo rwose
bazi neza uburyo bwo gukoresha imbaraga za rukuruzi

Kwifata biha umuntu imbaraga zidasanzwe, ndetse
binamuhesha ubushobozi bwo kugira ubwenge buiringaniye
.budahungabanywa n'amarangamutima n'irari

Irari ry'amarangamutima rigomba guhinduka imbaraga,
ibikorwa byo mu mutwe, kandi ubwenge bugomba
kugenzura amarangamutima kugira ngo imbaraga
.zigurumane zigaragare

Ubwenge buvanze n'amarangamutima birema rukuruzi
Umuntu ufite rukuruzi avuga afite icyizere

Avuga mu buryo bushyize mu gaciro, ariko amagambo
ye yuzuyemo amarangamutima Tugomba kuba
inyangamugayo mu byo tuvuga no mu byo dukora byose,
ariko kuvugisha ukuri ntibivuze kubabaza cyangwa gutera
isoni abandi

Imboga n'imbuto bifite ubushobozi bwo gukurura, cyane
cyane imbuto, kuko bitabangamira cyangwa ngo
bibangamiye inzira y'igogora, mu gihe kurya poroteyine
n'ibinyampeke cyane bifasha mu gushyira uburozi mu
.mubiri

Urugingo urwo ari rwo rwose rurwaye rutera
ubusumbane mu mubiri. By'umwihariko, igifu kigomba

kubungabungwa neza kandi gifite ubuzima bwiza; urugero,
umwuka mu gifu utera kumererwa nabi bityo bigira ingaruka
.mbi ku ngufu za rukuruzi

Kurya ibiryo byinshi bigira ingaruka mbi, mu gihe
kwiwiriza ubusa bifasha kugaragaza imbaraga umuntu afite
zo gukurura, kimwe no gusiba amafunguro amwe na amwe
rimwe na rimwe, ariko ibi ntibivuze kwiyicisha inzara kugeza
.aho byangiza ubuzima bwe

Abarya inyama gatatu ku munsu bafite amaso
adakomeye kandi bafite imbaraga nke zo kubyibuha. Ariko,
imirire ikwiye yonyine ntihagije; hakenewe gutekereza neza,
imyitwarire myiza, no kugendera mu nzira z'ubuzima
.ugororotse

* * *

Niba uhora wizeye

Kwizerana gushyitse, nta gushidikanya na gato

Ko imbaraga z'Imana zirimo gukorera muri wowe

Inyuma y'ibitekerezo byawe, amasengesho yawe, n'ibyo
wemera

Kugira ngo uhabwe imbaraga zitagira imipaka

Kugira ngo duhangane n'ibibazo byose by'ubuzima

Kandi niba wizera ko Imana iri kumwe nawe

Ubwitonzi bwe bujyana n'intambwe zawe zose

Uzumva imigisha yayo iteka ryose

Kandi ukumva ko ariho

Muri buri gice cy'ubuzima bwawe

* * *

Imana ni urukundo, kandi umugambi wayo wo kurema
ntiwashoboraga kuba waraturutse, cyangwa ngo ushingirwe
mu kindi kintu kitari urukundo. Ese icyo gitekerezo
cyoroshye ntigiha umutima w'umuntu ihumure n'ibyiringiro
?kurusha ikindi gitekerezo icyo ari cyo cyose
Abantu bose b'abahanga binjiriye mu kuri bahamije ko
hariho umugambi w'Imana ku isi yose, kandi ko ari mwiza
.kandi wuzuyemo ibyishimo

Imana yaturemye nk'abamarayika b'imbaraga, dukikijwe
n'imigezi y'ubuzima, inyura mu matara afatika
Ariko kubera ko twibanda ku busharire n'intege nke
by'itara rifatika, twibagiwe uburyo bwo kumva imiterere
y'iteka ryose kandi idashira y'ingufu z'ubuzima buhoraho ziri
.muri iryo tara, zishobora guhinduka no guhinduka
,Iyo urenze ubwenge bw'iyi si

Kumenya ko utari umubiri cyangwa ubwenge
Ariko, uracyazi ko uriho
Kamere yawe nyayo ni ubwo bwenge butunganye kandi
butagira imipaka
Uwurimo byose mu isanzure
Urukundo rw'Imana rusukura ibyifuzo byose by'umubiri
kandi rukabihinduramo intego nziza n'ibyifuzo bikomeye,
kandi rukiza umutima ububabare bukunze guterwa
n'imibanire idashingiye ku rufatiro rukomeye rw'urukundo
rudahinduka, ubwumvikane buhamye n'ubwubahane,
.cyangwa se iterwa n'urupfu rw'uwo ukunda
Iyo dukunda Imana byuzuye, ntidushobora kunyurwa
n'urundi rukundo urwo ari rwo rwose keretse iyo ari kimwe
mu bigize urwo rukundo ruruta izindi, kandi muri urwo
rukundo rw'Imana tuzabonamo urukundo rw'imitima yose
.kuko Imana ari yo soko y'urukundo mu isanzure
Ibintu byose isi iguha hanyuma ikagutwara, ikagusiga
mu gahinda, mu bubabare, cyangwa mu gucika intege,
uzabisanga mu Mana ku rugero runini cyane kandi nta
.ngaruka zo gutenguha no kubabara
Najugunye urushundura rw'ibyo nifuzaga
Mu nyanja nini y'ibitekerezo byanjye

Akenshi byanteye ipfunwe mu mutwe
O Urukundo rw'Imana
!Yewe, umuhigo w'agaciro
Ariko, nkomeje kwibira
Mu mahoro menshi

Kandi nta guhwema, ndaguterera urushundura
rw'urukundo rwanjye
Umwe nyuma y'undi
Ngomba kugufata umunsi umwe muri

Inyota yanjye itagira iherezo kuri wewe ni urusobe
rw'abantu

Ndatera uru rushundura rw'urukundo rwanjye hose
Hejuru y'imiraba y'ubuzima ihindagurika
Kandi ku byerekeye inyenyeri zicana
Kandi mu bwihisho bw'imitima myiza

Icyo nzi gusa ni uko ndi umuhigi
Kandi nzakomeza kugerageza kugufata
Yewe, icyifuzo gikomeye cyane n'ubutunzi buhebuje
!buriho

* * *

Abavuzi basanzwe cyangwa abapadiri nta bubasha
bafite bwo kubabarira ibyaha cyangwa kubohora
abanyabyaha baza aho bari babasaba inama; icyo bashobora
gukora ni ukubaha imiti yo mu mwuka, nta kindi

Abazi Imana bageze ku ntera zikomeye cyane mu
by'umwuka, ku buryo batanyurwa no guha abanyabyaha
inama zo mu buryo bw'umwuka gusa, ahubwo bashobora -
ku bw'ubuntu n'ubufasha bw'Imana - kubaha imbaraga
.z'umwuka zibakura mu ngaruka z'ibikorwa byabo by'icyaha

Ibikorwa byose byiza n'ibibi biba byihishe mu
ngirabuzimafatizo z'ubwonko kandi bigaragara nk'ingeso
.nziza cyangwa mbi cyangwa ingeso mbi mu bitekerezo

Umuntu ufite ingeso mbi bitewe n'uko uturemangingo
tw'ubwonko bwe dufite imbaraga z'izo ngeso ashobora
kwibohora binyuze mu mbaraga z'ubushake, gutekereza ku
byo akora, gusenga bivuye ku mutima, no gukomeza
kwemeza ibintu neza kugeza igihe ingeso ze zose
.zidashimishije zihindutse ingeso nziza z'amahoro n'ituze

Ibi bibaho iyo imbaraga z'ubuzima ziyobowe neza zikora
kugira ngo zihindure imiterere idasanzwe y'uturemangingo
tw'ubwonko kugira ngo utwo turemangingo twuzuremo
.ibintu byose byiza, bitunganye kandi byiza

Ibi bivuze ko uturemangingo tw'ubwonko twuzuyemo
ibitekerezo by'ibinyoma dutwikwa n'ibikorwa by'ingenzi iyo
dukusanyirijwe hamwe cyane mu bwonko tugakoreshwa mu
.nyungu nziza kandi z'ingirakamaro

Umuntu ukunda cyane umubiri we agumana ibikorwa
bye by'ingenzi mu mitsi n'amatwi ye, ariko umuntu ufite
imyifatire yo gutekereza cyane mu by'umwuka agumana
imitsi n'umubiri we mu buryo bwo kuruhuka, kandi ubwenge
bwe bukarinda amatwi ye, ku buryo imbaraga z'ubuzima
.zihagarara mu mitsi maze zikirunda mu bwonko

Kubera iyo mpamvu, gutekereza ku bwenge ni bwo
buryo bwiza bwo guhindura uturemangingo tw'ubwonko mu
buryo bw'umwuka no kurandura imizi y'ingeso iyo ari yo
.yose idakenewe mu mutwe

Akamenyero ni imbaraga, kandi abantu bakoresha ubwo
bubasha nabi bakora ibibi aho kubukoresha mu bikorwa
byiza

Ubuji, kutagira icyo umuntu yibwira, kunanirwa
guhita inshuti nziza, no kwirengagiza ibikorwa byiza
akenshi biyana umuntu mu mitego n'ingeso mbi,
nk'umucanga unyuramo umira umuntu uwugendaho
.atabishaka

Ingaruka z'ubucuti zirakomeye kuruta imbaraga
:z'ubushake n'ubushishozi

Ntugakundane n'umuntu mubi, kuko umuntu mubi)
(ashobora kwangiza imico yawe

Abantu b'abanyabwenge bakora neza nta mbaraga
bafite, mu gihe abakunda ibibi basa n'aho bahatirwa gukora
ibikorwa bibi kandi by'urwango bitewe n'ingeso ibahatira
.gukora icyaha n'ibibi

Turasaba Imana Ishoborabyose kudutera ibitekerezo
byiza

Kugira ngo tubone ibyiza n'ubwiza
Dutandukanya icyagirira akamaro n'icyangiza
Kandi kugira ngo tumuhindukirire
Kandi turabyizeye
Isoko y'ibyiza byose
Kandi isoko y'ibyiza byose

* * *

Inyuma y'igicucu cy'ubu buzima hari urumuri rutangaje
kandi rutangaje rw'Imana

Isi yose ni urusengero runini rw'ubuturo bwe bwiza

Iyo dutekereje ku Mana mu buryo bukomeye kandi
bwimbitse

Kandi turamukunda urukundo ruhebuje
Turamwizera rwose
Inzugi zitabarika zirakinguye imbere yacu

Kandi iyo tubonye umucyo we
Kandi twumva ko ariho
Si ibintu byose biteye ubwoba kandi biteye ubwoba
bibaho mu buzima bishobora
Kugira ngo tubuze amahoro n'ituze
Ibyo bintu bituma twumva twegerereye Imana

* * *

Mu buzima no mu rupfu
Mu ndwara n'inzara
Cyangwa ubukene n'amakuba
Kandi mu bihe bigoye, imvururu, n'ihungabana ry'isi
Ndaguhungiraho, Nyagasani, iteka ryose

?Urukundo ni iki
Urukundo ni impumuro nziza y'indabyo z'amalisi
N'indirimo y'amaroza acecetse
Kwizihiza ubwiza bw'ibidukikije

Urukundo ni indirimbo y'ubugingo iririmba ubuzima
N'imbyino iringaniye y'imibumbe
Mu rugendo rwayo rudashira mu kirere cyimbitse

Ni inyota y'indabyo kunywa urumuri rw'izuba
Kandi irakura kandi igatungwa n'umuti w'ubuzima

Ni cyo isi yifuza cyane
Kugira ngo imizi y'umuntu ufite inyota irusheho
kumererwa neza n'amata yayo
No kugaburira ibiremwa bifite ubuzima ishingiro
ry'ubuzima

Ni ubushake bukomeye bw'izuba
Kugira ngo ibiremwa byose bikomeze gukora
Ni imbaraga iyobora ubuzima
Gukingira no kwita ku bana bato

Inseko y'ubuziranenge ni yo ituma umwana akundwa
n'ababyeyi
Ni ukwishyira mu mwanya w'abandi mu mitima
y'abakundana
Gutanga serivisi n'impuhwe ku buntu

Ni cyo kintu cy'ubucuti butuma abantu bakundana
Uvura imitima yangiritse kandi agakiza ibikomere
Ni uguhamagara k'umutima kudashobora gusobanura

Ni umusizi wuzuye urukundo afitiye abantu

Uwibasiwe n'ibyago bye

Ni uruhererekane rw'ubucuti hagati y'abagize
umuryango umwe
Kwaguka no kwaguka buri gihe bijya ahantu hanini
N'imirima migari

Ni urusaku rw'ubuzima
Mu mucyo w'ubwenge bufungutse
Kandi ijuru ry'imitima ryuzuyemo inyenyeri
z'amarangamutima meza

Urukundo ni ibyishimo by'umutima
Ibyo imitima ikunda ishaka
Kandi yifuza kumugeraho no kuvugana na we

* * *

Urupfu - ubuzima bwawe bube burebure - si iherezo,
ahubwo ni ukubohorwa by'agateganyo bihabwa umuntu iyo
itegeko ry'ubutabera rusange ryemeza ko umubiri we
n'ibidukikije bye byageze ku ntego yabyo, cyangwa iyo
acitse intege cyane, ananiwe, cyangwa ababaye ku buryo
.atagishobora kwihanganira imitwaro yo kubaho ku isi

Ku bari mu mibabaro, urupfu ni ukuzuka cyangwa
kubohorwa imibabaro ibabaza umubiri, bakajya mu
.gukanguka amahoro, ituze n'ikiruhuko

Ku bageze mu za bukuru, ni ikiruhuko cy'izabukuru
bakoreye mu myaka myinshi y'urugamba n'akazi gakomeye
.mu buzima bwabo bwose

Ku bantu bose beza, ni igihe cyo kuruhuka gishimishije

Igihe kirageze ngo abantu bakore imbaraga zigaragaza
ukuri byishimo bifatanye isano n'iri hashurirwa, kandi abifuza
kugera kuri izo ntogo z'imbere bagomba gushyiraho
imbaraga zigamije no kugaburira ubwenge bwabo
ibitekerezo bishya kugira ngo bakore ku kuri Imana yashyize
muri bo kandi bungukire ku mbaraga z'umugisha ziboneka
.mu mibereho yabo

Ni nde wifuza guhaza ibyumviro by'umubiri atabanje
?kuryohereza n'ibishimo byo mu mwuka
Ashora imari mu isoko y'Imana, isoko y'ibishimo
n'ibishimo byose, mu buryo buhomba, bityo ubucuruzi bwe
.buratsindwa kandi umusaruro we w'ubwenge ukaba muke

Abifuza kumenya Imana bazayihabwa n'Imana kuko ari
yo itanga ubuntu kandi igira neza. Ariko, abantu benshi
biruka inyuma y'irari ry'isi, bakihumuriza bafite ibishimo
bitagira iherezo, kandi bababazwa no kutabigeraho cyangwa
!kubigeraho

Ndetse n'abantu bafite amahirwe mu by'imari
amaherezo bazumva bafite ubusa mu buzima bwabo bugoye
kubwuzura. Ariko, abahuzaga ubuzima bwabo n'Imana ni
abakire, bafite imbaraga, kandi bashimira kunyurwa no
.gutunganirwa

Kwirengagiza amabwiriza y'ubwenge no kwirengagiza
ijwi ry'umutimanama bijyana mu nzira zigoramyeye, zinyerera,
ziteje akaga, kandi mbi, mu gihe gukurikira inzira yo
gukiranuka bijyana mu kubohoka ku ngoyi no kubona
ububasha bwo gukora icyiza, atari ibyo bitegekwa
.n'imatekerereze mibi n'ingeso ziyobya

Abashaka ibyishimo bashobora kungukirwa
n'ubunararibonye bw'abantu b'abanyabwenge bahanganye
.n'ibibazo by'ubuzima bakabibonamo ibisubizo

Mu by'ukuri, umuntu wese uhuza n'imigambi y'Imana
aba arimo koga mu nyanja y'ibyishimo n'ituze, kandi koko
aba afite amahirwe

* * *

Igitekerezo cyose dufite gitera guhindagura kwihariye

Iyo utekereje ku Mana n'umubiri wawe wose, ubwenge
bwawe bwose, n'ingingo zawe zose - kandi ukavuga uti
"Mwami" kenshi muri wowe, uba urimo gutera imbaraga
.zituma Imana ibaho mu buzima bwawe

Iyo tumenye ko Imana ari yo dukunda iteka ryose kandi
ari inshuti yacu ihoraho, kandi ko urukundo rwayo ruruta
urundi rukundo urwo ari rwo rwose, icyo gihe twumva ko iri
hafi kandi igakora ku ruhande rwayo, maze imitima yacu

ikumva ituje kandi tukumva amahoro yo mu buryo
.bw'umwuka ahebuje

Iyo utekereza ku Mana kandi ukumva ibyishimo byinshi
mu mutima wawe no mu mubiri wawe wose, kandi ibyo
byishimo bikakugeraho rimwe na rimwe, menya ko Imana
yasubije ibyifuzo by'umutima wawe kandi ko ibyiyumvo
by'ibyishimo urimo kubona ari igihamya cy'icyo gisubizo
.cyiza

Ingeso ni ibikoresho byo mu mutwe byikora kandi ni
uburyo bufasha mu kurangiza imirimo ikenewe mu buryo
bworoshye kandi butagoranye

Benshi bemerera ingeso z'intege nke no kunanirwa
kuzishyira mu bucakara, kandi umuntu ashobora kwikingira
niba abayeho mu buryo butandukanye, mu gihe
ashishikajwe no kurwanya ingeso mbi kugeza ageze ku
.mutekano no ku nkombe z'intsinzi

Irari ritagira umupaka ritera ingeso mbi mu kuzigaburira
no kuzisobanura mu byiringiro bitari byo n'amasezerano
.y'ibyishimo bitagira umumaro no kunyurwa by'akanya gato

Muri ibyo bihe by'intege nke n'urujijo, umuntu wifuza
gutsinda ingeso mbi agomba gukoresha imbaraga ze zo
gutandukanya ibintu kugira ngo asobanukirwe imiterere
.yazo nyayo kandi azihangane neza

Ingeso mbi zigira ingaruka mbi kandi zibabaza kandi
zifite uburozi

Izi ngeso mbi, nizitagenzurwa, zizakomera, zikomeze
.umuntu mu maboko ye kandi zimugireho ingaruka zikomeye

Iyo ubwenge bumaze kwemeza ko iyo ngeso ari ubusa
kandi ko ari mbi, ingaruka zayo ziragabanuka kandi
.amaherezo zirashira mu buzima bwa muntu

Uko ni ko dutekerezwa, ni ko turi

Ingeso zisanze z'ibitekerezo byacu zigenda imiterere
y'impano zacu, ubushobozi bwacu, na kamere yacu

Hari abantu bibwira ko ari abanditsi, abahanzi, abantu
bakora cyane, cyangwa abantu b'abanebwe, batagira icyo
bakora, n'ibindi. Ariko se byagenda bite niba wifuza kuba
?undi muntu utari uwo uri we ubu

Ushobora kuvuga ko hari abantu bavukana impano
zidasanzwe udafite ariko wifuza ko wazigira. Ibyo ni ukuri
ariko bakoze ibishoboka byose kugira ngo bateze imbere
ubwo bushobozi cyangwa icyifuzo cyo kubugira mbere
.y'igihe. Niba atari muri ubu buzima, mu buzima bwabanje

Bityo rero, ukwiye gutangira gukora ubu ku gusobanura
icyo ushaka kuba cyo

Ushobora gushyira no gushyiraho icyerekezo icyo ari
cyo cyose mu bwenge bwawe ubu, mu gihe ushyizemo
igitekerezo gikomeye mu bwenge bwawe, hanyuma ibikorwa

byawe bikazakurikiza kandi umubiri wawe wose ukazakira
.icyo gitekerezo kandi ugakora ibikwiye

* * *

Ubwenge bw'umwuka buvuka mu nkomoko y'urukundo,
ruruta cyane imbaraga zangiza z'urwango

Icyo tuvuga cyangwa dukorera abandi cyose kigomba
gushingira ku rukundo

Ntitugomba gukomeretsa cyangwa gucira abandi
urubanza, ahubwo tugomba kubakunda no gusangira nabo
imigisha Imana iduha

Ibintu dutunze si ibyacu mu by'ukuri; tubihawe ngo
tubikoreshe by'agateganyo, kandi tuzabikurwaho nituva kuri
iyi si

Tugomba kurenga ibyo kwiharira no gutanga ibyo
dushoboye; hanyuma tukazana ibyiza n'imigisha kuri twe
.ubwacu. Kugira ngo dutange, biratangwa

Incuro nyinshi nta na kimwe nari mfite, ariko
nishingikirizaga kuri banki y'Imana, kandi iterambere ryera
.ryamperekezaga kandi imbaraga z'Imana zaranshyigikiye

Kwizera Imana byuzuye n'ubufasha bwayo ni yo ngwate
yanjye y'ibanze mu buzima, kuko ntiyigeze intenguha
cyangwa ngo intenguhe

Iyo ufite ubumenyi bw'umwuka, aho ujya hose, n'icyo
.ukeneye cyose, itegeko rusange rizagufasha kurisohozza
Kwitegereza ibyaremwe n'amaso areba

Umwigisha Paramhansa Yogananda

Ubuhinduzi: Mahmoud Abbas Masoud

Mbega ukuntu iyi si ari nziza cyane! Muri yo, Imana
igaragaza kandi ikagaragaza ibitangaza by'ibyo yaremye
Abantu ntibagomba kugenda nk'abapfuye muri iyi si,
ahubwo bagomba gutekereza, gusesengura ibyo babona, no
kwishimira ibyo Imana n'icyitegererezo cyayo, abantu,
bakoze kuri iyi si Mbega ukuntu imiterere y'isi ari myiza
cyane! Uburyo twaremwemo n'uburyo imashini zo kurema
zikora, hakurikijwe amategeko y'isi, ni byo bigaragaza
uburyo ibintu byose bitunganye kandi bitunganye (umurimo
w'Imana, yo yatunganyije ibintu byose)

Twese tubona indabyo kandi tukishimira ubwiza bwazo
n'uburyohe bwazo, ariko se ni nde ufite ubushobozi bwo
kumenya ibanga ry'uko indabyo zibaho? Umuntu agomba
gutekereza no gutekereza ku buryo n'ibikoresho bigize buri
kintu cyose abona buri muni, byaba igitabo, igikoresho
cy'umuziki, inzu, cyangwa igitabo.

Urugero, imodoka zikunze gufatwa nk'izisanzwe Ariko
uramutse usuye inganda aho ziteranyirizwa zikanakorera,
wamenya uburyo imiterere yazo igoye kandi igoye. Tekereza
kandi ku bijyanye no gukora ibinyamakuru bya buri muni
n'imashini zicapa. Nta kiganza cy'umuntu cyashoboraga
gukora ku muvuduko nk'uwo.

Niba ibintu byakozwe n'abantu ari ibintu bigoye kandi
bifitanye isano, bite ku birebana n'uburyo ibimera,
inyamaswa n'abantu baremwe mu buryo butagira iherezaho!

Hakenewe imyaka icumi kugira ngo umuntu yige siyansi y'ubuvuzi kugira ngo asobanukirwe imiterere n'ibyo umubiri we ukeneye, ibi bisa nkaho ari ibintu bisanzwe

Iyo ikimera kiri mu cyiciro cya mbere cyo gukura mu mazi kiri mu kirahuri, imizi yacyo isa n'umusatsi mwiza. Ariko, iyo gitewe, ingufu zuzuyemo ubwenge bw'Imana kandi ziri mu mizi zituma ikimera gikura intungamubiri zikenewe kugira ngo gikure mu butaka no mu mazi.

Ese koko ntibitangaje kubona amazi atunga amababi y'ikimera atemba agana hejuru ahanganye n'imbaraga rukuruzi? Mu gukuraho igishishwa cy'igiti cyangwa igiti, umuntu ashobora kubona imikorere igoye y'imiyoboro igenga urujya n'uruza rw'ayo mazi Imbaraga zituma iki gikorwa cyo kugaburira no gukura kirushaho kuba amayobera yitwa ubuzima ubwabwo

Iyo ndi mu bwenge bw'Imana, mbona ubuzima ndetse no mu migozi y'ibyatsi ntari narigeze ntekereza ko nzashobora kureba ibitangaza byihishe by'irema. Gutekereza kuri ibi bitangaza ni uguhagarara mu bwoba no kubaha imbere y'icyubahiro n'icyubahiro cy'Imana.

(Kandi nagendaga nk'umuntu wicisha bugufi kandi ushyira mu gaciro)

(Imana ntabwo yishyira hejuru cyangwa ngo yibone)

Mu buryo bunonosoye cyane, ubushake bw'Imana bwashyizeho imiterere ya buri kiremwa gifite ubuzima, hamwe n'ibikenewe byose kugira ngo kibeho, kibungabungwe, kandi kibungabungwe mu buryo bwiza kandi gishobore gukora imirimo yacyo. Iyo habayeho ikibazo muri ibi bisabwa mu mirire, urugero, ibimera, inyamaswa n'abantu byagira ingaruka mbi.

Umuntu usanzwe abona ibintu byose by'ingenzi umubiri ukeneye mu byo urya. Ariko, abantu benshi birengagiza amabwiriza y'imirire, kurya indyo idafite ibintu byose bikenewe cyangwa uburinganire bw'intungamubiri kugira ngo umuntu agire ubuzima bwiza. Indyo idahagije ni yo mpamvu ikomeye itera indwara nyinshi ku bantu. Kubura intungamubiri bigira ingaruka zigaragara ku kimera gifite indyo yabuze bimwe mu bintu by'ingenzi by'ingenzi.

Hari ihererekanya ry'ingenzi hagati y'abantu n'ibinyabuzima byose. Ihererekanya ry'abantu n'inyamaswa rizwi cyane. Abantu bahumeka ogisijeni bagasohora umwuka wa karuboni, mu gihe ibiti bikurura kandi bikabika dioxyde de carbone na amazi, bigasenywa na fotosite kugira ngo bikore karuboni (ibice bya karuboni, ogisijeni, na hydrogen, nk'ibinyampeke n'isukari)

Muri ubu buryo, ibiti birekura ogisijeni ikenewe ku bantu. Uburyo bwo gukora photosynthesis buhagarara nijoro kuko bushingiye ku zuba. Ariko, binyuze mu bundi buryo bwitwa guhumeka, ibiti bihora birekura ogisijeni karubone mu kirere, cyane cyane nijoro iyo nta ngaruka mbi iterwa na fotosite, ifata karubone igakora ogisijeni.

Mu ijoro umwuka uba utuje muri rusange, kandi umwuka mwinshi wa karuboni utura hafi y'ubutaka. Iyi ni imwe mu mpamvu yatumye ingeso yo kuryama ku buriri, ni ukuvuga hejuru y'ubutaka, itera imbere.

Siyansi yaduhishuriye uburyo bwinshi bugoye bw'iyi si— ibintu twese twaremwemo Ariko haracyari ubumenyi bwinshi butaramenyekana Iyo twitoza kugira imbaraga zihishe z'ibyumviro byacu, twashoboraga gusobanukirwa byimbitse kandi bikungahaye Hari ibintu twagombye kubona n'amaso yacu, ariko ntitubibona Ibintu tugomba kumva n'amatwi yacu, ariko ntitubikora kuko ibyumviro byacu bimenyereye

kandi bishingiye ku byo tubona mu isi y'umubiri yuzuye kandi ifite imipaka.

Kubohoka kuri ubwo buryo bwo kwihambiraho si ukubuza ibyishimo by'umubiri, ahubwo ni ukwagura ubushobozi bwacu bw'umubiri—twahawe n'Imana—kugeza ku bushobozi bwabwo bwose bw'umwuka.

Ku rwego rw'umubiri, abantu bavumbuye uburyo butandukanye bwo kongera ubushobozi bwabo bwo kureba. Ijisho ryambaye ubusa ribona gusa amabara make; icyakora, amwe mu mabuye y'umukara woroheje agaragaza amabara ashyushye munsu y'urumuri rwa ultraviolet lyo uru mucyo ufunze, amabuye asubira ku ibara ryawo ryijimye ry'umwimerere. Amabara menshi mu isi ifatika, nk'ubururu bwo mu kirere, ni amayeri y'urumuri akorwa no kugaragara k'urumuri ku bwoko butandukanye bw'uduce tw'ibintu. Kubera ko ijisho rishobora kubona gusa uruhererekane ruto rw'imitingito igize buri kintu cyose mu isanzure, abantu ntibashobora kubona imiterere y'ibintu bito, ihishe mu byose bibakikije. Iyo tuyabonye, twatangazwa n'ubwiza bwayo n'ubwiza bwayo. Ndetse n'amabara meza cyane yo ku isi asa n'aho adasobanutse neza ugereranije n'amabara meza y'isi cyangwa isi.

Bityo, ijisho cyangwa ugutwi ntibishobora kubona ibintu byose bishobora kugaragara. Abantu ntibashobora guhumeka impumuro nziza cyangwa kubona imiterere, amashusho, n'ibintu byinshi bitoroshye binyura mu bunini bwa ether.

Abantu akenshi ntibashobora kubona ibintu mu buryo bwabo. Abantu bafite amaso bishimira ubwiza ahantu hose. Abandi bakora nk'aho badafite amaso; ntibabona cyangwa ngo basobanukirwe—"ibipfamatwi, impumyi, n'ibiragi, bityo ntibasobanukirwa"—kuko badashobora kubona ikintu icyo ari cyo cyose, ndetse n'ahantu heza.

Ubwo nasuraga Megizike nkabona "ubusitani bureremba" bw'ikiyaga cya Zuquemilco, ubwiza bwabwo bwuzuye umutima wanjye, maze numva ubwiza n'icyubahiro by'umuhanzi w'imana. Hari undi muntu wasaga n'aho yishimiye ibyo bitangaza by'umwimerere, ariko ibyiyumvo byo mu mutima byanyeretse ko atarimo kubona ibyo nabonaga. Namubajije uko yumvaga ibyo byiza, maze aransubiza ati: "Natekerezaga uburyo bwiza bwo kuvoma amazi kugira ngo ngere guhinga ubutaka."

Nk'umuhanga mu by'injeniyeri, yabonaga ikiyaga mu buryo bwe bwite. Bityo, twese tubona ibintu dukurikije ibitekerezo byacu n'ibyo dushingiyeho.

Buri bugingo bugizwe n'imitingito itandukanye y'amarangamutima, ibitekerezo, n'amarangamutima—ibintu byose bigira uruhare mu kurema imico cyangwa ubwenge bw'umuntu Buri muntu afite imiterere yihariye, imitingito itandukanye. Ikintu cyose umuntu yakoze kuva akiri umwana kiguma mu bwonko nk'udupfundikizo tw'imyitwarire n'amarangamutima. Kubera ko tudashobora kubona utu dupfundikizo tutagaragara, dutangazwa n'ibikorwa by'abantu, buri wese akurikije ibyo ashaka. Bamwe batwarwa byoroshye n'ibyishimo nta mpamvu, cyangwa bakaba umujinya no kwiheba mu buryo budashobora gusobanurwa, ndetse no kuri bo ubwabo. Abandi bahora bahugiye mu kunenga, guteza amakimbirane, gukwirakwiza ibihuha, no gushyira abandi ahagaragara, mu gihe imbere muri bo bakeneye cyane gusukurwa no kwezwa. Izi ngeso zo mu mutwe zishyingura roho kandi zikabuza umuntu kugaragaza ubushobozi bwe bwo hejuru. Mbega ukuntu abantu bagoye kandi bigenga! Buri muntu, muri we, ni inkuru y'ibice byinshi, ifite ibintu bifitanye isano n'ahantu hatandukanye

Uretse kurya, gusinzira no gukora, abantu bategerejweho kugira icyo bungukira mu buzima. Abatekereza batekereza ku bidukikije kandi akenshi bagatangazwa n'ibyo babona. Bareba neza bakibaza impamvu ibintu bibaho cyangwa bitabaho mu buryo runaka. Urugero, tubona iryinyo rimwe, hanyuma iryindi, none kuki tutabona iryindi rya gatatu? Kuki sisitemu ikora muri ubu buryo?

Abantu bemera ibitekerezo byinshi by'ubuyobe ku nzitizi karemano badashidikanya cyane, bityo bakemera ibyo bitekerezo kugenga ubuzima bwabo n'ibihe byabo. Abatekereza ntiborohera kwemera uko ibintu bimeze; ahubwo baharanira kubihindura, kandi ibi nibyo bituma iterambere rishoboka.

Ndishima iyo mbonye ibyo abantu bagezeho n'ibihangano bidasanzwe bikorera abantu mu buryo bumwe cyangwa ubundi Ni ibitangaza bingahe byaturutse mu bwenge bw'umuntu! Nyamara ubwonko ubwabwo buracyari ingorabahizi kurusha ibyo bwakoze byose

Hari inkuru ivuga ku mwami wagiriye neza Minisitiri w'Intebe we, ibyo bikaba byarakuruye ishyari n'ishyari mu mitima y'abandi bakozi b'ibwami babonye ko umwami yari afite urwikekwe. Umwami amaze kubimenya, yashakaga kubasobanurira impamvu Minisitiri ari we wakundaga cyane.

Umunsi umwe umwami n'abari kumwe na we bumvise umuziki uturutse kure, maze ahindukirira umwe mu batware be aramubwira ati: "Tubwire amakuru"

Nyuma y'akanya gato umugabo yaragarutse avuga ko byari ibirori by'ubukwe. Umwami aramubaza ati "Ubukwe bwa nde?" ariko umukozi w'inzu y'umwami ntiyabona igisubizo.

Hanyuma yohereza undi mutware w'ibwami wagarutse azanye igisubizo cy'ikibazo cya nyuma cy'umwami, ariko ntiyashobora gusubiza ikindi kibazo na kimwe. Ibyo byabaye no ku bagabo benshi.

Amaherezo, umwami yahamagaye Minisitiri mukuru we amutegeka kujya gukora iperereza kuri icyo kibazo. Minisitiri yahise ahaguruka, maze agarutse, umwami amubaza ibibazo byinshi, byose Minisitiri w'umunyabwenge kandi wizewe arashobora kubisubiza mu buryo burambuye.

Abantu benshi batinda gutekerezwa neza basa n'abarinzi b'irembo b'injiji. Ntabwo ari ibicucu gusa, ariko ni abanebwe cyane mu bwenge ku buryo badashyiraho imbaraga zirenze ibisabwa rwose. Nshobora kwiregura ku bunebwe bw'umubiri, kuko hashobora kuba hari impamvu yumvikana y'umubiri, ariko nta rwitwazo rwo kudakora neza mu bwenge! Abadafite akazi ko mu mutwe ntibashaka gutekerezwa kuko no gutekerezwa bibasa n'akazi katoroshye.

Igitekerezo ni ikintu gitangaje kandi gitangaje Nta muntu ushobora gushyira mu byiciro imiterere n'uburyo ubwenge bubona. Ubushobozi bwacyo ntibugira iherezo. Bityo rero, iyo urebye neza kandi ugatekerezwa cyane ku ngingo iyo ari yo yose, uzabona igisubizo cy'ikibazo icyo ari cyo cyose kijyanye n'iyi ngingo.

Amarangamutima yawe agomba kuba ahuye n'ibitekerezo byawe Niba udahuje amarangamutima yawe n'ibitekerezo byawe, imyanzuro yawe ntabwo izahora ari yo. Amarangamutima ni ubwoko bw'ubushishozi, ububiko bw'ubumenyi bwose. Amarangamutima agomba kuringaniza ubwenge, kuko ari bwo gusa ishusho yera y'Imana iri muri wowe igaragara mu buryo bwayo bwuzuye. Bityo, yoga yigisha umuntu uburyo bwo kuringaniza imbaraga z'ubwenge n'ibiyumvo. Abadafite byombi mu rugero rumwe ntibababakiri bato.

Uko umuntu ushakisha agenda arushaho gutera imbere mu buryo bw'umwuka no kwegera Imana, ni ko Imana irushaho kumuhishurira ibitangaza byo kubaho Inyuma ya buri kintu kigaragara hari ishusho y'urumuri rw'amabara. Mu isi y'isi cyangwa iy'umubumbe, byose birangwa n'ubuzima Nta kintu kitagira ubuzima kibaho.

Uruganda rw'ikirere rwihishe rurenze ubwenge. Isi yose ni igitekerezo kimwe mu bitekerezo by'Imana! Ndetse n'amagalaksi akora kandi akagengwa n'amategeko y'imibare arenze ubwenge bw'abantu. Ibintu byose bikora hakurikijwe gahunda y'ubuhanga buhanitse kandi butunganye. Mbega ubwenge bukomeye ubwo bwenge bw'ikirere! Ububasha butagira iherezo burimo gukora muri byose, kandi imiyaga yose itandukanye twita ubuzima igengwa n'ubwo bwenge bw'ikirere.

Buri myaka ijana, abantu babarirwa muri za miriyari bava kuri iyi si, ndetse n'abandi benshi baravuka Hari ibyo bakeneye n'ibyo bakeneye, hamwe n'ibibazo byose bibaranga. Nyamara, Imana yatanze ibiryo byinshi kugira ngo ihaze ibyo abantu bakeneye. Abantu bonyine ni bo bateza ubukene n'imibabaro ku isi. Igihe kirageze ngo tubeho mu gihe cy'uburumbuke n'umusaruro, aho buri wese yishimira ubuzima bwiza kandi akabaho mu byishimo n'amahoro. Ibi birashoboka iyo hataba ukwikunda kwa muntu no gukoresha nabi amateka y'ibihugu n'abantu bake bikunda.

Abantu benshi baguma mu bitotsi bikomeye muri ubu buzima bwo mu nzizi Umuntu ufite ubumenyi gusa ni we uba maso. Ntahangayikishijwe n'ibintu byiganje mu bwenge bw'umuntu usanzwe, icyo ahangayikishijwe gusa no gushaka ubutunzi n'ibinezeza by'umubiri, no gupfusha ubusa igihe mu bikorwa n'inyungu zidafite akamaro.

Abantu birushya bakurikirana ibishuko by'akanya gato muri iyi si y'akanya gato, nubwo ibyishimo nyakuri bitavugwa bibari muri bo. Nta gushidikanya ko bazabibona nibashakashakana umwete kandi bakifuza by'ukuri kubivumbura.

Ubwenge bugomba gukoreshwa neza kandi neza kugira ngo buvumbure laboratwari y'Imana ihishe inyuma y'iyi si. Igihe kimwe, ku bw'ubuntu bw'Imana, nabonye ibitangaza bitagira ingano by'irema umunsi wose, maze mbwira Imana nti: "Mwami, ubwo nari impumyi, sinashoboraga kubona urugi na rumwe rugana kuri wowe. Ariko kubera ko wanfunguriye amaso n'ubushishozi bwanjye, ubu mbona inzugi zifunguye hose... mu mutima w'indabyo, mu majwi y'inshuti z'indahemuka, no mu byibutso by'uburambe bwiza cyane. Mu by'ukuri, buri kantu kose ko kwinginga kwanjye gafungura inzira nshya igana ku rusengeru runini rw'ubuturo bwawe bwera."

Ushaka agomba kuba akomeye kandi ashikamye, adatezuka kandi ashikamye mu cyemezo cye cyo gushaka Umuremyi Wera cyane wihishe inyuma y'irema. Umuntu agomba kwitandukanya n'ibyo isi isaba bidashira kandi ntagasinzira nijoro mbere yo kuvugana n'Imana mu mutima no mu bugingo. Ibyo ubuzima busaba ntibishira, bityo tugomba guhara umwanya buri munsi kugira ngo tube turi kumwe natwe kandi turi kumwe n'Imana, kure y'urusaku n'urusaku rw'isi n'umuvurungano w'ubuzima. Hanyuma tuzabona ubuzima binyuze mu indorerwamo nshya kuko tuzagira icyerekezo gishya cyabwo.

Nk'uko abahanga mu bya siyansi bashoboye kuvumbura bakurikije amategeko kamere n'amahame yihariye ya siyansi, ni ko n'umuntu ushaka Imana by'ukuri azashobora kuyisanga akurikije amategeko y'umwuka kandi akayigira intego ye y'ibanze mu buzima. Kubera iyo mpamvu, abantu

baje kuri iyi si, nubwo yahindutse intego y'abantu benshi. Ariko abantu bibeshya bakibagirwa intego y'ubuzima no kwibanda ku bintu bidafite akamaro n'ibintu bidafite akamaro.

Kandi, nshuti yanjye, ibuka ko uko ibintu byawe byaba bimeze kose muri iyi si, nuhindukirira Imana, uzabona ikorana nawe kandi uzumve ko iriho nubwo uhura n'ibigeragezo byose. Uzabona kandi igaragara muri byose bikukikije kandi wuzure urukundo rwayo n'ibyishimo byayo.

Ubuzima, cyangwa iterambere, cyangwa ibyo umuntu yagezeho mu buryo bw'umubiri, cyangwa ubutunzi, ntabwo bihoraho None se kuki wibanda gusa ku bintu bigomba kurimbuka no gushira?

Ndasaba Imana Ishoborabyose kutuvana mu mwijima tukajya mu mucyo

Kuva ku rwango kugera ku rukundo

Kuva ku nzitizi kugeza ku bwisanzure

Kuva ku bujiji kugera ku bwenge

Kuva ku bubabare n'urupfu kugera ku bugingo buhoraho n'ikiruhuko cy'iteka ryose

Kandi adufate ukuboko maze atuyobore ku bumenyi bwe

Kandi atuma tuba maso mu byo azi

No gufungura imiryango yose igana mu ijuru ry'ubwenge bwe

Reka tubeho dufite icyizere, ibyishimo, amahoro yo mu mutima, kandi tunyuzwe

Buri muni w'ubuzima bwacu

Amahoro abe kuri mwe

Gushakisha icyo ubuzima bugamije

Kuva twaza muri iyi si aho tutazi, ni ibisanzwe ko twibaza ku inkomoko n'intego y'ubuzima. Twumva Umuremyi w'iyi si kandi tukamusoma, ariko ntituzi uko twamugeraho. Icyo tuzi gusa ni uko isanzure ryose ritangaza ko ubwenge bwe buhebuje buhari. Nk'uko ibice bito kandi by'ukuri by'isaha nto bidutera kwishimira uwayikoze, kandi nk'uko imashini nini kandi zigoye zo mu ruganda zidutangaza kandi zidutera kwishimira uwayivumbuye, ni ko iyo tubonye ibitangaza by'ibidukikije, dutangazwa n'ubwenge bwihishe inyuma yazo, maze tukabaza tuti: “Ni nde wahaye indabyo imiterere yazo nziza kandi isura yazo ikerekeza ku zuba? Impumuro nziza n'ubwiza byazo byaturutse he? Kandi indabyo zabyo zakozwe gute neza cyane kandi zigasigwa amabara meza kandi y'ibyishimo?”

Mu ijoro, inyenyeri n'ukwezi, bidukikije urumuri rwabyo rw'ifeza, bidushishikariza gutekereza ku bwenge buyobora iyi mibumbe yo mu kirere mu isanzure ryinshi. Umucyo woroshye w'ukwezi kwuzuye ntuhagije ku bikorwa bya buri munsu, bityo ubwenge bw'ubwenge n'ubwitonzi butanga igitekerezo cyo kuruhuka nijoro. Hanyuma izuba rirasa, kandi urumuri rwaryo rutuma tubona isi idukikije mu buryo busobanutse neza kandi butuje, bigatuma dushobora gukora imirimo itwereka.

Hari uburyo bubiri bwo guhaza ibyo dukeneye: iby'umubiri n'iby'umwuka Iyo ubuzima bwacu burushijeho kuba bubi, urugero, dushobora kujya kwa muganga kuvurwa. Ariko hagera igihe nta muganga cyangwa undi muntu uwo ari we wese ushobora kudufasha, maze tugahindukirira inzira ya kabiri: imbaraga z'umwuka zaremye umubiri wacu, ubwenge bwacu, n'ubugingo bwacu. Imbaraga z'umubiri ziba

zifite aho zigarukira, kandi iyo zinaniwe, tugahindukirira imbaraga z'Imana zitagira imipaka. Ibi kandi bireba ibyo dukeneye mu by'amafaranga Iyo dukora uko dushoboye kose ariko ntitubone ibyo dushoboye, tugahindukirira izo mbaraga.

Buri wese atekereza ko ibibazo bye ari bibi cyane. Bamwe bumva bafite igitutu kurusha abandi kuko ubushobozi bwabo bwo guhangana n'ibibazo ari buke. Kandi kubera itandukaniro ry'imbaraga z'ubwenge bw'abantu, bakoresha imbaraga zitandukanye. Iyo umuntu ahuye n'ikibazo gikomeye cyane kandi ubwenge bwe bukaba budafite imbaraga, ntibazashobora kugitsinda. Abafite ubwenge bukomaye bashobora gutsinda ingorane zabo basenya inzitizi no kunyeganyeza ishingiro ry'inzitizi zabo. Nyamara n'abantu bakomeye cyane rimwe na rimwe bagiye bahura n'ingorane Iyo duhuye n'ibibazo byinshi kandi bikomeye by'umubiri, ubwenge, n'iby'umwuka, tumenya ukuntu imbaraga z'ubuzima zifite aho zigarukira muri iyi si y'ibintu.

Imbaraga zacu ntizigomba kuba gusa mu kugera ku buzima bwiza n'umutekano w'amafaranga, ahubwo zigomba no gushakisha icyo ubuzima buvuze Intego y'ubuzima ni iyihe? Iyo ingorane ziturenze, tubanza kureba aho dutuye, tugerageza buri kintu cyose twizera ko kizaduha ubutabazi. Ariko iyo tugeze ku rujijo tukavuga tuti "Ibigeragezo byanjye byose byarananiranye; ni iki kindi nakora?" dutangira gutekereza cyane ku gushaka igisubizo cyiza cy'ikibazo cyacu. Kandi iyo ibitekerezo byacu birushijeho kuba byimbitse, tubona igisubizo muri twe. Iki, ubwacyo, ni ubwoko bw'isengesho ryasubijwe.

Isengesho: Igikenewe mu buryo bw'umwuka

Isengesho ni ikintu gikenewe mu buryo bw'umwuka Imana ntiyaturemye nk'abasabirizi, kuko yaturemye mu

ishusho yayo. Ibyanditswe Byera bivuga ibi. Umusabirizi ujya mu rugo rw'umukire agasaba imfashanyo ahabwa umugabane w'umusabirizi. Ariko umwana ashobora kubona ikintu cyose kuri se ukize. Bityo rero, ntidukwiye kwitwara nk'abasabirizi.

Hari abantu basa n'aho bafite byose kandi bavukiye mu bihe byiza n'ihumure, mu gihe abandi basa n'abakurura ibibazo no gutsindwa Ishusho y'Imana iri he muri bo? Imbaraga z'umwuka w'Imana ziba muri buri wese muri twe. Ariko se twakwihingamo dute iyo mbaraga? Wenda wigeze kumva ucitse intege mu bihe byashize kubera ko amasengesho yawe asa n'aho adasubizwa, ariko ntutakaze icyizere n'ukwizera Kugira ngo umenye niba amasengesho yawe afite akamaro cyangwa adakora, ugomba kugira ukwizera gukomeye mu mbaraga z'amasengesho imbere muri wowe.

Ahari amasengesho y'abantu bamwe ntasubizwa kuko bahisemo gusaba. Kimwe n'uko, umuntu agomba kumenya icyo asaba Imana. Ushobora gusenga n'umutima wawe wose n'imbaraga zawe zose kugira ngo utware isi n'ibirimo byose, ariko amasengesho yawe ntazemerwa kuko amasengesho yose ajyanye n'ubuzima bw'umubiri afite aho agarukira, kandi koko, agomba kugarukira. Ariko hari uburyo bwiza bwo gusenga. Bavuga ko injangwe igira ubuzima icyenda. Ariko ingorane zigira ubuzima icyenda n'icyenda! Ugomba gushaka uburyo bwiza bwo kwikuramo "injangwe y'ingorane". Ibanga ryo gusenga neza riri mu guhindura umwanya w'umuntu uva ku kuba umusabirizi ujya ku w'umuntu ufite uburenganzira. Iyo usabye Imana ikintu nk'icyo cy'umwuka, isengesho ryawe rizaba rifite imbaraga n'ubwenge.

Imbuta zo gutsinda ziri mu bushake

Abantu benshi bagira ubwoba n'amaganya cyane iyo bagerageje kugera ku kintu cy'ingenzi kuri bo Gukora ibintu bafite impungenge n'ubwoba ntibikurura imbaraga z'Imana, ariko gukoresha imbaraga z'ubushake mu buryo butuje kandi buhoraho bihungabanya imbaraga z'isi yose kandi bigatanga igisubizo giturutse ku buryo butagira akagero. Imbutu z'intsinzi kuri buri kintu cyose uteganya kugeraho ziri mu bushake bwawe. Ubushake busenyutse kandi bugashegeshwa n'ingorane bugahagarara by'agateganyo. Ariko umuntu wiyemeje kandi ushikamye uvuga ati: "Umubiri wanjye ushobora gushwanyagurika, ariko umutwe w'ubushake bwanjye uzakomeza gukomera kandi uyobowe n'ubushake," agaragaza urwego rwo hejuru rw'ubushake

Ubushake n'icyerekezo cyabwo gikwiye nibyo bizamura kandi bikazamura urwego rw'umuntu Iyo umuntu aretse gukoresha ubushobozi bwe, aba umuntu usanzwe, ntacyo akora mu bihe byinshi. Benshi bavuga ko tudakwiye gukoresha ubushobozi bwacu mu guhindura imimerere, kubera gutinya kubangamira gahunda y'Imana. Ariko se kuki Imana yaduhaye ubushobozi bwo gushaka niba idashaka ko tubukoresha? Nigeze guhura n'umugabo uhora avuga ko atemera gukoresha ubushobozi bwo gushaka kuko butuma umuntu yishyira hejuru. Nasubije nti: "Urimo gukoresha imbaraga zawe ubu ngubu, kandi mu buryo bukomeye, kugira ngo undwanye. Uzikoresha mu kuvuga, guhagarara, kugenda, kurya, kuja muri sinema, ndetse no gusinzira. Urashaka ko ukora byose. Udafite ubushobozi bwo gushaka, uba robo" Ni inshingano z'umuntu guhuza ubushake bwe, bugengwa n'ibyifuzo, n'ubushake bw'Imana. Bityo rero, iyo isengesho rikwiye ritanzwe buri gihe, riba imbaraga zo gushaka ubwaryo.

Ugomba kwizera ko ushobora kubona icyo usengera Niba usenga kugira inzu, kandi mu gihe kimwe ubwenge bwawe bukavuga buti "Wabasha ute kugura inzu, wa muswa

we?" uba urimo ugabanya ubushake bwawe ukoresheje igitekerezo nk'icyo Iyo wirukanye interuro ngo "Sinshobora" mu bwenge bwawe, ubona imbaraga zo hejuru Birumvikana ko amazu adagwa ava mu ijuru, kandi kugira ngo ubone inzu, ugomba gukoresha ubushake no gufata ingamba z'ubwubatsi kugira ngo ugere ku ntego yawe Iyo wihanganye kandi ukanga kwemera ko wananiwe, uzabasha kugaragaza icyo wifuza Kandi iyo ukomeje gukoresha ubwo bushake bwawe binyuze mu bitekerezo byawe n'ibikorwa byawe, ibyifuzo byawe bizasohozwa, kandi icyo wifuza cyose kandi wifuza kizakugeraho Iyo ukomeje guharanira ufite umurava no kwihangana, umusaruro wifuza uzagaragara mu buryo runaka, nubwo icyo wifuza kitabaho muri iyi si. Muri ubwo bushake niho igisubizo cy'Imana, kuko ubushake bwiza buturuka ku Mana. Ubushake bukomeza ni ubushake bw'Imana.

Shyira imbuto za "Sinshobora" mu bwonko bwawe

Ubushake bw'intege nke ni ubushake bw'umuntu budafite intege Iyo ibigerageze n'ibinanyiranye bibushenye, butakaza isano bwabwo n'umutanga utagira iherezo Ariko inyuma y'ubushake bw'umuntu hari ubushake bw'Imana, butazi gucika intege cyangwa ngo butsinde Ndetse n'urupfu, mu mbaraga zarwo zose, rudashobora gusenya cyangwa ngo ruhagarike ubushake bw'Imana Imana izasubiza iryo sengesho riyobowe n'ubushake bw'ubushake budatezuka no kwihangana

Abantu benshi ni abanebwe kandi bananiwe, haba ku mubiri, mu mutwe, cyangwa byombi. Bifuza gutekereza ariko batekereza ku bitotsi gusa. Igihe gito bakimara gusinzira, bagwa mu bitotsi bikomeye, kandi niho isengesho ryabo risoza! Muri ubu buryo, imbaraga z'ubushake zirabitswe. Ubwonko bw'umuntu usanzwe bwuzuyemo imbuto za "Sinshobora" Wavukiye mu muryango ufite imico

n'imyitwarire runaka, agirwaho ingaruka na byo, akamenya ko adashoboye ibi cyangwa ko Izi mbuto mbi zigomba gutwikwa kandi ingaruka zazo zikavanwa mu bwenge. Ufite ububasha bwo kugera ku kintu cyose wifuza. Izo mbaraga ziri mu mutima w'ubushake bwawe.

Abifuza kugira ubushake bakeneye kubana neza. Niba wifuza kuba umuhanga mu mibare kandi bagenzi bawe badakunda imibare, ishyaka ryawe rizagabanuka. Ariko iyo wifatanyije n'abahanga mu mibare, ubushake bwawe buzakomera, kandi uzabasha kuvuga uti: "Niba abandi bashobora gutsinda, nanjye ndabishobora."

Ntukihutire gukora ibintu bikomeye kugira ngo wubake ubushake bwawe Kugira ngo ugire icyo ugeraho, ugomba kubanza kugerageza ubushake bwawe ukoresheje ibintu bito wibwiraga ko udashobora gukora. Iyo ushyizeho imbaraga, intsinzi izakurikiraho.

Ndacyibuka intego zose inshuti zanjye n'abandi bambwiye ko ntazigera ngeraho, nyamara narabikoze Aba bantu bafite intego nziza bashobora guteza akaga gakomeye mu bitekerezo byabo Imana iturinde kandi inama zabo Ubucuti bufite ingaruka zikomeye ku mbaraga z'ubushake Kuja mu mbyino n'inzoga n'umuziki mwinshi, aho gutekereza mu buturo bw'ituze, byanduza ubwenge n'umukungugu mwinshi w'ibintu bitera isi guhindagurika, bigatuma bigorana kuva ku izima Imbaraga z'ubushake bw'umuntu zikomezwa cyangwa zigacika intege kubera ingaruka z'inshuti ze Guteza imbere imbaraga z'ubushake binyuze mu kwiha imbaraga gusa biragoye cyane Ukeneye urugero rwiza rwo kwigana Niba ushaka kuba umushushanyi, kubaho ukikijwe n'amashusho meza kandi wifatanye n'abashushanyi Niba ushaka kuba umuntu w'umwuka, gira inshuti y'abantu b'umwuka bafite imico myiza

Hari itandukaniro rikomeye hagati y'imyizerere n'ibyakubayeho Kwizera bituruka ku bintu wumvise cyangwa wasomye kandi wemeye ko ari ukuri kw'ibanze. Ku rundi ruhande, uburambe ni byo wiboneye ubwawe kandi wasobanukiwe by'ukuri. Ibyiringiro by'abahuye n'Imana ntibihinduka. Niba utigeze urya icunga, ushobora gushukwa ku miterere yayo. Ariko niba warigeze kurya icunga mbere, ntushobora kuyobywa, kuko waryoheje imbuto kandi uzi neza.

Shaka incuti z'abantu bakomeza ukwizera kwawe

Ibitekerezo ku Mana, intsinzi, gukira, n'ibindi, byose biba mu bitekerezo byawe nk'udupfundikizo two mu mutwe. Gerageza ibitekerezo byawe. Kugira ngo ugerageze ibitekerezo byawe, ugomba gukoresha imbaraga zawe zo kubigaragaza. Kugira ngo ukuremo imbaraga zikenewe zo gushaka, ugomba kwifatanya n'abantu bafite ubushake bukomeye. Niba wifuza gukira ku bushake bw'Imana, shaka inshuti z'abakomeza ukwizera kwawe kandi bagatera imbaraga ubushake bwawe.

Nazengurutse Ubuhinde bwose nshaka umuntu uzi Imana by'ukuri, ariko byari bike Buri mwarimu nahuraga yasangiye ibyo yemera. Ariko mu by'umwuka, nari niyemeje kutanyurwa n'amagambo gusa yerekeye Imana. Nifuzaga kuyibonera no kumva koko ko iriho. Ibyo nabwiwe nta cyo byari bimaze keretse iyo nayisobanukiwe binyuze mu byo nanyuzemo.

Igihe kimwe, naganiraga n'inshuti yanjye ku batagatifu bo mu Buhinde. Inshuti yanjye yari umuhuza, kandi ntabwo yari ahuje nanjye ishyaka. Ahubwo, yaravuze ati: "Abo mwita abatagatifu bose mu by'ukuri ni abahemu batazi Imana." Sinamubajije, ariko nahinduye ikiganiro, maze dutangira kuganira ku mwuga w'ubuhuza. Nyuma yo kumbwira byinshi kuri byo, naravuze buhoro nti: "Uzi ko nta muhuza n'umwe

wizewe uhari i Calcutta, kandi ko bose ari abanyabinyoma?" Yararakaye cyane maze asubiza arakaye ati: "None se uzi iki ku bahuza?" Namushubije nti: "Nibyo koko nashakaga kuvuga. Kandi uzi iki ku batagatifu?" Yabuze icyo avuga. Nakomeje gutuza no mu bugwaneza, nti: "Nta kintu na kimwe nzi ku buhuza, kandi ntacyo uzi ku batagatifu"

Iyobokamana rigeze aho abantu benshi batagishobora guhindura ibitekerezo byabo by'umwuka mu mibereho yabo. Mvuga hano mbikuye ku bunararibonye bwanjye. Sinshaka kuvuga ibintu nzi mu bwenge gusa. Abantu benshi basoma ibitabo bike bivuga ku kuri kandi bakihaza badashyizeho imihati yo gusobanukirwa ukuri kuri inyuma y'amagambo. Amagambo y'ukuri k'umwuka ntacyo atumariye kandi nta gisobanuro cyiza adusigira. Tugomba gutandukanya inyigisho z'umuntu n'inkuru y'ubuzima bwe. Umuntu wese wifuza kwigisha abandi agomba kubanza kugaragaza ko yamenye ibyo yiga kandi ko yasobanukiwe neza ibyo avuga.

"Inkuru y'ubuzima: icyo ari cyo"

Umwigisha Paramhansa Yogananda

Ubuhinduzi: Mahmoud Masoud

Ubuzima ni urugendo rukomeye cyane rushobora gutekerezwaho Nubwo hari ubuzima bushobora kubura ibyishimo n'ibyishimo, ubundi bwuzuyemo ibigeragezo bitangaje numvise iby'umuntu wagerageje kwiyahura inshuro zirenga mirongo itatu, kandi buri gihe hari ikintu cyamubujije kurangiza ubuzima bwe Tekereza ukuntu byaba ari byiza kumenya ubuzima bw'abantu bose babayeho ku Isi, abapfuye, n'abazabakurikira! Ibyabaye ku bantu byose byanditswe mu bwenge bw'isi: kwibuka Imana, kandi mbega ukuntu ari urwibutso rutangaje! Biragoye gusobanukirwa ubwenge buzi byose, nyamara kumenya Umwuka Uzi Byose ni urugendo rukomeye cyane rubaho.

Ibintu ni ukuri, bihamye, kandi bifite ishingiro kuruta gutekereza, nyamara isoko yabyo ni ibitekerezo byose biri mu bitekerezo by'Imana. Ibintu byose bya atome nabyo ni ibitekerezo by'Imana bishobora gushonga bigasubira mu bitekerezo hanyuma bikongera gushyirwa mu bintu. Abantu nabo bafite ubushobozi bwo kwiyumvisha ibitekerezo, ariko gutekereza kwabo ntabwo guhagije ngo babishyire mu ishusho. Iyo ibitekerezo byabo byari bikomeye bihagije, bashoboraga kurema ibintu kuri iyi si. Abantu bafite muri bo imbaraga zimwe zo kurema Imana yakoresheje mu kugaragaza ibyo yaremye mu bwenge bwayo mu isi. Ariko byaranze ko abantu bashobora gushyira ibitekerezo byabo mu bintu kuko batakoresheje imbaraga zo mu bwenge bahawe n'Imana nk'uko bikwiye.

Iyo tugerageza kwiyumvisha ubwenge bw'Imana, twibaza uburyo ishobora kwibuka no gusobanukirwa byose, kuko dupima byose dukurikije ubushobozi bwacu bwo mu mutwe kandi tugasobanukirwa ibintu dukurikije ibyo twanyuzemo. Abafite kwibuka guke bakunze gutekereza ko kwibuka kw'abandi bose ari guke nk'ukwabo. Ariko, hari abantu bafite kwibuka guke cyane bashobora kwibuka igitabo cyose mu buryo bworoshye nk'uko ushobora kwibuka imirongo mike. Abakunda kwibagirwa akenshi birabagora kwemera ko umuntu afite kwibuka kwakira neza ibintu bishobora kubika no kugarura amakuru mu buryo bworoshye cyane.

Umucuzi w'imitako yibuka imitako ye, n'umucuzi w'ibitabo yibuka imibare iri mu bitabo bye. Mu buryo nk'ubwo, Imana yibuka byose yaremye muri iyi si. Kubera ko ari yo ishobora byose, ihita yibuka byose byabaye muri iyi si kuko ubumenyi bwayo bwuzuye kandi butagira imipaka buzi byose.

Kwibuka ubwabyo ni ubushobozi butangaje Kandi kwibuka kw'abantu bifatanye isano rya bugufi n'urwibutso rukomeye rw'Imana Urugero, ntushobora kwibuka utuntu duto twa buri filime wigeze kureba Ariko iyo nza kukwereka imwe muri izo filime, wahita ubyibuka ako kanya. Urwibutso rutagatifu ruri muri wowe ruhora rumenya ibyo wanyuzemo mu bihe byashize. Ukimara kubona ibice bibanza, wibuka inkuru yose ukavuga uti: "Oh, narebye iyi filime mbere, kandi ndibuka uko yarangiye"

Ni gute twibuka amashusho agenda mu buryo burambuye nubwo twayabonye mu myaka yashize? Kubera ko ibintu byose biba byanditse mu bwonko Ukimara gushyira urushinge rw'ubwenge kuri disiki yo gupima (cyangwa ukinisha uburyo bwo kwibuka na mudasobwa), kwibuka kwawe kongera kugarura icyo kizamini

Imbaraga z'urwibutso rw'imbere zituruka ku Mana kandi ntizihinduka. Ntizibagirwa Urwibutso rw'umuntu usanzwe ntirushobora kubika ubunararibonye bwose icyarimwe. Ariko urwibutso rwera, rw'imbere rugumana byose icyarimwe kandi iteka ryose. Bityo, igitekerezo cy'urwibutso rwiza cyangwa rudakomeye ni imyumvire y'umuntu gusa. Umuntu yiyemeza ko urwibutso rwe rudakomeye, bityo akaba afite urwibutso rudakomeye. Ariko, ntabwo byoroshye kuva kuri iyi myizerere ujya ku yindi. Bisaba imbaraga nyinshi kugira ngo umuntu yiyemeze ko urwibutso rwe ari ikimenyetso cy'urwibutso rwera rw'Imana, rwibutsa byose.

Urwibutso rukomeye rw'umuntu nta kindi ruvuze uretse urumuri rw'ubwenge bw'Imana, aho inkuru zose z'abantu n'ibindi bintu byose n'ibyerekanwa by'ubuzima byandikwa.

Inkuru y'irema ry'Imana ni inkuru nziza kandi itangaje! Ni gute Imana yaremye ibiremwa byose biri kuri iyi si? Kandi ni gute ikora inyuma y'umwenda n'amarido kugira ngo itugarure ku kubaho kwacu nyakuri hamwe na Yo?

Ntibishoboka ko ururimi rw'abantu rudufasha gutanga ibisobanuro birambuye ku rugendo rw'isi rw'ibyo Imana yaremye n'aho bihurira neza n'ingendo z'abantu batabarika.

Tubona ko ubuzima bw'umuntu busanzwe ari imyaka mirongo irindwi, mu gihe ubuzima bw'ingona busanzwe buri hagati y'imyaka mirongo itandatu n'ijana. Igiti cy'umutuku gishobora kubaho imyaka ibihumbi bibiri. Ubugingo bw'ingamiya busanzwe buri hagati y'imyaka mirongo itanu na mirongo itandatu, naho ifarashi ikaba hafi imyaka mirongo itatu n'itandatu. Biragaragara rero ko hari ikiremwa cyagennye ubwo buzima butandukanye. Nyamara twumva iby'aba yoga bakomeye babayeho imyaka amagana. Umwe muri abo ni Babaji ukomeye, uzwiho kuba yarabayeho imyaka amagana akiri muzima mu mubiri we kandi yishimira ubuto bwe butunganye. Trilanga Swami nawe yabayeho hafi ibinyejana bitatu: yavutse mu 1601 apfa mu 1881 (hari n'abavuga ko yabayeho imyaka irenga ibinyejana bitatu!) Uretse ubuzima bwe budasanzwe, yari azwiho ibitangaza bye. Yapimaga ibiro bigera kuri 130, nubwo ataryaga kenshi. Yakundaga gutekereza iminsi myinshi, yicaye ku mazi ya Ganges, cyangwa rimwe na rimwe agakomeza kwihisha igihe kirekire muni y'imiraba. Yakundaga kubonwa aryamye yambaye ubusa kandi adakora mu zuba ricana ku bitare bigurumana. Yakundaga kwirengagiza amategeko kamere. Yahoraga yibutsa abantu bose. abamubonye ko ubumwe n'ubwenge bw'Imana ari bwo busumba amategeko yose

Nk'uko byanditswe muri *Autobiography ya Yogi*, abera bakomeye babyutse mu nzizi z'uburiganya bw'ikirere cyangwa uburiganya maze bakamenya ko isanzure ari igitekerezo kiri mu bitekerezo by'Imana gusa, bashoboraga gukora icyo bashakaga cyose ku mubiri, bazi ko ari ubwoko bw'imbaraga zirimo imbaraga nyinshi cyangwa zikonje. Nubwo abahanga mu bya kamere ubu bumva ko ibintu ari ibikorwa bito gusa, abahanga buzuye ubumenyi bari bateye

intambwe ikomeye mu kugenzura ibintu, bava mu nyigisho bakajya mu bikorwa.

Mu by'ukuri, ukuri ni igitangaza kuruta gutekereza. Dushobora kwiyumvisha ko mu bihe bikwiye, iyo nta gupfusha ubusa ingufu z'ubuzima cyangwa amazi y'imisemburo, kandi hamwe n'imirire ikwiye n'ibitekerezo byiza, umubiri w'umuntu ushobora kubaho igihe kirekire. Amazi y'imisemburo aba arimo ingufu z'ubuzima zirimo; iyo adapfushije ubusa, izi mbaraga zigumaho kandi zishobora gukoreshwa mu kongera ubuzima bw'umubiri, ubwo mu mutwe, n'ubwo mu byiyumvo, ndetse no guhanga udushya mu bwenge no gukura mu mwuka.

Icyitonderwa ku musemuzi: Muri iki gice, Perezida Abu Ali Ibn Sina aravuga ati:

Kurya ifunguro rimwe ku munsu, kandi wirinde kurya mbere yuko ifunguro rya mbere rigogorwa

Bika amasohoro yawe uko ushoboye kose, kuko ari amazi y'ubugingo asukwa mu nda

Imihangayiko ku mubiri iba myinshi cyane Iyo imbeba ifatiwe mu mutego, umutima wayo utera cyane kurusha uko bisanzwe. Mu buryo nk'ubwo, iyo umuntu adashobora kwishyura fagitire ze, umutima we na wo ukora kimwe! Bityo, imihangayiko yo mu mutwe irakomera! Hari n'ubundi bwoko bw'imihangayiko. Igerageza rya laboratwari ryagaragaje ko gukuraho urusaku mu mijyi bishobora kongera imyaka icumi ku buzima bw'abaturage. Nyamara, tuba mu isi itangaje. Abo intego yabo mu buzima ari ukurya, kunywa, gusinzira no kwishimira ibintu byiza nta mahirwe menshi bafite yo gusobanukirwa ibitangaza by'ubuzima bw'abantu.

Urugendo rutangirana n'urugamba roho ihura narwo rwo kwinjira mu nda ya nyina mu gihe cyo gusama. Mu isi y'isi cyangwa mu isi, abantu babarirwa muri za miriyoni bihatira kugaruka ku Isi binjira mu turemangingo tw'intanga ngabo aho intanga n'igi bihurira mu gihe cyo gutwita. Byaba ari ubugingo bwera cyangwa ari icyaha, kandi keretse bugeze ku kwibohora burundu, hari icyifuzo gikomeye cyo kongera kuvuka ku Isi. Mu gihe cyo gusama, urumuri ruragaragara muri eteri, maze roho ikinjiramo bitewe gusa n'ubufatanye bw'intanga n'igi. Abantu bagowe no kwinjira mu nda ya nyina kuko roho nyinshi zirimo guhatanira kwinjira. Abatsinze ni wowe, njye, natwe twese. Kandi ntibyari byoroshye gutsinda!

Mu by'ukuri, hari ahanu henshi ho gutura Imana. Imiterere yo hejuru n'iyi hasi y'ibintu by'umwuka, igizwe n'urumuri rubonerana n'imbaraga z'ubuzima, ni ijuru (cyangwa ikuzimu) aho roho zijya nyuma y'urupfu rw'umubiri. Igihe cyo kumarayo giteganywa hakurikijwe karma ye Igihe cyose umuntu afite ibyifuzo by'ibintu cyangwa karma yo ku isi (ingaruka z'ibikorwa bya kera bitararangira), agomba gusubira mu kwigira umuntu ku isi kugira ngo akomeze iterambere rye mu nzira igana ku Mana.

Nyuma yo kwinjira mu nda, roho iribaza iti: "Nakoze iki? Namaze igihe kinini mfunguye, mfunguye umubiri w'umuntu wari uboshywe kandi ubuza ibintu, ngenda byoroshye kandi nta nkomyi ku isi mu mubiri urimo urumuri, none nongeye kumera nk'umuntu umeze nk'umubiri"

Nyamara, agenda amenyera buhoro buhoro ibi bihe bishya mu mezi icyenda ari mu nda. Iki ni cyo gihano: amezi icyenda yo kubaho mu cyumba cy'umwijima aho agomba guhumeka binyuze mu wundi muntu no kwakira ibiryo n'amaraso yishingikiriza ku mikorere y'amaraso y'undi muntu. Umwuka we n'imimerere ye bishingiye ku bandi,

maze arataka Imana ati: "Ndekura muri iyi gereza! Simbona, sinshobora kumva, ndaboshywe"

Niba hari ikuzimu cyangwa purugatori, ni amezi icyenda mu mubiri wa nyina: kutagira icyo umuntu akora mu mwijima, gufungirwa ahantu hamwe nk'igiti, hamwe n'ibyibuka by'igihe gito byahise, bigakurikirwa n'ibihe byo gusinzira. Iyo ibyo byibuka bigarutse, umwana uri mu nda arabyina, akora imbaraga nyinshi mu mubiri wa nyina, mba nimukiye ubwenge bwanjye kuri ibi bihe byo kubyara, kandi nzi icyo mvuga.

Gusinzira kw'uruhinja no kuba maso mu mubiri wa nyina ntibishingiye ku gusinzira kwe no kuba maso kwe. Ingendo z'uruhinja ku bushake zituruka ku kwibuka amateka yarwo. Bityo, rugenda rudatuza mu nda kugeza igihe umunaniro ururenze, maze rugasinzira. Nyuma yaho, rukabyuka gato rukagenda rwongera. Rwumva inzara kandi rukaruhaza binyuze mu ntungamubiri zinyuzwa mu maraso ya nyina.

Uruhinja rushobora kumva, ku rugero runaka, imitingito y'umutima wa nyina n'imitemberere y'amaraso, kandi ayo majwi atuma rumenya umubiri warwo, bigatera imbaraga icyifuzo cyarwo cyo kubohoka. Bityo, urugendo rwa mbere rw'ubugingo ni urugamba ruri hagati y'ibitekerezo bibiri: icyifuzo cyo kugaruka ku Isi mu ishusho y'umuntu n'icyifuzo cyo kwibohora mu ishusho y'umuntu ifunganye roho.

Igishishwa cy'ubugingo bw'umuntu (umubiri) gitangira nk'ifi ifite umurizo woroshye. Iyi shusho ihita ihinduka imiterere y'inyamaswa yizingiye mu nda ya nyina. Nkuko byavuzwe mbere, hari ibintu bimwe na bimwe by'ubuzima bwa kera bigaruka, bigatuma umwana ukiri mu nda akora ingendo nke. Intambara irakomera uko umwana ukiri mu nda ahinduka imiterere y'umuntu mu mubiri wa nyina, maze roho irataka iti: "Ndeka nsohoke!" Iyo ubushake bubaye bukomeye cyane, umwana avuka. Abana bakuze (bavutse

nyuma yo gutwita mu gihe kitarenze ibyumweru 37) ni roho zifite ubushake bukomeye n'ubudahangarwa bukomeye. Ntibifuza kuguma mu mubiri wa nyina amezi icyenda, bityo bakavuka mbere y'uko bisanzwe.

Uruhinja ruza muri iyi si rurira kuko, nk'uko abanyabwenge n'abahanga babivuga, roho yibuka uko yahoze ihinduka umubiri kandi ntishaka kugaruka ku Isi ukundi ngo ihanganirwe n'ubwoko butandukanye bw'intambara z'abantu.

Ijwi rikomeye rya "thaa" ryaje kuri yo, bityo iba ahantu hagati y'ahantu nyaburanga n'amatongo yoroheje

Ararira iyo yibutse amasezerano yasezeranijwe mu rusengero, amarira aratembera kandi ntahweme

Ku bijyanye n'ibyo byibutso, hari kandi uburyo umwana uri mu nda apfumbata ibiganza bye mbere yo kuza mu isi nk'aho atakambiye ati: "Ndagusabye Mwami, ntumpe kubyara ubwa kabiri ku isi"

Ibisobanuro by'imiterere y'uruhinja rurira ni uko ibihaha bigomba gukinguka kugira ngo bitangire guhumeka, kandi kurira kwa mbere k'uruhinja ni imbaraga zo gukora ibihaha no gutangiza umwuka w'ubuzima lyo umwana avutse, guhumeka biratangira, maze roho, yari iri mu mimerere yo kudatuza, ikaba ikiremwa kizima gifite ubuzima bwigenga. Benshi bibeshya ko roho yinjira mu mubiri mu gihe cyo kuvuka, ariko iyo roho iba itarabaho, umubiri ntiwari kuba wararemwe mu tunyangingo duto tw'umwimerere. Iyo roho yava mu ruhinja mbere yo kuvuka, umwana yari kuvuka yapfuye.

Umubiri w'umuntu ugizwe n'ibintu cumi n'itandatu by'ibanze, bishyigikiwe kandi bigashyigikirwa n'ibintu cumi n'icyenda by'ingufu zigaragara zigaragaza imiterere

y'umubiri wa etheri uba mu ishusho y'umuntu ifatika. Uyu mubiri wa etheri ni isoko y'ingendo n'ibikorwa mu mubiri ufatika. Ibintu cumi n'icyenda by'imibumbe ni ubwenge, amarangamutima, kandi ni ingenzi. Ibice cumi n'icyenda ni ubwenge, ubwiwe (ego), ibyiyumvo, ubwenge bugaragara (ubumenyi bw'amarangamutima), ibikoresho bitanu by'ubumenyi bijyanye n'ibyumviro byo kubona, kumva, guhumurirwa, uburyohe, no gukoraho, ibikoresho bitanu by'ibikorwa bijyanye n'imbaraga z'ubwenge zo kubyara, gusohora, kuvuga, kugenda, no gukora ku maboko, n'ibikoresho bitanu by'imbaraga z'ubuzima bifite ubushobozi bwo gukora imirimo y'umubiri yo gushushanya, kwinjiza (kwinjiza ibiryo nyuma yo kugogora), gukuraho imyanda, metabolism (guhindura ibiryo mu ibintu bifite ubuzima cyangwa kubikoresha mu gutanga ingufu), no kuzenguruka. Iki gikoresho cy'umubumbe cya etheri kigaragara cy'ibintu cumi n'icyenda gisigara nyuma y'uko umubiri usanzwe, ugizwe n'ibintu cumi n'itandatu bikomeye, upfa. Ibi bintu byose bishobora guhinduka ubumenyi busanzwe binyuze mu gukoresha tekini za yoga zigezweho.

Iyo umwana avutse, amaso ye arahumbye iyo abonye urumuri, yumva amajwi, impumuro, uburyohe, kandi agahumeka. Amajwi asa n'asanzwe kuri we, kandi akamenya ko aba mu mubiri ufatika. Ubudahangarwa bwe bwo kuvuka burangira ubwo yahumekaga bwa mbere. Uko kwibeshya kugaragara ko "kubaho" biterwa n'umubiri no guhumeka, akururwa n'isi ifatika maze buhoro buhoro akamenyera kuyimenyera.

Uko igihe kigenda gihita, umwana ashyiraho imbaraga nyinshi zo kugenzura umubiri we Ni kangahe ubabona bazunguza amaboko n'amaguru mu kirere, bagerageza kumenyera imiterere yabo? Ibi biyoborwa n'ubwenge, binyuze mu kwibuka roho mu bihe byashize. Kwibuka ni ikintu gihoraho. Abantu batinya urupfu mu buryo busanzwe

kuko bibuka incuro nyinshi barunyuzemo, nk'uko batinya ububabare kuko bahuye n'ingorane nyinshi mbere.

Uko umwana agenda akura akaba umwana muto, agirwaho ingaruka n'ababyeyi be n'abavandimwe be Buri wese yifuza ko aba umuntu utandukanye n'abandi, harimo na bagenzi be b'abanyarugomo nabo bashaka ko baba nka bo kandi bagakurikiza imyitwarire n'ibikorwa byabo! Muri aya makimbirane, umwana yumva afite igitutu gikomeye. Ariko, abana bato bafite umudendezo mwinshi nyuma bavuga bababaye bati: "Iyaba ababyeyi banjye bambwiye ingaruka mbi z'imyitwarire yanjye; iyo baza kuba barabikoze, nashoboraga kumererwa neza ubu."

Hari byinshi umuntu agomba kwihanganira mu bijyanye n'imitekerereze n'amarangamutima mbere yo kugera ku bukuru. Muri iki cyiciro, ibyumviro birarushaho gukora, maze umusore cyangwa umukobwa agatangira intambara ikomeye imbere mu mutima. Uru rugamba rwo guhangana n'ibyumviro ni runini, kandi intsinzi y'ibanze ku rubyiruko ni intsinzi yabo ku bwenge bwabo no kugabanya ibyifuzo byabo bitagira umupaka.

Ni byiza kuba uriho, ariko imbaraga nyinshi zidutegereje kugira ngo ziturimbure. Ingendo irimo inyamaswa ziriyana muri Afurika ntaho ihuriye n'ingendo z'ubuzima ubwabwo. Kandi nta ngendo mu mateka iruta iyo mu byishimo no mu munezero. Kubera ubwenge, abantu bazi uburyo bwo kwirinda inyamaswa zo mu gasozi, ariko ntibazi uburyo bwo kwirinda ingeso mbi zabo n'ingaruka zazo mbi. Umwanzi mubi w'umuntu ni we ubwe. Kurusha umwanzi uwo ari we wese, kurusha mikorobe zica, ibisasu birimbura, cyangwa ikindi kibazo icyo ari cyo cyose, umuntu agomba kwitinya iyo yibeshye. Iyo umuntu abaho atazi neza kamere ye y'umwuka kandi akemera ko ingeso mbi ze zimugenzura, aba umwanzi we bwite. Uburyo bwiza bwo gutsinda iyi ntambara

y'ubuzima ni ukugira inshuti ye bwite. Umuntu uri mu iterambere ry'umwuka ni inshuti y'umuntu, mu gihe umuntu utaratera imbere ari umwanzi we.

Biroroshye kwiyumvisha tugiye gusura igihugu kitazwi. Niba twari kujoyana n'ubwato, twagombye kujoyana ubwato bwo kurokora ubuzima kugira ngo ubwato buramutse burohamye, tubashe kubukoresha mu kwikiza. Ariko mu bihe byinshi by'ubuzima, ubwato bwacu bwo kurokora ubuzima burameneka nubwo twafashe ingamba zose zo kwirinda.

Mu ishyamba ryuzuyemo inyamaswa ziryana, ushobora kwirinda izo nyamaswa, ariko gutsinda akaga gakomeye kandi gateye ubwoba biragoye cyane. Ni gute umuntu yakwirinda mikorobe za miliyoni zihora zituzengurutse? Dutekereza ko dufite umutekano iyo dufashe ingamba zo kwirinda akaga dushobora kubona no kumva, ariko ubwirinzi bwacu ntibuhagije kugira ngo buturinde mikorobe. Mu maraso, uturemangingo tw'amaraso twera duhora turwanya izi mikorobe. Ibiyobyabwenge birazitera ubwoba. Uturemangingo tw'amaraso twera ni abasirikare bahangana na two bakatwica. Niba amaraso yawe afite intege nke, abo "basirikare" ntibazashobora kugufasha. Mu bihaha by'abantu benshi basa n'aho bafite umutekano kandi bafite umutekano, bacilli mbi y'igituntu iratwikiriye, yiteguye kwibasira umuntu wayo no kuyirimbura. Kamere ikora uruzitiro rwo kwirinda kugira ngo yirinde ibitero by'udukoko, ariko ingaruka z'urwo ruzitiro ntizizamara igihe kirekire niba umubiri udashobora guhangana. Uru rugamba rukomeje mu ishyamba ry'ubuzima ritagaragara muri twe. Iyo usuzumye ibiryo byawe ukoresheje mikorosikopi, ntiwabiryoha. Uturemangingo turabirya, maze ukabyimira byose! Ndetse n'amazi unywa yuzuyemo ibi binyabuzima Nta muntu n'umwe urya imboga ku isi kuko buri wese aya mikorobe za miliyoni buri munsu None se, abantu bazareka kurya?

Kugira ngo umuntu agende mu ishyamba ry'ubuzima mu mutekano, agomba kwitwaza intwari zikwiye kandi akaba umusirikare watojwe neza. Abatazi uburyo bukwiye bwo kwirinda bahita batakaza ubuzima bwabo. Ariko umuntu w'umunyabwenge, witeguye guhangana n'ibintu byose bishobora kubaho—indwara, ibitekerezo bivuguruzanya, ingeso mbi, iherezaho ribi, na karma mbi—azatsinda muri ubu rugendo, rusaba kwitonda, kuba maso, n'uburyo bumwe na bumwe n'ingamba bidufasha guhangana no gutsinda abanzi bacu b'imbere, bakomeye cyane kandi biyemeje kurusha umwanzu uwo ari we wese wo hanze.

Uko dukomeza urugendo rwacu mu buzima, twiga uburyo bwiza bwo gutsinda indwara n'impamvu z'uburwayi bwacu bw'umubiri, ubwo mu mutwe, ubwo mu by'umuco, n'ubwo mu mwuka. Iyo twatsinze indwara z'umubiri n'ibibazo byo mu mutwe mu mahoro, dushobora kuvuga ko ubuzima bwabaye urugendo rwiza cyane. Ariko si byiza kuvuga ko ubuzima ari bwiza mbere yo kugera ku ntsinzi nyakuri. Keretse umuntu ageze ku ntambwe za nyuma kandi roho ye ikaba yarabohowe mu Mana, ubuzima ntiburarangira kuri we. Bagomba kuzamuka mu mwuka, hanyuma igice cya nyuma cy'urugendo kizarangira.

Iyo umuntu abonye undi muntu ababara, ashima Imana ko atarimo kunyura muri ubwo bunararibonye. Ariko se, ni nde uzi ko bishobora kuba ari byo bizamubaho? Amahirwe yo kwangiza umubiri ni menshi cyane, bityo umuntu agomba kuba maso kandi akitegura ibintu byose bishobora kumubaho n'ibitunguranye.

Uyu muhanga mu bya siyansi agira ati: "Murye ibiryo byiza kandi bifite intungamubiri kandi mukurikize amabwiriza y'ubuzima kugira ngo mwirinde mikorobe" Uyu munyapolitiki agira ati: "Mube abasirikare b'intwari kugira ngo mwirinde kandi murinde igihugu cyanyu abanzi banyu"

Mu by'ukuri tuba mu isi idasanzwe Ndetse n'ababyeyi, abagabo b'urukundo, ubwuzu, n'igitambo, barimo gutozwa kwica abana b'abandi Mbega ukuntu biteye ubwoba! Ariko rimwe na rimwe, intambara izana ibyiza; idukuraho ubugwari bwacu n'intege nke z'ubushake

Amashyamba n'amashyamba y'ubuzima byuzuyemo abanzi: indwara, ubukene, imibabaro, ingeso mbi, n'ibyifuzo bibi Hari n'ibindi bintu byinshi byo gutekerezaho n'amategeko tugomba kubahiriza, ku buryo ubuzima buba butihanganirwa iyo tugerageje kubibika byose mu bwenge bwacu. Ingorane zabaye nyinshi muri buri gice cy'ubuzima, kandi abantu basa n'aho bapfukiranwa. Bityo, igihe kirageze ngo abantu bagerageze uburyo butandukanye kandi bakoreshe imbaraga n'ubushobozi bitagira imipaka by'ubwenge.

Imana yaduhaye uburyo butangaje bwo kurinda: ubwenge Bufite imbaraga ziruta imbunda za mashini, amashanyarazi, imyuka y'uburozi, cyangwa umuti uwo ari wo wose. Ubwonko bugomba gutungwa no gukomezwa. Igice gikomeye cy'ubuzima ni ukugenzura ubwonko no kubukomeza kugira gahunda no guhuza n'Imana igihe cyose. Iri ryonyine ni rimwe mu mabanga yo kugira ubuzima bwiza n'ibyishimo.

Nubwo abantu bakoresha uburyo bufatika n'uburyo bwo gukiza, ntibagomba kwiringira ubwo buryo ahubwo bagomba kwiringira imbaraga z'Imana zibubakikije. Tugomba gusaba Imana ngo iduhe gusobanukirwa n'ubushobozi bwo guhitamo kugira ngo tudashingira ku buvuzi ahubwo twishingikirize kuri yo, mbere na mbere, ku mbaraga z'ubwenge bwacu.

Abantu ntibigishijwe uburyo bwo kugera kuri iyo mimerere yo mu mutwe igerwaho binyuze mu gutoza ubwenge no kubuhuza n'Imana binyuze mu gutekereza cyane. Ariko, ubwenge bugomba kuba buri munsu

y'ubuyobozi bwawe bwose mbere yo kugerageza guhakana isi ifatika n'imiti yayo ifatika. Kugeza igihe ubigezeho, ni byiza gufata ingamba zifatika kugira ngo ufashe umubiri. Iyo umuntu ashobora gufata umuriro ugurumana adatwitswe, ashobora guhakana isi ifatika kandi akavuga ko ubwenge ari byose. Bitabaye ibyo, ibintu bibaho kandi bigomba gufatwa hakurikijwe amategeko yabyo mu buryo bufatika kandi bufatika.

Imana yaduhaye kandi intwaro idatsindwa dushobora gukoresha mu gutsinda imibabaro yose: intwaro y'ubwenge, tuyikesha ubumwe n'Imana. Uburyo bworoshye bwo gutsinda indwara, gucika intege, n'ibyago ni ukuba mu bumwe n'Umuremyi wacu buri gihe.

Abantu bameze nk'abana bato mu ishyamba ry'ubuzima, bahatirwa kwiga mu bigeragezo byabo bwite n'amakuba, bagwa mu mitego y'uburwayi n'ingeso mbi. Tugomba gushaka ubufasha kenshi kandi tugaharanira guhuza ibitekerezo byacu n'ibikorwa byacu n'Imana n'amategeko yayo adahinduka.

Iyo isi igize umwijima imbere yawe kandi ingorane z'ubuzima zikakurenga, ibuka ko Imana iri hafi kandi wumva ufite umutekano mu gihome cyo kubaho kwayo. Nubwo urwana mu nzira z'ubuzima kandi ukaba wibona mu bintu byose bishobora kurimbura, ibuka ko bitagamije kukurimbura, ahubwo ko ari ukugira ngo bigerageze ukwizera kwawe no gukangura imbaraga zawe zisinziye. Tugomba kwihangana mu ntambara y'ubuzima no guhangana n'ibibi byose bidukikije, tukabisenya kandi tukabitsinda n'imbaraga zose z'ubumwe bw'Imana muri twe. Kandi ku iherezo ry'urugendo rw'ubuzima, tuzavuga tuti: Mwami, byari bigoye gukomera ku butwari no gukomeza urugamba kugeza ku iherezo, ariko imbaraga waduhaye zari zirenze ubwoba bwacu, kandi kubera izo mbaraga zikomeye,

twaratsinze kandi twabonye ko twaremwe mu ishusho yawe y'Imana Uri Umwami w'isi yose kandi uri hose, none se ni iki dutinya, kandi ni nde dutinya, igihe cyose uri kumwe natwe?

Iyo umuntu amaze kumenya ko yabaye umuntu, ubwoba bwe buragwira, kandi bisa nkaho ntaho ahungira Uko ingamba zafatwa zaba ziri kose, haracyariho icyuho gishobora kwinjiramo amakosa Nta mahoro nyakuri ahari keretse mu Mana, kandi nta mahoro adafite Yo Twaba turi mu mashyamba ya Afurika, ku rugamba, cyangwa mu nzara z'ubukene n'ubukene, tugomba kubwira Imana tuti: Ndi muni y'uburinzi bw'ubuhanga bwawe butagereranywa, Mwami! Ndatera imbere mu nzira z'ubuzima, kandi numva ndi muni y'uburinzi n'ubwitonzi bwawe!

Nta yindi nzira igana ku mutekano n'umutekano Koresha ubwenge n'ubwenge mu byo ukora byose, kandi wiringire Imana byimazeyo Imana yita ku bantu bose bayitayeho kandi bubaha amategeko yayo, kandi yemera abayihindukirira n'imitima yabo n'ubugingo bwabo, ikabaha imigisha yayo kandi ikagenzura ko ibibatunga bihoraho kandi bidasibangana.

Benshi baguye mu burwayi bahinduka abagwa mu ngeso mbi, badashobora kwikuramo. Ntibikwiye kuvuga ko nta buryo bwo guhunga imitego ubuzima buri mu mpande zose. Ibigeragezo n'amakuba umuntu ahura na byo ni iby'igihe gito kandi biterwa n'uko yiyemeza no gukora ubushake bwe bwo kubitsinda kimwe kimwe. Kunanirwa mu gihe runaka ntibivuze gutsindwa mu ntambara y'ubuzima. Umuntu watsinze kandi utsinda ahora yemeza ko akomeye kuruta imimerere kandi nta cyo atinya igihe cyose ari kumwe n'Imana kandi Imana iri kumwe na yo, akumva mu mutima we ko ubuzima n'urupfu ari imiterere ibiri itandukanye y'ubwenge.

Imana yaremye byose kugira ngo itugerageze kandi igaragaze ukudapfa k'ubugingo muri twe. Iki ni cyo gikorwa cy'ubuzima n'intego yacyo yonyine. Igikorwa cy'umuntu wese ni umwihariko, kandi agomba kwitegura guhangana n'ibibazo byose by'ubuzima, ubwenge, n'umwuka afite ubumenyi, imbaraga z'ubushake, n'ukwizera Imana, azi ko ubugingo bwe butapfa uko byagenda kose ku mubiri. Mu by'ukuri, nta ntwaro—nta ntwaro iyo ari yo yose—ishobora gusenya ubwo bugingo. Nta muriro cyangwa amazi bishobora kubutwika, kuko ari ishusho y'Imana Imwe Rukumbi.

Ni byiza cyane kumenya ko urupfu atari iherezo, kuko hamwe n'ubu bumenyi tubona imbaraga zo mu mutwe no kwibohora ku binyoma Iyo indwara iteye umubiri ukareka gukora, roho yizera ko yapfuye, ariko Imana irayikoraho ikayizeza ko ikiri nzima. Umusirikare uri ku rugamba, wakubiswe n'igisasu cyangwa ibisasu, arataka ati: "Napfuye, Mana yanjye!" Ariko Imana irasubiza iti: "Oya rwose! Ntabwo urimo kumbwira? Nta kintu na kimwe gishobora kukwica Uri ubugingo budapfa, kandi uri kurota gusa ko wapfuye." Hanyuma roho imenya ko ubunararibonye bwo kuva mu mubiri unyuze mu rupfu butari ubwoba nk'uko bukunze kugaragazwa. Kumenya bike ko roho iri mu mubiri ni byo bituma umuntu yemera ko kubura umubiri ari iherezo rya byose, mu gihe mu by'ukuri, roho iba nzima kandi idapfa kuko ari ishusho y'Imana nzima kandi ihoraho.

Yogi nyayo irashobora kugenzura ubwenge bwayo mu bihe byose Iyo umuntu ushakisha ageze kuri uru rwego, aba afite umudendezo kandi akamenya ko ubuzima ari urugendo rutagatifu Abahanuzi n'abantu bakomeye bagaragaje uku kuri, kuko nta kintu na kimwe cyagira ingaruka mbi ku bugingo bwabo bukomeye kandi butunganye. Babonye urukundo rw'Imana ku rugero rwuzuye, kandi urwo rukundo

ni cyo kintu gishimishije kandi kirambye mu rugendo rw'ubuzima.

Urukundo rw'abantu ntacyo ruvuze keretse rushingiye ku rukundo rw'Imana rudafite aho ruhuriye n'amahame. Umusore n'inkumi bashobora gukundana, hanyuma bakagwa mu rwango. Urukundo rw'abantu rudatunganye kandi ruboshywe n'ibintu byinshi, mu gihe urukundo rw'Imana rutunganye kandi rutagira iherezo.

Ubu buzima buzarangira gusa iyo umuntu atsinze akaga n'amakosa akoresheje imbaraga n'ubwenge gusa, nk'uko abakomeye babigenje. Hanyuma bazasubiza amaso inyuma bavuge bati: "Ibyo bigeragezo byari bigoye kandi biteye akaga, kandi nari hafi kugwa, ariko ubu ndizera ko Imana imaze gufungura amaso yanjye ikampa ubumenyi bwera."

Dushobora kuvuga ko ubuzima ari urugendo rwiza cyane ubwo Imana itubwira iti: "Ibyo bigeragezo byose biteye ubwoba kandi bibabaza birarangiye ndi kumwe nawe iteka ryose, kandi nta kindi gishobora kukugirira nabi ukundi"

Ubwenge bw'umuntu bukomezwa no guhangana n'indwara n'ingorane, bugatsinda ingorane buri kimwe. Ikintu cyose gica intege ubwenge ni umwanzi wacyo ukomeye, kandi icyo cyose kibukomeza ni ubuhungiro bwacyo. Wirengagize ingorane n'ibyago bikugeraho.

(Mu magambo ya Abu al-Qasim al-Shabbi):

Nzabaho nubwo nrwaye kandi n'abanzi banjye,
nk'igisiga kiri hejuru y'impinga ndende

Ndeba izuba rirashe, nseka ibicu, imvura n'inkubi
y'umuyaga

Imana yanyeretse ko ubu buzima ari inzizi gusa. Iyo ukangutse mu Mana, uzabyibuka nk'inzizi z'akanya gato z'ibyishimo n'agahinda, nta kindi

Hanyuma uzamenya ko uri umuntu udapfa iteka ryose mu Mana Imwe Rukumbi

Amahoro abe kuri mwe

Ibyokurya byo mu buryo bw'umwuka

Byose bizashira kandi bishire, kandi Imana yonyine ni yo buhungiro buhoraho kandi buhamye bw'inkubi z'umuyaga .n'inkubi z'umuyaga zihuha ku isi yose

Ubucuti bw'abantu burambye ntabwo bushingira ku kintu runaka kandi akenshi bwanduzwa n'ubwikunde, kuko iyo inyungu bwite zihagaze, ni ko n'urukundo rw'umwuka n'urukundo nyakuri ruturuka ku mutima bigenda bidutera kumva ko dusangiye inshingano zo kubungabunga ubwo bucuti no kubungabunga ubuziranenge bw'urwo rukundo Iyo tugerageje kumva umuntu, ntidushobora gukora ibimubabaza, kandi iyo tutagerageje kumwumva, guhuza .ibintu ntibibaho

Umunsi uzagera ubwo nzasezera kuri iyi si, ariko igihe cyose nzaba nkiri kuri iyi si, ibyishimo byanjye byinshi biri mu kuganira n'abanyizera ibitangaza by'Imana no kongera icyifuzo cyabo cy'urwo mucyo w'Imana wampaye ihumure, .umudendezo n'umutekano

:Ukwiyemeza

Nshobora gusohoza inshingano zanjye zose gusa
nkoresheje imbaraga zanjye ku Mana. Bityo rero, icyifuzo
cyanjye cya mbere ni ukuyishimisha. Imana ni yo rukundo
rwa mbere mu mutima wanjye, icyifuzo gikomeye
cy'ubugingo bwanjye, n'intego y'ibanze y'ubushake bwanjye
.n'ubwenge bwanjye

Ubumuntu bwacu nyakuri—ubugingo— ntibupfa Turiho,
kandi kubaho kwacu ni ukw'iteka ryose Umuraba ugera ku
nkombe hanyuma ugasubira mu nyanja utitayeho; ahubwo,
uba umwe n'inyanja cyangwa ushobora kongera kugaruka
[ku nkombe] mu ishusho y'undi muraba

Iyo insinga z'igikoresho cy'amashanyarazi zangiritse,
inzobere irashobora kuzisimbuza. Ariko iyo imitsi yangiritse
kubera ububabare bukomeye, imitsi itakaza imikorere yayo,
kandi ni nde wayisimbuza? Bityo rero, hagomba kwitonda
cyane mu gihe hakorwa ibijyanye n'imitsi y'agaciro, kuko
ivugururwa imbere, kandi iyo yangiritse, ntishobora gusanwa
.cyangwa ngo isimbuzwe ikindi gikoresho

Abanyeshuri bari bishimiye pikiniki bari kumwe
n'umwarimu wabo, Paramhansa, mu buryo busanzwe, maze
:arababwira ati

Mbega ukuntu ari byiza kumva ufite amahoro no kugira
ibyishimo byinshi! Imana ishaka ko tubaho mu buryo
bworoshye kandi tukagira ibyishimo byo mu buryo
bw'umwuka

Nk'uko umuntu abyuka avuye mu nzosi ziteye ubwoba
akamenya ko ibyo yabonye ari inzosi gusa, ni ko n'ubwenge
bw'Imana butera umuntu gukanguka akava mu nzosi ziteye
ubwoba zo gusinzira no mu rujijo akajya mu bumenyi bushya
no gusobanukirwa neza icyo ubuzima busobanura n'intego
.yabwo

Niba dushaka kubona umucyo wo gukanguka mu buryo
bw'umwuka no kubona urumuri rw'ibyiringiro, tugomba
.kumva ijwi ry'imbere no gusubiza ibyo ridusaba
Tugomba gukura mu nzira amabuye y'ubuyobe
n'amabuye y'ubujiji abangamira urugendo rw'ubugingo kandi
akabubangamira. Tugomba gukomanga n'ukuboko
kw'ubushake ku rugi rwo gukanguka tuvuye mu bitotsi byo
kutitaho, kugira ngo duhumeke umuyaga w'ibyishimo kandi
tuzane amashanyarazi yo mu ijuru kuri buri gitekerezo
.cyacu, buri ibyiyumvo byacu, na buri gikorwa cyacu

Ibyishimo nyakuri ntibishobora kuryoherwa keretse
ibyifuzo byiza bitsinze ibibi, kandi keretse ubushake
bwerekejwe mu cyerekezo cyiza kigana ku isoko y'ukuri
.n'isoko y'ibyiza byose biriho

Ubucuti nyakuri buruta ubutunzi bwose. Iyo ushobora
.kuba inshuti nyayo ku bantu, uzabona Imana

Imana ni yo soko y'ubwenge n'ubuhumekero butangaje
butemba ku mitima myiza. Ni impumuro nziza ituruka mu
byuma by'imitima ikunda. Ni ibyishimo bikomeye byuzuza
.roho ibyishimo byera

Mwami, ndagusaba kumurikira ubugingo bwanjye kugira
ngo menye ukuri kw'ukuri, nzakubona, Mwami,
wiyerekanywe mu bigaragarira mu bidukikije—mu ndabo,
mu biti, no mu bintu byose byiza. Binyuze mu gitekereza
cyane mu buryo bw'umwuka, nzafungura amarembo

y'amahoro kandi nshyireho imbaraga zo kunoza ubuzima
bwanjye kugira ngo ndusheho gusobanukirwa neza icyo
.busobanura

Iyo ndi kumwe n'abandi, mba ndiho byuzuye kandi
numva nishimye cyane mu kuganira na bo, kandi iyo ndi
nnyenye, nishimira uwo munezero. Kandi iyo nkora, nkora
n'imbaraga zanjye zose n'ubushake bwanjye, kandi numva
.ibyishimo byiyongera

Tugomba gukora dufite icyifuzo nyakuri n'ibyishimo byo
mu mutima, bitabaye ibyo tuzatakaza imbaraga zacu kandi
ntitubashe kuvugurura imbaraga zacu. Tugomba kandi
guhora turi inyangamugayo kandi tugateza imbere ubushake
bwacu, kuko dufite ubudahemuka dushobora gukorana neza
.n'abandi

Ntugatinye urukundo rwabuze kuri wewe, haba mu
rupfu cyangwa bitewe n'imiterere y'ikiremhamuntu
ihindagurika kandi ihora ihinduka Urukundo ubwarwo
ntirwigera rubura cyangwa ngo rupfe, ahubwo ruhisha
by'agateganyo, kugira ngo wenda mu kurushakisha
ubudahwema uzabone ishingiro ryarwo nyakuri. Urukundo
ruzakomeza kwihisha by'agateganyo kugeza igihe
uzarusanga mu ishusho y'Imana ikunzwe ituye mu mfuruka
.z'umutima wawe

Umuntu ntagomba kubaho umunsi ku wundi mu
mimerere imwe idahwitse yo mu mutwe. Iyo umuntu asenze
abikuye ku mutima kandi akizera ko Imana izamuha ibyo
.asenga, azahabwa imigisha n'ubufasha by'Imana
Iyo hari ingeso mbi yashinze imizi, birashoboka
kuyihagarika no kuyisimbuza ukoresheje ingeso yo mu
mutwe ivuguruzanya kandi irwanya hanyuma ukayishyira
.mu bikorwa kugeza igihe iyo ngeso y'uburozi izarangirira

Umuntu agomba kwiyemeza ko azahinduka akamera
neza, kandi ko azaba akomeye nubwo hari intege nke afite
.ubu

Igihe umuntu yiyemeje guhindura ibintu neza, azumva
ameze nk'aho yahindutse undi muntu, kandi icyo cyiyumvo
.kizamuzanira imbaraga nyinshi n'ibyishimo byo mu mutima

Hari igihe Imana yiyereka abakunzi bayo nk'urumuri
rukomeye, ijwi ry'isi yose, ibyishimo bitagira imipaka,
cyangwa urukundo rw'uburyohe buhebuje
Cyangwa nk'ubwenge, ubwenge, n'ubumenyi
Umucyo wayo urakura kandi ugakwirakwira nk'amababa
y'isi yose mu gihe cy'iteka ryose, kandi rimwe na rimwe
mbona iyi si nk'inzizi mu mutima w'urwo mucyo
Nuko rero nabonye ko isi ari inzizi

Uko wowe n'inshuti zawe nyakuri mwaba mutumvikana
kose, buri gihe habaho ubwumvikane no kuvugana hagati
yanyu. Ubucuti nk'ubwo bushingiye ku kubahana no
kubafitiye akamaro kanini. Ubucuti bushingiye ku rukundo
.rw'Imana ni bwo bucuti bwonyine bugomba kuramba

Umucyo w'ibyishimo by'umwuka ushobora kugaragara
iyo umuntu yegereye ibitekerezo bye imbere. Ibi bishobora
kugerwaho binyuze mu gukoresha ubwenge kugira ngo
wishimire iyerekwa ryiza ry'ibitekerezo mu bwami bwihishe
.bw'umwuka, buba mu mutima we bwite

Nyuma y'ibyo umuntu akora kuri iyi si byose, ubuzima
busa n'aho ari ubusa, kuko amaherezo, azagomba gusiga
byose. Umunsi uzaza aho umuntu azatandukanywa n'ibyo
atunze byose. Abantu bararikira abakire kubera ubutunzi
bwabo n'ububasha bwabo, ariko nabo bazasiga byose, kandi
.ibikorwa byabo ni byo bizajyana na bo kuva kuri iyi si

Umwe mu bigishwa yananiwe mu buryo bw'umwuka
maze atangira kwicuza no kurakara. Umwarimu,
:Paramhansa, aramubwira ati

Ntukifate nk'umunyabyaha, kuko iyo ubikoze, uba
wanduje ubwenge bw'Imana buri muri wowe. Kuki wishyira
mu mwanya w'intege nke zawe? Ahubwo, emeza uku kuri
kuri wowe ubwawe: "Ndi hafi y'Imana, kandi irankunda"
:Musenge

Mana yanjye, naba ndi indashima cyangwa ngize neza,"
"ndi uwawe, Kangura kwibuka no kugutegereza, Uwiteka

Umugabo w'umunyabwenge Paramahansa yagize ati,
nyuma yo kuvugana n'umushyitsi w'umwibone wavuze
:byinshi kuri we
Imvura y'imbabazi z'Imana ntigwa ku mpinga ndende"
z'ubwibone, ahubwo imanuka byoroshye ikagera mu bibaya
"by'ubupfapfa

Iyi Isi imeze nk'inzu nini icumbikiye umuryango umwe
w'isi yose, ubushyuhe bwayo butangwa n'izuba, bumurikirwa
n'ukwezi kumwe, kandi burimbishijwe n'inyenyeri zimwe.
Abagize iyo si bahumeka umwuka umwe, barya ibiryo
bimwe, kandi banywa amazi amwe. Imibiri y'abantu bose
yumva ububabare n'ibikomere. Hari igitekerezo kimwe
inyuma y'indimi zose, kandi hari kamere muntu inyuma
.y'imiterere n'imico y'igihugu by'abantu bose

Mwami, reka nyumve ko uriho muri buri gikorwa nkora.
Mfasha kwirukana igicucu cy'ubwoba gitwikira urumuri
rw'ubuyobozi bwawe. Kandi ureke indabyo z'ibyishimo
byanjye zirabire mu busitani bw'umutima wanjye mu gihe
.ntegereje ko uzaza

Nsubiramo amasengesho yanjye ku ishapule y'irapule
ryanjye, amasaro yayo ahambiriwe n'umugozi w'urukundo
rw'Imana

Mana yanjye nkunda, ngira igicucu cy'ubuzima
kikuririmbira indirimbo nziza cyane Reka nkore mu nzizi
zanyje zo kukwifuza no kukwishimira
Ingazi ndazamuka kugira ngo nyigereho
Mu kiyaga cy'ubuzima gishyuha cyane, ndeba ubuzima
bwawe bwo mu isanzure, ndakwinginze ngo uyobore imigezi
y'ibyifuzo byanjye, inyura mu butayu bw'ingorane, kugira
.ngo ihuze n'inyanja yawe yo mu isanzure

Icyaha ni ikintu cyose gituma umuntu atamenya Imana
kandi ntayiteho

Ndi ikime cyawe giteye ubwoba ku kibabi cy'ubuzima
n'urupfu, gitemba yerekeza ku nyanja yawe y'Imana itagira
inkombe

Ndi igitonyanga cy'ikime cyawe kigendagenda,
amaherezo ngarutse mu rugo rwo mu ijuru
Ndi igitonyanga cy'ikime cyawe cy'iteka kibyina ku
ndabyo z'ibyahise, iby'ubu, n'ibizaza
Ndi igitonyanga cy'ikime cyawe, nuzuye urukundo,
ngenda mu mutekano hejuru y'ikibabi cy'ibishuko byo ku isi
kugira ngo nivange n'amazi meza kandi meza y'ubwenge
bwawe. Sinifuza kwiheba, ahubwo nifuza kwaguka mu buriya
butagira akagero nkivanga n'inyanja yawe nini. Yego,
ndifuza kuba igitonyanga cy'ikime cyawe, nkanywa n'iminwa
.yose ifite inyota y'Imana

Imana irakumva iyo abandi bose bagusobanukiwe nabi.
Ni yo igukunda ikwitaho mu bugwaneza kandi ihora ikugira

impuhwe. Abandi baguha urukundo rwabo igihe gito
hanyuma bakagutererana. Ariko Imana ntabwo igusiga
.cyangwa ngo igutererane

Ubushake buhindura ibitekerezo mu imbaraga, kandi
abagera ku ntsinzi itangaje ni abantu bafite ubushake
budacogora lyo umuntu akomeje imbaraga ze z'ubushake,
ntabwo atsindwa n'ibintu bibi, nubwo yaba ahura n'ingorane
zingana iki, ahubwo ahora yiyemerera ko atazatsindwa mu
.ntambara y'ubuzima

Umwe mu bantu b'abibone batekerezaga ku bintu bya
siyansi yagerageje gutera urujijo umwarimu Paramahansa
ubwo yaganiraga ku bibazo bikomeye bya filozofiya, nuko
umwarimu aravugaga amwenyura ati: "Ukuri ntigutinye
"ibibazo

Umwarimu yaravuze ati: "Ntabwo bishoboka ko Imana
idutererana cyangwa ngo idutererane, ikorera mu ibanga mu
buryo bwose kugira ngo idufashe kandi yihutishe iterambere
"ryacu ryo mu mwuka

Abantu bakomeye basohozaga byose binyuze mu mbaraga
zo kwibanda ku byo Imana iduha, imbaraga zishobora
guhingwa binyuze mu gutekerezaga cyane lyo dukoresheje izi
mbaraga z'Imana zibanda ku byo Imana ishaka, dushobora
kugera ku ntsinzi no guteza imbere umubiri wacu, ubwenge
.bwacu n'umwuka wacu

Abaturage bo mu Burasirazuba, nk'uko bisanzwe,
bakunda iby'umwuka. Babona ubuzima mu buryo bwa
filozofiya kandi bagateza imbere ingeso yabo yo gutekerezaga.
Nyamara, abantu benshi bo mu Burasirazuba bamara igihe
cyabo cy'ubusa mu bunebwe no mu bunebwe aho
gukurikirana ubumenyi bw'umwuka, nyamara baracyafite
.ubumenyi bwimbitse bw'iby'umwuka

Iyo umuntu afunze amaso, yibwira ko iyi si yose ari
ibibazo gusa, ariko iyo afunguye ijisho ry'ubwenge kandi
agakomeza gutuza no kuringaniza, azishimira iyi si nk'aho
.arimo kureba filime ishimishije

:Gutangira gutekereza

Icara utuje, umugongo wawe ugororotse, kandi upfuke
amaso yawe adatuje n'amaso yawe. Komeza ukomeze. Kura
ubwenge bwawe ku buryo wumva umubiri wawe umeze,
kandi uruhure imitsi ifatanye n'imitsi n'amagufwa yawe
iremereye. Ibagirwa igitekerezo cyo gutwara no kwimura
umufuka w'amagufwa menshi ahambiriye mu nyama
.zikomeye

Humura, kuraho ubwenge bwawe ku bwenge bwawe.

Ntugatekereze ku buremere bwawe, ahubwo wumve ko roho
yawе yakuwe mu muco uhoraho wo kuremererwa. Reka
ibitekerezo byawe bizamuke, bijye hasi, ibumoso, n'iburyo,
.mu bihe bitagira iherezo cyangwa ahantu hose wifuza
Wumve kandi utekereze ku kubohoka kwawe mu mutwe
kuva mu mubiri. Rota, ubeho, kandi wumve uku hejuru. Uko
ukomeza kwicara mu mwanya uhamye, uyu mudendezo
.uzagenda wiyongera kandi uhoraho

Funga inzugi z'amaso yawe kandi uhagarike imbyino
z'ibishuko by'umubiri Reka ubwenge bwawe bumanure bujye
ku isoko itagira imipaka kandi itagira iherezo y'umutima
wawe. Komeza ubwenge bwawe bwinjire mu mutima wawe,
utemba amaraso y'ingenzi, kandi ukomeze kwita ku mirya
yawo kugeza igihe wumvise urimo utera neza. Muri buri
.muvuduko, mva umuvuduko ukomeye w'ubuzima
Tekereza ubuzima bumwe bwo ku isi yose bukomanga
ku miryango y'abantu babarirwa muri za miriyoni n'abandi
babarirwa muri za miriyari

Gutera k'umutima wawe kudashira bitangaza buhoro
buhoro ko imbaraga zitagira iherezo zirenze amarembo
y'ubumenyi bwawe. Imivuduko yoroheje y'ubuzima bwose
:iragusogongeraho iti
Ntukibonere gusa umugezi muke w'ubuzima bwanjye,"
ahubwo wagure urwego rw'ibyumviro byawe maze
unyemerere ninjize amaraso yawe, umubiri wawe, ubwenge
bwawe, ibyumviro byawe, n'ubugingo bwawe mu miterere
"y'ubuzima bwanjye bwo mu isanzure

Tugomba guhora dutekerezwa ku cyo tugiye gukora n'uko
kizatugiraho ingaruka
Gukora ibintu ubitewe n'ibitekerezo n'ibitekerezo byawe
si ubwisanzure, kuko ingaruka mbi z'ibikorwa bibi ni ingoyi.
Ibintu ubwenge bwacu butubwira ko ari byiza kandi bifite
umusaruro mwiza bigomba gukorwa, kuko bitanga
ibiyumvo byo kunyurwa n'ubwisanzure. Ubu buryo
.buyobowe n'ubwenge buzana amahirwe n'imigisha

Umwigishwa amaze kumenya ko ahuje n'Imana, yishima
mu mwuka maze avuga yishimye ati: "Mwami, nta kintu na
"kimwe ku isi nabonye gitangaje kandi cyiza kuruta wowe

Umuyaga uri gucuranga
Kandi igiti kirahuha
Kandi izuba riramwenyura
Kandi uruzi rurahinda umushyitsi
Kandi isi ihinduranya ikanzu yayo y'inyenyeri z'umukara
Mu ikanzu y'umucyo ya zahabu irabagirana
Kandi ibidukikije bikunda kwerekana ubwiza bwabyo
Guhindura amabara y'ibihe by'ibyishimo
Kandi umugezi urimo urusaku uhora ugerageza
Kuvuga ibintu birambuye ku gitekerezo gikomeye
cyahumetswe n'ubugingo
Kandi inyoni zirashaka kuririmba no kuririmba

Hari ibintu bitazwi byari birimo gutegurwa mu mutima

we

Ariko umuntu afite ubushobozi
Kuvuga neza kandi mu buryo busobanutse, kandi bufite
ibisobanuro bishya
Ibyerekeye Umunyabintu w'Isi Yose
kuba ahantu hose
Ibyo ibindi biremwa bitashoboye gukora
Ku bijyanye no kubitangaza no gutangaza ko ahari

Umwarimu Paramhansa yasanze ari ngombwa guhana
umwe mu banyeshuri kubera ikosa rikomeye yakoze, maze
:nyuma aravuga ahumeka ati
Mbega ukuntu nifuza kugira ingaruka ku bandi binyuze"
mu rukundo gusa, kuko umutima wanjye urababara iyo
nsanze nta buryo bwo kwirinda kubatoza mu bundi buryo
"ubwo ari bwo bwose

Mu rusengero rwo gutekereza, ndacana buji ebyiri: buji
y'umuseke n'ubuji y'ububyutse bwanjye. Indabo nziza
z'icyifuzo cyanjye zikikije ibirenge by'ubuturo bwawe
buhebuje. Impumuro nziza y'urukundo rwawe, irakura mu
nkono y'umutima wanjye, ikwirakwira mu mfuruka zose
z'ubuzima bwanjye. Igicucu cy'ubwoba bwanjye n'ibitekerezo
byanjye byazimiye kubera urumuri rwawe gusa, Mana,
wankuye mu nzozi z'ubu buzima bw'akanya gato. Nkomeje
kuba maso n'amaso ashishikaye, nzahora ndeba isura yawe
itagira iherezo, ntekereza ku miterere yayo yihariye kandi
!ihoraho

Iyo uburakari cyangwa urwango bifashe umuntu,
ahinduka umuntu utari mwiza. Umuntu utwarwa n'uburakari
atakaza ubushobozi bwo kugenzura amarangamutima ye
kandi ashobora kwangiza abandi. Bityo, ni ikosa kureka
amarangamutima y'urugomo akayobora ibikorwa bye, kuko

kubikora bimwinjirira mu kato k'uburakari n'imyitwarire mibi,
ari byo soko y'ihungabana ryose n'ihungabana ryo mu
mutwe. Kugira ngo umuntu ahunge iyi mimerere mibi yo mu
mutwe, agomba gusenya ayo marangamutima
n'amarangamutima afitanye isano rya hafi n'ubwenge
bw'umubiri. Gutekerezwa [ni ukuvuga guhindukirira Imana
n'umutima, roho, n'ubwenge] ni yo nzira

:Ibyemeza

Nzarinda ibitekerezo byanjye n'amagambo yanjye
kugira ngo ibyiza n'ukuri bivemo gusa, nzagenda nizeye
Imana byuzuye, nzi neza ko imbaraga zayo zinyura muri
njye, ko kuba ihari hose binkikije, kandi ko inyitaho
.inyitegereza

Mwami, napfutse igitambaro cy'ibintu maze mbona
urukundo rwawe, none ndabona ko ndi igikoreshe cyo
kugaragaza ubwenge bw'isi n'ubwiza bw'umwuka.
Nzakoreshe imbaraga zanjye zose n'ubushobozi bwanjye mu
.kugaragaza ubushake bwawe bw'Imana
Igihe cyose nkwiibutse, numva kwifuza gukomeye kuri
njye, kukangura amarangamutima yanjye no kuva mu
mutima wanjye kugera kuri buri karemangingo k'umubiri
wanjye, nkakuzaza urukundo rw'Imana. icyifuzo cyanjye
gikomeye ni ukugera mu mutima wawe no kwishimira kuba
uriho. Mu buryo butunguranye, urugi rw'umutima wanjye
rurakinguka, kandi ibyishimo bingeraho iyo ndeye urumuri
!rwawe rurabagirana

Mu kwiyingira nawe, Roho Ugukikije Byose, nzaba
ingenzi y'ubuzima bwo mu isanzure. Nzoga mu nyanja
y'ubugingo kandi nbyine ku miraba y'amarangamutima
matagatifu ya muntu, nsuke ibyishimo byiza kuri bese.
.Nzasohora ibyifuzo bihebuje ku isi yose
Nzaba amarira yose asukwa kubera impuhwe ku bandi
Nzaba ndi mu ituze ry'izahabu ry'abatagatifu n'ibyiringiro

bikura by'ubwenge bwiza, wowe utanga ibyifuzo
by'indahemuka! Iyo urumuri rwanjye rw'iteka ruvanze
.n'urumuri rwawe rutagira iherezo, nzacana mu maso hose

Mu minsi y'impeshyi y'ubuzima, nkusanya umutobe
w'amarangamutima mu ndabyo nziza z'imico myiza zikura
mu busitani bw'imitima myiza, kandi mbika mu mutima
wanjye ishingiro ry'imbabazi ndende, indabyo nziza zo
kwicisha bugufi, n'indabyo z'amabara y'umutuku
zidasanzwe, zoroshye zo gutekereza. Kandi iyo urubura
rukonje rw'ibigeragezo by'itumba n'ububabare bubabaza
bwo gutandukana kw'isi binkikije, nshaka ubushyuhe
n'ihumure mu mutobe ubitse mu kazu k'umutima wanjye.
Muri ako kazu, nkesha kuba uriho, nkunda gusanga inzuki
y'Imana inywa uburyohe bw'ibyo nshaka kera, kandi numva
.nduhutse, ibyishimo, n'ihumure

Kugira ubutunzi bufatika udafite amahoro yo mu mutima
ni nko gupfa unyotewe mu gihe woga mu kiyaga. Niba
ubukene bukenewe mu buryo bw'umubiri bugomba
kwirindwa, ubukene bwo mu buryo bw'umwuka bugomba
gusuzugurwa, kuko ari bwo ntandaro y'ububabare
n'imibabaro byose ku bantu. Ababyeyi b'abakire basiga
amafaranga menshi abana babo akenshi babangamira
iterambere ryabo ryo mu mutwe kandi bakabangamira
iterambere ryabo n'ibyishimo byabo, bishingiye ku mbaraga
.zabo bwite
:Ku munsu w'Inseko

Mu bihe bigoye, numvise ijwi ryawe, mama wanjye wo
mu isanzure, rivuga ritya: "Izuba ryo kurinda kwanjye
rirabagirana kimwe mu masaha yawe meza cyane kandi
yijimye cyane. Ntugahangayike, mwana wanjye, ahubwo
wizere kandi umwenyure! Reka urumuri rwanjye rukiza
rumurikire mu nseko zawe zigaragara. Mu kwishima, mwana
"!wanjye, uranshimisha kandi uranshimisha

,Nyagasani

Imiyaga y'umwuka wawe yankuyeho ibicu byose mu
bwenge bwanjye, ubu bigaragara ko ari bizima kandi
bisobanutse. Amaso yeze, ndakubona wenyine ahantu hose.
Imirasire y'izuba ryawe ry'icyubahiro inyura mu mfuruka
zanjye, kandi mfite inzara y'ibihe byinshi, ndatungwa
.n'urumuri rwawe rw'icyubahiro

Umwarimu Paramahansa yabwiye itsinda ry'abigishwa

:ati

Iyo winjiriye mu bwenge bw'Imana unyuze mu jisho"
ry'umwuka, uzabona urwego rwa kane rumurika n'ibitangaza
by'isi y'imbere. Biragoye kugera kuri iyo mimerere, ariko
mbega ukuntu ari imimerere myiza kandi y'ibyishimo!
Ntuganyurwe no kubona amahoro mu gutekereza kwawe,
ahubwo kwifuza n'imitima yawe yose amahoro y'Imana
"n'inyota y'ibyishimo byayo

Icyo isi ikeneye ni urukundo rwa kivandimwe, ubumwe,
uburinganire, n'umutima wuzuye urukundo ku Mana no
kubahiriza amategeko yayo y'amahame mbwirizamuco
Ibibazo n'ingorane bituruka ku kutamenya ibikorwa bye bya
kera, byakorewe ahantu runaka n'igihe runaka Imibabaro
yabo y'ubu ituruka ku bitekerezo n'ibikorwa bavuze,
byashinze imizi mu butaka bw'ubwenge, bigakura mu kimera
kandi byera imbuto zigaragaza imiterere y'ibyo bitekerezo
.n'ibikorwa

Urusengero Imana ikunda ni urusengero rw'ituze,
amahoro, urukundo n'ubwiza, kandi umuntu wese winjira
muri urwo rusengero azaba atwikiriwe n'ituze ryo mu mwuka
.kandi azakora ku Mana

Umuntu agomba gukora ibikorwa byubaka kugira ngo
yiteze imbere kandi agirire abandi akamaro, kandi ushaka
kumenya Imana agomba kugerageza gukora ibyiza no
.gufasha abandi uko bishoboka kose buri muni

Imyitwarire y'inyuma igaragaza ubuzima bw'imbere
bw'umuntu. Ibyiza byo hanze ntibishobora kuzana ibyishimo,
kuko ibyishimo biterwa n'uburyo umuntu yigenzura neza
.n'uburyo ubuzima bwe bugenda

Iyo mbyutse buri gitondo, nfata ibyemezo byiza kandi
nkiyemeza ko nzabishyira mu bikorwa. Hanyuma nsubiramo
ibyemezo umunsi wose kandi nkihatira kubigeraho. Iyo
nsanze nageze ku byo nisezeranyije, numva ngize intsinzi.
Imihigo nk'iyi yiyemeza ubwayo irakomeza icyemezo kandi
igakomeza ubushake; bitabaye ibyo, umuntu ashobora
gusanga atwarwa n'amarangamutima ahindagurika kandi
.agategekwa n'amarangamutima mabi

Ubucuti bugomba gutangirira mu rugo Niba ubonye
umuntu mu muryango wawe muhuje by'umwihariko, banza
utere imbere ubwo bucuti. Hanyuma, niba wumva ukunzwe
n'umuntu uzi musangiye indangagaciro, komeza ubwo
bucuti. Ibyifuzo byose by'ubwikunde n'imibare bwite
bigomba gukurwaho, kandi umubano mwiza n'abantu beza
.ukwiye gushimangirwa

Abakunda Imana ni bo bavandimwe banjye nyakuri.
Mbabarira abatabizi kandi nirinda kubana n'abibone, ariko
numva ndi hafi y'abakunda Imana kandi nishimira kuvugana
.na bo

Urukundo rw'Imana ntirushobora kuvugwa, ariko
rushobora kugaragara iyo umutima wejejwe kandi urarikiye

isanzure ry'urukundo. Iyo ubwenge n'amarangamutima
byerekejwe ku Mana, ibyishimo byo mu mwuka biva mu
.isoko y'umutima

Mu mutima wanjye, nakubereye intebe y'ubwami
y'ibanga. Amabuji y'ibyishimo byanjye aracanye buhoro
buhoro mu gihe utegereje kuza kwawe, kandi azagaragara
.cyane nugaragara

Kwishima mu bihe by'umubabaro ni urupfu rugenda
buhoro, mu gihe kugerageza kumva wishimye kandi ufite
icyizere buri munsu nubwo hari ibigeragezo bikomeye kandi
bigutera agahinda ari ukuvuka mu buryo bushya mu buryo
.bw'umwuka

Iyo ubonye Imana, uzagira ibyishimo nyakuri kandi
birambye Ubucuti bw'abantu bushobora gusenye no
kwangirika, ariko Imana ntizigera igutererana Nubwo abandi
bose bagutererana, niba Imana iri kumwe nawe, ufite byose
muri ubu buzima kandi watsindiye umugabane wose kandi
.mwinshi cyane

Umwigisha Paramahansa yabwiye umwe mu
bashidikanyaga ku kuba bashobora kubona umucyo w'Imana
:ati

"Nushidikanya, ntuzabona; nubona, ntuzashidikanya"
:Yabwiye itsinda ry'abanyeshuri bari basubitse ibintu ati
Mugomba gushyira ubuzima bwanyu mu bikorwa no"
gucunga igihe cyanyu Imana yaremye gahunda; izuba rirasa
kugeza rirenze kandi inyenyeri zirabagirana kugeza mu
"gitondo

Akenshi, abantu bavugaga kandi bagakora ibintu
bakurikije uko babona ibintu, ntibakunze kubona cyangwa
kugerageza kubona ibintu nk'uko undi abibona Iyo abantu
babiri batonganye bigahinduka intonganya hanyuma

bakarwana, icyaha kiba kuri bo bombi, hatitawe ku watangije
impaka. Abafite ubushishozi n'ubwenge bwo kureba ibintu
mu buryo bwumvikana, mu buryo bushyize mu gaciro no mu
.buryo bwumvikana

Nzabyuka mu gitondo nkangure urukundo rwanjye
rusinziriye, kugira ngo rubyutse mu mucyo wo kwiyegegurira
Imana y'amahoro by'ukuri mu mutima wanjye Mwami, mu
rusengero rutagaragara rwubatswe mu ibuye ry'ubwitange,
wakire amaturo yoroheje y'umutima wanjye, avugururwa
buri munsu mu gusaba

Irinde mu gihome cy'ubwenge, ahantu heza cyane ho
guhumeza. Ubwenge butunganye buzakugeza ahantu nta
.kintu na kimwe gishobora kukugirira nabi

Umwarimu Paramahansa yabwiye itsinda ry'abigishwa

:ati

Kwihana ntibisobanura kwicuza ikosa gusa, ahubwo"
bivuze kwirinda kongera kurikora icyo wihannye by'ukuri,
wiyemeza kuva mu kibi utabigarutseho. Umutima
urakomera kandi ntukoroha byoroshye. Woroshye gusenga
"no kwingira, maze imigisha y'Imana izakugwaho

Akenshi dusanga bamwe mu batunga umuryango
cyangwa abawutunga, baba ba se cyangwa abahungu,
ndetse no mu miryango imwe n'imwe, ba nyina cyangwa
abakobwa, bagaragaza igitugu bitewe no kumva ko bari mu
mwanya ubaha uburenganzira bwo kugenzura no gushyiraho
.ibitekerezo byabo

Aba banyagitugu bato ntibagomba kurambura uburakari
bwabo ku bagize imiryango yabo, babakeneye kandi
bakabashingiraho. Kuko nibiba bityo, bazatakaza icyubahiro
.n'icyubahiro by'abakunzi babo

Kuvuga ko umuntu afite intege nke kuva akivuka kandi
adashobora gukomera ni ibinyoma, kuko hari amahirwe ko
umuntu nk'uwo ashobora kuba ukomeye kandi akagera ku
.bintu bitangaje mu buzima bwe bwose

Iyo umuntu ashoboye gutuma abandira bumva urukundo
rwe n'imigambi ye myiza, urukundo rwe ruzaguka kandi
.ruvanze n'urukundo rw'isi yose rutemba mu mitima yose

Mu ituze ry'umutima, no mu gisenge cy'ibitekerezo no
mu byifuzo bikura, urukundo rw'Imana nta iherezaho rugira,
kandi hahirwa uwumva ahari umugisha kandi akaryohereza
.n'ubumwe

:isengesho

Mwami, mpa icyizere cy'abana b'inzirakarengane kuri
wowe no kukwiyegurira byuzuye. Mpa umugisha kugira ngo
numve ko uri hafi yanjye inyuma y'amasengesho yanjye,
nibonereho uko uri mu marangamutima yanjye yose, kandi
menye ko ubwenge bwawe butanga ubumenyi n'ubumenyi
.bwanjye

Nyuma y'uko mwarimu Paramhansa ashimiye umwe mu
:banyeshuri, yongeyeho ati
Iyo ubwiwe ko uri mwiza, ntugahagarike guharanira"
kuba mwiza kurusha uko uri iterambere ryawe rihoraho
"rizaguhesha ibyishimo wowe n'abakunzi bawe

Iyo abayobozi b'isi bo muri iki gihe basobanukirwa kandi
bagakorana, bashobora kurandura intambara n'ubukene mu
myaka mike. Ubumenyi bw'umwuka gusa (kumva ko Imana
ihari) ni bwo bushobora gukiza isi, kandi iyo butabayeho,
amahoro ntashobora kugerwaho. Abantu bagomba
gutangirira kuri bo ubwabo, kuko igihe ari igiciro gikomeye

cyane ku buryo kidashobora gupfushwa ubusa, kandi ni
inshingano z'abantu kugira uruhare mu kuzana ubwami
.bw'Imana ku Isi

Ubucuti ni ugukurura abantu mu buryo bw'umwuka
buhuriza hamwe roho n'umurunga w'urukundo rw'Imana
kandi bukazegerezanya, bityo imitima ikamara inyota yazo
maze roho zikishimira kuryohereza n'urukundo rwo mu ijuru
.runyura mu nzira z'abantu

Umuntu wese ukunda Imana kandi agashimangira
umubano we nayo mu bihe by'ibyishimo n'uburumbuke
azasanga Imana hafi ye igihe ayikeneye, ariko uzatinda
kandi ntashishikazwe no gukomeza uwo mubano azahura
n'ibigerageze bye wenyine kugeza igihe azaba ashoboye -
afite ubwenge n'ubunyangamugayo bwuzuye - kubona
.Umugenzi Mukuru

Isi yose irimo kurohama mu nyanja y'urujijo n'igihombo
bitewe n'umururumba udashira. Umururumba n'irari bibyara
intambara Intwari nyayo ni uwigarurira mu ntambara
y'ubuzima. Amafaranga, icyamamare, irari, n'ibindi byose
binyuranyije n'iri hame bibangamira amahoro n'ibyishimo
.byacu

Imana igaragara mu ituze ry'umutima, kandi twumva ko
ihari binyuze mu byishimo byinshi, kugira ngo ibyifuzo byacu
byo mu buryo bw'umwuka bisohozwe kandi ibyo twifuza
.n'urukundo rwacu bigere ku ntego yabyo

Keretse ubumenyi bw'umwuka butejwe imbere mu
buryo bujyanye n'iterambere ry'ubumenyi karemano
n'udushya mu ikoranabuhanga, abantu ku giti cyabo
n'amahanga bazabura ubuzima bwabo mu bihe by'amakuba
.no kurimbuka

Imana ishaka ko tuyisanga tukayimenya, ariko abantu
benshi ntibabishaka. Ariko iyo isi yijimye mu maso yabo,
bakagwa mu mitego y'ibibazo cyangwa bakaba abacakara
.b'indwara, bihutira kuyinginga no kuyisaba ubufasha

Benshi batinya gushaka Imana, bizera ko nibabikora,
ubuzima buzahinduka bubi, butagira ibyishimo n'ubwiza
Ariko ibinyuranye n'ibyo ni ukuri Ibyishimo byuzuye mbona
mu bumwe butunganye n'Imana ntibisobanuka; mbaho mu
byishimo byo mu mwuka amanywa n'ijoro. Ibyishimo ni
umugisha w'Imana, kandi kumenya Imana bivuze kubohoka
.mu makuba no kumva amahoro no kunyurwa

Ijambo ry'ingenzi ku bantu benshi muri ubu buzima ni
"njyewe" Abafite imyifatire n'imitekerereze yo mu mwuka
batekereza ku bandi nk'uko bitekereza ku bwabo
Abatekereza ku bwabo gusa bikururira urwango n'umujinya
by'ababakikije. Ariko abatekereza ku byiyumvo n'inyungu
z'abandi basanga abandi babatekerezaho kandi bakazirikana
.ibiyumvo byabo

Niba hari abantu ijana mu muji, buri wese akagerageza
kwigarurira abandi, buri wese azaba afite abanzi mirongo
icyenda n'icyenda. Ariko buri wese aramutse agerageje
gufasha abandi, buri wese azaba afite inshuti mirongo
.icyenda n'icyenda

Nabayeho gutyo kandi ntacyo natakaje mu gutanga ku
bandi. Mu by'ukuri, byose natanze byangarutseho byikubye
ubuntu bw'Imana. Ubu ndifuza ubusa kuko icyo mfite imbere
muri njye ari kinini kandi gifite agaciro kuruta ikindi kintu

cyose isi yatanga. icyo umuntu ashaka by'ukuri ni ibyishimo,
kandi iyo ibyishimo bimaze kugerwaho, gukenera ibintu
.biyigezaho birashira

Iyo woherereje abandi imigambi myiza, ubumenyi
bwawe buragenda bwiyongera Iyo utekereje kuri mugenzi
wawe, igice cy'umubiri wawe gishyirwa mu bikorwa hamwe
n'icyo gitekerezo. Aiko gitekereza byonyine ntibihagije;
tugomba kuba twiteguye gushyira mu bikorwa ibitekerezo
byacu. Kwita ku bandi bizanira umuntu imigisha myinshi
n'ibyishimo byinshi, kuko binyuze mu kwita ku bandi,
umuntu agumana ibyishimo bye. Intego yanjye ni
ugushimisha abandi kuko ibyishimo byanjye bikomoka ku
.byishimo byabo

Igitekerezo ni isoko y'ibibazo byose n'isoko y'ibyishimo
Umuntu arusha imbaraga ibyo yanyuzemo byose kuko Imana
yamuhaye ububasha bwo kugenzura ubwenge bwe n'umubiri
we, kandi ubwenge bwe ntibugomba kwanduzwa
n'ibitekerezo bibi

Abahuje n'Imana bashobora gutsinda ibigeragezo
bikomeye kandi biteye ubwoba mu buzima. Nubwo iyi nzozi
rusange rimwe na rimwe ishobora gusa n'inzozi mbi, iyo
.duhuje n'Imana, twisanga turi mu busitani bw'izo nzozi mbi

Hari ubwoko bwa bagiteri buvuka, bukagwira, hanyuma
bugapfa mu masaha abiri gusa. Ubwoko bwa bagiteri bugera
ku munsu umwe, cyangwa munsu y'ibyo abantu baba
bakeneye kugeraho mu gihe kirekire, wenda imyaka mirongo
.inani

Imyaka mirongo irindwi cyangwa mirongo inani tubaho
ni igihe gito cyane mu bihe by'iteka. Ukurikije uko ibintu

bimeze, ibintu byose bitubaho bibaho ku rugero rumwe
.n'uko biba kuri bagiteri twavuze haruguru
Kubwibyo, ntitugomba gupfusha ubusa igihe, cyangwa
ngo twemere ko ibyifuzo n'ibitekerezo bidutegeka, kandi
tugomba no kwirinda gukora ibyo umutimanama wacu
utemera Iyo umuntu agize ububasha ku giti cye, ku
bitekerezo bye, ku byiyumvo bye, no ku bikorwa bye, nta
umuntu cyangwa ikintu na kimwe kizashobora kumugiraho
ingaruka

Ubuzima burara mu butaka bugoye, burota ubwiza mu
ndabyo, kandi bukanguka mu nyamaswa no mu bwenge
bw'abantu, bugasobanukirwa ubushobozi bwabwo butagira
imipaka

:Abanyabwenge baravugaga bati
Imbuto z'ibikorwa byiza bisunitswe n'urukundo rw'Imana
n'imico myiza ni ubwumvikane n'ubuziranenge Imbuto
z'ibikorwa bisunitswe n'ibyifuzo n'ibyifuzo by'ubwikunde ni
ububabare n'imibabaro Imbuto z'ibikorwa bibi ni ubujiji
n'ubupfapfa
Ibikorwa byiza bizana ibyishimo, mu gihe ibikorwa byo
mu isi biyobowe no kwikunda bitera imibabaro n'ububabare.
Ibikorwa bibi bikomeza, ku rundi ruhande, byangiza
.ubushobozi bw'umuntu bwo gushishoza no gusobanukirwa

Bamwe bandika izina ry'umunyabwenge ku buryo
bukurikira: Paramahansa cyangwa Paramahansa Yogananda

Kuva hasi kugeza hejuru: Inkuru y'intsinzi

Izindi nyigisho zatanzwe na Master Paramahansa
Yogananda

:Kuri iyi link ikurikira

www.swaidayogacom

Iyi ni inkuru y'ukuri yahinduwe ivuga ku muntu)
wahoraga ananirwa, ariko binyuze mu gutekereza ku
guhanga no kwemeza ibintu neza, amaherezo yashoboye
gutsinda impamvu zamuteye gutsindwa no gukoresha
(intsinzi mu bushake bwe

Nk'uko hari abantu batsinda muri kamere yabo, hari
.n'abantu bananirwa kubera akamenyero

Inshuti yanjye n'umunyeshuri (S) yari umwana
w'umuhanga kuva akivuka. Nibyo koko yari umuhungu
w'umunyabwenge, w'umunyamwete kandi wifuza kubona
amafaranga, ariko akimara gutekereza ku kazi cyangwa
umwuga, ibintu byamuteye gutsindwa byaramukikije kuva
.mu ntangiriro

Umunsi umwe yaje kunsanga nta cyo amaze,
akurikiranywe n'abamuguriza, yatawe n'inshuti ze, ansaba
inama

:Namubajije impamvu y'ibibazo bye, maze aravuga ati

Bwana, ndi umuntu unaniwe Ku mpamvu runaka ntazi,"
iyo ntangiye akazi, ndagatakaza, kandi aho nkorera na ho
harangirika. Umukoresha yatakaje ubucuruzi bwe nyuma
gato yo kunkoresha. Kubwibyo, natinye gushaka akazi
kubera gutinya guhungabanya inyungu z'abakoresha
bazankoresha, kubera kudahuzagurika kwanjye ndahamya
ko nta kabuza nzatakaza akazi kanjye kuko ikigo
kizankoresha kizatangaza ko nahombye kandi kigafunga
imiryango yacyo, kikanyirukana kubera iyo mpamvu.
Kubwibyo, nta burenganzira mfite bwo gusenya ubucuruzi
".bw'abandi bantu kubera gusa isano mfitanye nabo

Nashoboye kumushakira akazi mu kigo gito maze
ndamusaba gusubiramo amagambo akurikira buri
:mugoroba, mbere yo kuryama ndetse no kubyuka

Umunsi ku wundi na buri munsi ndimo ndarushaho"

"kugira icyo ngeraho mu kazi kanjye

Ukwezi kwarashize, maze (S) aramburira ati:

"Nyakubahwa, ikigo wakoreshaga kirimo guhindagurika
kandi ibintu byacyo ntibitanga icyizere ndagusaba
kugikuramo mbere yuko gisenyuka burundu, kuko nzatakaza
akazi kanjye uko byagenda kose iyo ikigo kinaniwe. Ariko
kwegura kwanjye ubu bishobora kurengera ikigo ingaruka
mbi kandi zidashobora kwirindwa bitewe n'ibibazo byanjye
".bikomeye

Nasetse, ntitaye ku byo (S) yavugaga, ahubwo
ndamusaba gukomeza gushimangira igitekerezo cye no
gukomeza akazi ke Nyuma y'ibyumweru bike, yaje aho ndi
:nimugoroba arambwira ahumeka ati

"Icyo natinyaga ni cyo cyabaye"

"?Yaramubajije ati "Byagenze bite

Yaravuze ati: "Isosiyete yasenyutse nkuko nabikubwiye

"kandi nkuko nabihanuye

Naramubwiye nti: "Ese si ukuri ko igihe wiyizezaga uti
'Umunsi ku wundi kandi buri munsi ndimo ndarushaho kugira
icyo ngeraho mu kazi kanjye' koko wasubiragamo ayo
magambo nk'ingurube? Kandi ko impyisi y'amayobera
yakomeje gufata ubwonko bwawe ku buryo wibwiraga uti:
'Wa mupfapfa we, ibintu byawe birimo birushaho kuba bibi
'''!uko wagerageza kose kwemeza ko utsinze

"Yasubije ati: "Yego, mu by'ukuri nibyo biri kuba

yamugiriye inama yo kwikuramo imitingito (S)
n'ibitekerezo bibi bikomeye bikimara kugaragara mu mutwe
we, cyane cyane mu gihe cyo gusubiramo kwemeza ibintu
neza, kuko ubwenge bufite icyizere gihamye bushobora
kugira ingaruka ku bwenge budafite ubwenge cyangwa
budasobanukiwe, ibyo na byo, binyuze mu itegeko rya
resonance ya magnetic, bigira ingaruka ku bwenge bufite
.ubwenge binyuze mu mbaraga z'akamenyero

Nongeyeho nti: “Guhamya kenshi ibitekerezo n'ingeso
nziza kugeza igihe bigeze mu bitekerezo bidafite aho
bihuriye birahagije kugira ngo bikureho inzitizi zo mu mutwe
warazwe cyangwa wabonye Nta buryo bwo gutsinda igihe
cyose ibitekerezo n'ibiyumvo byo gucika intege no kwiheba
biri mu bitekerezo bidafite aho bihuriye. Mu bintu bituma
umuntu atsinda harimo kugira ubushobozi bwo guhanga
udushya, imimerere myiza, n'imyitwarire ya kamere. Niba
ushoboye gukora ku bwenge bwo hejuru hamwe
n'ubushobozi bwabwo butagira imipaka, noneho ushobora
guhanga amahirwe mashya yo gutsinda ukiri mu nzira kandi
”.udashobora gusobanukirwa

Kandi nashoboye gufasha (S) kubona akandi kazi, karuta
ako mbere. Ariko nyuma y'amezi atandatu (ari na yo gihe
kirekire inshuti yacu yamaze ikora), yarambwiye ku
gicamunsi kimwe ati: “Ibibazo by'ikigo biri kugenda
”birushaho kuba bibi, ndakwinginze unyirukane vuba

Sinitaye ku mpungenge ze, ariko namusabye gukomeza
akazi ke Nyuma y'ibyumweru bike, (S) yarambwiye
amwenyura ati: "Akazi ka kabiri wanteguriye bwana,
"!kararangiye

"Naravuze ntuje nti "Witinya, ndagushakira akandi kazi

Yasubije ati: "Noneho, bwana, igihe cyose wihaye inshingano zo gusenya indi sosiyete kubera ubufatanye ".bwanjye na ba nyirayo, nta kibazo mfite

Binyuze mu mihati idashira, nabonye akazi keza cyane kuri (S) muri sosiyete nini. Umwaka warashize nta kintu cyabaye, nubwo (S) yageragezaga buri cyumweru kuva muri .iyo sosiyete atinya ko yangirika nk'uko byari bimeze mbere

Amaherezo, namusabye gushora amafaranga ye mu bucuruzi bwe, maze agira ubwoba arandeba atangaye, arambwira ati: "Ese ibi ni byo ungiriye inama? Ntutekerezako ko nzatakaza amafaranga nakusanyije cyane ninshora imari "?yanjye

Yamwijeje afite icyizere ati: "Ugomba gushora amafaranga yawe n'imbaraga zawe mu mushinga mwiza, nko mu kigo cy'ibiribwa cyo mu gace kawe kidasaba ".ishoramari rinini, kandi ndizera ko uzatsinda

Mu myaka mike, (S) yabaye nyiri imitungo myinshi n'ububiko bunini

Amaze kwemeza ko yatsinze, yisanze atsinze mu byo yakoraga byose. Umunsi umwe yarambwiye aseka ati: "Ndashimira Imana n'ubufasha bwawe, nahindutse kuva mu gutsindwa mba umuntu utsinda, natsinze gutsindwa maze mbona ko gutsindwa kwanjye kwari ukubera kudasobanukirwa inshingano zanjye. Ariko sinzi uko nashoboye gutsinda nyuma yo gusenya akazi k'abandi ".kubera guhungabana kwanjye kwananiwe

Nuko ndamusobanurira nti: "Ntabwo wateje isenywa ry'inyungu wakoreraga. Itegeko ryo gukurura abantu rigenga, rishingiye ku mihindagurikire isa, rikora nabi cyangwa neza (nk'uko gukurura abantu nk'uko)

Kamere yawe y'ubusembwa yagukururiye ku bigo byari
bigiye guseniyuka, kandi ibinyuranye n'ibyo, wari unaniwe,
kandi ibigo na byo byari bigiye guseniyuka. Dukurikije
itegeko ryo gukururana, wowe n'ibyo bigo mwaguye ku
.musozi wo gutsindwa maze mugwa mu mabuye icyarimwe

Ihame ry'iyi nkuru ni uko intsinzi nyayo iri mu guhanga
icyo umuntu akeneye binyuze mu mbaraga z'ubushake
binyuze mu gukangura imbaraga zitagira imipaka z'ubwenge
bwo hejuru. Izi mbaraga zishobora gukangurwa no kwiga
uburyo bwiza bwo gutekereza no gutekereza neza no
guhanga udushya kugira ngo ubone ubuzima bwiza, intsinzi,
.ubwenge n'ibyishimo

Amahoro abe kuri mwe

Kuva ku mbuga z'ikubitiro z'ubugingo

Ese uzi impamvu bamwe badashobora kubona
Ni iki bashaka mu buzima binyuze mu nzira zemewe,
?nubwo bagerageza gute
Ubwa mbere, kubera ko abantu benshi bakorana
ishyaka ryinshi
Bakoresha kimwe cya cumi cy'ibitekerezo byabo gusa
Bityo rero, nta bubasha bafite bwo kugera ku ntsinzi
Byongeye kandi, impamvu ishobora guterwa n'ibikorwa
bibi

Babikoze kera, kandi byabagiriye nabi
Hamwe n'ibibazo by'ihungabana no gutsindwa bidashira
Ariko ntugomba kwemera
Inzitizi n'imbogamizi za Karma
Ntugomba kwizera mu mutima wawe ko
Ntabwo wagera ku ntego zawe
Iyo unaniwe kugera ku ntego yawe
Impamvu akenshi iba mu kwiyeemeza
Kuba udafite ubushobozi bwo kugera ku cyo wifuza
Ariko iyo wiyemeje

Ko ufite imbaraga zitagira imipaka
Ushobora kugera ku bintu byinshi bikomeye
Guhuza n'Imana bihindura imitingito y'ubwenge
Bifungura inzira z'ubwenge zifunzwe n'imihangayiko
Guhangayikishwa cyane n'ibintu by'umubiri
Byongerera urwego rw'umwuka mu bitekerezo no mu
byiyumvo

Ingaruka zabyo ni uko iminyururu iri ku bushake icika
Kandi mu bugingo hagaragara ubwisanzure n'icyerekezo
cyiza

Iri ni itegeko ry'umwuka rikorera neza ku bw'inyungu
z'abaryikoresha bose
Iyo imirasire y'ibitekerezo yibanda ku gukwirakwira nta
gukwirakwira

Imbaraga zikomeye z'Imana ziraje
Kandi kubera iyo mbaraga
Ushobora kugera ku ntsinzi mu buryo bw'umwuka, mu
mitekerereze no mu buryo bw'umubiri

Nakoresheje ubwo bubasha bw'umugisha
Inshuro nyinshi mu buzima bwanjye
Kandi nzi neza ko imbaraga z'Imana zidashira
Ushobora gukora ikintu nk'icyo niba ubyifuza
Izindi mbaraga zishobora kuzana intsinzi
Ni intsinzi idashira

Ariko iyo ubwenge bushyizwemo imbaraga zo mu ijuru
Umucyo mwinshi uzaturukamo
Kubaho kw'Imana kugaragara
Uwo utagira uwo angana na we
Ababizi bavuga ko
Ubumenyi bw'Imana ntibushobora kuboneka binyuze mu
kwigira ibyanditswe byera

Ntabwo ari ubwenge n'ubwenge
Ndetse no mu gushakisha filozofiya
Ahubwo, ni ku bw'ubuntu bw'Imana uburyohe bw'ubwo
bumenyi bushobora kuryohereza

Abafite imitima iboneye ni bo bonyine bahitamo Imana,
kandi ni Yo ibatoranya
Kandi ku bw'ubuntu bwe bashobora kubona umucyo we
Abahanga mu bya filozofiya n'abahanga mu bya
tewolojiya bagomba kumenya no kwemera
Ko kamere y'Imana itagira iherezo
Ntibishobora kumvikana cyangwa ngo bisuzumwe
Hamwe n'icyerekezo gito cyo gutekereza mu buryo
bufututse
Kugira ngo tumenye Imana, tugomba kwibonera ko iriho
natwe ubwacu
Imana yiyereka abayikunda
Nk'ibyumvo by'ibyishimo byo mu buryo bw'umwuka
bihebuje
Ubwenge bw'umuntu burarengerwa
Kandi bizana icyemezo kidakuka cy'uko hariho ukuri ko
hejuru
Ubunararibonye burenze urugero bw'abantu busanzwe
Nta ngano y'ubwenge cyangwa tewolojiya ishobora
Ko iki kizamini gitangaje
Kubera ko ubunararibonye bwo mu mwuka bushingiye
ku byumvo by'imbere
N'uburyo bwo kwiyumvisha ibintu mu buryo bworoheje
n'urumuri rubengerana kandi rutangaje
Kugira ngo ubone ubwo bunararibonye bw'amayobera
Urukundo rw'Imana ni ingenzi
Gutekereza cyane ku Mana
Mu bwigunge bw'umutima w'umugisha
Inyanja y'ubugingo yahindutse umuraba muto
w'imitekerereze yanjye
Ntirishobora guseniyuka
Kandi niba yaragaragaye kuri uru rwego rwo ku isi
Cyangwa byahishwe nyuma y'urupfu mu rwego
rw'ubwenge bw'isi

Kuko ndi umuntu uhoraho iteka ryose, udashobora

gupfa

Turinzwe mu ipfundo ry'iteka ryose n'igihome

cy'Umwuka Wera

Uyu muni nzakora ikintu cy'ingirakamaro ku bandi

Nzakora uko nshoboye kose kugira ngo ngire icyo nkora

ku bashonje

Ndi mu mutekano kandi mfite umutekano inyuma

y'inkuta z'umutimanama wanjye utuje

Umwijima wa kera waratwitswe

Nshishikajwe n'uyu muni gusa

Ndi urumuri rw'ibyiza bihebuje

Kandi ndashaka kuba urumuri

Ku bw'ubugingo amato yabo yarohamye agasenyuka

Mu nyanja y'umubabaro

Uyu muni numva Imana iri mu mutingito w'amahoro

Ibyo bintera ku mutima wanjye, bihuye n'urukundo rw'isi

yose

Kandi ku ntebe y'ubwami y'ibitekerezo bituje kandi

bituje

Imana y'amahoro ihe umugisha akazi kanjye kandi

yorohereze imirimo yanjye

Uyu muni nzayobora abavandimwe banjye

Ku irembo ry'Amahoro

Kujyana mu rusengero rw'Imana

Nzakora ibishoboka byose kugira ngo nhumurize

abababaye

Kandi roho zabo ziranyuzwe

Kandi nzahita ngana mu isanzure

Mu kureka ibyifuzo byose bibuza umuntu kugira icyo

akora

Kandi dukomere ku cyifuzo cyo kwegera Imana

Ibyo bituma umuntu yibuka ibihangano bye bidasanze

Kandi ku bwami bw'urukundo rwanjye

Nzatumira abantu b'amoko yose n'amoko yose

Kugira ngo baze guturana nanjye
Mu buryo bw'urukundo rw'Imana
Ubutunzi bw'Iburasirazuba
Ikinyamakuru cy'Iburasirazuba-Uburengerazuba
Amahirwe y'agaciro
Ubuzima burakwiye kubaho
Bitanga amahirwe meza yo kwimenya
Kuvugurura ubumenyi bwe no kugaragaza umwanya we
ku ikarita y'ubuzima
Kandi gukora kugira ngo ugere ku ntego yo kubaho
kwayo
Ubu bumenyi butera imbaraga ubwonko n'umubiri
Kandi byuzuzwa umutima imbaraga nyinshi
Arasesekara mu byishimo kandi arasimbuka cyane
Ibi nibyo Umuremyi w'abantu ashaka ku bantu
Bamwe bizera ko ubuzima bwuzuyemo umunaniro
n'umunaniro
Abantu benshi bararambiwe kandi bararambiwe
Ariko kurambirwa bivuze kwiyibagirwa
Ku bijyanye no guhuza no kuvugana n'icyumba
cy'ubuzima
Kugira ngo ubuzima bube bwiza
Umuntu agomba gukuraho no gukuraho inzitizi
Ibyo bihagarara hagati ye n'ubumwe bwe bushingiye ku
binyabuzima
Iyo uza gusubiza ibitekerezo byawe mu gihe cy'ubwana
Wenda wari wibuka ko icyo gihe wari
Wuzuye imbaraga nshya n'ibyishimo
Wari ufite icyifuzo gikomeye cyo kwimuka
Gusimbuka, gukina, no gukora ibindi bintu byinshi
Icyo gihe wari uherutse kugera uturutse mu isi y'isi
Kandi bifatanye isano itaziguye n'umutima w'ubuzima
Kandi insinga z'itumanaho hagati yawe n'ubuzima
Urwego rwo hejuru rw'imikorere igenda neza kandi
iboneye

Kubera ko wazanye ubumenyi ku bworoshye
Ibyishimo, ibyishimo, n'ubushya mu buryo bw'umwuka
Ubwo yari ageze mu kigero cy'ubukure
Watakaje byinshi cyane
Kuva kuri izo mbaraga n'ibiyumvo
Ariko rimwe na rimwe
Ibitekerezo bisanzwe birakugeraho
Kandi imiyaga yo kubura iraguhuhaho
Bigarura urwibutso rw'ibintu bimwe na bimwe
Kuva mu bihe byashize bya kure
Iyo ukangutse mu gitondo uvuye mu bitotsi birebire
kandi byuzuye ituze
Uba wumva umerewe neza kandi wishimye
Kugeza igihe ibintu bikurangaza mu buzima bwa buri
munsi bizakugeraho
Bifata igice kinini cy'ubwenge bwawe
Kandi biba ukuri kandi byihutirwa kurusha ibindi
Nubwo hari ingorane zose, kuvuguruzanya, no gucika
intege
Umuntu agomba gukora ku buryo bwo kuvugana na we
ubwe
Ubutunzi bwinshi butagira ingano
Ibi nibyo bituma ubuzima bugira ibyishimo n'icyubahiro
Ibitekerezo n'ibikorwa bihendutse bigomba kwirindwa
Kandi kudafatwa n'ibintu bidafite akamaro mu buzima
bw'isi
Kuko iyo bimaze gushinga imizi mu bwenge
Ifata ku turemangingo tw'ubwonko
Kugeza igihe amahoro n'ubwumvikane bivanywe mu
bugingo
Kandi hamwe na bo, ibitekerezo binoze n'iyerekwa
ritunganye
Bityo rero, ni ngombwa kwikuraho izo mbaraga zidahuye
Kuva mu bitekerezo no kwirukana amarangamutima
mabi mu mutima

Kugira ngo imirasire y'urumuri ibagereho
Imigezi y'ubuzima, ingufu, n'imigisha
Umutsima utangaje
Yahumetswe n'inyigisho za Master Paramhansa
Ibitekerezo bimeze nk'ibice by'ibumba bishobora
guhindurwamo uduce duto cyangwa inzoka zo mu nyanja,
ariko hamwe n'ubukomere bwa gitare
Buri muntu afite ubushobozi bwo kuba umuhanga mu
by'ubuzima bwe no kuba umuhanga mu by'ejo hazaza he
Afate agace gato k'iyi paste itangaje maze ayikoremo
.igihangano cyiza cyane, maze azahabwa ibyishimo byinshi
Inkuba zirasa mu kirere ziragoye kuzishyira mu nsinga
kugira ngo zimurikire amazu n'imihanda, ariko ibi
byagezweho

Ntabwo byoroshye guhamagara no gushyira imbaraga
zitaragaraga z'isi mu buryo bumwe Irinda abantu imitego
kandi ikabarinda ikibi, niba bishoboka Nubwo ikibi kiriho
kandi gifite imbaraga, umucyo nawo urahari, kandi icyiza
kirakomeye kandi kiraramba kurusha ikibi kuko gishyigikiwe
n'ukuri guhoraho kandi kw'iteka, ari na ko gakomeye cyane
.mu isanzure kandi amaherezo kazatsinda

Kwibanda ku bitekerezo byiza kandi byiza bivuze
gushyiraho isano ihamye, cyangwa kubaka umuyoboro
usobanutse neza, hagati y'ubwenge n'isoko y'ubwiza
rusange, ari bwo bwiza ubwabwo. Uko umuntu arushaho
gutekereza ku bwiza, ni ko imitingito yabwo irushaho
gukururwa mu bwenge no mu mubiri. Iyi mitingito ifite
imbaraga zo guhindura imiterere myinshi y'imitekerereze
n'iy'umubiri, kandi ifite imbaraga nyinshi ku buryo yikuraho
imitingito inyuranye idahuye n'imiterere y'umuntu mu
.mitekerereze no mu mubiri

Iyo umuntu avuze ati “Ndananiwe,” yumva umunaniro
ukomeye kuko uba waragaragaye, bityo bigatuma ibikorwa
bigabanuka kandi bikabuza imbaraga gutembera. Ariko, iyo
avuze ati “Nkeneye kuruhuka,” yifungurira imigezi y'ingenzi

iruhura ubwenge n'umubiri, ndetse ishobora no kugira
.imbaraga nyinshi mu gihe gito cyo kuruhuka
Gucika intege, bitera ikibazo cyo mu mutwe, bishobora
kwirindwa utabyitayeho, wibuka ibintu bishimishije
byakubayeho, cyangwa utekereza ku bantu ukunda, wizeye,
kandi wumva umerewe neza, ariko ukizera ko gucika intege
ari igicu cy'impeshyi kigenda gihita, uko byaba bimeze kose
.kandi biteye ubwoba

Ibintu bigoye umuntu anyuramo ntibikwiye
kwirengagizwa cyangwa ngo bisuzugurwe. Ahubwo, ibi bintu
bigomba gukemurwa mu buryo bufatika kandi burangwa
n'ubushishozi, hagashakwa uburyo bwiza bwo kugabanya
.imbaraga zabyo no kugabanya ingaruka zabyo
Ibi ntibivuze ko utanga serivisi z'abaganga batanga
serivisi nyinshi kandi z'agaciro binyuze mu buhanga bwabo
n'uburyo bwa siyansi bugezweho; ahubwo gutekereza neza
bifasha gutera imbuto yo gukira mu mubiri bityo bikaba
.bumwe mu buryo bwo kuvura

Mu buryo nk'ubwo, aho kuvuga ngo "Ndarwaye,"
icyibandwaho kigomba kuba ku gukenera gukira. Iyi
myumvire ituma ubwenge n'umubiri byakira neza uburyo
bwo gukira n'ingufu, bikingura utwenge cyangwa imiyoboro
iyi ngufu ikenera kugira ngo igere mu turemangingo
n'ingingo, bigasana imimerere mibi kandi idakwiye, kandi
bigahindura imashini zoroheje z'umubiri. Bityo, umuntu
umenyereye intege nke n'umunaniro kenshi azasanga, uko
igihe kigenda gihita, ko gutekereza neza bifasha kugabanya
umubare w'ibi bihe, biganisha ku kumva imbaraga nshya
n'imibereho myiza myinshi, abifashijwemo n'Imana, Umukiza
.indwara zose n'indwara

Umusaruro w'urwango
Nasi na Zakir baranze, kandi intambara zabo zatangiye
bakiri abanyeshuri bato ku ishuri, kandi bamaze gukura
Urwango rwabo rwarakuze, maze baba abahanganye mu
bucuruzi bwo kugurisha inkweto

Igihe kimwe, bahataniye gushaka umukobwa, kandi
kubera ko Nasi yari afite imbaraga nke kurusha Zakir,
yamukubise cyane amusiga ata ubwenge. Ubwo Zakir
yagaruraga ubwenge, yagize isoni, yicuza, kandi aterwa
.ishozi n'ibyamubayeho

Nyuma y'imyaka myinshi, Zakir yahisemo kwimukira mu
muji kugira ngo akore kandi ature
Nasi yari yibagiwe ibyabaye, ariko Zakir ntiyashoboraga
gusiba mu bwenge bwe ikimwaro n'isoni Nasi yamuteye.

Nyamara yakomeje gusubiramo no kwiyeemeza ati:
Nzababarira Nasi kandi sinzibuka icyaha yankoreye
Ariko nyuma y'amezi menshi, Zakir yabonye ko mu gihe
yavugaga buri munsu imbabazi, mu mutima we yifuzaga
kwihorera kandi ko yari ategereje umwanya wo kwisubiraho
.no kumara inyota ye yo kwihorera

Nyuma y'igihe gito, Nasi yumvise akururwa mu buryo
budasanzwe kamukurura mu muji aho uwo bahanganye wa
kera, Zakir, yari yimukiye. Nta gushidikanya ko hari ikintu
cyari kigiye kuba, ariko, yari azi ko Nasi ari mu muji maze
.atangira gukurikirana neza ingendo ze

Umugoroba umwe, Nasi yagiye gutembera no
"guhuma umwuka mwiza," nubwo ikirere cyari cyijimye
kandi cy'imvura

Ubwo yagendaga wenyine mu muhanda wiherereye,
yanyuze ku bubiko bw'inzu buri hanze, mu gihe Zakir
yamukurikiraga yihishe kandi yitonze. Ubwo amahirwe
yabonekaga, yahisemo kwishyura amafaranga y'inguzanyo
.afite inyungu nyinshi

Yishimye cyane, yabonye igisenge gikomeye cyari
cyaguye giturutse ku rukuta rw'ububiko. Aragifata maze
akubita uwo bahanganye cyane mu mutwe, agwa hasi,
hanyuma asubira inyuma mu nzira yari yaturutsemo, atazi
.ko ariho

Nyuma y'amasaha make, imvura yarahagaze, ibicu
biratandukana, maze urumuri rw'ukwezi rugaragara mu

mwobo uri hejuru y'urukuta. Nasi yakangutse yisanga
.aryamyeye hasi, afite intege nke cyane

Yagerageje kumenya ibyabaye, maze abona tile
iruhande rwe n'umwobo mu rukuta hejuru yarwo, asoza
avuga ko ubwo yagendaga iruhande rw'ububiko, amahirwe
ye mabi yatumye iyo tile igwa iturutse hejuru y'urukuta igwa
.ku mutwe we

Ihame ry'iyi nkuru ni uko abantu bakunda kwibagirwa
ibibi bakoreye abandi, nubwo ingaruka z'ibikorwa
zitazibagirana, kandi ingaruka zabyo zibakurikira bucece mu
mwijima w'ubujiji Nk'uko inka ishobora kubona inyana yayo
mu zindi ibihumbi, ni ko n'ingaruka z'ibikorwa byacu zifite
ububasha bwo kudukurikirana no kumenya aho turi, nubwo
.nyuma y'igihe kirekire

Iyo Nasi aba afite ubwenge akagerageza gukemura
amakimbirane yari afitanye na Zakir no kumusaba imbabazi
nyuma y'icyo kibazo, yashoboraga kugabanya uburakari
bw'uwo bahanganye kandi ibintu ntibyari gukomeza
.kwiwongera

Ariko ibintu ntibyahindutse, kandi imbuto z'ingaruka mbi
zarakuze kandi zikura mu nda y'ejo hazaza heza, ziva ku
ivuka ribi Kugira ngo hirindwe gutungurwa, imbuto
z'amakimbirane mabi zihishe mu butaka bw'ubwenge
zigomba gutwikwa, kandi kureba kure bigomba kubanza
gukorwa, kuko amategeko rusange ategereye ko umuntu
asarura imbuto z'ibikorwa bye, byaba byiza cyangwa bibi,
.biryoshye cyangwa bisharira

Twibuke ko buri gikorwa gisiga ibimenyetso bibikwa
nk'imyitwarire n'ibyifuzo mu bitekerezaho. Keretse ibi
bikozweho mu buryo bw'ubwenge no mu buryo
bw'ubushishozi, bizatera ingaruka zishobora guteza akaga.
Ariko, iyo imbuto z'ibikorwa bibi zitwitswe n'umuriro
.w'ubwenge, ntizishobora kongera gukura
Igisobanuro cyo kuzamura ubumenyi
ubuzima bw'umwana muto

Ubugingo buhindura imashini ifatika
Kugeza igihe azaba yihambiriyeho burundu
Niyo mpamvu tugomba kubaho
Kugira ngo ibyo umubiri ukeneye bitaturemerera
Ntitwumva dufite imipaka ku birebana n'ibipimo
ngenderwaho by'ibikoresho
Gukura mu mutwe ni umusaruro
Ku mikurire cyangwa iterambere ry'umubiri
Dukurikije ubwihindurize bw'ibidukikije
Uwo mwuka ni wo urimo uturuka
Mu kuzamuka mu bwenge
Cyangwa urwego rw'ubuhanga n'ubwinshi
Bityo hagaragazwa impano zidasanzwe
Ibitandukanya abantu
Ku byerekeye ibindi biremwa byose
Hanyuma irazamuka
Kugeza ku rwego rw'ubumenyi bw'umwuka
Ibyo bitanga ibisobanuro n'agaciro
Kugira ngo umuntu agire uburumbuke mu by'umubiri
kugera ku ntego mu mutwe
Nta gushidikanya ko ibyo umuntu yagezeho mu bwenge
ari ingirakamaro
Kuko ibintu byose byiza bifite agaciro
Kandi buhoro buhoro turushaho kubona ko icyiciro
gikurikiraho
Birimo kuzamura ubumenyi bw'umubiri
Kumenya ibintu by'umwuka
Binyuze mu guhindura umubiri n'ubwenge mu buryo
bw'umwuka
Mu kudapfusha ubusa imbaraga z'umubiri
Kandi yibanda ku mucyo w'ubwenge, umuscuti
Ku ngingo z'ingenzi
Kugeza igihe bazaba
Uburyo bwiza kandi buhuza
Ubugingo bushobora kubunyuramo

kwigaragaza
Kandi agaragaza impano ze
Kandi ikanguza imbaraga zayo z'umwuka
Kubohoka mu mwuka bivuze kubohora ubugingo
Kuva mu kato k'ubujiji
Kandi uzamuke ugere ku rwego rukwiye
No kuyikura mu nzitizi z'ubumenyi buke
Ubuzima bw'umuntu akenshi buba bwiza cyane
Ariko kuyihambiraho
Ni nk'inyoni yo muri paradizo yihambiriye ku kiraro
cyayo

Kugira ngo niba ufunguye urugi rw'akazu
Inyoni yatinye kugenda
Kubera akamenyero n'igihe yamaze mu kato
?Ibyo ntibitangaje
Inyoni ntishaka kuva mu gace kayo gato
Ku bwisanzure bw'ikirere kitagira iherezaho
?Yaturutse kuri nde
Ibi birareba natwe
Kubera ko twabaye igihe kirekire
Mu kato k'umubiri
Turatinya ko agiye mu isanzure ryagutse
Ariko ubwenge budusaba ko
Kubohora Inyoni y'ubugingo
Kuva mu kato k'amabwiriza
Kandi tukabirekura mu rwego rutagira imipaka
rw'ubwenge

Bazongera kuryohereza n'ibyishimo byo mu mutima
Itegeko ry'ingendo rishingiye ku itegeko ry'impamvu
n'ingaruka, cyangwa igikorwa n'ingaruka
Umuntu wavutse ari mwiza muri ubu buzima yari ameze
atyo mu mubiri we wa mbere {kubera ibyo amaboko ye
yashyizeho} kandi niba aharanira gukora ibyiza, igipimo
cy'ibyiza kizamugirira akamaro kenshi (ufite byinshi
azahabwa n'ibindi byinshi)

Abafite imico myiza mike gusa bashobora gutakaza

n'iyi mike bitewe n'imyitwarire mibi ibatera kandi
.ikabatsinda

Umuntu ukunda gukora ibibi agomba kuba yari afite iyo

ngeso mbi mu buzima bwe bwa mbere, kandi iyo ngeso mbi

ishobora gukomera no kuyigenzura. Abafite ingeso mbi ni

uko bari bameze mbere, kandi niba icyiza kiruta ikibi, imico

.myiza izirukana ingeso mbi mu mitima yabo

Iyi ni yo mikorere isanzwe y'itegeko ry'impamvu

n'ingaruka (karma). Ariko, umuntu ntagomba kumva adafite

icyo akora cyangwa ngo agire umutegeko mu gihe afite ingeso

mbi yifuza kuzireka. Ubu ni bwo buryo bwiza bwo gutsinda

.izo ngeso binyuze mu kwiyeemeza no gutekereza neza

Umuntu ashobora kwibohora mu ngeso mbi no

kwiremamo ingeso nziza mu bitekerezo no mu bikorwa, ibyo

bikaba bizamuzanira umusaruro yifuza

Nubwo ingeso mbi zaba zarashinze imizi mu muntu,

agomba kwibuka ko ari bo ubwabo biremye izo ngeso

binyuze mu gusubiramo ibitekerezo n'ibikorwa runaka, kandi

ko bashobora kuzisimbuza ingeso mbi nziza binyuze mu

.gutekereza neza kandi byubaka

Ibitekerezo byiza n'ibibi ni imiterere itandukanye

y'ubwenge bw'umuntu. Mu by'ukuri, ni byiza kugira inzizi

nziza kuruta kubabazwa n'inzizi mbi ziteye ubwoba.

Ubwenge burahindagurika kandi bushobora kwiyumvamo;

bushobora gufata imimerere iyo ari yo yose wifuza cyangwa

kurota inzizi zikurura. Ariko, ikibazo abantu bafite ni uko

bemerera urwego rwabo rw'ubwenge—ku bushake bwabo

n'amahitamo yabo—kugengwa n'imyitwarire idahwitse

n'icyerekezo kibi cyavutse mu ngeso za kera. Bityo,

imbaraga zabo zo gutandukanya ibintu ziguma zihunga

kandi zitembagara, kimwe n'uburindi bw'ibintu bidasanzwe

bushinze imizi inyuma y'ibihome byo gutandukanya ibintu no

.gusobanukirwa ibintu

Iyo abasinzirijwe n'ingeso mbi basogongeye kubabara
bitewe n'ubuzima budasanzwe, bazahindukirira umucyo
w'ubwenge n'imibereho itunganye bashaka agakiza, nubwo
.ingeso zabo mbi zaba zarashinze imizi kandi zangiza gute
Hanyuma, nibakora ku guteza imbere no guteza imbere
ingeso nziza binyuze mu gushyira mu bikorwa imibereho
myiza, bazongera kubona ibyishimo byo mu mutima kandi
bishimire amahoro nk'ingaruka karemano zo kwifata no
.guteza imbere ingeso nziza
Turasaba Imana Ishoborabyose kuduha ubufasha bwo
kwibohora inzitizi zose no kuyobora ibitekerezo byacu mu
nzira nziza kandi z'ingirakamaro
Guhindura ubwenge mu buryo bw'umwuka
Hari abantu bamara ubuzima bwabo
Ufite ubwenge buke kandi usobanukiwe bike
Bararya kandi bararyama
Kandi bishimira ibintu bimwe na bimwe bishimishije
Ni gake cyane batekereza cyane
Mu by'ukuri, abantu benshi
Ntabwo bagera ku burebure buhagije
Mu nyanja y'ibitekerezo by'umwuka
Kubera ko bemeza ko isi ifatika
Ni byose biriho
Ariko ubu buzima
Ni inzizi z'akanya gato gusa
?None se kuki hari ukwihuta no guhumeka
?Kandi ugerageza gukundwa n'isi
?Ese si byiza kurushaho
?Ugerageza kubanza gushimisha Imana
Inyamaswa ntizigira ubwisanzure bwo kwihitiramo
Kubera ko Imana yamubohesheje ubwenge bwe
Ariko yashyize ubwenge mu muntu
Abantu bafite ubwisanzure
Kuzamuka cyangwa kugwa
Guhitamo icyiza cyangwa ikibi

Iyo ubwenge bwinjijwemo
Mu byishimo bikomeye by'imibonano mpuzabitsina
Iganjemo ibitekerezo bikomeye kandi byijimye
Agwa ava muri paradizo y'ibyishimo
Atakaza ibyishimo byo mu buryo bw'umwuka
Kandi ubwenge bw'umutima bupfukiranwa
Ntabwo ashobora kubona inzira ye igana ku Mana
Ariko birashoboka guhindura ubwenge mu buryo
bw'umwuka
Mu gutekereza ku Mana
Kandi kumusaba mu buryo buvuye ku mutima kandi
bwimbitse
Kugira ngo umuryango w'umugisha ushobore
gukingurwa
Kuyobora mu Bwami bw'Umucyo n'Ibyishimo
bihishe mu byimbitse by'ubwenge
Bivuye mu bubiko bw'imari bw'umwarimu Paramahansa
Amarangamutima n'ubuyobozi



Inyigisho za Master Paramhansa Yogananda
Iyo umutima uri kumwe n'umuntu
Bimukurura kuri byo
Imico yose y'uwo muntu
?Ni nde utekereza ku bantu beza
Ineza yabo iramuhabwa
Kandi abibanda ku bantu batanga ibitekerezo bishya
Ibitekerezo biza kuri we

Kandi uwo ari we wese ujyana, ndetse no mu bitekerezo
Abantu bafite umutimanama
indangagaciro nziza
Kandi umugambi mwiza
Asangiye icyubahiro cyabo n'amahame yabo
Kubera ko ibitekerezo birimo kwangirika nk'ingufu
Bikurura nk'ibikurura nk'ibikurura
Mugire umunsi mwiza kandi amahoro abe kuri mwe

Buri wese arashaka ibyishimo birambye
Ntuhindukire nk'ivu mu ntoki zawe
Ubu bushakashatsi butanga byinshi
Kuva ku binyoma, ibibazo, no gutenguha
Abantu bashaka ibyishimo bishya
Ntabwo ipfa, ntigabanuka, cyangwa ngo ishire
Kandi umuntu yigira ku byo yanyuzemo
Ibyishimo byo ku isi ni ibyishimo
Igihe gito kandi ntabwo ari icya burundu
Akenshi akunda kuvumbura ko nyuma yo kubona icyo
ashaka

Kugeza ubu ntabwo anyuzwe n'ibyo yagezeho
Hanyuma ashaka gusohozza ikindi cyifuzo
Hatabayeho kubona ibyishimo wifuza
Ariko, yongeye kugerageza
!Garuka kuri kare ya mbere n'ibindi
Ibyishimo nyakuri ni ibyishimo byo gusobanukirwa ibintu
mu buryo bw'umwuka
Ibyishimo byo gutekereza ku Mana no kuvugana na Yo
Ibyishimo by'amahoro n'ituze mu mutima
Ibyishimo by'urukundo rw'Imana
Kandi gukunda abandira n'urwo rukundo
Kandi ibyishimo byo kumva ufite icyizere gihamye kandi
kidakuka
Ko roho idapfa
Kandi ko ibyishimo byo bimuherekeza

Ndetse na nyuma yo kugenda
Ubu buzima bw'igihe gito bwo ku isi

Mwami, mfasha
Kugira ngo nshobore kubona ibyishimo byanjye muri
wowe

Nizeye kwishimira isi
Kandi mu gusohoza inshingano zanjye zo ku isi
Kandi unyigishe uburyo bwo kunoza ibyumviro byanjye
Kugira ngo ubashe gutandukanya icyiza n'ikibi
Bityo rero ishimire ibyiza n'ibyiza gusa
Reka nishimire ibinezeza byo ku isi
Ibyishimo byo mu mwuka bikungahazwa n'ibyishimo
byawe bitagatifu
Kandi umfashe kukugira
Igice cy'ingenzi cy'ubuzima bwanjye
Kandi ni ikintu cy'ingenzi mu gukora imirimo yanjye ya
buri munsu

Numva uri kumwe nanjye
Buri gihe
Kandi kuri buri rwego

ubushake bw'umuntu
Ni ishusho y'ubushake bw'Imana
Kandi iyo iyobowe n'ubwenge
Imbaraga ze zihinduka imipaka
Ubushake bw'Imana bugenga ingufu z'isi
Kugira ngo yungukire ku ngufu z'ikirere
Imigabane ye idashira cyane
Itangwa ryayo ntirishira
Igomba kwimurirwa mu mubiri
Binyuze mu miyoboro y'ibitekerezo byiza
n'ubwumvikane nyabwo
Hamwe n'ubushake bw'Imana

Abarimu beza ntibagira inama yo kugira ubunebwe no
kutita ku bandi; ahubwo bigisha inzira yo kuringaniza Ni
ibisanzwe ko umuntu akora kugira ngo atunga umubiri we
kandi abone ibyo kurya n'imyambaro. Ariko, niba inshingano
ze zemerewe kuvuguruzanya cyangwa kuvuguruzanya
.n'iz'abandi, ntabwo ari inshingano nyakuri
Hari abacuruzi ibihumbi bahugiye mu kwigwizaho
ubutunzi, nyamara ntibitaye ku bubabare n'ibibazo
by'umutima bitera. Niba gushaka ibinezeza bituma umuntu
yirengagiza inshingano ze zo kubungabunga ubuzima bwe,
.ntabwo ari inshingano na gato
Umuntu agomba gukura mu buryo bwumvikana kandi
buringaniye Nta mpamvu yo kwibanda cyane ku kugira
umubiri ukomeye niba ubwonko buri muri uwo mubiri bufite
intege nke. Ubwenge nabwo bugomba gukuzwa
Umuntu wese ufite ubuzima bwiza, ubuzima bwiza,
n'imbaraga nyinshi zo mu mutwe, ariko akaba adafite
.ibyishimo, ntaragera ku ntego mu buzima
Umuntu wese ushobora kuvuga ati "Ndishimye kandi
ntawe ushobora kunyambura ibyishimo byanjye," aba ageze
ku rwego rwo hejuru rw'intsinzi kandi yabonye ishusho nziza
.muri we
Umuntu agomba kwishimira ko Imana yamuremye mu
ishusho yayo. Ariko niba yirata, akarakara, cyangwa
agashavura vuba, agasuzugura abandi, kandi naramuka
avuye mu mubiri muri iyo mimerere y'imitekerereze, ntabwo
.azumva yegerereye Imana
Igihe kimwe, umwe mu bagaragu b'Imana yari arimo
koga mu ruzi, undi mugabo araza atangira koza ifarashi ye
hafi y'uwo mugabo w'umukiranutsi, amusukaho amazi
abigambiriye kandi atabyitayeho. Abigishwa b'abatagatifu
bararakaye cyane bashaka gukubita uwo mugome no
kumwirukana, ariko umwarimu wabo arababwira ati
""Ntimubikore, ahubwo mumureke

Mu buryo butunguranye, ifarashi yateye nyirayo
umugeri, imuvuna amenyo amwe irayakuramo. Umugabo
mwiza yaramwegereye atangira kumwitaho no kumukiza.
Itegeko rikomeye rya kamere, si umutagatifu, ni ryo
.ryahanaga umunyabyaha

Imana n'amategeko yayo y'isi yose bikora ubutaruhuka
kandi bidahwema kugira ngo bigabanye imibabaro y'abantu
bose bayiringira, bayishakaho ubufasha, kandi
bashyigikirane kandi baterane inkunga mu rugendo
rw'ubuzima {Kandi Imana ihora yiteguye gufasha
umugaragu wayo igihe cyose umugaragu afasha
umuvandimwe we}

Ibindi bintu bishobora gutegereza
Byose bihari kuko Imana iriho Kandi kuko iriho, natwe
turahari, kandi kubera ineza yayo no kubaho kwayo, dufite
uburumbuke n'ibyishimo byo mu buzima. Bityo rero,
gushimira Imana kwacu bigomba kuba binini kandi gushimira
kwacu kukaba gukomeye, kuko ivuga iti: “Niba ushimira,
nzagukomeza rwose,” kandi tugomba gushimira Imana
.ubudahwema

Akamaro Imana ifitiye abantu ni ntagereranywa,
nyamara abantu benshi baha agaciro kanini ubuzima
.bw'ibintu bityo ntibamenye Imana by'ukuri
Inshingano z'umubiri n'inshingano z'imibereho myiza
bigomba kubahirizwa mu gihe utekerezwa ku Mana, kuko
Malayika w'Urupfu - ubuzima bwawe buramba - atwara
abatuye isi buri muni, umwe ku wundi, kandi dushobora
.kuva muri iyi nzu ipfa igihe icyo ari cyo cyose

Tugomba gukora imirimo yacu muri iyi si dufite
umutimanama ukeye, ibitekerezo byacu bigakomeza
guhuzwa n'Imana. Nihatira gukorera buri wese, ariko iyo ndi
njyenyine mu bitekerezo, sinshobora kwemerera umuntu
uwo ari we wese kubangamira imitekerereze yanjye. Ibindi
bintu bishobora gutegereza, ariko tugomba kugirana

gahunda ya buri munsu n'Imana, yo yaduhaye ibyo dukeneye
.byose kuri iyi si

Mu gihe Nyakubahwa Umucamanza yari arimo gutanga
umwanzuro we wa nyuma ku kibazo cy'ingutu cyashoboraga
gutuma undi muntu apfa cyangwa agapfa, muri icyo gihe
yari arimo atekereza ku bibazo byo mu rugo byari
byamubayeho uwo munsu kandi yarababaye kuko itegeko
!rye mu rugo ritari rishyizwe mu bikorwa
Iyo umucamanza nk'uwo atanze icyemezo kitari cyiza
cyatuma umuntu utari umwere apfa bitewe no kutagira icyo
yibandaho, icyo gihe na we azashinjwa kandi agacirwa
urubanza imbere y'Umucamanza w'Ikirenga, Umucamanza
w'ibyaha byose: itegeko rusange ritarangwa no gutonesha
.kandi ridafite aho rihuriye n'icyenewabo
Abantu benshi ntibagira icyo bakora mu gushaka
amafaranga kandi ntibagira icyo bageraho mu micungire
.y'ubucuruzi

Babura ubwenge bwo gusesengura ibintu kuko iyo bari
ku kazi batekereza ku bibazo byabo byo mu rugo, kandi iyo
.bari mu rugo ubwenge bwabo bugahugira mu kazi
Bityo rero, umuntu ntagomba kwibanda ku bintu birenze
kimwe icyarimwe

Kera cyane, ku manywa
Nageze mu cyumba cy'ubwenge
Maze amadirishya y'indirimo arakinguka
Ibintu nyaburanga, impumuro nziza, uburyohe,
n'ukozaho
Kandi nasabye indirimbo nziza cyane n'amabara meza
cyane

Kugira ngo aze aze yizunguze imbere yanjye abyine
Hari igihe nasekaga ubundi nkarira
Iyo amaso yanjye atangiye kurira
Ibikomere byo mu buzima birambabaza
Funga urugi rw'ibyumviro

Kandi winjize ahantu hatagira imipaka
Mu isi y'ibitotsi n'inzozi
Aho ngaho ndaryama mu mahoro no mu kiruhuko
Munsi y'umwijima
Nyuma yo kuruhuka bihagije
Kuva mu bitotsi, nafunguye urundi rugi
Kandi winjire mu cyumba cy'inzozi
Rero ndeba filime z'igerageza n'iz'ubushakashatsi
Muri sinema y'abatazi icyo bakora
Aho nkorera uko nshaka
Kandi nkora inzozi za velvet z'urwibutso rwiza
Ku mashuka ya silika
Andikaho izina ry'ikirere gikundwa
Ariko iyo ndi hanze y'ibi byumba bibiri
Hari igihe njya mu bwihisho butazwi bw'isanzure
nkibwira
Gutsinda umwijima wijimye cyane, ukandamiza abantu
benshi
Kwambuka ibibaya birebire
Kugera ku nkombe z'ikirere cy'iteka ryose
Hariya mu isi y'ubumwe
Nta babiri, nta nzozi
Nta burakari, nta bubabare
Ahubwo, icyerekezo cyuzuye
Kandi ibyishimo bihora bishya
Kandi urumuri rw'ijuru n'isi

Uko turushaho kubana mu mahoro n'Imana
Igihe cyose tubishoboye
kubaho mu mahoro
Turi kumwe natwe ndetse n'isi
Nimuze tugerageze buri gihe kuyobora ibitekerezo
byacu
Kugana ku buryo busesuye kandi butagira iherezo
Nta byishimo byagereranywa nabyo

Nshaka Imana mu byishimo
Kandi muvugane na we
Ifatanye n'ibitekerezo byiza
Ibi bitekerezo bizagufasha
Urushaho kwegera
Ibyiza byose n'ibyishimo bituruka ku Mana
Amahoro n'urukundo kuri bose

Ishami mu ibarura rusange
Mu bwenge bwe bwihariye: kamere y'umuntu ku giti cye
Imana ni yo yashyizeho ibarura
Agerageza kubona umubare
Ongerageza ku bumwe bw'isi
Iyo inkubi y'umuyaga iguruka hejuru y'inyanja
Birema imiraba itabarika
Iyo inkubi y'umuyaga igabanutse
Imiraba isubira mu mutima w'inyanja
Mu buryo butandukanye n'uburyo butandukanye bwo
kurema
Hari igice cyihishe cy'umubiri
Nk'uko inyanja ari yo shingiro ry'imiraba
Ubumenyi bw'umuryango butuma abantu barushaho
kubana neza
Ibihugu bifite abayobozi babihuza kandi bakayobora
inzira yabyo
Hari amatsinda y'abantu asangiye ibibazo
Iyo umuntu abonye Imana
Asanga imbaraga zose zihuriweho muri we
Amurikira ubwenge bwe
Iyerekwa rishya ry'ubuzima riragaragara mu bwenge
bwe
Ubuzima buhinduka bwiza
Kandi amahoro yuzura roho
Kandi ibibabaza ubuzima birahinduka
Ku kintu kimeze nk'inzozi

Iyo umuntu urimo gushaka arangije ishuri ry'ubuzima,
igihe kikagera cyo kujya mu rwego rwo hejuru, arushaho
kwishima, akamenya ko yakoze neza mu ntambara
y'ubuzima kandi ko yatsindiye Imana, kandi yizeye ko agiye
.guhura na yo

Ku muntu wese ukunzwe n'Imana, ibyo yifuza birakura,
kandi ibyo yifuza bihinduka ibikomoka ku mwuka bimutwara
mu buryo butagoranye mu mahoro, umucyo, n'ibyishimo
.bihoraho bitagira iherezo

* * *

Imvura y'imbabazi z'Imana ntigwa ku mpinga ndende
z'ubwibone, ahubwo igwa mu bibaya byoroshye byo kwicisha
!bugufi

Umwari mu Paramahansa yavuze ku buryo bwihuse, ku
bw'ubuntu bw'Imana, tubaturwa mu buyobe bw'uburiganya
:bw'isi. Yagize ati

Muri iyi si dusa nkaho turimo kurohama mu nyanja"
y'ibibazo n'imibabaro, bityo Imana iradutigisa kugira ngo
"ikangure muri iyi nzosi mbi ziteye ubwoba

:Yaravuze ati, ashishikariza umwe mu bigishwa

Menya ko ibyo ushaka byose n'ibindi byinshi"

"bigutegereje mu Mana

Yabwiye umunyeshuri wasaga n'aho yari yarashinze

:imizi mu ngeso mbi ati

Niba udafite ubushake, gerageza guteza imbere"

imbaraga zo gukora ibintu utabishaka (ni ukuvuga igikorwa

"utabishaka cyo kudakora ikosa)

Ukwiye meza

Uyu muni nzasenya ishusho y'ubujiji

Ibyo byanduza ubuturo bwera bw'ubugingo buri muri

njye

Kandi nzajya nibuka ko Umucyo Wera w'Imana

Ihora igaragara ku buzima bwanjye

Kandi bikuraho umwijima w'uburiganya mu bwenge
bwanjye no mu bugingo bwanjye
Kandi ko uwandemye atazansiga
* * *

Munsi ya buri muraba w'ubuzima
Inyanja nyinshi y'ubuturo bw'Imana iherereye
Inyuma ya buri mutima w'umutima
Inyanja itagira iherezo y'urukundo rwo mu kirere iri
imbere
* * *

Buri joro nzakomeza kwiyizera ko ntari umubiri
Ahubwo, umwuka uba mu mubiri
Kandi ko ubugingo bwanjye bwo mu mwuka budapfa
iteka ryose
Ninkanguka, nzongera kwibuka kubyemeza
* * *

Mu miterere y'ibitotsi, nzakira kandi nongere imbaraga
zanjye

Ariko ibyo ntibihagije
Nkeneye ahantu ho guceceka no gutekereza
Aho nshobora kwiherera buri munsi
Kugira ngo nsuzume imiterere y'ubumenyi bwanjye
Kandi nshakisha amabanga y'ubugingo bwanjye
Igisobanuro cy'ituze
Gutuza bivuze ibitekerezo bituje
Gutuza umubiri no kugenzura ibyo ukeneye
Umuntu wese ubishoboye azagira ituze rirambye
Azumva imiraba ihebuje n'ibitekerezo biturutse ku isi
nziza

Kandi uwo ari we wese winjira mu ituze, icyo gihe
Azavumbura ubwami bw'Imana muri we
Igihe cyose umuntu agenda mu muhanda
Buri kanya k'igihe cye ni igiciro cyinshi
Turi hano muri iki gihugu (inzu yo kunyuramo) igihe gito

Byose ni iby'igihe gito, ariko kumva Imana ihoraho iteka
ryose
Nta kintu na kimwe gishobora kubihanagura mu mutima
no mu bugingo
Ntitugomba kwemera ko ibishuko by'iyi si bitugiraho
ingaruka
Mu kutubuza intego yacu ikomeye n'intego yacu
y'ikirenga: Imana
Kumenya Imana birashoboka
Tugomba gushaka umutegetsu w'isi yose
Inyenyeri zirabagirana mu mucyo we
Kandi hamwe n'imbaraga ze imitima iratera
Tugomba kumushaka mu rusengero rw'ituze
Iyo duhamagaye Imana dufite inyota n'ubushake
Kandi iyo tumutekerejeho dufite inyota ikomeye
Tuzamubona
Simvuga ku mana itazwi
Ahubwo, ni ibyerekeye Umwami maze kumenya
Kandi ni ukuri kuri njye
Ni ukuri kurusha ibintu byose bifatika
Inyanja y'Imana ni yo ishyigikira kandi igashyigikira
imiraba y'ubuzima bwacu bwa kimuntu
Dushobora kubaho nta kintu na kimwe tudafite uretse
Imana
Imana ishaka ko duha abandi impano
Tugomba kuzirikana ko mu gihe duharanira guhaza ibyo
dukeneye, tugomba no gufasha abandi ibyo bakeneye no
.gusangira ibyo twinjiza n'abatishoboye
Twibuke ko turi igice cy'ingenzi cy'umuryango w'isi yose
kandi tudashobora kubaho tudafite uwo muryango. Ubuzima
bwaba bumeze gute tudafite umubaji, umuvumbuzi,
cyangwa umuhinzi? Binyuze mu guhanahana serivisi
n'ubuhanga, Imana ishaka ko dutekereza ku bandi, kuko
.kubaho ku giti cyacu ari ikosa rikomeye

Iyo dutekereje ku byishimo byacu, twagombye no
gutekereza ku gutuma abandi bishima. Si ngombwa kureka
byose

Ku bw'umuryango w'isi yose, kuko ibyo bidashoboka
Ariko tugomba kwishyira mu mwanya w'abandi no kubona
ibyo bakeneye nk'ibyacu
Imana ishaka ko duhana ibyo dusangira, kuko abandi ari
bo bakomeye kuri twe
Gusubiza no kwirukana ibitero bikomeye by'uburiganya
Igihe cyose umuntu ari umutego w'uburakari, ishyari,
n'ishyari, ntabwo aba afite umudendezo. Agomba kuba
umutegetsu w'amarangamutima ye n'ibikorwa bye, kandi
akibohora ku mitekerereze mibi, irari ritagira umupaka,
.n'ibyifuzo bibi

Niba uri inyangamugayo rwose kuri wowe ubwawe,
ubwenge buzashyigikira imitekerereze yawe, gukiranuka
kuzayobora icyemezo cyawe, kandi gusobanukirwa
.bizamurikira ubwenge bwawe

Imbuto z'ibikorwa bya kera biyobowe n'ubujiji zigomba
"kurokezwa" mu muriro w'ibitekerezo n'ubwenge kugira ngo
bitazongera kumera no gukura. Ubu ni bwo buryo bwo
.kwirukana no gukumira ibitero bikomeye by'uburiganya
Uburiganya bwo mu isanzure - cyangwa Satani -
bushuka umuntu akoresheje amasezerano y'ibinyoma
n'ibishuko bikurura kugira ngo akurikirane ibinezeza
by'umubiri kandi bugatega ubushobozi bwe kuko
bumusezeranya ibyishimo byo mu isi bidafite ukuri, bityo
bugakora cyane kugira ngo bumubuze gusogongera ku
.mbuto z'ibyishimo nyakuri ziri mu busitani bw'ubugingo
Abanyabwenge bazi gutandukanya ukuri n'ubuyobe
kandi bakaba abahanga mu gushishoza Uko bagenda binjira
mu bitekerezo, barushaho kumenya akamaro
k'uburenganzira bwo kwihitiramo n'uko ari ngombwa
gukoresha ubwisanzure bwo guhitamo kugira ngo bakore

icyiza kandi birinde ibikorwa bishobora kugira ingaruka mbi
.n'ingaruka mbi

Umwe mu bigishwa yabajije umwigisha Paramahansa
igitekerezo cye ku byerekeye gutegekwa mbere y'igihe,
:iherezo, imibabaro n'ububabare, maze aramubwira ati
Abantu barema iherezo ryabo binyuze mu bushake
bwabo kandi bakagenda iherezo ryabo binyuze mu migambi
yabo n'ibikorwa byabo. Ushobora kwibohora imibabaro niba
uhisemo kubikora. Imana, ifite kamere yayo ari urukundo,
ntishaka ko uwo ikunda ababazwa n'ububabare buterwa
n'ibikorwa bibi n'ibitekerezo bidafite ishingiro. Yahaye
abantu imbaraga zo gushishoza no kwihitiramo. Ariko,
bitewe n'ibyemezo bitari byo n'amahitamo adahuje
n'ubwenge, abantu bikururira imibabaro n'ububabare
.ubwabo ndetse n'abandi

Ugomba kuba ufite umudendezi kandi ntukemerere
umuntu uwo ari we wese kugutwara icyemezo cyawe
cyangwa ngo akuganze, kandi ntukemerere ibidukikije,
imigenzo, n'imigenzo mibi bikubuza no kugenga imibereho
.yawe

Kora ubigiranye ubwenge, tega amatwi ijwi
ry'umutimanama wawe, tekereza ku ngaruka z'ibikorwa
mbere yo gukomeza icyo uteganya gukora, wirinde kugirira
nabi abandi bitewe n'imyitwarire yawe idahwitse, kandi
.usabe Imana ubufasha n'ubuyobozi

Gukora hakurikijwe amabwiriza y'imbere mu kigo
Tugomba kubanza gushyiraho intego yacu, hanyuma
tugashaka ubuyobozi bw'Imana kugira ngo butuyobore ku
gikorwa gikwiye dushobora gukoresha mu kugaragaza
ubushobozi bwacu. Tugomba gutekereza kugeza igihe
ibitekerezo byacu bituje kandi tukabona neza intambwe
ikurikiraho. Nyuma yaho, tugomba gukora dukurikije
ubuyobozi bw'imbere duhabwa, kandi umusaruro twifuza
.uzagerwaho

Iyo ubwenge butuje, uzasobanukirwa ibintu vuba kandi
byoroshye, kandi mbega ukuntu ari byiza cyane! Uzagera ku
cyo wifuza, kandi intsinzi izakwandikirwa muri byose mu gihe
gito kuko imbaraga zo mu kirere zishobora gukoresha
.amategeko akwiye no kugaragaza imikorere yayo
Hari abantu bavuga ko uturemangingo tw'ubwonko
bwacu dushyirwaho n'ingeso zimwe na zimwe zidashobora
kunozwa cyangwa guhinduka. Ibi si byo. Kubera ko Imana
yaturemye mu ishusho yayo, nta kintu na kimwe gishobora
kutubuza cyangwa ngo kidufashe gutera imbere.
Nitwisuzuma, tuzamenya ukuri kw'ibi, tubifashijwemo
.n'Imana

Buri muntu wese ahagarariye imbaraga zitagira imipaka
Tugomba kugaragaza iyo mbaraga mu byo dukora
byose

Iyo dushaka guhanga ikintu
Ntitugomba kwishingikiriza gusa ku masoko yo hanze
Ahubwo, tugomba gucengera mu bwihisho bw'imbere
Turimo gushaka isoko itagira iherezaho
Uburyo bwose bwo gukora akazi neza
Ibihangano byose bishya

Kandi imivuduko yose y'umuziki itunganijwe neza
Ibitekerezo bitera imbaraga
Kandi imirimo myiza cyane kandi itangaje
Byanditswe mu nyandiko z'Imana
Nagushakishaga mu bihe byose n'ibihe byose
Ku nzira z'ibyifuzo n'ibyifuzo
Kandi ubu ndabona ko utuye muri njye
Kandi bintera imbaraga mu byiyumvo byanjye byera
cyane

Ntukongere kunyihisha
Inyuma y'indabyo z'amarangamutima
Ibitekerezo n'amarangamutima y'umutima
Shyirisha ubugingo bwanjye amabuye y'agaciro
y'ubwenge bwawe

Kandi umpe umuyaga w'ibyishimo byawe
Kuraho umwijima wagutwikiriye
Ku bijyanye n'ibyo mbona n'ibyo mbona
Yemwe abari kure y'inyenyeri n'ikirere cy'ubururu
Kandi hirya y'imiterere y'ikirere n'ibiremwa byose
n'ibiremwa

Emera amagambo yanjye y'urukundo
Shyiramo ubuzima bwanjye mu rukundo rwawe, mu
mucyo wawe no mu mahoro yawe
Nyereka isura yawe yera cyane
Ndakumva uri mu bitekerezo byanjye byimbitse
Numva ko uriho mu byiyumvo byanjye byimbitse
Kandi ndakubona urimo kurabya mu busitani
bw'urukundo rwanjye

Unyuzuze impumuro nziza y'ubuturo bwawe
Nakwishimira impumuro yawe nziza
Ngwino unsange uturutse hakurya y'ijuru n'inyenyeri
N'ibitekerezo n'amarangamutima
Nyereka isura yawe yera cyane
Reka menye ko uri mu bugingo bwanjye
N'abari hafi yanjye
Ahantu hose

Ingingo zikurikira ni izo mu kinyamakuru * Inner Culture*

kandi zikomoka ku nyigisho za Master Paramhansa
Ibanga ryo gutsinda riri mu kwimakaza imitekerereze
myiza: kumenya uburumbuke, ubukire, icyizere, ibyishimo,
no kugera ku byo twagezeho. Ibi byubaka muri twe igihome
kidashobora kwigarurirwa gishobora kwihanganira ibitero
.by'ibintu bibi, ahanini bikoze n'abantu
Tugomba guharanira kugera ku mahoro n'ubwumvikane,
kandi tukamenya ko tudashobora kwizanira ikintu icyo ari
cyo cyose kitari muri twe, kandi tukizera ko Imana ari yo
soko y'ibintu byiza byose n'ibinezeza, kandi ko dukurikije
ukwizera kwacu n'icyizere cyacu, izatugezaho ubuntu bwayo
.kandi iduheshe imigisha yayo

Abahanuzi n'abantu bakomeye bari bazi ibanga
ry'intsinzi, kandi amateka yatumye amazina yabo atapfa
kurusha amazina y'abami n'ubwami, kandi igihe
ntikizashobora gusiba amazina yabo mu nyandiko z'ubuzima
.bwabo

Abahanga mu by'uburasirazuba bagerageje amategeko
yose azwi kandi yageragejwe kugira ngo bagere ku bukiru
bw'ibintu n'ubutunzi bw'umwuka. Niba hari abandi bize kandi
bungukiye kuri iyi filozofiya yo guhindura ubuzima bwabo
bukarushaho kuba bwiza no kugenzura imimerere yabo,
.nawe ushobora kubikora

Umuntu wese wanduza ubwenge bwe akoresheje
ibitekerezo byo gutsindwa cyangwa ibyo akeneye azakurura
inshuti zifite ibitekerezo byuzuyemo gukena no gutsindwa,
kandi azarema ibidukikije bifite imihindagurikire n'ubwiza
.bumwe

Ibitekerezo nk'ibi byuzura nyirabyo agahinda, agahinda,
kwiheba no kwiheba, ku buryo imimerere ye irushaho kuba
mibi kandi ibintu bye bigagenda birushaho kuba bibi, maze
.akemera ibyo abona ko ari iherezo rye n'iherezo rye
Ntawe utsindwa keretse yemeye ko atsinzwe nk'ikintu
kidashidikanywaho, kandi iyo atsinzwe, ikosa ntiriba mu
buryo cyangwa mu mategeko, ahubwo riba mu muntu
.wakoresheje nabi amategeko

Iyo twiyemeje gukora ikintu runaka kandi tukaba
twizeye neza ko intego zacu ari nziza kandi ko icyemezo
cyacu ari cyiza, tuba twishyize ku ruhande ubwoba kandi
ntitutinye imimerere cyangwa ngo twite ku mbogamizi
.n'imbogamizi zijyanye n'iyi mimerere

Icyo ukeneye ni iki? Ni icyubahiro? Cyangwa imbaraga?

Cyangwa umutekano? Cyangwa ubuzima bwiza? Cyangwa
?ibyishimo? Cyangwa amahoro

Niba uzi icyo ushaka, kandi niba uzi uburyo bwo kubona

icyo ushaka, kandi niba witeguye gukoresha uburyo bwose
bukwiye kandi bwemewe muri wowe no mu bikukikije, kandi

niba wihaye isezerano ku buntu kandi ukiyemeza ko
utazemera gutsindwa, icyo ushaka kugeraho ni icyawe,
.kandi ukishimira kugera ku cyo wifuza
Ubwo mwarimu Paramhansa yasabwaga gusobanura
:ubumenyi bwite, yagize ati
Kwimenya ni ukumenya, hamwe n'umubiri, ubwenge,"
n'umwuka, ko turi umwe n'uko Imana iriho kose. Ntabwo turi
hafi y'uko kubaho gusa, ahubwo n'uko Imana iriho kose ni
uko turi mu buryo bwuzuye, kandi turi hafi yayo ubu nk'uko
tuzaba turi mu kindi gihe icyo ari cyo cyose. Icyo tugomba
".gukora ni ukunoza ubumenyi bwacu kuri yo
Yagize ati: "Kuba inyangamugayo mu kurangiza imirimo
mito bidukomeza kugira ngo dukomeze gufata ibyemezo
"bigoye ubuzima buzaduhatira gufata umunsi umwe
Yagize ati: "Hari ubwoko butatu bw'abigishwa
b'umwuka: abizera bitabira amazu yo gusengeramo kandi
bakanyurwa n'ibyo gusa... abizera bakunda ubuzima
bw'ubunyangamugayo n'ubunyangamugayo ariko
badashyiraho imihati ikenewe kugira ngo bamenye Imana...
"n'abizera biyemeje kwivumbura mu Mana
Yagize ati: "Imana ihita ihaza ibyo abayisenga byose
bakeneye kuko bibohoye ku mpamvu z'ubwikunde
"zibangamira imihati kandi zigatuma batenguha ibyiringiro
Mu ndiba y'imisozi n'ikirere gituje, mu bwihisho
bw'umutima wanjye no mu buvumo bw'ituze, numva Imana
.ihari kandi numva ibyishimo byayo by'iteka ryose
Kandi nzajya nnywa ku masoko yayo meza adashira
cyangwa ngo yume iteka ryose. Nzinjira mu nyanja yo
.gutekereza no gutekereza ku Mana
Kugeza igihe nzabonera amasaro y'ubwenge n'ibyishimo
by'Imana
Uwiteka, mpa umutima wo gutanga
Kugira ngo nsangire ibyo mfite n'abandi
Kandi umfashe kubona mu kiyaga gituje cy'ubwenge
bwanjye

Ishusho y'ukwezi k'umwuka, imurika n'urumuri rw'uko

uri

Uyu munsu ndaza kwinjira mu nyanja yo gutekerezwa no

gutekerezwa ku Mana

Kugeza igihe nzabonera amasaro y'ubwenge n'ibyishimo

by'Imana

Nzagukunda, Mwami, kurusha ikindi kintu cyose

Kuko ntari kumwe nawe ntashobora gukunda umuntu

uwo ari we wese cyangwa ikindi kintu icyo ari cyo cyose

Nzagusenga, Nyagasani, urukundo rwawe

ntagereranywa

Ku ntebe y'ubwami y'ubwoko bwose n'umutima ukunda

Mu buzima no mu rupfu

Mu bihe by'agahinda n'ingorane

Ukwizera kwanjye kuri wowe, Mwami, kurakomeje

Ikomeye kandi idashobora kunyeganyega

Ihamye kandi idashobora kunyeganyega

Buri mwuka wanjye wose w'icyifuzo n'ubusabanyu

bwanjye

Inzugi n'amadirishya birakinguye mu mutima wanjye

Kuva aho ngaho ndanyura mu byishimo by'Imana

Nk'uko izuba riva

Ku mihanda ihuze cyane

Bityo nzareba imirasire y'urukundo rw'Imana

Mu duce twose twuzuye abantu

Ku bikorwa byanjye bya buri munsu

Uwiteka, mbabarira

Kugira ngo nkangure roho yanjye n'umuseke

Kandi ndabigeza ku muryango wawe w'umugisha

* * *

Imana ni ituze ry'isi yose

Aho ibintu byose bigaragarira

Muri byo haturuka ibitekerezo byose bisobanutse

Rero nzagerageza kwitoza gutuza

Kugira ngo numve ko ari kumwe nawe mu byishimo

Ndazi ko Imana iri kumva
Kuri buri jambo ryose nshaka cyane
Ni urukundo rwa bose
Binyuze mu rukundo rw'Imana
Ndashobora kuyibona
Binyuze mu rukundo, umuntu ushaka kwegera Imana
Anywa ku masoko yera y'ibyishimo
Mwami, mfasha
Kugira ngo nshyire imbaraga mu mubiri wanjye
Ikarita yawe y'isi yose
Kandi kugira ngo nkize ubwonko
Dufite icyerekezo n'icyizere
Kandi ukize ubugingo
Binyuze mu bitekerezo by'umwuka bikomoka ku
gutekereza
Reka tumenye, Nyagasani
Ko ibyishimo by'amarangamutima ari iby'ibanze kandi
by'igihe gito
Mu gihe ibyishimo by'umutima
Ni ukuri kandi bihora bivugururwa
Imana si ijambo tuvuga gusa
Ahubwo, ni ingenzi y'ubuzima n'ibanga ryo kubaho
Dushobora kutamenya ingano y'ubunini bwayo butagira
imipaka
Ariko dushobora kumva ko ihari
Kandi twumva ko ariho
Uyu munsu nzarimbisha ahantu heza ho gutuza
Hamwe n'indabyo z'inyota y'Imana
Kandi ndamuhamagara, Imana y'urukundo n'ibyishimo
Ndasaba Imana kunyiyereka
Binyuze mu maso yanjye yo mu mwuka
Ese nabona urumuri rwayo rukwirakwira
Mu mfuruka zose z'isi
Nziyumvisha ibintu by'ingenzi nkeneye

Nzakoresha ubushake bwanjye n'ubushobozi bwanjye
bwo guhanga udushya

Ndihangana kandi ndihangana
Kugira ngo ngere ku ntego yanjye mbifashijwemo
n'ubuntu n'ubufasha by'Imana

Ndabizi ko kubura ibyishimo biterwa no gutsindwa
Kubwibyo, nzakora uko nshoboye kose
Kugira ngo tugere ku byishimo birambye
Mu kutemera ikintu icyo ari cyo cyose
Mu kunkandamiza no kumbuza urugendo rwanjye
rugana ku ntsinzi

Nzashushanya ikarita y'ibitekerezo by'utuntu duto
Kandi ndimo ndakora ku kubishyira mu bikorwa
Kugeza igihe nzagera ku nzozi zanjye zikomeye
Aflashijwe na we, ahabwe icyubahiro
Turi imirasire y'urumuri rw'Umuremyi
Tubaho igihe gito mu mibiri isanzwe
Imirasire igomba kugaruka aho ikomoka
Ibi ntibivuze ko umubiri nta gaciro ufite
Ahubwo, ntidukwiye gutekereza
Turabigengwa n'ibyo n'aho bigarukira
Imana ntigira ivangura ku muntu uwo ari we wese
Ahubwo, isubiza binyuze mu itegeko rihamye kandi
ridahinduka

Umuntu wese urenga ku mategeko y'Imana
Yizanira igihano n'imibabaro
Kandi umuntu wese ubaho akurikije iryo tegeko
Imana izamuha ibihembo kandi isubize amasengesho ye
Binyuze mu mahoro n'ibyishimo byo mu mutima
Nzasenga nbikuye ku mutima
Buri gihe nkoresha ubushake bwanjye
Kugeza igihe nzabonera ibisubizo bihagije kandi
bishimishije ku masengesho yanjye
Ikigo cy'Ubumenyi bw'Umwuka ku mpande

Ningerageza by'ukuri kuvumbura ukuri, Imana
izanyorohera kubimenya, kandi nzanyurwa
Kandi ibisubizo bishimishije ku bibazo byose n'ibibazo
bishobora kuza mu mutwe wanjye

Ishingiro ry'ubumenyi bw'umwuka riri mu gahanga,
hagati y'amaso, aho ijisho ry'umwuka riri, ari na ryo rembo
rigana mu bwami bw'umwuka. Bityo rero, ngiye kwibanda
kuri iyi ngingo

Ndabona ko ubwenge bwanjye buhinduka bitewe
n'impinduka mu bidukikije, bityo iyo ibidukikije bimpa
.uburozi n'uburiganya, nzabihindura ahantu heza kurushaho

Ibanga ryo gukomeza ubucuti
Umwe mu banyeshuri yabwiye mwarimu Paramhansa
"ati: "Mwigisha, birangora gukomeza ubucuti nkora
:Umwarimu yaramusubije ati

Hitamo inshuti zawe witonze. Ba inshuti nziza kandi ube
.indahemuka kuri bo, ariko buri gihe komeza kuba kure
Kubahana ni byo bibe isano riri hagati yawe na bo, kandi
.nturenze urugero rw'ibikwiye kubaranga

Biroroshye kubana neza n'abandi, ariko niba ushaka
gukomeza urukundo rwabo n'icyubahiro cyabo, ugomba
gukurikiza iyi nama

Umuntu wese utera imbaraga z'umwuka we kuri
rukuruzi y'isi yose yitonze cyane aba igice cy'iyo rukuruzi,
akabona imiterere yayo, kandi akizanira ibyiza byose kandi
.bitunganye

Ukwiyeze

Nzateza imbere ubuhanga bwanjye bwo gutekereza no
gutekereza cyane, nsome ibitabo by'ingirakamaro n'ibitabo
.byiza, kandi nrusheho kwita ku byiyumvo by'abandi

Nzashimira ibyiza byose Imana yampaye kandi
sinzategereza ko ibintu bibi binyibutsa imigisha myinshi
Nyirubuntu yampaye

Uyu munsu nzagerageza kuba rukuruzi yo mu mwuka
aho nzazana ibyiza kuri nje ubwanjye bitewe n'imbaraga
.z'ubukuru mfite

Ikintu cyose cy'umubiri gishobora kubora, kandi ikintu
cyose cy'ubugingo ntigipfa kandi ntigishobora kubora. Bityo
.rero, sinzashyira imbere ibintu bifatika mu buzima bwanjye
Ninshaka Imana mbere na mbere, ibyifuzo byanjye
byose bizagerwaho, kandi ntacyo bitwaye niba mba mu
ngoro nziza cyangwa mu nzu ntoya. Ubwenge bwanjye
buzaguka kandi ubumenyi bwanjye bwo mu mwuka
buzakura niba mbaho mu kuri, mu kuri no mu
bunyangamugayo, kandi niba nhumuriza abandi nkabaha
impuhwe, ubugwaneza, urukundo, n'inkunga mu rugendo
.rw'ubuzima

* * *

Umwe mu banyeshuri yabajije ati: "Mwigisha, ese roho
"?ishobora kubura burundu
:Bwana Paramhansa yasubije ati
Bidashoboka! Kuko buri roho ni igice cy'Imana"
kidatandukana, bityo ikaba ihoraho, idapfa, idapfa no
"kubora

Umwe mu bigishwa yakoze ibishoboka byose kugira ngo
ashake ibimenyetso by'iterambere ry'umwuka, nuko
:umwigisha aramubwira ati
Niba utera imbuto ukayicukura buri munsu kugira ngo"
urebe uko ikura, imizi yayo ntizigera ifata ubutaka kandi
"ntizakura

Umufate neza, ariko ntugire amatsiko menshi
Incamake y'Ubumenyi bw'Umwuka

Ku mwarimu w'umunyabwenge

Paramhansa Yogananda

**Ubumenyi bwose abantu bifuzwa kubona, muri buri
shami rya siyansi n'ubuhanga, harimo n'amabanga ya
atome**

Amateka y'isanzure n'umuryango w'abantu, byose bibaho muri eteri mu buryo bw'imitingito

Izi ngendo ziradukikije, kandi hari uburyo bwo kuzigeraho mu buryo butaziguye. Ibi ni ukubigeraho binyuze mu gusobanukirwa n'ubugingo.

Iki ni igihe cy'ubwenge. Buri kintu cyose kigomba gusuzumwa neza kandi mu buryo bushishoza kugira ngo gisobanuke neza.

Kandi mu gusobanukirwa ibikubiye muri byo, inzitizi y'uburiganya ishobora kuneshwa. Hari impamvu ya buri kintu cyose, kandi muri iki gihe cy'isesengura,

Tugomba gukora kugira ngo tugere kuri ubwo bwumvikane

Nshobora kwinjira mu byishimo byo mu mwuka mvuze nti:

"Mana, Mana, Mana"

Nshobora kwinjira muri iyo mimerere binyuze mu gutekereza cyane

Cyangwa ukareba ahantu nyaburanga heza

Cyangwa urebye isura irabagirana n'umucyo n'urukundo by'Imana

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Turya ibizwi tubyumva kandi tukabyishimira. Hanyuma tugahindukira tugashakisha ibitazwi kuko ibizwi bitabikora.

Biduha umunezero urambye Iyo biduha uwo munyuro, ntitwari kuguma kuri uyu mubumbe w'Isi igihe kirekire gitya

Guhora unyurwa n'ibyo uzwi udafite icyerekezo cy'ejo hazaza, udashyizeho imihati yo kunoza, kandi udafite umutima wo gukora ubushakashatsi

Hatabayeho impamvu yo gutekereza no gusobanura, hazabaho guhagarara no gutinda ku muryango w'abantu, bityo bikazashira.

Kandi bishira

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**Ubuzima hano busa n'aho ari ubusa kandi
burangwa n'akajagari kugeza igihe tugeze ku nkombe
z'umutekano**

**Ntitugomba gushyira ibyiringiro byacu ku ntego
z'isi zihita vuba no ku bintu bidafite imbaraga**

**Ibyo bintu bidakomeye bidutandukanya n'intego
yacu y'ibanze tutabizi**

**Nk'uko binadutandukanya n'uko turi abantu
nyakuri**

**Inzuki ikora cyane kandi ikitegura ibihe bigoye,
kandi iyo igihe cy'itumba kigeze, yishimira ibyo
yabitse mu isarura ry'impeshyi.**

Kandi mu mpeshyi

**Bityo, tugomba kwiga uburyo bwo gukusanya
ubuki bw'amahoro y'Imana n'ubushobozi bwo
guhangana n'ibibazo bikomeye**

Tubahura nabo mu buzima

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Muri iyi si ihindagurika

Irimo ibyago byinshi n'ibidasobanutse neza

**Wumva uri wenyine cyane Imana yonyine ntabwo
izagutererana**

Ibyiringiro byawe ntibizatenguha

Uwiteka, mbabarira

**Kugira ngo umuntu atere imbere imbuto
z'imbaraga zo mu mwuka n'intsinzi**

Ihishe muri njye

**Kandi kugira ngo nyikoreshe mu buryo
bukunogeye**

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**Rimwe na rimwe, umuntu agomba gusiga byose
kugira ngo abe wenyine, kugira ngo abashe
gutekerezwa ku ntego**

ubuzima

**Abantu benshi barohamye mu migenzo
n'imigenzo; mu by'ukuri, ntibigeze babaho mu buzima
bwabo bwite.**

**Babaho ubuzima bw'isi None se ni iki bagezeho,
kandi bageze he?**

**Bityo rero, ni byiza ko umuntu rimwe na rimwe
yikura mu mirimo n' "inshingano" za buri munsu kugira
ngo abone amahoro.**

**Ubwenge bwe buri mu kaga, kandi arimo
kugerageza kwiyumva no kumenya intego ashaka
kugeraho**

*** * ***

**Umuntu wese ukunda Imana, bityo agakunda buri
wese, ntibisobanura ko akunda amakosa n'inenge
by'abandi.**

**Ukunda Imana aba ashikamye mu mategeko yayo
Igihe namenyaga ko ibikorwa byanjye byeguriwe
Imana, kumva ko ibyo nemeraga bishobora kuba ari
bibu byarashize.**

**Nditeguye gukosorwa iyo ngize amakosa, ariko
iyo ngize amakosa, sinzareka ibyo**

Ibyiyumvo by'imbere

**Icyo cyiyumvo ntigikomoka ku marangamutima
ahubwo gikomoka ku kuri, bityo gikomeza ukwemera
kwanjye kandi kikantera gukomera mu cyemezo
cyanjye**

**Keretse umuntu ashyize imibereho myiza y'abandi
mu bukiru bwe, ntabwo azamenya icyo ubuzima bwiza
busobanura**

**Icyo nshaka kuvuga ni icyifuzo cy'ukuri cyo
gufasha abandi kugira ngo nabo babashe kwifasha.
Hanyuma uzabona isoko idashira.**

Ibikorwa byiza birakora mu buzima bwawe

Uko ibihe urimo kunyuramo byaba biri kose, iryo tegeko rizahora rigufasha kandi riguhe ibyo ukeneye byose.

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Ubunyangamugayo bwimbitse ni ingenzi mu nzira y'umwuka Kuko mu buziranenge n'ukuri ariho umuseke w'ubugingo utangira

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Iyo uri hafi y'umuntu ukunda, ushobora kumva ibitekerezo bye, ariko ushobora kutamenya ibitekerezo by'umuntu uri kure

Birakurenze keretse ufite ubuhanga buhanitse bwo kumva ibintu

Abakora imyitozo yo kwibanda ku bintu no gutekereza cyane bumva batuje cyane, bityo ibitekerezo byabo bikarushaho kuba byiza.

Kubera ubuhanga bwabo mu bya siyansi, bashobora kumva ibitekerezo n'imigambi by'abandi ndetse no mu gihe bari kure cyane

!

Yagarutse amara masa

Inkuru ishingiyeye ku nyigisho za Master Paramhansa

Igihe umukobwa w'umwe mu bami yari ageze mu kigero cyo gushaka, se, umwami, yashyizeho itegeko ry'uko umuntu wese washakaga kumushyingira agomba kuzuza

Icyo byagezeho. Icyo byari biteganyijwe ni uko buri wese ushobora gushaka uwo bashakaga yakwiba ikintu nta muntu ubizi.

Ku munsi wagenwe, abavugabutumwa baturutse impande zose, bazanye iminyago yabo itandukanye, buri wese aririmba

Muri byo harimo icyizere cyo kugera ku ntogo binyuze mu kuzuza ibisabwa

Hanyuma umusore udafite izina rye araza abwira umwami ati:

"Mwami, icyo wasabye ntigishoboka kugerwaho. Iyo nza kwiba ikintu nta muntu n'umwe ku isi uzi icyo nakoze, ariko

Ariko, nzabimenya, kandi ibyo ni ikintu ntashobora gukora"

Umwami yishimiye cyane ibyo umusore yavuze maze asubiza ati:

"Ni wowe ukwiriye umukobwa wanjye, kuko wujuje ibisabwa kandi ukwiye kuba umukwe wanjye n'umuragwa wanjye"

*** * ***

Gutegeka undi ntacyo bitanga Iyo umwe mu bashakanye agerageje kugenzura undi, ni ikimenyetso cyo kunanirwa kwifata urukundo

Ariko iyo bagaragaje urukundo rwabo mu buryo bw'ukuri kandi bw'ubucuti, mu kwita ku byiyumvo byabo, no mu cyifuzo cy'ukuri cyo gushimisha undi

Urukundo rugira imico myiza cyane, kandi muri ubwo bucuti tubona urukundo rw'Imana

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Inzira igana ku Mana ni yo nzira yoroshye kandi yoroshye, nyamara bake bayinyuramo nubwo hari imihango

N'imihango myinshi

Ni byiza kwerekeza imitima yacu ku Mana tukayisaba ibyiza kandi birambye kuri twe

Mu by'ukuri, Imana iradutegereje kuko ishaka kuturinda ahantu habi n'imitego y'akaga

Arashaka ko tubana na we mu mitima yacu no mu bwenge bwacu kuko ibintu bihendutse byo muri iyi si bidashobora guhaza ibyifuzo bya muntu cyangwa ngo byuzuze icyuho cyo mu mwuka.

**Ibyo yumva mu mutima we wose
Imana ivugana natwe buri gihe, ariko bake ni bo
bumva ijwi ryayo**

**Iryo jwi rituje rikunze kubuzwa n'urusaku
rw'ibitekerezo bivanze n'ibyifuzo bifatika**

**Ariko iyo ibitekerezo bishize n'ibyifuzo bigatuza,
twumva ijwi ry'Imana neza, nubwo rituje kandi
ridafite imbaraga.**

**Mu by'ukuri, Imana ikora byose kugira ngo ifashe
abantu; idukingurira imiryango kandi ikatumurikira
inzira kugira ngo tubone aho dukwiriye gutera
intambwe**

**Aragwa, ariko ikirenge cye ntigitemba; icyakora,
abantu benshi ntibamenya iki kintu**

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**Umunsi watakaye ni umunsi ushira utatekereje ku
Mana ngo ushake ibiyishimisha**

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**Urukundo ni isoko ihora itemba iva mu masoko
atabarika kandi iyo imiyoboro y'umutima ifunzwe
n'imyitwarire mibi**

**Turabibona biva mu mutima w'undi muntu, ariko
igitekerezo cy'uko urukundo rupfira mu mutima uwo
ari wo wose**

**Ni ukutamenya imiterere y'urukundo rusange
Imiyoboro y'urukundo ntigomba gukumirwa
n'ibikorwa bibi**

**Hanyuma umuntu ashobora kunywa amazi meza
y'urukundo rw'Imana**

Urugendo ruturutse mu mitima myiza yose

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**Abantu baciwe urutoki bakunze kumva ko rukiriho
kandi buri wese watakaje urugingo
Iki gitekerezo kirazwi**

**Hari ikintu cyihishe, kidafatika cyangwa
ikinyuranyo cya buri rugingo mu mubiri. Inyuma
y'umutima usanzwe hari umutima wihishe.**

**Iyo bitabaho, umutima ugaragara ntiwashoboraga
gukubita**

**Abantu bafite ingingo zitagaragara nko kubona,
kumva, ubwonko, amagufwa, n'imitsi yo mu mubiri.
Izi ngingo, ari zo**

**Nk'ingingo z'urumuri n'imikorere, zigize umubiri
w'umuntu utagaragara**

**Umubiri w'umubumbe cyangwa uw'isi usa cyane
n'umubiri ugaragara. Itandukaniro ni uko imiterere
yawo irabagirana kandi ifite ubuzima bwiza**

Nibyiza cyane

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**Iyo umuntu yizeye neza ko afite uburenganzira
bwo kwiyobora, intsinzi ye iruta iy'umutegetsu
uhoraho, kuko ari intsinzi**

**Ahagaze neza imbere y'urukiko rw'umutimanama
Ibitekerezo ni byo by'abacamanza, naho umugabo
ni uregwa**

**Umuntu agomba kwiyibagiza buri muni, kandi
azasanga uko umutimanama we umutoza kandi
ukamuhana, ari na ko azarushaho guharanira kwiteza
imbere.**

**Uko umuntu agira icyerekezo cyiza, cy'ukuri kandi
gitunganye, ni ko arushaho kugira intsinzi no
gutsinda mu buzima bwe.**

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**Abantu binjira mu bushakashatsi ku isanzure
ry'ikirere bahita bagira ubushobozi bwo mu mwuka no
kugenzura imbaraga z'isi.**

**Birasanzwe Ariko nta muntu wamenye Imana
by'ukuri ukoresha imbaraga ze mu kwirata no
kwiyerekana, adafite ubwenge cyangwa**

Gira ibipimo

Abanyabwenge basobanukiwe ko Imana ari yo yonyine ihari, kandi bicishije bugufi, bayiha impano zidasanzwe batanze

Bagomba kubikora

Ese ibintu byose biriho si igitangaza? Kandi se umuntu, kubera kubaho kwe gusa, si igitangaza?

Niba abantu badashimishwa n'ibitangaza byose Imana yaremye, kuki abatagatifu bagomba gukora byinshi kurushaho?

Ibitangaza?

Abera b'Imana bakiranuka ntacyo bakora keretse Imana ibasabye kubikora, kandi kubera impamvu z'amayobera kandi zigoye

Hari igihe gusobanukirwa ari ingenzi

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Iyo tumenye ko ubushobozi dukeneye, bwaba ubwo gutekereza, kuvuga, kumva, cyangwa gukora, bwose buturuka ku Mana, kandi ko

Ahora ari kumwe natwe, adutera imbaraga kandi akatuyobora, kandi tubona umudendezo ako kanya ku mibabaro yo mu mutwe.

Ubwo buryo butuma umuntu agira ibyishimo byinshi, rimwe na rimwe urumuri rwinshi ruhita rumunyura mu mubiri we.

Ibitekerezo by'ubwoba

Imbaraga z'Imana ni nk'inyanja, igenda yiyongera kandi irushaho kwiya, inyura mu mutima mu gikorwa cyo gusukura, ikuraho inzitizi zose zitagira umumaro

Mu gushidikanya, mu bwoba, kandi mufite ubwoba

Umuntu yibwira ko ari umubiri gusa nta kindi, ariko iki ni igitekerezo gishobora kuneshwa n'uko umuntu akora ku giti cye nyacyo.

**Iby'umwuka binyuze mu gutekereza cyane.
Hanyuma uzamenya ko umubiri ari nk'ikintu
kigaragara ku isanzure ry'inyanja.**

Ijuru

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**Iyo hatabaho inyanja aho imiraba ituruka, iyo
miraba ntiyari kubaho**

**Bityo, tugomba kumenya no gukora ku nyanja
y'Imana ishyigikira imiraba y'ubuzima bwacu
iturukamo**

*** * ***

**Igitekerezo ni imbaraga nk'amashanyarazi, kandi
imiterere y'imitekerereze ifitanye isano n'igitekerezo
n'uburyo bwo gutekereza**

**Amashanyarazi ni ingirakamaro kandi ni mabi.
Umuntu wese uzi kuyakoresha neza ayashyira mu
bikorwa, bitabaye ibyo ashobora kuyacamo
amashanyarazi.**

**Mu buryo nk'ubwo, iyo ibitekerezo by'umuntu
biyobowe mu buryo bukwiye, bizanira nyirabyo
ibyishimo; bitabaye ibyo, bimugiraho ingaruka mbi.**

Ikibazo

**Igitekerezo ni nk'ifarashi yo mu gasozi, ariko
kuyitoza ntabwo ari ikintu kidashoboka, kandi
gutekereza neza ni bumwe mu buryo bwo
kuyigenzura**

Binyuze mu bitekerezo

**Gutekereza neza ni inshuti magara, kandi
gutekereza nabi ni umwanzi uhoraho**

**Gutekereza neza bikurura amahoro n'umutekano,
mu gihe gutekereza nabi birekura imyambi yica
igasubira kuri nyirayo inshuro ebyiri.**

Bivugwa ko igihembo gihwanye n'igikorwa

**Igihe cyose umuntu yohereje imigambi myiza,
ibitekerezo bye bizahinduka amatara amurika
ibyumba by'ubugingo kandi agakuraho umwijima
Hanyuma yumva aruhutse cyane
Amaso ye yarabengeranaga aseka cyane!**

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**Duhe umugisha, Mwami
Kugira ngo dushobore gufungura imitima yacu
hagati yacu
Reka dusobanure imigambi yacu
Wenda dukwiye kurindwa no kwitabwaho nawe.
Igaragaze imbere no hanze. Reka turirimbe izina
ryawe ry'icyubahiro. Wirukane umwijima w'ubujiji
n'urumuri rwawe rwera. Wirukane umwijima mu
bwenge bwacu.**

**Ufite urumuri runini kandi rugaragara rw'uko uri
N'imitima y'ukuri yunze ubumwe
Kandi icyifuzo cy'imitima yacu irangwa
n'ubwumvikane**

**Turakuramya, tugusaba ubufasha n'ubuyobozi
bwawe**

**Kandi guhora tuzirikana ko uri mu mitima yacu,
tuguhaye urukundo rwacu rwose, icyubahiro cyacu
cyose, n'inyota yacu yose.**

**Kuko uri umukunzi wacu kandi uri byose dufite
muri iyi si**

**Imana yaduhaye amategeko y'umwuka yitwa
"amategeko" Ariko aya mategeko ararenganywa
kandi akarengwa buri munsu no muri buri
ahantu**

**Abantu batasobanukiwe icyo risobanura mu buryo
bw'umwuka, bazahora babyinubira kandi bakabireka.**

**Aya mategeko ni amategeko y'imyitwarire
adashira yemejwe n'amadini yose ya Aburahamu.
Nyamara, inyandiko akenshi ntizisobanurwa**

**Igice cy'imitekerereze y'aya mategeko n'inyungu
zijyanye no kuyashyira mu bikorwa**

**Abantu barabyemera mu rusengero ariko
ntibakore ibihuje n'ibyo hanze y'aho hantu, ibyo
bikaba bigaragaza ko abo**

**Ibyemezo ntibishoboka, ntibihuje n'ubwenge,
kandi ntibijyanye n'umwuka w'igihe**

**Ariko, kurenga kuri ayo mategeko ni yo mpamvu
nyamukuru y'amakuba yose ku isi**

**Umuntu ntagomba guhonyora uburenganzira
bw'abandi, cyangwa ngo abambure ubutaka bwabo,
amahoro, urukundo, cyangwa icyubahiro cyabo**

**Cyangwa umutungo wabo ufatika n'udafatika
Niba udafite icyifuzo cyo gufata ibitari ibyaweho,
icyo ukeneye cyangwa wifuza kizakugeraho**

**Ubujura butangira mu mutwe iyo umuntu
atangiyeho kugirira ishyamba abandi**

**Imbuto z'irari ribi zigomba gukurwa mu bwenge
Ubufasha mu by'umwuka ni bwo buryo umuntu
azajya yikururira uburumbuke kandi imigisha
ikamugeraho iturutse impande zose.**

Arabizi kandi ntabizi

**Ni itegeko ry'Imana ritagira inenge Ariko abajura
n'abantu bikunda bamara ubuzima bwabo bashakisha
ubutunzi, amaso yabo ahora kuri**

**Ibyo abandi bafite, nubwo isanduku yabo yaba
yuzuye zahabu**

**Isi ntishobora kumenya ibyishimo keretse iyo
ubwikunde bw'ibintu butereranywe**

**Niba ukunda Imana kandi ukaba wifuza kubona
aho iri, ugomba kwinjiza ubwenge bwawe n'umubiri
wawe mu mahoro yayo, kandi izakwishimira.**

**Ubuzima burimo kuba bwiza kuri wewe mu buryo
bwinshi**

**Umuntu utuje ntakunze gukora ikosa, kandi
ageraho aho abandi ibihumbi n'ibihumbi bananiranye
Abadatekereza ku Mana cyangwa ngo bayiteho
bacika intege kandi bakababara; bararakara
bagahinduka ikintu gisa n'imashini**

Ishusho ya Animation

**Izuba ry'ubwenge n'amahoro rizava mu kirere
cy'ituze kandi rizaguhaza mu mirasire yaryo ikiza
igihe cyose ushyizeho imihati**

**Mu buryo bw'umwuka, kandi uhe Imana umwanya
wa mbere mu mutima wawe**

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**Umuntu ntagomba guhonyora uburenganzira
bw'abandi, cyangwa ngo abambure ubutaka bwabo,
amahoro, urukundo, cyangwa icyubahiro cyabo**

**Cyangwa umutungo wabo ufatika n'udafatika
Niba udafite icyifuzo cyo gufata ibitari ibyaweho,
icyo ukeneye cyangwa wifuza kizakugeraho**

**Ubujura butangira mu mutwe iyo umuntu
atangiyeho kugirira ishyari abandi**

**Imbuto z'irari ribi zigomba gukurwa mu bwenge
Ubufasha mu by'umwuka ni bwo buryo umuntu
azajya yikururira uburumbuke kandi imigisha
ikamugeraho iturutse impande zose.**

Arabizi kandi ntabizi

**Ni itegeko ry'Imana ritagira inenge Ariko abajura
n'abantu bikunda bamara ubuzima bwabo bashakisha
ubutunzi, amaso yabo ahora kuri**

**Ibyo abandi bafite, nubwo isanduku yabo yaba
yuzuye zahabu**

**Isi ntishobora kumenya ibyishimo keretse iyo
ubwikunde bw'ibintu buteranywe**

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Nyagasani

Ku bw'urumuri rw'ubururu bw'umukunzi wanjye

**Soma igitabo cyawe cya zahabu
Umurinzi mu bwihisho bw'ubugingo bwanjye
Mu bihe byose n'ibihe byose
Urukundo rwawe rwera rwariho, Mana, kandi
ruzahoraho iteka ryose**

**Itara ry'amahoro ritagaragara
Ibyo bikuraho umwijima wanjye
Kandi unyereka imirongo y'ibanga
Byanditse ku mapaji y'umutima wanjye**

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**Uzuza igikoresho cy'ubwenge bwanjye n'ubwenge
bwawe bw'Imana**

**Uzuza icupa ry'amarangamutima yanjye
n'imbabazi zawe**

**Uzuza igitebo cy'ubugingo bwanjye imbuto
z'ubumenyi bwawe bw'umugisha**

**Koresha igikoresho cy'ubuzima bwanjye kugira
ngo wuzuze urukundo rwawe**

**Kandi ubisuke mu bugingo bw'abandi Reka
ubumenyi bwanjye busendere hose**

**Kugira ngo wiyongere mu kubaho kwawe
gukomeye**

**Dore imirasire y'umuseke w'urukundo rwanjye
Kugushaka biva mu mihumekere iri mu mutima
wanjye wangiritse**

**Guhura n'izuba ry'urukundo rwawe rirabagirana
igihe cyose uriho**

**Kandi kubera urukundo rwawe rumurika
Umwijima wanjye wahinduwe urumuri n'ituze**

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Inyenyeri irabagirana

N'umuvumbuzi w'ibitekerezo bihuza

Kandi umukunzi aturuka mu mutima mwiza

Nta kindi nsaba uretse urukundo rwawe

**Kuko ari uburenganzira bwanjye n'inshingano
zanjye kugukunda**

**Uri ikintu cya mbere nshyira imbere mu buzima
bwanjye**

**Kandi icyifuzo cya mbere mu mutima wanjye
ukunda ni wowe**

**Nabonye ibyishimo byanjye binyuze kuri wowe
Kandi kugushimisha ni cyo kintu gikomeye
nagezeho mu buzima bwanjye**

Kuva mu ndirimbo y'urukundo rw'Imana

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**Iyo umuntu akoze neza igikoresho cye cyo mu
mutwe kidakoresha insinga, ashobora kohereza no
kwakira ubutumwa bw'ibitekerezo**

**Ihungabana ry'ubwenge, amarangamutima
akomeye, no kuyoborwa n'ibyumviro n'ibyo bisaba,
ibi byose ni bibi**

**Bihungabanya ubwonko nta mashini ikoresha, mu
gihe ituze ryimbitse, ituze, kwibanda ku bwenge, no
gukora imyitozo ngororamubiri ari ibintu by'ingenzi
kugira ngo umuntu agere ku bwumvikane busesuye.**

**Nk'uko amajwi anyura muri eteri, ni ko
n'ibitekerezo byacu bigenda muri eteri y'ubwenge
bw'isi butuzengurutse n'ibirimo byose.**

**Kubaho Mbere na mbere, umuntu agomba kuba
ahuje n'Imana, kandi ubutumwa bwa mbere bugomba
gutangwa bugomba kuba:**

**"Ndagukunda, Mwami wanjye, urukundo rutagira
uko rungana"**

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Yewe mubumbyi w'imana

**Ku ruziga rw'ubuzima, hakoze imibiri y'abantu
idasanzwe kandi itandukanye: imiterere y'umubiri
yoroshye**

**Ku bw'ubugingo bw'umuntu budapfa
Uruganda rwawe rukora ibintu rwihishwa rukora
byose: ibikoresho byose byo mu nzu n'ibindi
bikoresho abana bawe bakeneye mu ngo zabo.**

**Iby'umubiri, ibyo mu mutwe, n'ibyo mu mwuka
Uri umuremyi, umuhinzi, kandi ugaragaza ibintu
bikomoka ku bidukikije mu bihe byabyo!**

**Uri Umwigisha wo mu Ijuru uha agaciro cyane
imbaraga zishyirwa mu gushaka ubutunzi bw'agaciro
bw'umwuka**

**Kandi ni ingenzi kugira ngo umuntu abeho neza
Gahunda yawe y'ubufatanye itegeka ko umuntu
agomba gukora kugira ngo ahabwe imigisha yawe
kandi ayishimire; agomba gutanga**

**Amafaranga cyangwa akazi mu butaka kugira ngo
ubone ibiryo bifite intungamubiri kandi witondere
kandi ugire uburimbane kugira ngo ukomeze kugira
ubuzima bwiza**

**Nk'uko agomba kwishyura amafaranga yo kwiga
no kwitonda kugira ngo abone urumuri n'imbaraga
bihagije byo mu rugo rwe**

Ihumure ryo mu mwuka

**Agomba kandi gucengera mu mutima we kugira
ngo abone amasoko y'urukundo rw'Imana rumumara
inyota kandi rumusukure.**

Umukungugu n'umwanda by'isi

**Ibintu bifatika bishobora kugurwa no kugurishwa,
ariko imigisha yawe ni iy'agaciro**

Ntabwo ari iyo kugurisha cyangwa kugura!

**Buri wese muri twe azagaruka ku bwenge bwe,
agarukire ku bumana bwe, amenye umwanya we
mutagatifu aho azaba atwikiriwe n'ibyishimo byawe.**

Uwo bihabwa ubuntu buhoraho!

**Kuva kuri "Whispers from Eternal" by'umuhanga
Paramhansa Yogananda**

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**Iyo dushobora kwemeza abandi urukundo rwacu
Kandi iyo tugize icyizere binyuze mu bigeragezo
by'igihe n'ibindi bigeragezo**

**Hari umuntu udukunda by'ukuri n'umutima we
wose**

**Kandi natwe twumva kimwe kuri uwo muntu
Ntabwo ari ukugira ngo umuntu yibonere inyungu
ze bwite, ahubwo ni ukugira ngo yumve ibyiyumvo
by'ubucuti**

**Tubona ishusho y'Imana kandi tukumva ko Imana
iriho**

**Kandi twumva ijwi ry'Imana muri ubwo bucuti
bwiza**

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**Hari igihe ibintu byose bisa nkaho bigenda neza,
bityo tukibwira ko isi imeze neza kandi ko ibintu
byacu biri mu murongo**

**Ariko, hari igihe kigera aho twumva ko byose
biturwanya, kandi iki ni isomo ryo gukomeza umurava
wacu no kurekura imbaraga zacu zisinziye.**

Biturutse ahantu hihishe

**Ahubwo, twumva dufite inzika kubera ko hari
ikintu cyatubujije ibyifuzo byacu. Tukumva tubabaye
kubera ko tutabigezeho.**

**Ibyifuzo byacu bituma tugwa mu mutego wo
kurakara, kandi ubwenge bwacu burahungabana
Twibagirwa umwanya wacu tugatakaza ubushishozi
bwacu, kandi iyo dukoze**

**Hatabayeho ivangura, ingaruka ni amakosa
n'umubabaro**

**Niba tudatsinzwe n'uburakari bitewe n'ibibazo
by'ubuzima cyangwa ababutera, dushobora kubona
ibintu neza no kubikemura neza kurushaho.**

Biruta

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**Imana, mu mbabazi zayo zitagira akagero, iduha
ibyishimo byayo n'ihumure ryayo**

Kandi biduha ubuzima nyakuri

Ubwenge nyakuri

Ibyishimo nyakuri

Ubumenyi nyakuri

**Ariko ubwiza bw'Imana bugaragarira gusa mu
ituze ryo mu mwuka umutima wumva no mu**

kugerageza gukomeye k'ubwenge guhuza na Yo

**Ngaho duhagaze imbonankubone tunganira ukuri.
Hanze, ibitekerezo birakomeye cyane, kandi ni bake
cyane bashobora kubirengamo.**

Gukuraho ingaruka z'ibidukikije byo hanze

**Isi ikomeje n'ibibazo bitagira ingano n'uburambe
bwayo butagira ingano**

**Ijwi ry'Imana riri inyuma y'isura y'ubuzima, rihora
riduhamagara kandi rikatuvugisha mu ndabyo no mu
bitabo byera no mu**

**Imitimanama yacu, no mu bintu byose byiza
bituma ubuzima bugira agaciro**

*** * ***

**Yeza icyuma cyacu, yewe muhanga mu
by'ubuhanga bwo mu ijuru! Hindura intege nke zacu
mo imbaraga**

**Kandi uhindure imyumvire yacu itari yo mu buryo
nyakuri bwo kubona ukuri. Hindura abadayimoni babi
b'ibyifuzo byacu by'ubwikunde.**

**Ku byifuzo bikomeye kandi bibabaza n'ubujiji
bwacu bubabaza, ku bwenge butagatifu n'ibikoresho
by'ibanze by'ubunebwe bwacu**

**Kugera kuri zahabu itunganye iturutse ku bikorwa
by'umwuka bihebuje**

Uhereye aha n'aha

Indirimbo y'ibyishimo

Nk'uko byavuzwe n'umwarimu Paramhansa Yogananda

Mu bihe bya kera, habaga umuntu wicaye ku muryango w'Imana. Nta muntu n'umwe yigeze abwiriza cyangwa ngo ayobore, kandi nta kindi yavugaga uretse urukundo rw'Imana, ari na rwo rwari ikintu cye cyonyine yakundaga.

Aho yajyaga hose, yavugaga ko urukundo rw'Imana rwamurikiraga imbere mu mutima we, yavugaga gusa igihe byari bikenewe, kandi amagambo ye ntiyakunze kurenza abiri cyangwa atatu, nyamara ibihumbi byamukurikiraga kugira ngo bumve aririmba ashishikajwe cyane, yifuza byinshi.

Mwami wanjye, uri intego yanjye, kandi urukundo rwanjye kuri wewe ni ibendera ryanjye

Roho yanjye n'umutima wanjye biragushaka cyane, ewe ibyishimo byanjye by'ikirenga

Igihe kimwe, ubwo yagendaga mu midugudu aririmba indirimbo ye yoroshye, abagabo n'abagore basize akazi kabo baramukurikira, ariko umwe yikurikiranya agwa inyuma kugeza ubwo atakibashaga kubabona.

Hanyuma ageze mu murima munini abona umugabo usarura ingano, aramusuhuza, aramubwira ati "Yewe musaruzi, yewe musaruzi" Umusaruzi aramusubiza ati "Ndeka, mugabo, ntumbwire, kuko mfite akazi kenshi uko umbona genda undeke, wa musazi we"

Ariko aramubwira ati: "Sinsaba ko uvugana nanjye, icyo nsaba gusa ni uko unshimisha kandi ukifatanya nanjye kuririmba. Ese wanshimisha usubiramo izina ry'umukunzi wanjye w'Imana, hanyuma nkagenda?"

Umusaruzi yatangiye kuririmbana na we ati "Mwami, uri intego yanjye... kandi urukundo rwanjye kuri wewe ni

ibendera ryanjye..." Yaranezerewe cyane, maze umuhoro ugwa mu ntoki ze, maze agenda inyuma y'umusazi, aririmba yishimye kandi ashishikaye... ndetse n'inyoni zumvise ibyishimo zitangira kuvuza induru no kuririmba indirimbo y'urukundo ku Mana.

Ubwo bakomeje kugenda, umugore w'umusaruzi yaraje atangira gushinja umugabo we ati: "Ufite ikibazo ki? Ni iki cyaguteye gukurikira uyu musazi?" Aiko aramusubiza ati: "Vuga icyo ushaka cyose kuri njye, aiko rimbana nanjye, nubwo byaba rimwe gusa" Nuko atangira kuririmba, maze bose uko ari batatu barimbana ishyaka n'ibyishimo.

Ubwo bari barimo kuririmba, bamwe mu baturage banyuze aho ngaho baseka iby'aho hantu, bati "Muri iyi minsi hari abasazi benshi cyane!" Umunyeshuri arababwira ati "Mwihangane, bantu, muducire urubanza kugeza igihe muzumva icyo twumva ndabasabye, twifatanye natwe mu kuririmba, hanyuma mucire urubanza"

Abo bantu bifatanyije nabo mu kuririmba, maze banduzwa n'urukundo rw'Imana, maze batangira kuririmba indirimbo y'umugisha babikuye mu mutima kandi bashishikajwe cyane.

Inkuru yabo yakwirakwiriye mu karere kose, maze abantu ijana, magana abiri, magana atatu, na magana atanu barabakurikira, bagerageza kubahagarika no kubirukana, aiko imitima ya buri wese yuzuye ibyishimo n'umunezero mwinshi:

Mwami wanjye, uri intego yanjye, kandi urukundo rwanjye kuri wewe ni ibendera ryanjye

Roho yanjye n'umutima wanjye biragushaka cyane, ewe ibyishimo byanjye by'ikirenga

Imana ibahe umugisha kandi ishimishe imitima yanyu

Amahoro abe kuri mwe

Ikiganiro cy'Abafilozofe barindwi ku Muntu

Umufilozofe wa mbere yagize ati:

Umuntu ni we gasongero k'amateka, intego nyamukuru y'ubusizi, n'umubano uzima, w'ubwisanzure uhuza kamere n'Imana

Umufilozofe wa kabiri yaravuze ati:

Ntitugasuzugure umuntu cyangwa ngo duteshe agaciro icyubahiro cye, kuko nubwo yavuye mu bushorishori bwo hejuru cyane bw'ubwenge agera mu bujakuzimu bwo hasi cyane, aracyafite mu mutima we ibimenyetso by'ubwo bwiza bwa mbere n'ubwiza buhebuje - kuko nubwo asa n'inkingi zamenetse z'urusengero rwa kera, ubwiza bw'urusengero bugaragara no mu matongo yarwo asigaye.

Umufilozofe wa gatatu yaravuze ati:

Mbega ukuntu umuntu ari umukene kandi ni umukire!

Mbega ukuntu ari umunyamibabaro kandi afite icyubahiro!

Mbega ukuntu bigoye cyane, kandi mbega ukuntu byoroshye cyane!

Umufilozofe wa kane yaravuze ati:

Abantu ni urusobe rw'akajagari, ivuguruzanya, n'imbaraga zirwanya Nubwo ari ububiko bw'ukuri n'abarinzi b'ubwenge buhoraho, bapfukiranywe gushidikanya kandi iyerekwa ryabo rigizwe n'urujijo Byongeye kandi, bahora bahangayikishijwe n'ibitazwi, icyarimwe ni ishema n'isoni by'isi

Umufilozofe wa gatanu yaravuze ati:

Ibyifuzo by'abantu nta mupaka bifite, kandi nta butunzi bungana iki, nubwo bwaba bungana gute, bushobora kubigeraho. Umuntu ntazabona ituze cyangwa amahoro yo mu mutima kugeza igihe asohoje intego ye, ari yo guhuza n'Umuremyi we no kwishimira kwegerana na we mu gihe cyose cy'ubuzima bwe.

Umufilozofe wa gatandatu yaravuze ati:

Umuntu ntagaragazwa n'ibyo yifuza, ahubwo agaragazwa n'umuhati akora kugira ngo agere ku byiza bye. Ntabwo ari ibyifuzo bye byinshi, ahubwo ni ugutandukanya icyiza n'ikibi no kugera ku cyiza n'inyungu kuri we no ku muryango we.

Umufilozofe wa karindwi yaravuze ati:

Umuntu ni nk'ikibuyu kireremba hejuru y'uruzi rw'isi ruhora rutemba ku isi y'Imana. Hari ibibuyu bimwe birabagirana kurusha ibindi, ariko amaherezo byose bizashonga mu ruzi ruhora rwerekeza ku nyanja y'isi idafite inkombe.

Amahoro abe kuri mwe

Impano yanjye kuri mwe y'Umwaka Mushya

Ese ufite intego muri wowe wifuza kugeraho?

Uramutse uhawe amahirwe yo kongera gutangira ubuzima uyu munsi, wakora iki?

Ubuzima buguha aya mahitamo, kandi ifu y'ibumba ishobora guhindurwa mu buryo busanzwe iri mu biganza byawe kugira ngo imere nk'uko ubyifuza.

Ibyo wagezeho bisa n'ibigoye akenshi biba hafi yo kuba ibintu bifatika kandi bifatika. icyo watekerezaga ko udashobora gukora tangira kubikora ubu! Ikureho inzitizi z'ingeso wishyiriyeho, kandi wumve ijwi ryawe ry'imbere.

Ubuzima bufite ibintu bishimishije bitangaje ku bantu bacukura mu iriba ry'umuntu ku giti cye

Nta ntego ishobora kugerwaho mu munsu umwe. Ikintu cy'ingenzi ni ugutangira none, ntabwo ari ejo.

Tangira n'umugisha w'Imana! Iki gihe cy'amayobera ni urufunguzo rw'ubuvumo bw'amahirwe yuzuyemo ubutunzi

Fungura ikigega cy'ubuhanga bwawe, gihora gitunzwe n'amasoko atagira ingano afite amasoko adakama kandi isoko yayo idashira.

Ubushobozi bivuze inshingano, kandi impano ihishe ni imbuto yera ubuzima bwaguhaye ubwitonzi. Ntureke ngo imere nk'iy'umukungugu mu butaka bw'ubutinda gukora ibintu.

Ubuzima bugusaba gusarura mu buryo buboneye ibyo bwabibye mu murima wawe. Ibikoresho byose ukeneye biri mu maboko yawe. None rero, Imana ikuyobore, menya ibyo bikoresho ufite ijisho rishishoza.

Ntugakore ufite imbaraga nyinshi zirimo icyifuzo cyo kugera ku byo wifuza, ahubwo kora utuje, umerewe neza kandi wishimye.

Ntabwo wifuza intego kurusha uko wifuza gukora kugira ngo uyigereho

Ufite ubwenge n'amaboko ashishikajwe n'urukundo, shyira ibishushanyo by'intsinzi hamwe n'imigozi y'izahabu y'ubu

Ariko niba unaniwe mu mihati yawe, ntugacike intege
kandi ntugacike intege

Ariko ufite umutima ukize mu gusobanukirwa

N'ukuboko gukomeye kandi koroshye

Kandi ijisho risobanutse neza rifite ubushobozi bwo
kureba neza

Tangira bundi bushya kandi ugire ukwizera

Indabyo ziba mu mutima w'imbuto, ariko se imbuto izi
intangiriro yayo cyangwa iherezaho ryayo?

Ariko uko ikusanya ubushyuhe n'ubushuhe bwinshi uko
ishoboye kose

Umutima we uraguka kugira ngo ugaragaze indabyo
nziza

Sekera izuba kandi urisanganize ibyishimo by'ubuzima
n'ibyishimo byo kugera ku byo wagezeho

Kandi dore ubuzima buguhamagara kugira ngo ube
inshuti bugushishikariza gukora

Ese uzumva uguhamagara kwe kandi ukitabira inkunga
ye?

Noneho werekeza isura yawe ku rumuri

Imana imurikire mu maso hawe n'urumuri rwayo

Inzosi zawe zizaba impamo mu mwaka mushya

Umwaka mushya muhire!

Ikinyamakuru cy'Iburasirazuba-Uburengerazuba

Ubuhinduzi: Mahmoud Abbas Masoud

Ni nde wavuze ibyo?

Irari rinyica mu mutima, ariko ndarishya

Kandi iyo ndi kure, ndaganira na we binyuze mu kwibuka

Umutima uratera, kandi ibyifuzo ni byo biwutegeka

Nasanze iyi mirongo muri imwe mu makaye yanjye

Sinibuka uwabivuze nashakishije kuri interineti kugira ngo menye uwo ari we

Nifuzaga kumwitirira, ariko sinabashije no kubibona kuri interineti

Byankuruye umutima kubera urukundo nyakuri rwari rurimo

Kandi icyifuzo runaka n'ubudahemuka bugaragara

Igitekerezo gikomeye kigomba kuba cyarashyushye umutima w'umusizi wacu

Umucyo wayo wamurikiye ubwinshi bw'ubugingo bwe

Umugezi wayo watembaga buhoro buhoro kandi uhindagurika

Mu nzira z'umutima we zigoye

Yaramuzunguje, aramushimisha, kandi aramubabaza

Hanyuma yiyongera imbaraga maze asukamo umugezi mwiza kandi usobanutse w'amarangamutima meza

Kandi byahindutse amagambo yoroshye nk'umuyaga wo mu gasozi

N'indirimbo ishimishije kandi ikora ku mutima ikangura ibyiyumvo byimbitse

Aha turabona amabara ashimishije y'ibitekerezo
byimbitse cyane

Kandi tubona amatara yaka mu mwuka we w'ibyishimo
n'inyota

Kandi ntitugomba kunanirwa kumva agahinda
gakomeye hamwe na we

Ariko, asa n'aho yishimiye ako kababaro

Ibyo yishimiye kandi akabikora ahereye ku byiyumvo
bye

Kandi hano turimo kuvuga ku bunararibonye bw'umusizi
wacu utazwi

Imirongo ye yadukuruye kuko yayishyizemo

Mu mutima we, ikintu cy'ingenzi

Kandi yasize ikimenyetso cye mu magambo ye

Imitima ihora yuzuye urukundo kandi inyurwe
n'ubudahemuka

Amahoro abe kuri mwe

Ikiganiro hagati y'umuhungu na se

Umuhungu yabajije se ati: "Ndabona inseko mu maso
yawewe, Papa ibanga ryayo ni irihe?"

Yarasubije ati: Kubera ko numva nduhutse cyane

Yaravuze ati: Vuga! Ni iki koko kirimo kuba?

Yasubije ati: "Umutima wanjye urimo kumva amahoro, kandi inseko igaragara mu maso yanjye mbere yuko igaragara mu maso hawe."

Yaravuze ati: Ni byo gusa?

Yasubije ati: Kwibuka birakanguka

Yarabajije ati: Ni ibihe bintu byo kwibuka?

Yasubije ati: Biraryoshye kandi bitera imbaraga uturemangingo

Yaravuze ati: Ibyo bibaho bite?

Yasubije ati: Igitekerezo, mwana wanjye, ni imbaraga nk'amashanyarazi, kandi imiterere y'imatekerereze iterwa n'ibitekerezo n'uburyo bwo gutekereza

Yaravuze ati: Urashaka kuvuga iki iyo uvuga ngo "ingufu nk'amashanyarazi"?

Yasubije ati: Amashanyarazi ni ingirakamaro kandi ni mabi. Umuntu wese uyakoresha neza azayabona afite akamaro, bitabaye ibyo ashobora kumukubita amashanyarazi.

Yaravuze ati: Ishingiro ry'igereranya ni irihe?

Yasubije ati: Nanjye nibwiraga ko nubiyobora mu buryo bukwiye bizagushimisha, bitabaye ibyo bizakuzanira imibabaro

Yaravuze ati: Namuyobora nte kandi ameze nk'ifarashi yo mu gasozi?

Yasubije ati: Ibi ntabwo bidashoboka, kuko nugira ubunararibonye mu miterere y'amafarasi, uzarushaho kuyacunga nubwo yaba ari inyamaswa kandi atagira ubwitonzi.

Yaravuze ati: Bavuga ko inshuti ari umwe mu bantu ba hafi cyane ku muntu, ese ibi ni ukuri?

Yarasubije ati: Nibyo rwose

Yagize ati: Igitekerezo ni inshuti kuko kiri hafi cyane y'umuntu

Yasubije ati: Yego na oya

Yaravuze ati: Bite se?

Yasubije ati: Gutekereza neza ni inshuti magara, kandi gutekereza nabi ni umwanzi uhoraho

Yaravuze ati: Bite se?

Yasubije ati: Gutekereza neza bikurura amahoro n'umutekano, mu gihe gutekereza nabi bitera imyambi yica isubira ku ba nyirayo inshuro ebyiri - Imana iguhe ibyiza byawe - niyo mpamvu bivugwa ko ibihembo ari bimwe n'ibikorwa

Yaravuze ati: Kandi ibyo byakwirindwa bite?

Yasubije ati: Igihe cyose wifuriza abandi ibyiza kandi ugasaba Imana ubufasha n'ubuyobozi kuri bo, ibitekerezo byawe bizahinduka amatara amurika ibyumba by'ubugingo kandi bikirukana imirundo y'umwijima.

Yaravuze ati: Hanyuma se bizagenda bite?

Yasubije ati: Hanyuma uzumva uhumurijwe cyane kandi amaso yawe azamwenyura!

Inseko mu maso yanyu no mu maso yanyu zihoreho iteka ryose, nshuti zanjye

Amahoro abe kuri mwe

Murakaza neza

Uyu mushyitsi mwiza

Ijisho ntirishobora kubibona, ariko umutima urabyumva

Nk'ibyishimo cyangwa ihumure bikuraho urujijo

Kandi ahumuriza imitima yamenetse

Bitanga ubumenyi bwo guhangana neza n'ibibazo
bikomeye

Uko uwo mushyitsi yumva bifatanye isano no
kumukingurira urugi no kumutumira kwinjira

Ubutumire bugomba kuba buvuye ku mutima kandi
bugaturuka ku cyifuzo nyacyo cyo kwakira

Irimo icyifuzo gihuye n'icyifuzo gikomeye

Ibyo "Qassad" cyangwa umuririmbyi wo mu misozi
yumvise igihe yabivugaga ashishikaye:

(Yangiriye icyubahiro anyishimira kandi yirengagije
imigenzo umutima wanjye wagukinguriye amarembo yawo
imbere yawe)

Ibyishimo nyakuri si umusaruro w'ubwenge cyangwa
ibitekerezo

Ni ikintu kigaragara kandi gifatika gifite isoko

Iryo soko ryivugurura ubwaryo ntirishobora kugabanuka

Nta muntu n'umwe utararyohereye n'idose nke yabyo

Uburyo byumvikanamo biterwa n'imbaraga zo kwemera
n'ubushobozi bwo gusobanukirwa

Ni inyanja ibiremwa byose bitashobora kuyirya

Kubera ko isoko yayo idashingira ku mupaka ahubwo ifitanye isano n'ikintu cyuzuye kandi kitagira iherezo

Bagereranije ubuntu n'abantu bagira ubuntu na byo

Ibi binyibutsa inkuru y'uriya mugabo w'umukene wakurikiye bamwe mu basizi

Bari mu nzira bajya kwa Khalifa mu Misiri, wari wabahamagaye ngo abahe impano. Umukene yari afite ikibindi. Bakigera mu ngoro ya Khalifa bahagarara imbere ye, atangira kubagabira impano nyinshi. Hanyuma areba uwo mukene wambaye imyenda ye yashaje aramubaza ati:

Ni iki cyakuzanye kuri twe, kandi ni iki kigukeneyeho?

Yarasubije ati:

Ubwo nabonaga abantu bapakira ibintu byabo

Nageze mu nyanja yawe yuzuye n'ikibindi cyanjye

Khalifa yaravuze ati: Uzuza ikibindi zahabu na feza

Uwo khalifa ntiyari inyanja ugereranije n'inyanja y'ubuntu rusange, ahubwo yari igitonyanga cyayo

Niba umurongo umwe w'ubusizi waramuteye ubuntu kandi ukamutera imbaraga ku rugero nk'urwo, kandi ari umuntu gusa, nta gushidikanya ko guhamagarira abantu ku mugaragaro isoko y'ubuntu n'inyanja y'ubukire bw'Imana bizakirwa kandi bikuzuzwa kandi gutanga bizasubirwamo kugeza igihe umuntu anyuzwe.

{Kandi Nyagasani wawe azaguha rwose, kandi uzanyurwa}

{Kandi niba warabara inema za Allah, ntabwo wabasha kuzibara}

Imana ishimishe imitima yanyu

Amahoro abe kuri mwe

Igitagangurirwa kidacecetse kandi cyihanganye

Inshuti yanjye nkunda, Porofeseri w'umuhanga Fahmi Al-Mashaykhi, umunyamakuru wa gahunda "Kwiyobora", yansabye guhindura imivugo imwe n'imwe y'umusizi ukomeye w'umunyamerika Walt Whitman. Mu rwego rwo kwishimira ubusabe bwe bwiza, nahisemo iyi gisigo kandi ndashaka kuyiha we n'abakunda ubuvanganzo bunoze n'ibitekerezo bihebuje.

Ku rutare rwo ku mucanga hamwe n'agace gato
kagaragara

Aho igitagangurirwa cyari cyonyine

Nashyizeho ikimenyetso cyo kugaragaza aho kiri

Intego y'icyo kimenyetso

Kumenya uburyo bizavumburwamo

Ibidukikije binini hagati y'ubusa bunini bw'ahantu
hatagira abantu benshi

Hanyuma yarekuye insinga ntoya ivuye kuri we,
ikurikirwa n'indi nsinga, hanyuma indi

Yakomeje gukurura ubudodo bwe mu muvuduko
utangaje

Utananiwe cyane

Nawe, roho yanjye, wowe uhagaze ugoswe n'ikuzimu
ritagira iherezo

Uturutse ahantu hanini, hatagira imipaka, kandi hatagira
iherezo

Kandi winjira mu bitekerezo no mu bwenge nta nkomyi
Ndakubona utangiye ingendo zo gusura ahantu
nyaburanga

Usohora ibitekerezo n'imbaraga

Urimo gushaka isi n'ibiri mu kirere

Mugire umugozi ukomeye mufitanye

Kugira ngo ubashe kubaka ikiraro ukeneye

Ubwato bwawe burinzwe n'inkoni

Kugeza ubwo umugozi wawe muto urekura kure yawe

Kuva mu gufata ikintu

ahantu runaka

Yewe roho yanjye!

Walt Whitman

Ubuhinduzi: Mahmoud Abbas Masoud

inyenyeri

Ni itsinda ry'inyenyeri zifite imiterere myiza cyane

Mu buryo bw'inyenyeri izwi ku mazina atandukanye nka
Ghoul's Head

Inkoko Iguruka, Inkoko Igwa, na Betelgeuse

Ikiganza cyaranzwe n'ibara rya hena n'inyenyeri yo muri
Yemeni

Umunwa w'ifi nini n'umugabo w'intwari n'abandi

Ikimenyetso cy'inyenyeri gikurura abantu

Ahari kubera intera iri hagati yayo n'Isi

Ahari bitewe n'amabanga n'amayobera biyikikije

Ahari ni ukubera ituze rye ry'iteka ryose

Umucyo udasanzwe

Kandi wenda

Kuko bituma umuntu azamura amaso ye ari hasi

Nimureke ashishikarire ibirenze ibyo kandi biryoshye!

Ijambo "inyenyeri" ni ijambo ryiza cyane rigaragaza uburyohe bwaryo

Kuva kuri icyo kintu cy'inyenyeri

Ifite ubwiza butangaje n'ubwiza butangaje

Kandi uko ni ko muri, nshuti zanjye

Itsinda ry'inyenyeri zimurika

Mu ijuru ry'ubuzima bwanjye

Ndagusuhuje aho uri hose

N'urukundo kuva mu bujakuzimu kugeza mu isanzure

Kwimuka bishobora kuba umugisha cyangwa ibyago

Nongeyeho ijambo "gusenya" kuri uwo mugani uzwi cyane, kuko byansabaga ko ibikorwa byose atari imigisha, kandi bimwe muri byo bitanga umusaruro utavuye ku migisha gusa ahubwo unagira ingaruka mbi ku nzego zirenze imwe.

Ingendo z'abantu ntizibaho mu buryo butunguranye, usibye ingendo zimwe na zimwe zishobora kubaho mu gihe cyo gusinzira cyangwa kugenda mu bitotsi, ziyobowe n'umuntu utazi. Bitabaye ibyo, biterwa n'umugambi n'ubushake bwo kugera ku ntego runaka.

Iyi ngendo ubwayo ntaho ibogamiye kuko ari igikoresho gusa kidakora neza gikorera mu gusubiza amategeko y'imikorere y'umubiri w'umuntu, nayo yakira amategeko ava mu bwonko ikayashyira mu bikorwa.

Iyo ingendo zikoreshejwe mu gufasha abandi

Kandi ubakureho imitwaro yabo

Gukoresha ibikoresho by'ubwumvire kugira ngo binoze imiterere y'umubiri

Haba ku rwego rw'ibikoresho no ku rwego rw'umuco

Kandi tukazana ibintu byose byazana ihumure ku mitima

Kandi amahoro mu mitima

Itanga ibikenewe mu buzima, ntabwo ari ibintu by'agaciro gakomeye

Ni umugisha uturuka ku Mana, abamarayika n'abahanuzi

Ariko iyo ngendo ikoreshejwe mu gutera ububabare

Kandi ingaruka mbi n'ihungabana ry'umutima

Gukoresha ubushobozi bw'abandi mu bwenge cyangwa mu bintu bifatika

Nta ruhushya cyangwa uburenganzira bwe

Ingaruka ntizizaba umugisha

Hanyuma dushobora kuvuga

"Ingendo ziganisha ku isenyuka"

Hahirwa umuntu ukoresha ibikorwa bye ku bw'ineza n'ibyishimo by'Umuremyi we:

Nuko Umwami wabo arabasubiza ati: “Sinzigera nemera ko akazi k’umukozi uwo ari we wese muri mwe kabura, yaba umugabo cyangwa umugore” (Al Imran)

Kandi muri Hadithi nziza:

“Ibintu bitatu bikurikirana n'uwapfuye; bibiri bigaruka, kimwe kikagumana na we Umuryango we, ibintu bye, n'ibikorwa bye biramukurikira; umuryango we n'ibintu bye biragaruka, ibikorwa bye biragumaho”

Imamu Ali, Imana iheshe icyubahiro isura ye, adusangire ubwenge buva mu bubiko bw'ubumenyi bwe, agira ati:

(*Hari itandukaniro rinini hagati y'ubwoko bubiri bw'akazi* : akazi kamara igihe gito ariko ingaruka zako zigakomeza kubaho, n'akazi kamara amafaranga menshi ariko igihembo kigakomeza kubaho)

Imana yakire ibikorwa byacu byiza, nshuti zanjye

Amahoro, imbabazi n'imigisha by'Imana bibe kuri mwe

Akabari n'inzu y'amatongo

Yagize ati: Hari ikibazo kimbangamiye kandi ndashaka ibisobanuro byacyo

Yarasubije ati: Ni iki?

Yaravuze ati: Ndabona abantu bagendera mu nzira mbi “bakunda kwinezeza” kandi binezeza, n’abantu beza batagira icyo bageraho.

Yasubije ati: Abantu bakunze kwibeshya mu gucira urubanza abakiranutsi n'ababi, kuko baca imanza bakurikije uko zigaragara, ntibashobora kubona mu mitima y'abandi ngo bamenye kamere nyayo ya buri muntu no kumenya

imigambi n'ibikorwa bye byihishe. Ariko Imana ni yo isuzuma imigambi n'ihishura amabanga; Ni yo yonyine icira imanza kandi igatandukanya icyiza n'ikibi. Bityo rero, ntabwo bishoboka ko umuntu abantu bafata nk'umubi ashobora kuba umukiranutsi, kandi uwo babona nk'umukiranutsi ashobora kuba umukiranutsi.

Yaravuze ati: Ese hari uburyo bwo gutandukanya neza ibi bintu?

Yasubije ati: Mu gucira imanza ibyishimo n'umubabaro, iyo tudakoze neza, dutekereza ko umuntu wishimye ari we wishimira ubutunzi n'uburumbuke, akabona icyubahiro, agahabwa icyubahiro n'abantu, kandi akishimira ibinezeza n'ibyishimo by'ubuzima. Ntitugomba gutekereza ku mvururu zo mu mutima bashobora kuba bahura nazo bitewe n'ibyaha byabo, amakosa yabo, n'akarengane bakoreye abandi. Uku kubura ibyishimo n'indwara zidakira bishobora gutuma ubuzima bwabo buba bubi kandi amaso yabo agatuza bitewe n'irari ryabo ry'ubusambanyi n'ubwikunde bukabije. Bashobora kandi gukubitwa n'ibyago bikomeye n'ibyago bikomeye bidasanzwe.

Yaravuze ati: Kandi ibyishimo by'abakiranutsi biri he?

Yasubije ati: Ubwa mbere, umukiranutsi ntiyihutira gushaka ibintu byo mu isi. Anyurwa n'uko yumva anyuzwe, uko afata abantu neza, amahoro yo mu mutima we, n'ibyishimo bye byo mu buryo bw'umwuka biva imbere muri we kandi bigahora bivugururwa, cyane cyane iyo atekereje ko Imana izamuha ibihembo mu buzima bwa nyuma y'urupfu kandi ikamuha urumuri rw'iteka mu cyimbo cy'ibyo yabuze mu icumbi ry'irimbuka.

Yaravuze ati: Kuki intungane, cyangwa bamwe muri bo, bababara kandi bagahura n'ingorane muri iyi si?

Yasubije ati: Hari igihe Imana igerageza abakunzi bayo ikoresheje ubwoko butandukanye bw'ububabare n'imibabaro, atari nk'igihano, ahubwo kugira ngo ibatunganye mu muriro w'ibigeragezo nk'izahabu. Imibabaro ibageraho irabakomeza, ikerekana ko bafite imico myiza, kandi igatuma urukundo rwabo ku Mwami wabo no ku bantu rutunganywa, rusobanutse kandi rudahinduka.

Imana yongere umubare w'abakiranutsi n'abeza muri iyi si

Amahoro abe kuri mwe, nshuti zanjye

Isaro ryateguwe

Kudaha agaciro amahame kugira ngo ushimishe abandi

Yagize ati: Numvise ko kubana neza n'abandi ari byiza, hari ibidasanzwe?

Yasubije ati: Kwemeranya n'abandi ntibivuze kwemeranya na bo kuri buri kintu cyose, cyangwa kwigomwa amahame yawe kubera bo, kuko ubwo buryo bwo kwemeranya ari bubi kandi ntibujyanye n'ibikwiye.

Yaravuze ati: Ese ukunda guhangana kuruta kumvikana?

Yasubije ati: Nta mpamvu yo kuba ushobora kumvikana nabo nta kibazo cyangwa ngo ugire icyo uhungabanya. Abavuguruye kandi abantu bakomeye ntibabanye neza n'abantu benshi babakikije, nyamara bakomeje amahame yabo kuko bari bazi ko ibyo bakoraga ari byo rwose.

Yagize ati: Utekereza iki ku bijyanye no guhindura amahame ngenderwaho rimwe na rimwe kugira ngo ahuze n'imimerere?

Yasubije ati: Umuntu ntagomba kudohoka ku mahame, cyangwa ngo akore ibintu bidafite ishingiro kugira ngo agere ku ntego, kuko iyo myitwarire idakwiriye abashyigikira amahame Niba ushobora kubaho mu buryo bushimisha Imana kandi butagirira abandi nabi, icyo gihe nta cyo ugomba gutinya

Yaravuze ati: Kubana neza n'abandi bivuze iki?

Yasubije ati: Ni ukuba mbere na mbere mu buryo buhuje n'Imana, hanyuma mu buryo bw'umutimanama wawe, hanyuma mu buryo bw'abantu

Yaravuze ati: Bite se niba uburyo bwanjye butanyurwa n'abandi?

Yasubije ati: Birahagije ko uzagira amahoro muri wowe ubwawe kandi ukumva ufite ituze ryo mu mutima rituma utita ku byemewe n'abandi, igihe cyose ibyo byemewe bitajyanye n'ibyo wemera mu byemezo byawe.

Yaravuze ati: Ese mungira inama yo gusaba abandi guhindura imibereho yabo mibi?

Yasubije ati: Nta mpamvu yo guhatira abantu kwemera igitekerezo cyawe gikwiye Niba badashaka gukurikiza uburyo bwawe, bareke babeho kandi ubifurize ibyiza Niba bakubangamiye mu magambo ababaza n'ibitekerezo bibabaza, ni byiza cyane kwitandukanya nabo, nibura by'agateganyo Ariko buri gihe ujye witegura gusangira ubumenyi bwawe n'ubunararibonye bwawe nabo. Niba ufite ubumenyi bwinshi, buhe ababufite inyota, kugira ngo babunywe bishimye kandi banyurwe, ku bw'ubuntu bw'Imana Ishoborabyose, kandi ingororano yawe iri kuri Yo.

Amahoro abe kuri mwe

Ndabona urimo ushinja iminsi

Nshuti yanjye ndabona hafi yawe

Urashaka ahantu ho kuruhukira hazakunezeza amaso

Kandi kuruhuka bizakurinda umutima wawe unaniwe mu bihuru byawo

Ndakubona ureba kure, ituje

Kugerageza guhunga umwijima mwinshi n'amaganya

Kugeza mu kirere gikeye

Bikwiriye cyane roho yawe iboneye

Kandi mfite ubushobozi bwo kwihanganira ibyifuzo by'umutima wawe ushishikaye

Kandi binyuze mu jisho ry'ibitekerezo, ndabona ushinja iminsi

Yabajije ku mubumbe w'amahirwe wari utegerejwe igihe kirekire

Ni nk'aho numva icyifuzo gikomeye kirimo kigutera imbere

Numva amajwi y'inzogera zayo anyura mu gice cy'umwuka

Nabonye ubwato bw'ibyo wifuzaga buhagaze ku nkombe ya kure

Ibisiga by'imyibutso bimukikije

Kandi imibumbe iramureba ifite ubushake bwo gusabana

Ndumva icyifuzo cyawe, nshuti yanjye, cyo kwiherera wifuza

Ese wakwinjira mu bicu?

Kandi yinjira mu isi yitwa

Yuzuyemo ibisobanuro by'ubugwaneza n'ibyifuzo byiza

Ubuzima bwasohoje ibyifuzo byawe

Kandi irungu ry'irungu rivanwe mu mutima wawe w'akataraboneka

Kandi yabukungahaje n'ibizamini byiza cyane

Kandi amayerekwa meza cyane

Amahoro kuri wowe, nshuti yanjye!

Mahmoud Abbas Masoud

Filozofiya yo kugura n'inkuru y'imbwebwe n'igikona

-

Yarabajije ati: Ese hari filozofiya yo kugura nakoresha mu buzima bwanjye?

Yasubije ati: Hari abantu babaswe no kugura ibintu badakeneye, bityo bagapfusha ubusa amafaranga yabo mu bintu by'akataraboneka bitari ngombwa.

Yaravuze ati: Ni iyihe nama yawe?

Yasubije ati: Witondere kandi ugire ubwenge mu gihe ugura Niba ufite amafaranga, uyabike kandi wirengagize amatangazo ahora agerageza kugushuka ngo ugure ibintu udakeneye kugira ngo ureke amafaranga yawe wakoreye cyane kugira ngo uhindure udushya cyangwa ishoramari "ry'inyungu ryizewe" Igihe cyose umuntu agerageje

kukwigarurira akoresheje amagambo meza n'ibirori bikurura, ibuka inkuru y'imbwebwe n'igikona

Yaravuze ati: "Wabisubiramo?"

Yasubije ati: Kera, igikona cyari gifite igice cya foromaje mu kanwa kacyo maze amacandwe y'imbwebwe arayatonyangaho, maze aracyifuza. Kubera ko yari umuhanga mu bucakura no kubeshya, imbwebwe yabwiye igikona iti: "Ndashaka ko unririmba indirimbo, Bwana Igikona, kuko numvise ko ijwi ryawe riryoshye kandi rizwiho uburyohe bwaryo." Igikona, cyashimishijwe n'ishimwe, cyafunguye umunwa wacyo kugira ngo kiririmbe, ariko kikimara kubikora, igice cya foromaje cyavuye mu kanwa kacyo kigwa hasi. Imbwebwe yahise iragitora maze yishimira igihembo cyayo cyoroshye. Bityo rero, witondere abagerageza kukugiraho ingaruka mu mitekerereze, kuko hari icyo bagushakaho kandi ntukemere ko hagira umuntu ugukoresha nabi agushukashuka cyangwa ngo agutere kwifuza ikintu kidakenewe kugira ngo ugire icyo ugeraho n'ibyishimo by'ukuri.

Yagize ati: Ese hari uburyo bwo kwihaza?

Yasubije ati: Oroshya ubuzima bwawe kugira ngo utishingikiriza ku bintu byinshi. Kwishimira ibyifuzo byawe buri gihe bikuraho kunyurwa no gutera agahinda n'umubabaro. Niba ugora ubuzima bwawe ukoresheje ibintu byinshi, ntuzashobora kubyishimira. Ariko nusuzuma ubuzima bwawe neza, uzabona uburyo bwinshi bwo kugabanya ibyo waruhiye utiriwe wumva ko hari icyo wabuze.

Yagize ati: Ni iki utekereza ku kugura mu byiciro?

Yasubije ati: Ubwa mbere, banza uzigame ibyo ukeneye kandi ugure ibyo ukeneye mu mafaranga, nta ngorane zo

kwishyura mu byiciro, inyungu nyinshi, n'ibibazo.
Birumvikana ko hari inyungu mu guhangana n'abashaka
kugurisha ibicuruzwa byabo kugira ngo babone imibereho,
ariko ntibemere kubaho mu buryo burenze ubushobozi
bwawe, kuko nubikora, uzatakaza byose, Imana irinde, igihe
uzaba uhuye n'ikibazo gikomeye cyangwa inzira igoranye,
kandi "igishuko gikurura" kizaba gitegereje.

Yarabajije ati: Ni iyihe nsobanuro usobanura yo
kuzigama?

Yasubije ati: Kuzigama ni ubuhanga kandi bisaba
kwigomwa Ariko niba ukoresha amafaranga menshi mu
kugura no kubaho mu buryo bworoshye, uzabasha kuzigama
amafaranga make buri gihe, kandi wibuke imvugo izwi cyane
igira iti "Itonyanga ku rindi, umugezi uzakhinduka ikidendezi,"
ubifashijwemo n'Ishoborabyose.

Imana ibaheshe ubuntu bwayo bwinshi, nshuti zanjye

Amahoro abe kuri mwe

Kwisuzuma no gutsinda

Yagize ati: Ni ukuri ko umuntu yibaza ibibazo ari ubwoko
bw'uburyo bwo kwisuzuma?

Yasubije ati: Nibyo koko

Yaravuze ati: Niba nshaka gukoresha ubwo buryo bwo
kwisuzuma, ni iki wangira inama yo kwibaza?

Yasubije ati: Ibaze intego y'ubuzima bwawe Uri ikiremwa
cyahindutse cyane kurusha ibindi byose, kandi Imana
yashyize muri wowe ubugingo bwiza ari nabwo butuma
umera nk'umuntu

Yaravuze ati: Ni iki kizahinduka ninsobanukirwa iki kintu?

Yasubije ati: Uzabona intsinzi itagira imipaka, uzagira ibyishimo byinshi, ibyifuzo byawe byose byiza bizasohozwa, uzatsinda ingorane zawe zose, kandi isi ntizashobora kugutega imitego cyangwa ngo ikuyobye n'amayobera yayo.

Yagize ati: Ariko ubuzima bwuzuyemo ibibazo n'ibintu bibabaza

Yasubije ati: Yego, ubuzima bw'umuntu ni uguhangana n'ibibazo buri gihe kandi bifunguye, kandi buri wese afite ibibazo bye. Hari abantu babarirwa muri za miriyari n'ibibazo bya miriyari bagomba gukemurwa buri muni. Bamwe barwaye indwara z'umutima, abandi binubira ibicurane, abandi barengerwa n'amafaranga, abandi banga ubukene burundu, abandi ntibatekereza bityo bakaba batazi ibibazo cyane, kuko igihe cyose inda zabo zuzuye, isi iba ibereye kuri bo. Ariko se ni bande bantu bishimye by'ukuri mu buzima, kandi ni bande batsinze?

Yagize ati: Mbere na mbere, ni iki gipimo cy'intsinzi?

Yasubije ati: Ibyishimo ni cyo gipimo nyakuri cy'intsinzi, hatitawe ku mwanya w'akazi cyangwa urwego rw'imibereho. Igitekerezo gikunze kugaragara cy'intsinzi ni ukugira ubutunzi, inshuti, n'ibintu byiza kandi by'akataraboneka— ibyo bamwe bita ubuzima bw'akataraboneka. Ariko ibyo umuntu yagezeho mu buryo bw'umubiri ntabwo ari ngombwa ko bigereranya intsinzi nyakuri.

Yarabajije ati: Impamvu ni iyihe?

Yasubije ati: Kubera ko ibintu n'imimerere bishobora guhinduka Uyu muni umuntu ashobora kugira ibintu, ejo bikaba byagenda. Ntugatekereze ko kuba umuherwe ari byo bitanga icyizere cy'intsinzi. Umuntu ashobora kwihatira no

gukora cyane kugira ngo abone ibyiza byo gutsinda mu kazi ke, ariko ashobora gutungurwa no gusanga ubuzima bwe budafite uburimbane kandi nta mudendeze afite wo kwishimira ibyo ashaka gukora. Ahubwo, imihangayiko ishobora kwi Yongera, kandi bashobora guhangayika no guhangayika ku buryo ubuzima bwabo burushaho kuzamba, bagacika intege. Bityo, intsinzi y'inzozo irashira, bumva ko bapfushije ubusa ubuzima bwabo kandi inzozo zabo zose zarazimye.

Yagize ati: Ese ubuzima busobanura intsinzi?

Yasubije ati: Umuntu ashobora kugira umubiri ukomeye (nk'ifarashi) ariko akabura ubutunzi buhagije bwo kwibeshaho, bityo akumva afite inzika n'umujinya kubera kutagira ibyo akeneye n'iby'ibanze mu buzima Cyangwa ashobora kugira ubuzima bwiza n'ubutunzi ariko akabura kunyurwa Kugaburira umubiri no guhaza ubwibone ntibishimisha umutima woroshye Kandi ashobora gutunga byose ariko akumva ari umukene rwose

Yaravuze ati: Umwanzuro ni uwuhe?

Yasubije ati: Keretse umuntu afite ibyishimo mu mutima we, ntashobora gufatwa nk'uwatsinze

Yaravuze ati: Hari ibindi?

Yasubije ati: Ibi birahagije uyu munsi Imana ikongerere ubumenyi kandi ikugire ibyishimo mu isi zombi.

Amahoro abe kuri mwe

Agahinda k'abandi

Ese biremewe ko mbona amarira y'abandi bantu?

Utababaye kandi?

Kandi se nshobora kumva agahinda barimo?

Utagerageje kugabanya?

Ese mfite ubushobozi bwo kubona amarira agwa?

Hatabayeho gusangira ibyiyumvo na nyirabyo?

Ese se ashobora kumva umuhungu we arira?

Utababajwe na we?

Ese umubyeyi ashobora kumva umwana we arira?

N'ubwoba bumuhangayikishije

Hatabayeho ingaruka?

Oya Oya Ibi ntibishoboka!

Ntibikabeho na rimwe ibyo ntibishoboka!

Ntugatekereze ko Imana itabizi

Ku bijyanye no guhumeka rimwe gusa turahumira

Ntugatekereze ko twatakaje amarira na rimwe

Umuremyi wacu atabibonye

Imana iduha ibyishimo

Wenda mu kubikora, imibabaro yacu izarangira

Aduherekeza n'imbabazi ze n'ubugwaneza bwe

Kugeza igihe imibabaro yacu izashira

Agahinda kacu kazashira

Imurika zo mu mwuka

wwwswaidayogacom

Nyereka ubutumwa bwawe, Mwami, bwanditse mu
nyuguti z'umucyo ku mapaji y'umutima wanjye, maze numve
amagambo yawe mu rusengero rw'umutimanama wanjye,
kandi wuzuze ubwenge bwanjye ubumenyi bwawe, imbabazi
.zawe n'amahoro yawe

Akazi ni ingenzi kandi gatera imbaraga ubuhanga
n'ubuhanga bw'abantu. Ariko, niba intego y'akazi ari
ukwikubira ubutunzi gusa, gatakaza agaciro n'akamaro kako.
Akazi gakwiye kuba umwihariko wo gutanga serivisi, kandi
ibicuruzwa bigurishwa bigomba kuba bifite ireme kandi
.bigirira akamaro abandi

* * *

Imana impa urumuri, ubuzima, imbaraga, ubwenge,
ubwenge, n'ibyishimo byo mu mwuka. Nzinjira mu nyanja
y'urukundo rw'Imana binyuze mu byishimo byo gutekereza.
Kandi nzazana ubuturo bw'Imana mu bitekerezo byanjye
kugira ngo nkemure ibibazo by'ubuzima (2)

Uwiteka, nkurikije urumuri rw'urumuri rwanjye
rworohereje rw'urukundo, nzasoma igitabo cyawe cya zahabu
cyambayeho kuva kera. Urukundo rwawe, Mwami, ni urumuri
rw'amahoro rukuraho umwijima wanjye kandi rukamurikira
inzira yanjye (2)

* * *

Umugezi w'amahoro yo mu mwuka urekura ubwoba
n'imirundo y'amaganya mu bugingo
Nzashaka Imana ndi mu bwigunge bw'umutima wanjye
kandi nzasenga cyane kugeza igihe umutima wanjye ukubita
.kubera urukundo rwayo maze nkabona igisubizo cyayo
Mwami, ndagusaba ko wavanga urumuri rw'ubugingo
bwanjye n'urumuri rwawe rw'ikirere. Mbwira ko ubwenge
bwawe bumurikira ubwenge bwanjye, imbaraga zawe
.zirankomeza, kandi zigatamba mu mitsi yanjye

* * *

Nzuzuza ubwenge bwanjye imbaraga zo kwizera no
kwizera ko nta kintu na kimwe gishobora kungirira nabi kuko
mpora nkikijwe n'uburinzi bw'Imana
Uwiteka, reka amashyiga y'icyifuzo cyanjye ahora yaka
cyane hamwe n'ubuturo bwawe bwiza. Ubwenge bwawe
bunyobore kandi ubuturo bwawe bube ibyishimo bikomeye
.mu buzima bwanjye

* * *

Umuhanga mu bya siyansi nyakuri arangwa n'icyizere
gitangaje: kuba umuntu ufunguye ibitekerezo kandi ufite
icyerekezo cyagutse. Atangirana n'amakuru yoroheje,
y'ibanze, agenda arushaho gukora kugeza ahishuye
amategeko ya kamere n'uko akora. Hanyuma ageza ku isi
ibyavuye mu bushakashatsi bwe, ahora yiteguye gukomeza
gushakisha imiterere n'ingenzi y'ibintu. Imbaraga z'aba
bahanga mu bya siyansi ni zo zatumye habaho kuvumbura
amategeko karemano, yagwije inyungu abantu bishimira.
Buhoro buhoro, twiga uburyo bwo gushyira mu bikorwa aya
mategeko mu buryo butandukanye kandi bukwirakwiriye,
nk'uko bigaragara mu byo dukoresha mu buzima bwa buri
.munsi

* * *

Ibyishimo Imana itanga ntagereranywa n'ibyishimo byo
mu isi Ibyishimo byo mu mwuka ntibigira iherezo, kandi iyo
ibindi byose bishize bikabura, ibyo byishimo bigumaho

Umuntu wese wifuza kugera kuri ibyo byishimo agomba
guha umwanya wo gutekereza, gutekereza ku Mana, no
kuyihuza nayo, kuko guhuza Imana mu buryo bw'umwuka
.bitanga ibyishimo nyakuri

Ubusitani bw'Umwaka Mushya

Indirimbo z'umwaka ushize, hamwe n'agahinda n'inseko
byazo, zarazimye none indirimbo y'Umwaka Mushya
:iraririmba itera inkunga, itanga icyizere, kandi iravuga iti

Shandura ubuzima bwawe neza, rekeraho ubwoba bwa"
"kera

Mu busitani bwa kera bwari bwaratereranywe, kusanya
kandi ubike imbuto z'ibyishimo, ibyagezweho, ibyiringiro,
ibitekerezo byiza n'ibikorwa byiza, n'ibyifuzo byiza. Mu
butaka bushya bwa buri muni mushya, tera izo mbuto
zikomeye, uzivomere, kandi uzirere kugeza zikuze kandi
ubuzima bwawe bugakuramo indabyo nziza zidasanzwe zo
.kurabya indabyo

:Umwaka mushya uratangaje

Kangura umwuka, uboshywe n'ingeso, kandi"
uwushishikarize gukora imbaraga nshya kandi
z'ingirakamaro. Ntugahagarike kugerageza kandi ntugatuze
kugeza igihe uzabona umudendeko w'iteka kandi ugatsinda
"karma (ingaruka zihora zikurikiranwa n'ibikorwa bya kera)
Dufite ubwenge buhumuye kandi buhora buvuguruye,
twishimane kandi tugendane dufatanye mu ntoki twerekeza
.mu nzu yo mu ijuru tutazongera gusohokamo ukundi

* * *

Niba wibuka Imana ukayigira ishingiro ry'ubuzima
bwawe, kandi ukayisenga cyane kandi ubikuye ku mutima,
nta kabuza uzabona igisubizo kivuye kuri yo, kuko
amasengesho akomeye kandi y'ukuri akora ku mutima
w'Imana RE-123

Ni isoko y'ubwenge n'ubuhumekero, impumuro nziza
ituruka mu busitani bw'imitima y'urukundo n'ineza,
impumuro y'indabyo zo mu ijuru n'ibitekerezo bikura,
urukundo rutera urukundo rwacu kandi rugatembera mu
.mitima yacu
* * *

Inshuti yawe magara ni yo igusaba kwicisha bugufi
uburyo wakwiteza imbere, kuko guhora wibumbiye mu bantu
bagushimagiza n'abagutera ishema bikubuza gukura mu
mwuka. Tugomba kwishimira kubana n'abavugaga ukuri no
.kudufasha mu buryo bwiza bushoboka
* * *

Ababyeyi bakunze kwirengagiza inenge z'abana babo
bagahitamo kuzirengagiza Niba batabona integere nke z'abana
babo, nta gushidikanya ko hari ikintu kitagenda neza mu
rukundo rwabo Ababyeyi bagomba kwiga urukundo rutagira
icyo rushingiyeho kugira ngo babone amakosa y'abana babo
kandi babafashe kuyakosora no kujya mu nzira nziza
* * *

Niba ushaka kugira ibyishimo igihe cyose, ntukemere
kwishimisha cyangwa ngo wirengagize, kandi ntukirengagize
inzitizi z'umubiri zikubuza ibyishimo. Kora uko ushoboye
kose kugira ngo utsinde izo nzitizi kandi usohoze imirimo
yose ukeneye gukora ufite umutima ukunze n'ubwenge
.bushyize mu gaciro
* * *

Uwiteka, reka turebe imico myiza tudafite ubwoba
n'ubwoba, ahubwo turebe urukundo n'icyubahiro. Reka

twumve ko gukurikiza amategeko yawe y'umuco bizatwimika
indabyo z'ubuntu bwawe. Wategetse amategeko
y'ubuyoboze kugira ngo uturinde ibyishimo. Reka tureke
inzira z'icyaha, zihora zituganisha ku bubabare n'imibabaro,
kandi reka tumenye ko imico myiza ari nziza cyane kuruta
ibibi. Dufashe gusobanukirwa ko ikibi, cya mbere gisa n'aho
gishimishije kandi gishimishije, kigenda gihinduka uburozi
bwica, kandi icyo cyiza, cya mbere kikagira uburyohe
!busharira, amaherezo kikaba umutobe mwiza

* * *

Amaganya ntacyo amaze; aremerera umutima gusa
amaganya menshi Iyo urangije imirimo yawe ya buri muni,
irinde kuyatekerezaho cyangwa kuyajyana mu rugo
Amaganya akora urukuta rw'ibicu byijimye, byuzuye ibicu
bikikije ubwenge bwawe, bikakubuza kubona neza inzira
neza kandi byoroshye Tugomba kwiga kwishingikiriza ku
Mana kurushaho

Ubuzima bugomba gushingira ku murimo, kuko icyo
hatabayeho icyi ntego ya muntu, ubwenge Imana yahaye
abantu ntibuzigera bugera ku bushobozi bwabo bwose Iyo
dukoreye abandi tukibagirwa ubwirasi bwacu buto, tuzumva
.ko Imana iriho

* * *

Icyiza kiruta ikibi muri icyi si kuko Imana ari yo mbaraga
zikomeye. Ariko icyo ikibi kitugezeho, akenshi twumva nta
bushobozi dufite bwo kukigenzura cyangwa kukinesha.
Inkubi z'ikibi ntizibura, ariko dushobora gutsinda ingaruka
.zacyo no kuzitsinda

Iyo umwigishwa aryohewe n'urukundo rw'Imana, yumva
imiraba itagira ingano y'ibyishimo imukikije, kandi yumva
ashishikajwe cyane n'Imana, bityo asenga yitonze cyane
kandi atakambira Imana mu mutima we kugeza igihe
.imusubije

* * *

Iyo ingeso mbi, gukunda imibonano mpuzabitsina,
gukunda ibintu bifatika, guhangayika mu buryo
bw'amarangamutima, gukoresha nabi abandi, no guhinduka
mu buryo butunguranye kuva ku kuba hafi kugera ku
kwanga bisimbura urukundo, urukundo rurashira mu mitima
.maze rugahinduka ikintu cya kera

* * *

Mu cyunamo cya violon n'umuririmbo w'umwirongi,
indirimbo y'inanga n'ijwi ry'umuririmbo, numva ijwi ry'Imana
Mu mutima w'ubugingo hari ibyishimo roho yanjye ishaka
Nahise numva ibyishimo byayo, bibitswe mu gituzo cyanjye
Nzakandagira mu gituzo no kuryohereza n'umutobe
w'ibyishimo by'iteka ryose

Kwifuza Imana bivuze kuyikunda Kwifuza Imana
bigomba kuba inyangamugayo, bitunganye, byimbitse kandi
birabagirana Niba dushaka kubona igisubizo kivuye kuri yo,
tugomba kuyegurira imitima yacu no kuyitakambira bivuye
mu mitima yacu kugeza igihe tubonye icyo gisubizo cyiza
Urukundo rw'Imana rurakomeye kuruta urupfu kandi
.ruramba kurusha uko ubuzima bw'igihe gito bugaragara

* * *

Genda mu nzira z'ubuzima ushikamye udashidikanya,
udasubira inyuma cyangwa ngo usubire inyuma, kandi ufite
ukwizera gukomaye ko imbaraga z'Imana zo kurema kandi
.zitagira iherezaho zikuje kandi zigushyigikira iteka ryose
Imana isubiza ubusabe buvuye ku mutima bw'uwo
mwigishwa w'ukuri ugaragaza icyifuzo cye n'inyota ye,
akayisaba ubufasha afite icyizere n'ibyiringiro, kandi nta
kabuza izaza aho ari kugira ngo imukize kandi imukize
.ingorane ze

Igitambaro cyo kureremba, nk'uko byavuzwe

:n'umunyabwenge Paramahansa

Igihe kimwe, inshuti ebyiri zari zigenda ku nkombe
y'uruzi zibonye ikintu gisa n'igitambaro kiri ku mazi. Umwe

muri bo yijugunye mu ruzi maze yoga ajya ku "gitambaro".
Ariko, yari agiye gufata igihe kirekire kugira ngo agaruke
kuri banki. Inshuti ye yabonye ko yari afite ikibazo cyo
gukoresha "igitambaro" kandi ko ari yo mpamvu
:yamutinzeho, nuko iramuhamagara iti
"?Kuki utamusiga ngo usubireyo"
:Inshuti ye yaramushubije iti
Nibyo ngerageza gukora, ariko igitambaro"
"kiranyifasheho kandi ntikirandekura ngo nsubireyo
Yatunguwe cyane no kubona ko icyo yibwiraga ko ari
igitambaro nta kindi cyari uretse idubu ryo koga
Tekereza aho ikirenge cyawe giherereye mbere yo]
[!guterana intambwe

Abantu benshi bafata ibyemezo ariko ntibabishyire mu
bikorwa, bityo bigatuma bava ku rwego rwo hejuru
rw'intsinzi nubwo barota kuzamuka mu mpinga. Abapfusha
ubusa imbaraga zabo z'ubushake basanga uko barushaho
guharanira intsinzi, ni ko barushaho kwiwira mu rubura rwo
gutsindwa. Ariko, abafite imbaraga zikomeye ntibahwema
kugerageza, nubwo imbaraga zabo zananirana kangahe,
.kugeza igihe bagereye ku ntego zabo zemewe

* * *

Muganga w'Isi Yose, reka nnywe kugeza igihe nzashira
amazi meza y'amahoro yawe, kugira ngo numve ibyishimo
byawe biruhura n'imbaraga zawe zitarangwamo intege nke
.n'umunaniro

* * *

Ijwi ry'Imana rivugisha imitima yose y'ukuri ivugana
n'imitingito yo hejuru. Ijwi ry'ubwenge rinyura muri ether
rishaka ibitekerezo bihuza bishakisha amahoro, ibyishimo
.n'ubumenyi bwera

* * *

Umuntu aduha inama ze hanyuma akadusiga ngo
twibonere umusaruro w'ibikorwa byacu [bishobora kuba
ingaruka z'inama ze mbi] Ariko Imana iduha ubuyobozi kandi
.inzira ye ihora iduhesha ibyishimo n'ineza

Dube mu mucyo w'Imana kandi tumenye ko inyuma y'iyi
nzosi mbi yo ku isi hari ugukanguka guhoraho. Twumve ko
.Imana iri inyuma y'igicucu cyose cyijimye

* * *

Nk'uko inzuki ihora ishaka indabyo nziza, ni ko
n'urukundo rw'Imana ruzaza mu buzima bwacu iyo
.zuzuyemo ibitekerezo byiza n'imigambi myiza

* * *

Iyo wuzuye ibyishimo byo gutuma abandi bishima,
ukabafata neza kandi ukumva ufite umutekano n'amahoro,
.ushimisha Imana kandi ufatwa nk'uwatsinze mu buzima

* * *

Iyo duhuye n'ibibazo n'inshuti zacu cyangwa abakunzi
bacu, tugomba kugerageza gukemura ikibazo vuba
bishoboka. Nta mpamvu kandi ni ibidakwiye kongera ikibazo
mu gushinja, impaka no gusakuza, nubwo uwo muntu yaba
ari we ufite ikosa. Dushobora gufasha abakunzi bacu kunoza
imwitwarire yabo no gukosora amakosa yabo binyuze mu
rugero rwacu rwiza, aho gukoresha amagambo akarishye yo
.gucira abandi urubanza no kubababaza

* * *

Mwami, ndasaba ko roho yanjye ibona amahoro kandi
ikabona imirasire y'ibyiringiro inyuma y'ibicu byo kutitaho.
Ukwezi kw'icyizere kurangurura mu kirere cy'umutima
.wanjye, kugira ngo numve ntuje kandi ntuje mu mutima

Ubu ndumva urimo urabagirana mu bwenge bwanjye,
kandi ibicu by'ubujiji birimo kwirukanwa kubera urumuri
.rwawe rwiza n'ubuturo bwawe buhumuriza kandi bwiza

* * *

Umutima w'umuntu ushaka by'ukuri uhora usubiramo

:uti

Mana yanjye kandi nkunda, sinshaka kugwa mu"
mutego w'imitego n'ibitekerezo bibi byo muri iyi si, kandi
ndashaka gusa gukangura urukundo rwawe mu mitima
y'abantu Umutima wanjye, ubugingo bwanjye, umubiri
wanjye, ubwenge bwanjye, n'ibyo mfite byose ni ibyawewe"
Urukundo nk'urwo rugana Imana, kandi umuntu nk'uwo
aramenya Imana

Mana yanjye nkunda, nzi ko uri ahantu hose Nk'uko
amavuta y'agaciro ahishe mu mwelayo utarimo gukandwa,
ni ko n'amavuta yo kubaho kwawe kw'umugisha asukwa mu
.gukangurwa no mu kwifuza gukomeye kuri wewe

* * *

Igishuko ni igitekerezo cy'ibinezeza gishukana,
kivuguruzanya, kandi gitekerezwaho. Ingufu zikomoka kuri
iki gitekerezo zigomba gukoreshwa mu gushaka ukuri
kuzana ibyishimo, aho gukoreshwa mu bikorwa bibi biteza
.imihangayiko n'imibabaro
Binyuze mu bunararibonye, kwitonda, n'ubwenge, twiga
gutandukanya ubwiza buke bw'iyi si n'ubwiza bukomeye
.kandi butagira iherezo n'ibyishimo by'Imana

* * *

Ukwizera mu mutima wanjye kuvuka mu buryo bwo *
kwiyumvisha ibintu mu buryo bwumvikana. Kunshishikariza
kandi kukanyongorera ngo ncukure ubutunzi bw'urukundo
.rw'Imana muri njye

Gutekereza ku Mana ni umuti ukomeye w'imihangayiko
yo muri iyi si, bityo nzabikora mbikuye ku mutima, mu buryo
bwimbitse kandi buhoraho

Uwiteka, kora ku jisho ry'ibitekerezo byanjye kugira *
ngo rihindukire imbere ribone izuba ry'ibyishimo byo mu
mwuka ricanye mu mutima wanjye

Kandi umfashe gufungura imiryango y'ituze kugira ngo
nakire imirasire ikiza y'urumuri rwawe rwiza
Nzakuraho kwiheba kandi nkore uko nshoboye kose
kugira ngo numve ko uriho, Nyagasani, mu bitekerezo
byanjye, kandi nzagushaka n'umutima wanjye wose
.n'ingingo zanjye zose kugeza igihe uzanyiyereka
Gushyira ibitekerezo byawe mu bihe n'imimerere
bihindagurika bizagabanya ubumenyi bw'ibintu byo hanze.
Ahubwo, umuntu agomba kwibanda ku by'iteka, bitahinduka,
kandi akabigira ishingiro ry'ibitekerezo n'ibitekerezo.
Ababikora bazatwikirirwa n'imbaraga zo mu mwuka kandi
.bamurikiwe n'umucyo w'Imana

* * *

Uwiteka, impumuro yawe iva mu ndabyo z'ubugingo
bwanjye kandi ikurire imitima ku rusengero rw'ubuturo
bwawe
Urukundo rwawe rusendere mu mutima wanjye, kugira
ngo rutere mu bwumvikane kandi rube rwiza kuri buri wese

Uwiteka, tanga umugisha ku bitekerezo byanjye kugira
ngo nzane abanyotewe n'ubugingo bwanjye ku isoko
y'amahoro yawe. Ba umushyitsi wanjye iteka ryose kandi
.uture mu rusengero rw'ituze n'ibyishimo byanjye

Sinzigera nkwi bagirwa, kandi sinzagenda mu nzira
z'ubuzima ntari kumwe nawe
Mpa ibyifuzo byinshi bivuye ku mutima, kandi mu ijwi
rizima ryo kukwiyegurira, numve ijwi ryawe ry'icyubahiro

Buri munsu nzarushaho gushaka ibyishimo mu
bitekerezo byanjye kandi nke cyane binyuze mu byifuzo
by'ibintu

Ndagupfukamira, Mwami, mu gushima no gushima,
kuko ku bw'ubuntu bwawe, ibyifuzo byanjye by'umwuka
n'imyitwarire myiza bizatsinda ibibi n'ibibi byo mu buzima.
Mfasha gukomeza icyemezo cyanjye cyo kureka ingeso mbi
zizana umusaruro mubi no kwitoza ingeso nziza zizana
umusaruro mwiza. Kandi umfashe gukomeza urumuri
rw'ibyiringiro mu mutima wanjye mu gihe ngiye kugana
.iwawe

* * *

Ubushake bw'umuntu ntibugomba kuba imbata
y'ibitekerezo bibi, ibyifuzo, n'ingeso mbi. Ibi ntibivuze
kwirinda gukoresha ubushake, ahubwo bivuze gukoresha
ubushishozi mu kubushyira mu bikorwa kugira ngo buhuze
.n'ubushake bw'Imana

Umuntu wese wifuza ibyishimo n'intsinzi agomba
kwizera Imana mu buryo buhamye, kuzamura ubumenyi bwe
kugeza ku rwego rw'amahoro n'ituze byo mu mutima,
kwibanda ku butwari n'ubutwari, kugira ubushake
n'umurava, no gusohozza inshingano ze mu ituze no mu
.cyubahiro

* * *

Niteguye guha ubuzima bwanjye bwose umuntu umwe
w'inyangamugayo, ariko ndirinda uburyarya n'abantu
b'abanyamahane. Sinshobora gushukashuka cyangwa ngo
mbeshe umuntu uwo ari we wese, kandi uku ni ko
.twagombye kubaho muri iyi si

* * *

Tugomba kugira ubutwari, kuba abanyakuri, no kwikinga
tudahuje n'abo dushobora gutera inkunga gusa, ahubwo
tunafatanye n'abashobora kudutera inkunga

* * *

Nshobora gusohoza inshingano zanjye zose gusa
nkoresheje imbaraga zanjye ku Mana. Bityo rero, icyifuzo
cyanjye cya mbere ni ukuyishimisha. Imana ni yo rukundo
rwa mbere mu mutima wanjye, intego ikomeye muri njye,
.n'intego y'ubushake bwanjye n'ubwenge bwanjye
Kuringaniza ni byiza kandi bikwiye kuba urufatiro
n'ishingiro ry'amarangamutima n'ibitekerezo byacu

* * *

Umuntu witangira abandi, ukunda kwitanga, ntabwo
yemera ko ubwikunde bumutegeka, kuko bidashoboka
kugira ibyishimo gusa keretse umuntu ufite ibitekerezo
bigari n'umutima mwiza, ushaka kandi akifuriza abandi
ibyishimo ndetse no kwifuriza we ubwe. Iri ni ihame rusange
.kandi ridahinduka

* * *

Ndibuka igihe nagiraga ikintu ntari niteze; inyuma
y'ibicu byo gutekereza, umuseke w'ibyishimo byo mu mwuka
waraje uhita unyinjiramo
Ubwo bunararibonye bwiza bwarenze ibyo nari niteze
byose. Numvise ibyishimo bitavugwa, kandi urumuri
rw'ibyishimo rwamurikiye impande zose z'umutima wanjye,
rukuraho igicucu cy'urujijo n'ibibazo. Umucyo—nk'imirasire
ya X—wanyuze ahantu habi kandi uhishura ibintu byari kure
.y'aho umuntu asanzwe abona

* * *

Gutera k'umutima wawe kudashira bitangaza buhoro
buhoro ko imbaraga zitagira iherezo zirenze amarembo
y'ubumenyi bwawe. Imivuduko yoroheje y'ubuzima bwose
:iragusogongeraho iti
Ntukibonere gusa umugezi muke w'ubuzima bwanjye,"
ahubwo wagure urwego rw'ibyumviro byawe maze
unyemerere ninjize amaraso yawe, umubiri wawe, ubwenge
bwawe, ibyumviro byawe, n'ubugingo bwawe mu miterere
"y'ubuzima bwanjye bwo mu isanzure

* * *

Mwami, reka nyumve ko uriho muri buri gikorwa nkora.

Mfasha kwirukana igicucu cy'ubwoba gitwikira urumuri
rw'ubuyobozi bwawe. Kandi ureke indabyo z'ibyishimo
byanjye zirabire mu busitani bw'umutima wanjye mu gihe
.ntegereje ko uzaza

* * *

Kuraho ibitekerezo byo gutsindwa ukoresheje
ibitekerezo byiza byo gutsinda kandi ugire icyizere, kandi
.ukureho ubwoba utabitekerezaho

Kuraho agahinda ukoresheje urumuri rw'ibyishimo,
kandi usimbuzwe amagambo y'ubusa n'urukundo n'ubupfura
Kuraho ibitekerezo bibi ku ntebe y'ubuzima bwiza
hanyuma ubisimbuzwe ibitekerezo bizima n'amarangamutima
meza

Humura umutima wawe w'imihangayiko n'amaganya,
kandi wirukane ibicu by'ubujiji mu iherezo ry'ubuzima bwawe

* * *

Umuntu utsinda mu ntambara y'ubuzima aba afite
imibabaro ye nk'ikimenyetso cy'icyubahiro ku gituza cye

* * *

Uwiteka, mbabarira kugira ngo mbone ibyiza gusa,
ntekereze ibyiza gusa, kandi nifatanye n'abantu beza kandi
beza gusa. Reka nkwigereze, wowe soko y'ibyiza byose
.n'ubutungane

Kura imyuka y'umwijima kure yanjye, kandi undebe uri
mu mutima w'ijuru no mu marembo y'umutima wanjye
n'amarangamutima yanjye, kandi unyereke mu rusengero
.rw'urukundo rwanjye kuri wewe

* * *

Tugomba gukora uko dushoboye kose kugira ngo
dukomeze kugenzura amarangamutima yacu igihe cyose,
kugira ngo tubashe kugenzura amarangamutima yacu no
kwifata igihe cyose duhuye n'abantu bafite imico mibi

bakunda guhungabanya amahoro y'abandi no kwangiza
.ikirere kibakikije

Ikintu cya mbere umuntu agomba kwitondera mu
myitwarire ye ni ukwiteza imbere. Umuntu mwiza, binyuze
mu myitwarire ye myiza, ashobora gufasha abamukikije
.guhinduka beza

* * *

Gushishikarira ibyifuzo bihuma ubwenge, kandi iyo igihu
cy'ibyifuzo kirenze ubwenge bw'umuntu, atakaza
uburimbane bwe bw'imbere kandi agakora nta bushishozi,
azi ko ubushishozi karemano ari bwo buyobora ibikorwa
byose byiza n'imyitwarire igororotse Iyo uruziga rw'ubwenge
bw'umuntu rucitse, nta kabuza azagera mu mwobo
.w'ububabare n'umubabaro

* * *

Bitebe bitebuke, ibitekerezo by'ubuzima bizashira, kandi
intego yabyo izagaragara Iyo ibitekerezo by'ubwana
n'ubusore bizashira, ni iki gisigaye? Dushobora gusa kubona
ibyishimo nyakuri mu kuba hafi y'Imana no kumva ko iriho,
.bituma ubugingo bugira ituze n'amahoro

* * *

Tugomba kuba abantu bashyira mu gaciro mu byo
twiteze no gusaba Imana ko yaduhaza ibyo dukeneye
by'ingenzi gusa, no kumenya itandukaniro riri hagati y'ibyo
dukeneye by'ukuri n'ibyo twifuza bitari ngombwa. Uburyo
bwiza bwo gutandukanya ibikenewe n'ibidakenewe ni
ugukoresha ubwenge n'ubwenge, ntitwifuze kubona ibintu
bidafite umumaro bitadufitiye akamaro kandi birushaho kuba
byiza tudafite

* * *

Nshobora gutembera hirya y'imibumbe n'inyenyeri bya
kure cyane

Ariko nzagukunda iteka ryose

Abayobokeye baweho bashobora kuza, cyangwa bashobora
kujya mu nzira yabo bwite
Ariko nzahora ndi kumwe nawe kandi nzagukunda
Nshobora kuzanzamuka n'imiraba y'abantu benshi
bihindura abantu

Numva ndi wenyine kandi ndi wenyine
Ariko, nzahora ngukunda
Isi irangaye ishobora kukwibagirwa
Ariko nzahora nkwiibuka
Ijwi ryanjye rishobora kugabanuka no kutesha agaciro
:Ariko mu magambo y'umutima wanjye nzavugaga nti
"Nzagukunda iteka ryose"
Ibigerageze, indwara n'urupfu bishobora kunshengura
Umubiri wanjye warasuzumwe, ariko igihe cyose
ugikomeje kuba mu bwenge bwanjye
Haracyariho icyizere; reba mu maso yanjye arimo gupfa
:Binyuze muri bo nzakubwira nti
Nzagukunda iteka ryose
!Kandi nzahora ndi indahemuka kuri wowe

* * *

Iyo uvuze uti "Imana iri kumwe nanjye," ibyiza gusa ni
byo bizakugeraho bivuye mu bitekerezaho by'abandi. Gira
Imana, kuko izina ryayo ryera cyane ari imbaraga zihabanye,
ingabo idapfaga kwinjiramo aho imitangira yose n'ibitekerezaho
.bibi bizapfukama bikarinda
Ibyishimo byo mu mwuka biri mu gutekerezaho ku Mana
buri gihe no kuyifuzaho cyane, kandi igihe kizagera ubwo
ubwenge butazongera guhungabana cyangwa ngo
buhungabane n'imihangayiko. icyo gihe, nta mibabaro
y'umubiri cyangwa ibibazo byo mu mutwe bizashobora
.guhindura ubwenge buva ku Mana nzima

Mbega ukuntu ari byiza kumva hafi y'Imana,
!kuyitekerezaho, no kumva ko ihari buri gihe

* * *

Ugomba kwihatira kugera ku ntego yawe yemewe ufite
icyizere n'ibyishimo, kandi kwitega kuyigeraho gusa
bigomba kuzana ibyishimo mu mutima wawe. Ugomba kandi
kwishima iyo ugeze kuri iyo ntego kuko ari ikintu gikwiriye
.kwishimirwa

* * *

Bivugwa ko inzuki ikundwa cyane n'impumuro nziza ya
lotus ku buryo imara igihe kirekire mu ndabyo, inyunyuzwa
umutobe. Mu kubikora, indabyo za lotus zirayegera, maze
ihura n'urupfu rwayo imbere muri lotus. Hanyuma hari
impongo zo mu turere twa mu majyaruguru, zisinzirijwe
n'umuziki w'umwirongi. Iyo umuhigi acuranga umwirongi,
impongo iraza ihura n'ingaruka zayo zica. Hari kandi n'inzovu
zimwe zororerwa mu rugo; inzovu y'ingore ikoresheye mu
gukurura no gufata izindi nzovu. Muri urwo rwego,
umuhanga mu bya filozofiya ukomeye yavuze ikintu kigira
:ingaruka kuri ibi

Inzuki ishishikajwe n'impumuro nziza
Kandi impala zivuzwa ifirimbi
Inzovu iri mu buroko iragwa
Kubera gukorakoraho gukangura

Ariko se umuntu ufite ibyo byumva byose bite? Inama
y'umuhanga mu bya filozofiya ni iyi: "Ntukabe imbata y'ibyo
byumva, kandi ntukemere ko ikintu icyo ari cyo cyose
"cyangwa undi muntu wese agutegeka
Ku bwanjye, ndavugaga nti: "Wibuke ko ubwenge bwawe
bwose bwashyizwe mu murimo wawe kandi ugomba kumva
"amategeko yawe no kubahiriza ubushake bwawe bwite

* * *

Amazi n'urubura ni ibimenyetso by'ibintu bibiri
bitagaragara, ogisijeni na hydrogen, kandi kubaho kwabyo ni
ikintu kitagira ishusho kandi cy'igihe gito. Mu buryo nk'ubwo,
ubwenge bw'umuntu n'ibintu ni ibimenyetso by'ubwenge
bw'isi yose, bufite ubuzima bufite aho bugarukira gusa, kuko
mu by'ukuri, ubwenge bw'isi yose ni bwo bwonyine bubaho
.by'ukuri

* * *

Hari abantu batiringira umuntu uwo ari we wese kandi
bashidikanya ku buryo bashobora kubona inshuti nyakuri;
bamwe ndetse barata ko bashoboye kubaho badafite inshuti.
Ariko abadashobora kugaragariza abandi urukundo n'ubucuti
birengagiza itegeko ryo kwaguka mu buryo bw'umwuka, aho
roho yagura icyerekezo cyayo ikagaruka mu mwuka
.w'Imana

* * *

Iyo umuntu yisuzuma, agomba kugira icyifuzo gikomeye
cyo gukuraho intege nke ze no kwigira icyo agomba kuba
cyo, kandi ntareke gucika intege bigabanya umurava we iyo
.abonye inenge yisuzuma mu buryo buboneye

* * *

Ibintu bibiri bijyana n'ibyishimo: kubaho mu buryo
bworoshye no gutekereza cyane
Nkiri umwana, nandikiye Imana ibaruwa. Nari muto
kandi ntazi kwandika neza, ariko nayibwiye ibintu byinshi
ntasabye ikintu na kimwe kuri njye, ariko nayisabye
kunyigisha ikintu kimwe kuri yo, kandi buri munsu
nategerezaga ko umukozi w'iposita anzanira igisubizo
.cy'ibaruwa yanjye

Sinigeze nkeka mu mutima wanjye. Umunsi umwe
nabonye igisubizo mu iyerekwa, ubwo nabonaga inyuguti
z'ubutumwa bwiza zimurika n'umucyo w'izahabu
sinashoboraga kubusoma neza, ariko nasobanukiwe
ubutumwa nk'ubu : "Ndi Ubuzima kandi ndi Urukundo, kandi

ndakwitaho binyuze ku babyeyi bawe!" Hanyuma
.nasobanukiwe kandi numva Imana ihari

* * *

Nzakora ku kwibagirwa ingorane zanjye za kera,
nzahangana n'iby'ubu mfite ubutwari, kandi nzategereza
iby'ejo hazaza mfite icyizere cyuzuye mu Mana
Nzi neza ko ibyifuzo byiza byose numva mu mutima
wanjye bizasohora Imana ibimfashamo
Nzakora uko nshoboye kose kugira ngo nitezimbere
kugira ngo ndusheho gusobanukirwa neza icyo ubuzima
busobanura, kandi nzakora uko nshoboye kose kugira ngo
menye ubwenge, nkangure ubwenge bw'ubugingo, kandi
.nshyire hamwe n'ukuri kw'ikirenga

* * *

Mwami, nishimira umucyo n'urukundo bituruka ku buntu
bwawe bwinshi, kandi nzagushimira imirongo yo gushimira
.no kuzirikana ubuntu bwawe

Nzagaragaza ubunyangamugayo mu bitekerezo, mu
magambo no mu bikorwa, kandi nzagerageza gushimisha
abandi kuko ibyishimo byanjye bituruka ku byishimo byabo,
.kandi nzazishyiramo umuntu wanjye muto mu mubiri wose

Urukundo ni rwo rutera imbere rw'ibyaremwe byose
Urukundo ni ikiganiro cy'ubucece hagati y'imitima ibiri
Urukundo ni umuhamagaro w'Imana ku biremwa byose
Kugira ngo igaruke mu rugo rwayo rwo mu ijuru, aho
ubumwe bw'isi yose bugarukira
Urukundo ruvuka mu busitani bw'imitima ikura. Ni yo
nyoni ishaje kandi iryoshye cyane, ibikwa mu dukombe
.tw'imitima y'indahemuka kandi y'ukuri

Abiyizi ubwabo basobanukiwe ko imbaraga zose
zikenewe kugira ngo basohoze imirimo ziva ku Mana.
Abagera ku ituze ryo mu mwuka (amahoro yo mu mutima)
bagira ibyishimo bishya byo mu mutima, hatitawe ku ruhare
rwabo kuri iyi si. Umuntu nk'uwo abaho kandi akayobora
.ubuzima bwe nk'uko Imana ishaka

* * *

Imihangayiko yo mu mutwe ihungabanya kandi
ikarangaza ubwenge, imitekerereze ihindagurika ipfukirana
icyerekezo cyiza, kandi amarangamutima atera
kutumvikana. Abantu benshi ntibakora bakurikije imyumvire
yabo kandi bakurikije uko babyumva. Byongeye kandi,
ivangura n'ivangura bitwikira indorerwamo y'ubushishozi,
bigahindura imyumvire, kandi bikabuza imyumvire
isobanutse neza. Bityo rero, ubushishozi bugomba
gusukurwaho inkomoko zose z'urujijo, ihungabana,
n'ivangura bibangamira ubushishozi bwiza n'imyumvire
.iboneye

* * *

Hariho Umwami w'iyi si yahaye abantu ubwigenge,
ubushobozi, n'ubwenge. Abantu bashobora kubona Imana
binyuze mu mpano yo gutekereza, ariko iyo bapfushije
ubusa igihe cyabo mu busabusa badashyizeho imihati
ikenewe kugira ngo bamenye icyo ubuzima busobanura no
kumenya Umuremyi wabo, bapfusha ubusa imbaraga
z'agaciro bahawe n'Imana kandi ntibazigera babona
.ibyishimo nyakuri

Nubwo nkora ibintu byinshi, ntabwo numva mfite
imipaka ku byo nkora, kuko nzi neza ko iyi si atari iwanjye

* * *

Gushaka Imana ntibiduha uburenganzira bwo
kwirengagiza inshingano zacu z'umubiri, ubwenge,
n'imibereho myiza mu ntambara z'ubuzima. Ku rundi
ruhande, umuntu ushaka iby'umwuka by'ukuri yiga kwitonda
no kugenzura amarangamutima ye, ingeso ze, n'ibyifuzo bye
kugira ngo abohore urusengero rw'ubuzima mu mwijima
w'ubujiji kugira ngo babone ko Imana iriho. Nk'uko amabuye
y'agaciro mu nzu y'umwijima adashobora kugaragara, ni ko

no kumenya iby'umwuka bidashobora kugaragara mu gihe
.imbaraga z'ubujiji n'imatekerereze mibi biganza umuntu

* * *

Inyanja ishobora gushaka kwisuka mu gikombe, ariko
igikombe gishobora kwihagararaho gusa. Mu buryo nk'ubwo,
ukuri ni ukwa buri wese, ariko abafite ubumenyi buke
ntibashakisha cyane ngo bashakishe kandi bakore
ubushakashatsi, cyangwa ngo biruke mu mazi; bityo,
ntibashobora kubona ukuri Tugomba gukora uko dushoboye
kose kugira ngo dukore ubushakashatsi bwimbitse kandi
.tuvumbure ubutunzi

* * *

Akunda kwanga igitekerezo cyose kibi kigerageza
kumwinjirira mu bwenge bwe mu gihe yibanda ku kibazo
gikomeye cyangwa ikibazo gikomeye Abantu benshi
batekereza ku bindi bintu iyo bakora ibintu by'ingenzi
Urugero, mu gihe umucamanza yatangaga umwanzuro we
wa nyuma ku kibazo cy'ubuzima cyangwa urupfu ku wundi
muntu, yari arimo atekereza ku gufatwa nabi n'umugore we
uwo muni, kandi yababajwe n'uko icyemezo cye mu rugo
.kitashyirwa mu bikorwa

Niba uyu mucamanza afashe icyemezo kibi agakatira
umuntu utari umwere igihano cyo kwicwa kubera kutagira
icyo yibandaho, azashinjwa kandi agahamwa n'icyaha
imbere y'umucamanza ukomeye, ari na ryo tegeko rusange
.ritarangwamo ivangura cyangwa icyenewabo

* * *

Umuyaga w'umwuka wawe watumye ibicu byose bicika,
kandi ikirere cy'ibitekerezo byanjye ubu kirakeye kandi
gisukuye, kandi mfite amaso yera ndakubona ahantu hose.
Imirasire y'izuba ryawe ry'icyubahiro inyura mu bwigunge
bwanjye, kandi hamwe n'inzara y'ibihe byose ntungwa
.n'urumuri rwawe rw'icyubahiro

* * *

Muri iyi si ihindagurika, iteye akaga, kandi idasobanutse
neza, wumva uri wenyine rwose Imana yonyine ntabwo
.izagutererana cyangwa ngo igutenguhe
Uwiteka, mpa umugisha kugira ngo mbashe guhinga
imbuto z'imbaraga zo mu mwuka no gutsinda muri njye,
kandi kugira ngo nkoreshe izo mbaraga mu buryo
.bugushimisha

* * *

Mwami, mu bitekerezo byanjye byonyine, ndifuza kumva
ijwi ryawe. Irukane mu mutima wanjye amajwi y'isi ari mu
cyibutso cyanjye. Ndifuza kumva ijwi ryawe rituje rivugira
mu mutima wanjye. Fata ubuzima bwanjye kandi unkundire
kumva umugisha wawe uri muri njye no mu nkengero zanjye
.zose

* * *

Biroroshye kumenya niba umuntu atungwa n'ahantu
hari amahoro cyangwa amakimbirane mu buryo bw'ubwenge

* * *

Ubwoba bw'imbere mu mutima, ihungabana ryo mu
mutwe, cyangwa imihangayiko iterwa no kwifatanya
n'inshuti n'abavandimwe babi, byose bigira uruhare mu
guterera urujijo mu mutwe no mu mimerere ibabaje. Ku rundi
ruhande, abantu bafite imico ituje n'amahoro bafasha mu
.kurema imitekerereze myiza kandi ishimishije

* * *

Imana iratugerageza kugira ngo ikomeze icyemezo
cyacu, ntitwice Ubujiji buradusenya niba dushyize ibyiringiro
byacu byose mu mubiri Abakomeza gushaka ukuri babona
ubugingo buhoraho Iyi si ni itanura ryaka aho roho zacu
zicurangwa, zigaragara nk'icyuma cy'ubwenge n'imbaraga
z'umwuka

Abantu bafite ubushobozi butarakoreshwa—imbaraga
zose bakeneye Imana yabahaye imbaraga zo gutekerezwa
kugira ngo bibohore inzitizi z’isi zibaboshye kandi zibafashe
mu bucakara bw’ingeso n’ibyifuzo. Abiyemeza uyu munsu
kutareka ngo ibibazo by’ubuzima bibe bihungabanywa
ubushake bwabo no kubabuza gutera imbere bazahabwa
.ubushobozi bwo kubitsinda

* * *

Ntugahishurire abandi amabanga yawe yose mu izina
ry’ubunyangamugayo. Niba uhishurira intege nke zawe
abantu batitaho, bazakoreshe amahirwe yo
kugushinyagurira iyo bashakira kukugirira nabi. Kuki ubaha
?ikintu bashobora gukoreshe bakakugirira nabi

* * *

Yewe kinyobwa gihumura cy’umutima wanjye,
ndakinywa kenshi, nyamara icupa ry’ubwenge bwanjye
rikomeza kuzura. Sinzi izina ry’iki kinyobwa cy’umugisha,
ariko nzi ko ari umunyuma w’urukundo rw’Imana umpa
.ibyishimo bishya byo mu mwuka
Ibyishimo byo mu mwuka bihora bivugururwa kuko
bitavukanwa n’irari ry’igihe gito. Bigaragarira mu mutima
urariye mu bihe imihangayika yo mu mutwe ishira, ingeso
mbi n’imyitwarire ihangayikisha bikabura bitewe n’amahoro
.yo mu mutima aha mu bwihisho bw’umutima

* * *

Nta tandukaniro riri hagati y’abakire bo mu isi n’abakire
bo mu mwuka, kuko abakire bo mu mwuka ari bo bakire
.kurusha abandi mu maso y’Imana
Uyu munsu, niyemeje kutazigera niheba, kwiheba no
kwicuza kubera ibyiringiro byatakaye n’inzozi zitarasohora.
Aho kwemera kuguma mu mwanya muto kandi nta
ubushobozi mfite, nzabaho nkurikije ubwenge, nzi neza ko mu
.kubikora, nzabona ibyishimo nshaka

* * *

Urakoze, Mwami, ku bwo kunyibuka iteka ryose, nubwo
ntakwibuka, no ku bw'uko wanyujujemo gushima imigisha
wampaye. Mpa umugisha kugira ngo mbeho nkwiibuka iteka
.ryose

* * *

Iyo ubwenge busukuwe n'ivangura kandi bugakurwa ku
binyoma, tuzagira ubumenyi budushishikariza atari mu bihe
runaka gusa ahubwo no mu minsi yose y'ubuzima bwacu
binyuze mu kuvugurura imbaraga n'ubuto bw'imibiri yacu,
gukomeza ibitekerezo byacu, no guha roho zacu imigezi
.y'ubwenge n'ibyishimo

* * *

Tera imbere akamenyero ko kuvuga ukuri utavuze
ibidakenewe, kandi wirinde kuvuga ikintu icyo ari cyo cyose
.gishobora kwangiza abandi cyangwa kidakorera ukuri

* * *

Abacuruzi benshi ntibakora neza mu gushaka
amafaranga, cyangwa ngo bagire icyo bageraho mu
gucunga ubucuruzi bwabo, cyangwa ngo babe abagabo
b'abanyabwenge, kuko iyo bari mu biro byabo baba
bahugiye mu bibazo byo mu rugo n'abagore babo, kandi iyo
bari mu rugo ibitekerezo byabo biba bigizwe n'ibibazo byabo
by'akazi. Umuntu ntagomba kugerageza kwibanda ku bintu
.birenze kimwe icyarimwe

* * *

Iyo umuntu uri mu makosa ahisemo kwivugurura no
kunoza imibereho ye neza binyuze mu kwifatanya n'abantu
beza, azahinduka akamera neza, mu gihe umuntu w'umwuka
ata agaciro k'umwuka we agasubira inyuma mu itsinda
.ry'abafite intego mbi n'imigambi mibi

* * *

Wibuke ko icyifuzo cyo kwegera Imana ari cyo kintu
gikomeye kandi cyiza cyo gukoresha imbaraga z'ubushake,
kuko Imana yonyine ari yo ihoraho iteka ryose, kandi ibyiza
byose bituruka kuri yo. Teza imbere imbaraga zawe

z'ubushake kandi wirinde ibyifuzo bibi; ntukoreshe imbaraga
zawe z'ubushake kugira ngo ubigereho, kuko ari imbaraga
z'ubusa no gupfusha ubusa imbaraga zawe. Sohoza
inshingano zawe muri ubu buzima uko ushoboye kose, mu
gihe icyarimwe ubona ubuzima nk'inzozi z'akanya gato. Noza
icyemezo cyawe kandi ushyire imbaraga zawe mu bumenyi
.bw'Imana

* * *

Iyo umuntu abayeho mu buzima bwe afite ubwenge
n'ubushishozi, azasanga urupfu ari ingororano n'impinduka
.mu mibereho myiza mu isi nziza

* * *

Umwigisha Paramahansa yahaye umwe mu bigishwa be
:inama zikurikira

Ntugashyire uruhande rumwe mu ruhande rumwe;
ahubwo, komeza ubuzima bw'ituze kandi buringanire,
ushyire imbere inshingano zawe. Inshingano ni akazi
ukoranywe ubushake kandi ufite icyifuzo cy'ukuri, atari
ukurakara cyangwa kumva ko ufite inshingano. Nubwo
kumenya iby'umwuka n'amahame mbwirizamuco ari byo
bigomba kuba iby'ingenzi, inshingano zishingiye ku bintu
ntizigomba kwirengagizwa, kuko ari ingenzi cyane kandi
zigashyirwamo imbaraga n'inshingano z'imibereho myiza,
.iz'igihugu n'iz'amahanga

* * *

"Kandi ikiruta byose, vuga ukuri kuri wowe ubwawe"
Iyi nteruro ni yo shingiro ry'inama zizwi cyane zahawe
Polonius muri Shakespeare's Hamlet, kandi bivuze ko, mu
bindi bintu, kuba inyangamugayo kuri wowe ubwawe no
kudakora icyo umuntu yumva mu mutima wawe ari bibi. Mu
by'ukuri, umutimanama ukeye kandi muzima uha nyirawo
ibyishimo n'imbaraga biruta agaciro n'agaciro byose
.by'ubutunzi bw'isi

* * *

Imbaraga zo kwita ku bintu cyane zituza imihangayiko,
zigabanye imbaraga z'imihangayiko, zigabanye ibyifuzo
bidasubirwaho, kandi zigakurura ubwenge bw'Imana
.budahinduka cyangwa ngo buhinduke

* * *

Intsinzi ntishingira ku igenamigambi cyangwa amahirwe,
ahubwo ishingira ku kwishyira hamwe, binyuze mu
.gutekereza, n'amateguko y'isi

* * *

Nta kintu na kimwe kandi nta muntu n'umwe ugomba
kwemererwa kwicara ku ntebe y'umutima, igomba
kwegurirwa Imana yonyine

* * *

Imiterere y'umuntu ituma ibyiyumvo bye bikonja kandi
bigatuma adasobanukirwa neza, bigatuma adashobora
.kubana neza n'abandi

* * *

Ubuzima bwo mu rugo bukwiye kuba paradizo, ariko
uburakari bubi bushobora kubuhindura ikuzimu Umugabo
ashobora kuva ku kazi agasanga umugore we yihebye kandi
ababaye, bigatuma atabasha kuvugana na we cyangwa
agataha afite agahinda, bigatuma atabasha kuvugana na
we. Bityo, ibibazo byinshi bigwirira abandi bitewe n'uburakari
.butari bwiza

Iyo umuntu wo mu muryango arakaye cyane cyangwa
atitaye ku byo avuga, uhita ugerwaho n'imyitwarire ye.
Cyangwa ushobora kwegera umuntu ufite agahinda kenshi,
ugasanga arakaye kandi ahora atongana, maze akavuga
amagambo akomeretsa ako kanya akuraho ibyishimo
.byawe, bigatuma ushaka kwitandukanya nawe
Ntukite ku mico y'abandi kandi ntukagire icyo uhindura
.ku byo bakora

* * *

Nahuye n'ibigeragezo byinshi mu buzima, kandi
bikomeye cyane muri ibyo ni abantu bantekerezaga nabi.
Nabonye abantu nakundaga kandi nkiha umutima wanjye
kunyumva nabi no kunhindukirana. Ariko ibi ntibyanteye
umujinya mu mutima kuko umujinya upfukirana
.gusobanukirwa

Sinemera ko abandi bangirira nabi, ahubwo ngerageza
kubafasha iyo babyakiriye neza kandi nkabagaragariza
.imigambi myiza n'ibifuriza abandi ibyiza

* * *

Ibikorwa byiza ni nko kunywa amazi meza kandi meza
y'ibyiza, mu gihe ibikorwa bibi ari umwihariko wo kurwanya,
nko kurya ubuki burozi Ibikorwa n'imyitwarire yangiza
ubuzima bigatera ihungabana ryo mu mutwe no kutamenya
bigomba kwirindwa burundu Kwishora mu bintu byangiza
by'ubwoko bwose ni ryo rembo ryinjiriramo ibibazo byo mu
.mutwe, indwara, n'ububabare bw'umubiri

* * *

Yewe mukunzi wanjye w'Imana
Uri isoko y'urukundo ruturuka mu mutima w'ubucuti,
kandi uri imirasire y'ubushyuhe ihishe ifungura imbuto
.z'amarangamutima mu mitima y'inshuti
N'ibisigo by'amarangamutima bisingiza icyubahiro,
ubudahemuka, n'ubwitange

* * *

Uko ndushaho kohereza impuhwe zanjye n'umutima
mwiza ku bandi, ni ko ndushaho gufungura imiyoboro
y'umwuka urukundo rw'Imana runyuramo. Urukundo
rw'Imana ni rwo rukuruzi rukurura kandi rukazana ibyiza
.byinshi

* * *

Ni ngombwa ko umuntu yiyemeza kugumana amahoro
n'ituze mu mutima, kabone n'iyi yaba abana
n'abavandimwe bafitanye ibibazo, akorera umukoresha
mubi, ahangana n'abo yita abanzi be, cyangwa ahura

n'ibigeragezo byose by'ubuzima. Niba akomeza kugira uyu
mwanzuro mu buzima bwe bwa buri muni kandi ntacike
intege nyuma y'umunsi mwe y'ibyo bintu, azagera ku
.buringanire bw'umutima kandi agire ibyishimo mu mutwe

* * *

Ikibi n'icyaha ntabwo ari kamere muntu, ahubwo biva
hanze bikajya mu muntu

* * *

Zahabu itwikiriwe muni y'icyondo ntabwo itakaza
imiterere yayo; irabagirana n'ubuziranenge bwayo karemano
iyo icyondo gikuweho. Mu buryo nk'ubwo, ineza ibya mu
mutima w'umuntu nubwo hari ibice by'ubujiji biyitwira
kandi bikayihisha. Uko byagenda kose, zahabu y'ubugingo
yangirika gute kubera icyondo gikomeye kandi gikomeye
cy'ubujiji, dukeneye gusa koza icyo cyondo n'amazi
y'ubwenge kugira ngo tugaragaze ubwiza bw'izahabu
.nyakuri y'ubugingo

* * *

Abantu bakunze kwibanda ku kunenga abandi, niyo
mpamvu batabona imico myiza uwo bafatanye

* * *

Ubujiji buriho kimwe haba mu Burasirazuba no mu
Burengerazuba iyo abatazi bo mu Burasirazuba no mu
Burengerazuba bahuye, baratongana kandi ntibashobora
kumvikana, bagaragaza ko bashimagiza ubwibone no
kwigira intungane batitaye ku bindi bitekerezeho cyangwa ngo
bubahe, nubwo byaba ari ukuri. Ariko, iyo abanyabwenge bo
mu Burasirazuba no mu Burengerazuba bahuye, basuzuma
ibintu mu buryo buboneye kandi bagakorera ku bufatanye
.bwiza bugirira akamaro buri wese

* * *

Imana yaduhaye ubugingo, ubwenge n'umubiri, kandi
tugomba kwihingamo izi mpano mu buryo bwumvikana
kandi buringaniye. Ntitugomba kwemera kuba imbata
.z'ibidukikije cyangwa imfungwa z'ingeso mbi

* * *

Ababyeyi bakuze mu buryo bw'umwuka bashobora
gufasha isi barera abana bafite imitekerereze ishingiye ku
mwuka no kugira imibereho iciriritse irangwa no gutekereza
.no kwitonda

* * *

Icyifuzo ni icyifuzo kidafite ubushobozi bwo kugerwaho,
mu gihe umugambi ukomeye kuruta icyifuzo. Ku rundi
ruhande, imbaraga z'ubushake ni zo zituma icyo cyifuzo
gishyirwa mu bikorwa, hamwe n'imbaraga zikora kugira ngo
zigishyirwe mu bikorwa. Ibi bisaba imbaraga zihamye kandi
zihoraho kugeza igihe icyifuzo kizaba cyaragezweho. Ni
abantu bake cyane bifuzaga kandi bakagera ku cyo bifuzaga
kugeraho! Birumvikana ko umuntu adakwiye gukoresha
imbaraga z'ubushake mu gukora ibikorwa biteye isoni kandi
biteye isoni, kuko ibi birenga ku ntego nyayo y'ubushake
kandi bigatera ingaruka mbi kandi mbi. Ubushake
bw'umuntu bugomba kuyoborwa n'ubwenge n'ubushishozi,
.biganisha ku mucyo no kwegera Imana

* * *

Ibintu byose byiza kandi bifite akamaro muri ubu buzima
bikunze guhishwa mu birombe bitwikiriwe n'amayobera.
Amabuye y'agaciro adasanzwe aragoye kuyabona
byoroshye, kandi ubutunzi bw'agaciro bwo mu mwuka
bugomba gucukurwa no gukurwamo hakoreshejwe
.ibikoresho by'ubwenge n'ubwenge

* * *

Kuzanira abandi ibyishimo binyuze mu magambo meza
n'inama zivuye ku mutima ni ibimenyetso by'ubuhanga
nyakuri. Ibinyuranye n'ibyo, gukomeretsa abandi ukoresheje
amagambo asesereza, indorererezi mbi, n'ibitekerezo
by'ubwikunde ni ikimenyetso cy'ubugome. Isura ibabaza
n'umwuka w'uburakari bikomeretsa cyane kuruta gukubitwa
cyangwa gukubitwa bibabaza. Guseka no gushinyagura

bigaragaza umwuka wo kwigomeka n'uburakari mu bakora
.ibibi, mu gihe inama nziza zitera kwicuza no gutangara

* * *

Hari igihe Imana yiyereka abakunzi bayo nk'urumuri
rukomeye, cyangwa nk'ijwi ry'isi yose, cyangwa nk'ibyishimo
bitagira imipaka, cyangwa nk'urukundo rw'uburyohe bwinshi,
cyangwa nk'ubwenge, ubwenge, n'ubumenyi Umucyo wayo
urambura kandi ugakwirakwira nk'amababa y'isi yose mu
bihe byose, kandi rimwe na rimwe mbona iyi si nk'inzizi mu
mitima w'urwo mucyo, bityo nabonye ko isi ari inzizi

* * *

Tugomba gukora uko dushoboye kose kugira ngo
dusukure imitima yacu n'ubwenge kandi tuyisukure
n'urukundo rw'Imana, kandi tumenye ko twese turi
abavandimwe, tugenda hamwe tujya mu rugo rwacu rwo mu
.ijuru

* * *

Ibyishimo byawe bikomeye biri mu kwitegura kwawe
kwiga no gukora neza uko uhora witegura. Uko urushaho
kwiteza imbere, niko urushaho gufasha kunoza abandi
bagukikije. Umuntu witeza imbere ahora yishimye, kandi uko
urushaho kwishima, niko urushaho gutuma abandi bagukikije
.bishima

* * *

Nimuze dufatanye kugaburira abashonje, guha
imyambaro n'imiti abababaye, guhumuriza abababaye,
guhanagura amarira y'abatishoboye, kuzana ibyishimo mu
.mitima yabo, no kubashyira mu maso heza

* * *

Iyo Imana idashyira urukundo rwayo mu mitima
y'ababyeyi, ntibari gushobora gukunda abana babo
Urukundo rw'Imana runyura mu mitima y'ababyeyi Urugo
rwuzuyemo ubuntu kubera ko hari umubyeyi w'isi yose mu
ishusho y'umubyeyi w'umuntu, kandi tugomba gukomeza
.kugira urumuri rw'urukundo rwa kibyeyi mu mitima yacu

* * *

Ubuzima hano busa n'aho ari ubusa kandi burangwa
n'akajagari kugeza igihe tuzagera ku nkombe z'umutekano.
Ntitugomba gushyira ibyiringiro byacu ku ntogo z'isi zihita
n'ibintu bidakomeye. Ibihuzwa nk'ibi bidakomeye
bidutandukanya n'intego yacu y'ibanze, nk'uko
.bidutandukanya n'uko turi abantu nyakuri

* * *

Ijwi ry'Imana riri inyuma y'isura y'ubuzima, rihora
riduhamagara kandi rituvugisha mu ndabyo, mu bitabo
byera, no mu mitima yacu, kandi binyuze mu bintu byose
byiza bituma ubuzima bugira agaciro, ubwiza bwe
bugaragarira mu ituze ryo mu mwuka umutima wumva no
.mu kugerageza gukomeye k'ubwenge guhuza na Yo

* * *

Mwami, ngira igisiga cy'iterambere mu buryo
bw'umwuka kiguruka hejuru y'inzira z'umukungugu zo
gutekereza ku buryo bufunze no gukabya mu bitekerezo no
mu kwemera
Mumpamagare mu bice by'isi n'ibicu bibuza urumuri
rw'izuba

Reka njye kugendera mu mababa y'uburinganire ngera
muri ibyo birere birebire by'ibitekerezo bihanitse
Hejuru y'inkubi z'umuyaga n'ibihuhusi byose, nzatangira
gushaka icyari cyo mu ijuru

Mwami, ngira intangarugero y'iterambere ry'umwuka,
nhora ngushaka n'umurava n'ishyaka
Mwami, duhumurize n'imiyaga myiza yo kuhaba kwawe,
twuzuze icyifuzo cyo kuhaba kwawe kw'icyubahiro, kandi
ureke ibiremwa byacu bikungahazwe n'ubwenge bwawe
bw'Imana. Reka twumve umucyo wawe wera ukwirakwira
mu bice byose by'ubuzima bwacu, ukomeze icyemezo cyacu,
wirukane umwijima wacu, utwuzuze amahoro n'icyizere,
.kandi uduhe imbaraga zo gukora ibikorwa byiza

* * *

Umuntu wese ufasha abandi mu buryo bw'ubwenge no
mu buryo bw'umubiri afite umutima wuzuyemo ubuntu
n'ubuntu, ibyo atanga bimugarukira , kandi iri ni ryo tegeko
.ry'ibikorwa rireba imitima

* * *

Ibyo umuntu yumva ku bandi bitera imitingito ihoraho
mu mwuka, bigakurura impuhwe n'ubugwaneza bingana.
Ubabarira abamukoshereje azakurura imbabazi no
.kwihanganyirana

* * *

Nk'uko umuntu adashobora kuvuga akoresheje telefoni
yangiritse, ni ko umuntu adashobora gutangaza
amasengesho neza binyuze mu mutwe uremerewe
n'imihangayiko, guhangayika, kutishima, no kwihambira ku
byubahiro by'isi bihita. Ahubwo, ubwo bwenge bushobora
gusanwa binyuze mu ituze n'amahoro byimbitse, bityo
bukanongera ubushobozi bwabwo bwo kohereza ubutumwa
.bw'umwuka no kwakira imigisha n'ubwenge buhebuje

* * *

Muri iyi si ihindagurika, iteye akaga, kandi idasobanutse
neza, wumva uri wenyine rwose Imana yonyine ntabwo
.izagutererana cyangwa ngo igutenguhe

* * *

Uwiteka, ngira umucyo utunganye kugira ngo ngaragaze
umucyo wawe ukiza muri njye
Humura indorerwamo y'ubwenge bwanjye, irimo gutigita
kubera imihangayiko, kugira ngo igaragaze isura yawe
itagira iherezo

Kingura amadirishya y'ukwizera mu mutima wanjye
kugira ngo mpumure impumuro nziza y'amahoro yawe
Wowe uri mu mwijima! Wowe ufite icyubahiro kirenze
urugero! Reba mu maso yanjye ahora anyifuza, kugira ngo
!nta kindi mbona ku isi uretse wowe

* * *

Amajwi atandukanye agira ingaruka zitandukanye ku
mitsi. Amajwi adafite aho ahuriye agira ingaruka ku mitsi,
mu gihe amajwi ahuza atuma ingingo z'imitsi ziruhura kandi
zigacika intege binyuze mu gukangura imbaraga zayo
.z'ubuzima

Bityo rero, ijambo ryiza kandi ryoroheje, indirimbo itera
imbaraga, n'ijwi ry'ubwenge rivugira mu rusengero
rw'ubugingo byose bigira ingaruka zikomeye kandi
.zitagereranywa ku bugingo bw'umuntu
Ubuzima ni nk'urugendo rugufi [mu ishyamba]

Amafunguro ya saa sita akimara gutegurwa no gushyirwa ku
meza, inyamaswa ihita yinjira, igatuma abandi bose bava
aho. Abantu benshi babaho batyo. Bakora cyane kugira ngo
bakusanye amafaranga kandi babone ibyishimo
n'umutekano, ariko bagakubitwa n'inyamaswa y'uburwayi
n'ibindi byago, imitima yabo irahagarara, maze bagahatirwa
kugenda. Abantu ntibagomba kubaho batyo, bemerera
imirimo itagira ingano kubatwara umwanya no kubashyira
mu bucakara. Hashize imyaka myinshi muri ubu buryo.
Abahisemo kutareka ngo ibibazo bibabuze bazahabwa
.imbaraga zo kubitsinda

* * *

Muri rusange, ijambo "ibiryo" rikoreshwa gusa mu
bijyanye n'imirire y'umubiri, ariko hari ubundi bwoko
bw'imirire, nko gukora mu bwenge, kwibanda ku bwenge,
n'ubwenge bwo mu mwuka. Ubwoko bwa mbere (ibiryo)
bugaburira umubiri, ubwoko bwa kabiri (kwibanda ku
bwenge) bugaburira ubwenge, naho ubwoko bwa gatatu
(ubwenge bwo mu mwuka) bugaburira roho

* * *

Ese wigeze ugerageza gusobanukirwa icyo "kindi kintu
kidasobanutse," icyo kintu kigenda kizimira mu butayu,
ucyumva nubwo warangiza ibyo wifuza byose? Abantu bifuzwa
ikintu kugeza bakiguze, ariko iyo kigeze mu maboko yabo,

barakirambira ikindi. Nubwo ubuzima buha umuntu icyo umutima we wifuza cyose - ubutunzi, ububasha, inshuti - amaherezo bazumva batanyuzwe maze bagatangira gushaka byinshi. Ariko hari ikintu kimwe umuntu atarambirwa, kandi iyo akibonye, nta kindi azifuza kandi ntazigera akigurana ikindi: ibyishimo byuzuye by'ubugingo, .biba mu bwihisho bwimbitse bw'umuntu

* * *

Isi yagiye ihungabana kandi ihungabana mu mateka yose Mu ntambara, isi ihinduka ahantu h'imibabaro n'ububabare ku bantu babarirwa muri za miriyoni. Ibyishimo nyakuri kandi birambye biri mu kubona Imana ihari, kandi nta byishimo cyangwa inyungu biruta kugera kuri iyo .byishimo

* * *

Kuki abantu bakora ibintu bidafite ibyishimo byinshi ?kandi bibabaza cyane Igisubizo ni "akamenyero," ari na cyo kintu cy'ingenzi mu mibereho y'umuntu. Abantu benshi bakomeza gukora ibikorwa bibi nubwo bazi ububabare n'ibyangiritse bitera, bitewe n'uburyo bwo gufata ibintu mu buryo bw'icyuma. Ingamiya irya ibihuru by'amahwa nubwo bikura amaraso mu kanwa kayo. Umuntu ushaka ibinezeza yishimira ibinezeza bye nubwo byangiza ubuzima bwe. Inzoga zirenze urugero kugeza ku rupfu, atazi ibyishimo byo mu mwuka biri imbere, bitagereranywa n'ibindi byishimo. Umuntu w'umururumba yangiza ibyishimo bye ahora yiruka inyuma y'ubutunzi, atazi ko aramutse atekereje gato, yagera ku byishimo zahabu .idashobora kugura

* * *

Mu mucyo wawe wera nzaguma ndi maso iteka ryose, nishimira kubona mu maso hawe heza iteka ryose Nashatse urukundo binyuze mu marangamutima y'akanya gato, maze nyuma yo kuzerera mu butayu

bw'urukundo rw'abantu rufite aho rugarukira, amaherezo
.nabonye ahantu ho gusengera urukundo rw'Imana
Ibitekerezo by'Umwuka
Kubwumwigisha wubwenge Paramhansa Yogananda

Imana ni ikigega cy'ubwenge bw'Imana, ubugari bwayo
butagira imipaka kandi ibirimo ntibishira, kandi roho
z'abantu ni zo nzira ubwo bwenge bunyuramo
Hariho imiyoboro minini, ifunguye n'imito, irimo ingese.
Uko umuyoboro urushaho kuba munini, niko ubuntu
.bw'Imana burushaho kwiyoungera

* * *

Ububabare bufite amasomo y'ingirakamaro ku bwenge
kandi bushaka kwiga, ariko ububabare buhinduka igitugu ku
.binubira n'abatishimiye

Ububabare bushobora kutwigisha hafi ya byose.
Amasomo yabwo adusaba guteza imbere ubushishozi,
kwifata, kwitandukanya n'abandi, umuco, no kongera
.ubumenyi

Urugero, ububabare bwo mu gifu butubwira kutarya
cyane no kwitondera ibyo turya
Ububabare buterwa no kubura imitungo cyangwa abo
dukunda butwibutsa imiterere y'igihe gito y'ibintu byose
muri iyi si y'ibihimbano
Ingaruka z'ibikorwa bibi zidushishikariza gutandukanya
icyiza n'ikibi

Ariko kuki abantu batigira ku bwenge? Ubwo ntibari
kwemera igihano kibabaza kandi kidakenewe kiva ku
!mutware w'ububabare

* * *

Yewe mukunzi wanjye w'Imana
Uri mu mfuruka zose z'isi
Yihishe mu mutima w'indabyo n'indabyo z'amaroza
Aranyitegereza ari mu idirishya ry'ukwezi
Inyuma y'umwenda w'ibidukikije

Kandi ibyo bintu by'uburiganya byari bimpishwe
Ntunyirengagize n'ubwo na rimwe mu kanya gato

* * *

Abantu batekereza ko kwiya ari ukwiya, ariko si
byo rwose. Naretse ibyifuzo bito byo gushaka ubutunzi
.bunini cyane

* * *

Mu gushakisha ibyishimo buri gihe - binyuze mu buryo
bubi cyangwa bukirukira - mu by'ukuri umuntu aba ashaka
ibyishimo byo mu buryo bw'umwuka
Hari ubwoko bubiri bw'ibyishimo: ibyishimo
by'impimbano n'ibyishimo nyakuri
Ibyishimo by'ikinyoma bukirukirwa n'agahinda
n'umubabaro, mu gihe iherezo ry'ibyishimo nyakuri rihora ari
ibyishimo, nubwo intangiriro yabyo yaba ibabaje cyangwa
.iciye intege

Imana ni ibyishimo bihoro, kandi iyo uyishaka
ayibonye, azabona ikindi kintu yashakishaga kandi ashaka
adashyamba, ndetse na nyuma yo kugera ku byo yibwiraga ko
.byamuzanira ibyishimo
Muri iyi byishimo bihoro bishya, umuntu ushaka azabona
ibyishimo byose yashakaga mu bindi bintu byose

* * *

Ejo hazaza hagenwa n'uyu muni, bityo nzasengura
ubuzima bwanjye mbusobanukirwe, hanyuma nshake uburyo
.bwo kubuhindura uko bukiye kuba
Uyu muni nzatara imbere umwuka wo kwihangira
imirimo, kuko umuntu ufata iya mbere aba amaze nk'ikibuye
cy'ibuye, kirema ikintu mu busa
Bituma ibidashoboka bisa nkaho bishoboka binyuze mu
mbaraga z'umwuka ukomeye wo guhanga

* * *

Imbaraga z'Imana ziri muri buri atome y'umubiri wanjye,
muri buri karemangingo kabaho, buri mitsi, no mu bwoko
no mu ngingo

Ndi muzima kuko ubwo bubasha bwiza bukwirakwira mu
bice byose by'umubiri wanjye

* * *

Umuntu wese ushobora kugumana amahoro ye no
gusohozza inshingano ze atuje aba yishyize hamwe
.n'umwuka w'isi yose, amahoro yawo yuzuye ubuzima
Nubwo ibintu bikomeye mu buzima byaba bimeze gute,
ndetse n'uko ibintu bishobora kumera nk'ibintu bigoye gute,
imiterere y'imitekerereze igomba kugaragaza ituze kandi
.ubwenge bugakomeza kuringaniza
Gutsindwa gukomeye ntibikwiye kubangamira ishingiro
ry'ubugingo, cyangwa ngo intsinzi ikomeye ibutere
.ibyishimo

Umuntu wese ugaragaza ituze n'umutuzo - mu by'ukuri,
atari ukwiyitirira - aba ageze ku nkombe z'ituze nyakuri
n'amahoro adashobora guhungabana bitewe n'ingaruka zo
.hanze

Ushaka guhinduka akamera neza agomba kugira
ubushake bukomaye, bucecetse, butuje kandi ntacike intege
ku byemezo byiza

Ni byiza gutekereza ku Mana mu gihe cy'igikorwa no
.kuyigira igice cy'ubuzima bwa buri muni

* * *

Bamwe mu bafite amatsiko yo kwiga bagendera mu
nzira y'intera ngufi, hanyuma bakabura ishyamba ryabo,
.bagahindura icyerekezo, bakibagirwa ibyemezo byabo
Abandi bakora uko bashoboye kose kugira ngo
bakomeze urugendo, nubwo rimwe na rimwe bagendera ku
ngeso za kera, ariko bakomeje kugenda no gushyiraho
imihati, bityo ingeso zabo zirushaho kuba nziza, kandi
bakagira imbaraga, ubuzima bwiza n'imbaraga uko iminsi
.igenda ihita

* * *

Gutekereza neza biyobora ku kubona imbaraga z'Imana
zitaragaraga zishobora kwagura uburyo buke bwo

gutekereza no gusobanukirwa ibintu bike, no kubona ibyiza
byinshi, no gufungura idirishya rinini ry'ubugari butagira
imipaka aho Imana ishobora kugaragara mu bwiza bwayo
.bwose no mu bwinshi bwayo bwose bw'Imana hose
Umutuzo ni wo isi yose ikeneye, cyane cyane
abagendera mu nzira yo gutekereza kandi bifuza kugera ku
isanzure ryo mu mwuka
Imbaraga z'umwuka zikorwa mu ituze no mu mahoro
akenshi zigira ingaruka nziza kandi zitanga umusaruro, kuko
iyo imyitozo ngororamubiri irangiye, ibitekerezo biba
bitangiye gukora kandi imbaraga z'umwuka zisinziye
.zikangurirwa

* * *

Ntidukwiye kumva ducitse intege cyangwa ngo ducike
intege kubera amakosa yacu, ahubwo tugomba guhora
tureba uruhande rwiza rw'ibyo twanyuzemo kandi
tukabyigiraho. Uko byagenda kose, tugomba guhindukirira
.Imana kugira ngo idufashe kandi ituyobore

* * *

Umwigishwa mushya yatekerezaga ko yashoboraga
gusobanukirwa inyigisho z'umwuka binyuze mu kwiga
inyigisho gusa, kandi byongeye kandi, yari afite ishyaka ryo
kwigisha abandi, nuko umwarimu Paramhansa aramubwira
:ati

Kumenya iby'umwuka si uguteranya kw'inyuma"
(nk'ikimera) ahubwo ni ugukura no gutera imbere biturutse
"imbere

* * *

Ubutumwa bukurikira bwatanzwe na Master
Paramhansa Yogananda ku banyeshuri be muri Mutarama
1944 ubwo yandikaga igitabo cyeye, Autobiography of a Yogi ,
cyahinduwe mu ndimi 35 kandi gikomeje gucapwa no
.gukundwa kuva cyasohotse mu myaka 70 ishize
:Nshuti zanjye nkunda

Ubwisanzure bwo guhitamo bugizwe ahanini n'ibyifuzo
byose, ibyifuzo, imigambi, n'ubushake. Ariko, hagomba
gutandukana hagati y'ubwisanzure nyakuri bwo guhitamo
.n'uburyo buke bugaragaramo
Imihati yacu, imbaraga zacu, n'ibikorwa byacu byose
by'umubiri, iby'umuco, n'iby'umwuka bitangira kandi
bigakorera buri gihe binyuze mu mbaraga z'ubushake
Ubushake bugizwe n'ingendo zihoraho z'ubushake
budacogora n'ibikorwa bishingiye ku cyifuzo, kugeza igihe
.kigeze ku rwego ruhagije rwo kugera ku musaruro wifuza
Nize isomo rikomeye mu gitabo ndimo kwandika, kuko
nakundaga kwandika ntasubiramo ibyo nanditse, ariko
nagombaga gusubiramo buri gika cy'ubuzima bwanjye kandi
nashimishijwe no gusubira muri ibyo bizamini byiza ubwo
.nasubiraga gusoma igitabo
Nagize ibihe byinshi muri ubu buzima nigishaga,
nkubaka inyubako, kandi nasize amarangi, kandi ibanga ryo
gutsinda kwanjye ryamyeye ari ugushaka
Ibyo nagerageje gukora byose nkoresheje ubushake
byaragezweho, kandi ndakwizeza ko niba wiyemeje gukora
.ikintu runaka, uzagigeraho ubifashijwemo n'Imana
Dukwiye gusangira ibyishimo by'Imana n'abandi Nta
kintu gitangaje nko kuvuga ku Mana bivuye mu mutima
Niba ushobora kwemeza umuntu ko inzira y'icyaha
ijyana mu kibaya cy'urupfu kandi ko inzira yo gutekerezwa no
gukurikiza amategeko y'Imana ijyana mu bugingo bw'iteka,
uzaba waramukungahaje cyane kurusha uko wamuha
.miliyoni y'amadolari
Amafaranga ni ay'igihe gito, ariko ubumenyi bw'Imana
bugumana natwe kandi butujyana mu isi itaha. Bityo rero,
numva ibyishimo byinshi igihe cyose mbonye umuntu
uharanira kandi akora uko ashoboye kose kugira ngo
.amenye Imana
Nubwo nteganya kandi nkora ibintu byinshi ku isi,
mbikorera gushimisha Imana. Nubwo ndi mu kazi no mu

myidagaduro myinshi, ndavuga nti "Uri he Mwami?" maze isi
.yose irahinduka mbona urumuri rukomeye
Ndi nk'agahu gato muri iyo nyanja irabagirana, kandi
!mbega ibyishimo bikomeye

* * *

Ntitugomba kugumana ibitekerezo byacu ku bintu
bibabaje kandi biteye ubwoba muri ubu buzima. Ubuhanga
budusaba kwerekeza ibitekerezo byacu n'amarangamutima
yacu ku mbaraga z'Imana zidahinduka cyangwa ngo
zihindure

Ntukifate nk'umuntu ufite intege nke kandi udafite
imbaraga, kuko ubwonko bwawe bubika ingufu nyinshi
zihagiye zo guha imbaraga umujyi munini mu minsi ibiri
!?yuzuye, nyamara ukavuga ko unaniwe
Iyo ushyizeho imihati kugira ngo ugere ku ntsinzi,
koresha amahirwe yose ubonye utiriwe ubuza abandi
umwanya

Hari igihe nagendaga mu muhanda i Boston kandi ku
ruhande rw'umuhanda wagenewe abanyamaguru
nagendagaho hari huzuye abanyamaguru kandi hafi ya bose
bari imbere yanjye, ku buryo byari bigoye kunyuraho
umuntu uwo ari we wese. Nyamara, nifatiye icyemezo hagati
yanjye ko nzaba imbere y'abantu nta muntu n'umwe
.nsunika

Natangiye gushaka amahirwe no gushakisha ahantu
hatandukanye mu banyamaguru, ibyo narabikoresheje
kugeza ubwo nageze ku cyo nifuzaga maze mba uwa mbere
.mu bantu benshi nta muntu n'umwe urimo
Hanyuma ndavuga nti: "Nta kibazo, ubu bashobora
"kunjya imbere nyuma yo kugera ku cyo nari ngamije

* * *

Imana ni yo soko y'ubuzima bwiza, ubutunzi, ubwenge
n'ibyishimo by'iteka ryose
Iyo duhujwe na We, ubuzima bwacu buba bwuzuye,
kandi tudafite We, ubuzima bukomeza kuba budatunganye

Reka twite ku mbaraga z'Imana zishobora byose ziduha
ubuzima, ubushobozi n'ubwenge
Dusenge kugira ngo uku kuri gukomeye kugere mu
buzima bwacu
Kandi kugira ngo ubwo bubasha buhoraho bushobore
gutembera mu mibiri yacu
Kandi kugira ngo ibyishimo bidashira bizane mu mitima
yacu
* * *

Inyuma y'umwijima w'amaso afunze hari imbaraga
zitangaje z'isi, imitima myiza yose ihirwe, n'ubuzima
.buhoraho butagira umupaka cyangwa iherezo
Binyuze mu gutekerezwa cyane, tumenya ukuri kwuzuye
kandi tukibonera ibikorwa byako byihishe mu buzima bwacu
.no mu bitangaza byose by'irema
Iyo umwigishwa asanze adatera imbere uko abyifuza,
agomba kwihagararaho, agasuzuma ibitekerezo bye, kandi
akamenya inzitizi zimubuza
Akenshi, impamvu ni ukutagira imbaraga nyazo no
kudatekerezwa neza. Akenshi, inzitizi zituruka ku ngeso
zashinze imizi zigomba kurandurwa mu busitani bw'ubuzima
kugira ngo imizi y'ibyishimo ikure kandi imere neza mu
.butaka bw'ubugingo
Ntukihutire gukora ibintu bikomeye kuko ushaka guteza
imbere ubushake bwawe
Kugira ngo ugire icyo ugeraho, ugomba kubanza
kugerageza ubushake bwawe ukoresheje utuntu duto
watekerezaga ko udashobora gukora. Iyo ushyizeho
.imbaraga, intsinzi izaba iyawe
Ndacyibuka intego zose inshuti zanjye n'abandi
bambwiye ko ntazigera nshobora kuzigeraho, nyamara
narazigezeho
Aba bantu bafite "intego nziza" bashobora guteza akaga
gakomeye mu bitekerezo byabo; Imana iturinde bo n'inama
.zabo

Ubusabane bufite ingaruka zikomeye ku mbaraga
z'ubushake Kuja mu birori birimo urusaku aho gutekereza
mu mwanya w'amahoro byanduza ubwenge n'umukungugu
w'ibintu by'isi bihindagurika cyane ku buryo bigoye
.kubikuraho

Ubushake bw'umuntu burushaho gukomera cyangwa
bugacika intege bitewe n'ingaruka z'abo bafatanyije
Guteza imbere ubushake binyuze mu mbaraga zawe
gusa biragoye cyane. Ukeneye urugero rwiza rwo kwigana.
Niba ushaka kuba umushushanyi, kubaho ukikije amashusho
meza kandi ukifatanya n'abashushanyi. Niba ushaka kuba
umuntu w'umwuka, gira inshuti n'abantu b'umwuka bafite
.imico myiza

* * *

Umuntu ukomeye wari uzi kwagura ubwenge bwe
akabuhindura ikintu kidashira ashobora kubona ibyaremwe
nk'inzozo z'isi yose, nk'uko ashobora kuvuga azi neza ko
.ibintu byose bitabaho
Binyuze mu byiciro birebire byo kwitonda no gukurikira
inzira yo gutekereza cyangwa ubundi buryo bwo kwishyira
mu mwanya w'Imana nko gukunda, gukorera abandi,
kwitangira abandi, no kuva mu bwikunde, umuntu ushaka
Imana cyane asesagura ibice bibiri kandi akamenya ubumwe
.buhoraho bwo kubaho

* * *

Urukundo si amarangamutima gusa, ni ikintu nyacyo.
Iyo ruyobowe neza, rubona inzira yarwo—nta kosa—rugerera
.ku ntego yarwo
Urukundo narwo ni imbaraga ikomeye. Umuntu ushaka
Imana ashobora kugerageza uburyo bwinshi bwo kuyishaka,
ariko ntazayibona keretse agaragaje icyifuzo cye gikomeye
.n'icyifuzo cye gikomeye

* * *

Umuntu aba icyo ubwenge bwe bumwemeza kuba cyo.

Iyo ubushake bwawe bukomeye, uzatsinda mu ntambara
.y'ubuzima

Uko ubwenge burushaho gushyira ibitekerezo byabwo
ku bintu by'igihe gito, ni ko imbaraga zabwo zirushaho kuba
nke, kandi uko burushaho kwemeza imiterere y'umwuka
y'ubugingo, ni ko burushaho kuba umwuka kandi imbaraga
.zabwo zigahinduka nshya

* * *

Isi izakomeza kuzamuka no kugabanuka no guhinduka,
none se tuzagana he kugira ngo tubone ubuyobozi
n'icyerekezo? Ntabwo ari ibitekerezo byacu bibogamye kandi
birangwa n'ivangura, ahubwo ni ijwi ry'ukuri n'icyerekezo
.muri twe

* * *

Ibintu n'ubwenge, isanzure hamwe n'inyenyeri
n'imibumbe yaryo, imiraba y'ubuso bunini, imigezi igaragara
neza y'ibintu bifatika, imbaraga z'abantu zo kumva,
ubushake n'ubwenge, ubuzima n'urupfu, amanywa n'ijoro,
ubuzima n'indwara, intsinzi no gutsindwa, ni ukuri
hakurikijwe itegeko ry'uburinganire rigenga iyi nzozu zo mu
.isanzure

Uduce dutatu twose tw'amategeko agenga isano ni
ukuri ku muntu urota ufite uruhare runini mu nzozu zikomeye
.zo mu isanzure

Kugira ngo umuntu ahunge imitego y'ibitekerezo
bidafite ishingiro - itegeko ryo guhuza ibintu - agomba
.gukanguka akava mu nzozu akajya mu bubyutse buhoraho
Ntidushobora guhindura inzozu dukoresheje ibitekerezo
cyangwa guhakana ko zibaho, cyangwa kwemera "ubuzima"
ariko tukanga "urupfu," cyangwa kwemera ubuzima ariko
.tukirengagiza indwara

Buri gasanduku ni igice cy'ingenzi cy'ikindi cyako,
kimwe n'impande ebyiri z'umwenda umwe

Ubwumvikane bubiri ni impande ebyiri z'igiceri kimwe,
kandi ushaka ukuri ntagerageza kubitandukanya mu
bitekerezo bye, ahubwo abirusha ubwenge n'ubumenyi
.runaka

* * *

Urukundo rw'Imana rudushyira hejuru kandi rukongera
ubumenyi bwacu. Sinshobora kwibwira ko ndi mu mubiri
.gusa, kuko numva ndiho mu mibiri yose
Nk'uko numva ubwenge bwanjye muri buri gice
cy'umubiri wanjye, numva ko mwese muri igice cyanjye,
kandi numva ko ibiremwa byose bifite ubuzima biri mu
mubiri wanjye wo mu kirere, kandi numva ibyiyumvo bya
.buri wese

Ibi si ibyo umuntu abona cyangwa gutekereza, ahubwo
ni ukwimenya. Uku kumenya ibintu birenze ibyo umuntu
asoma mu bitekerezo gusa; ni ukumenya uko umuntu yumva
ibyiyumvo bye, kandi iyo mimerere yitwa ubwenge bw'isi
.yose

Iyo ubwo bumenyi butangiye kugaragara muri wowe,
ubwo bumenyi bwo "kwiyumvamo" burashira, maze ukumva
ko ibiremwa byose byuzuyemo ubuzima bumwe bw'Imana

* * *

Iyi si iratangaje, kuko ibintu byose biyirimo bishobora
guhinduka no guhinduka, bityo rero, umuntu ntagomba
.guhagarara ubwato bw'ibyishimo bye ku nkombe z'iyi si
Waba urimo kubabara muri ubu buzima cyangwa ufite
uburumbuke n'imbaraga, ubwenge bwawe bugomba
kuguma buhinduka. Niba ushobora kugera ku buringanire
.mu mutwe, nta kizagutwara

Ubuzima bw'abantu bose bakomeye bugaragaza ko
bageze kuri iyo mimerere myiza. Abashingira ibyiringiro
byabo ku kugera ku byishimo byo ku isi bazabona ibibazo
byinshi bibategereje, kuko inzosi mbi zikunze kujyana
.n'inzosi nziza

Niba ufata inzozu nk'inzozu gusa, nta kindi, cyaba ari
cyiza cyangwa giteye ubwoba, uzumva ufite amahoro, kandi
niwumva ko ubu buzima nabwo ari inzozu, uzaba ubohotse ku
.nzozu mbi zabwo

* * *

Umuntu agomba kwishima kuko ashobora kurenga
ibintu bidafite akamaro n'ibibi byo mu buzima, kandi kuko
ashobora - hamwe n'ibitekerezo byiza - kurema ibintu byiza
.bikurura ibintu by'intsinzi

Amarangamutima akomeye kandi ahindagurika ni
nk'indwara ya kanseri irya amahoro y'umutima, kandi
.abafite agahinda ntibashobora kwikuramo ibibazo byabo
Ariko ingeso mbi n'ibibazo bishobora gukemurwa no
gutekereza neza kandi mu buryo butuje Iyo umuntu ufite
ingeso mbi ayigaragaje, aba yemeye ko yananiwe

* * *

Uwiteka, nagereraniye ibishuko byo mu isi n'urukundo
rwawe rw'Imana kandi nasanze urukundo rwawe rukomeye
kurusha ibishuko cyangwa gushukashuka ibyo ari byo byose

* * *

Nk'uko amavuta atuma umuriro ugurumana cyane, ni ko
uburakari butuma uburakari burushaho kwiyongera, kandi
urugomo ruterabandi gukomeza imyitwarire yabo mibi
.bigatuma barushaho kunangira no gukomera

Umuntu utuje kandi woroheje atsinda uburakari
akoresheje ituze, agatuza inkubi y'amakimbirane akoresheje
guceceka, kandi agakuraho amakimbirane n'impaka
akoresheje amagambo meza kandi yoroheje no kwita ku
.byiyumvo by'abandi

* * *

:Umwari mu Paramahansa yavuze ku kuri ati
"Ibaho nubwo nta muntu ubyemera, mu gihe inyigisho"
"zigomba gushyigikirwa n'ibitekerezo n'amagambo

* * *

Urukundo rugomba kuba umutware w'isi

* * *

Kuri wewe ndaje n'indirimbo z'ibyishimo byanjye
Kandi nakuzaniraga ubutunzi buva mu bubiko
bw'ubugingo bwanjye
Kandi mu mutima wanjye, ndagukusanyiriza ifu
y'urukundo rw'Imana
Nari mfite inyota mu butayu bw'ibyiringiro by'ibinyoma
Ariko ubu ibyifuzo byanjye byararangiyeye burundu
Kuko ikura mu masoko yawe menshi
Amajwi y'impumuro yawe yera aranyinjiramo
Itara ryanjye ry'ibyishimo rirabagirana n'urumuri
rw'ibyishimo byawe
Nari hafi gupfa hagati y'amazi yo mu isi
None ndarengerwa n'imiraba y'umwuka wawe
Oh, iyaba nashoboraga kurohama mu nyanja yawe
y'Imana nkabaho iteka ryose

* * *

Izuba ryinshi mu mutwe rigizwe n'imirasire ya ultraviolet
ikuraho bagiteri zose zo mu mutwe. Ntugahagarike iyo
mirasire ukoresheje uruzitiro rw'ikirahure rw'indorerwamo
.nto kandi zifite aho zigarukira

* * *

Nta macakubiri akwiye kubaho mu nzu y'Imana

* * *

Urukundo dukunda abandi rushoboka bitewe n'imbaraga
zo kumva urukundo duhabwa n'ukuboko kwawe gukomeye,
Nyagasani
Dutere imbaraga zo kuguha urukundo rwacu ruhebuje
!n'inyota ikomeye
Waduhaye ba data na ba mama, abavandimwe na
bashiki bacu, abahungu n'abakobwa, babyara bacu, n'uwo
.tuzabana mu buzima bwacu bwose
Bana nshuti, wenda twakwiga uburyo bwo kugukunda
mu buryo butandukanye kandi dutandukaniye ku buryo
.bugaragara mu mibanire y'abantu

Ukunda iteka ryose, Usumbabyose uri hafi! Nyigisha
kuboha indabyo zose z'urukundo rw'abantu no kuzishyira mu
rusengero rwawe rw'umugisha
Ariko niba, kubera ubudahemuka bwanjye bwinshi,
ntashobora kuguha indabyo zose, nzatora indabyo imwe
nziza kandi nshya kurusha izindi zose, nzishyire ku birenge
!byawe, nizeye ko uzabyemera

* * *

Isura y'umubiri, cyane cyane amaso, igaragaza uko
umuntu yari ameze mu bihe byashize. Umuntu w'imbere
.agira ingaruka zikomeye ku miterere y'inyuma
Amaso y'umuntu ni yo shusho ye y'ingenzi cyane, kandi
umuntu agomba kwihatira gutuma amaso ye aba meza. Ibi
?byakorwa bite

Amaso yacu agaragaza neza kamere yacu y'imbere,
kandi bumwe mu buryo bwo gushariza isura n'isura y'amaso
.ni ukwihingamo ibitekerezo n'ibiyumvo byiza by'imbere
Amaso amwe ni mabi cyane, andi agaragaza ububi
cyangwa ubwikunde

Nubwo amagambo y'umuntu yaba meza gute kandi
ibikorwa bye bikaba ari byiza gute, ushobora kumenya neza
uko ari nyabyo binyuze mu maso ye, kuko adashobora
.kwihisha inyuma y'ayo madirishya abiri afunguye
Kubwibyho, umuntu agomba gutekereza ibitekerezo byiza
kandi bihanga. Kandi kubera ko baremwe mu ishusho
y'Imana, nta burenganzira bafite bwo kwangiza ubuzima
.bwabo bw'imbere

Amaso meza agaragaza amahoro, ituze n'urukundo
ruzira uburyarya agomba guhingwa binyuze mu iterambere
.ry'ituze, urukundo n'amahoro

Ni muri ubu buryo gusa umuntu ashobora gukurura
imbaraga zo mu mwuka zikomeye kurusha imbogamizi zose
.n'imbogamizi ku miterere y'umubiri

* * *

Iyo dufashe icyemezo gihamye, nyuma yo kwiga neza
ikibazo runaka no kumenya ibyiza n'ibibi bifatanye isano
n'icyo kibazo, kandi iyo dushyize mu bikorwa ubushake
bwacu, dushobora guhindura byinshi mu buzima bwacu
.bishobora kugaragara nk'ibidashoboka guhinduka
Ubwisanzure burahari, kandi iyo butabaho, nta muntu
washoboraga guhunga ingaruka z'ibidukikije by'imbere
n'inyuma, iterambere ryaba rigabanijwe, urwego rw'ibikorwa
byo guhanga ruragabanuka, kandi ntibyari gushoboka ko
umuntu atera imbere kandi akazamuka hejuru y'urwego
.rw'ibanze

Igitekerezo cy'imibanire mishya n'ibitekerezo
by'iterambere bifatanye isano n'imirimo y'ibigo byigenga,
uburyo bukoreshwa mu kuvumbura ibintu mu buryo bwa
siyansi buteye imbere, amashami atandukanye
y'ubushakashatsi n'ubushakashatsi, n'ibikorwa
by'ubuvanganzo bihanga, byose byemeza ubushobozi
bw'umuntu bwo gukoresha ubwisanzure bwo guhitamo muri
.buri rwego abifashijwemo n'Imana n'imbaraga z'ubushake

* * *

Imvugo irangwa n'ikinyabupfura no kutagira uburakari
n'umujinya bituma umuntu yifata neza kandi yubahwa mu
rugo rwe. Ibi birimo guhangana n'amakimbirane yo mu
muryango mu buryo bw'ubwenge no mu buryo bushyize mu
.gaciro cyangwa gutuza abandi ukoresheje amagambo meza
Ni ikimenyetso cy'intsinzi ndetse n'ubutwari, ndetse
n'abahanganye ubwabo babivuga

* * *

Gusobanukirwa ni ubutunzi bw'agaciro kanini mu
buzima. Ni icyerekezo cy'imbere, uburyo bwo kwiyumvisha
ibintu butuma dushobora kumenya ukuri kuri twe ubwacu no
ku bandi n'uburyo bwo guhangana n'ibibazo byose
bidubaho, nk'uko bidufasha guhindura imyumvire n'ibikorwa
.byacu uko bikenewe

Muri iyi si, ubumenyi bwacu bukunze kuba buke, kandi
iyo ubwenge bwacu budafite ishusho, biba bigoye kureba
.mbere y'igihe ibintu no kumenya ingaruka zabyo
Kubera ko tudashobora kumenya ingaruka zishobora
guterwa n'ibikorwa byacu, akenshi dufata ibyemezo bitari
byo

Kugira ngo tubeho mu mahoro muri iyi si, tugomba
kumenya neza ibidukikije byacu n'ibidukikije, kandi
.tukamenya aho tugana
Tugomba kugira ubwo bwenge bw'imbere butubwira uko
ubuzima bwacu bw'ejo hazaza buzaba bumeze dushingiye ku
bikorwa byacu by'ubu

* * *

Ubwenge bugomba guhingwa hakoreshejwe isuka yo
gusobanukirwa neza kuko ubutaka bwabwo bwumye kandi
bugoye, kandi ubutaka bwabwo bugomba gutoserwa
n'icyizere n'ubwisanzure, kandi imbuto z'ukwizera zigomba
guterwa muri bwo kandi imbuto zigatoserwa amazi
.y'ubushake bwiza ahuye n'ubushake bw'Imana

* * *

Umwe mu bigishwa yabajije umwarimu Paramahansa
isengesho ryamuzaniraga uwo Imana ikunda mu buryo
:bwihuse cyane, maze umwarimu aravuga ati
Imana ishaka gusa ubutunzi bw'amasengesho bwihishe"
"mu kirombe cy'umutima wawe

* * *

Ni nde waduhaye ubushobozi bwo gukunda? Imana
None se ni nde ukwiye urukundo rwacu kurusha ikindi
kintu cyose? Mana
Nta rukundo nyakuri rubaho hatariho Imana kuko Imana
ari urukundo

* * *

Ntitugomba kwibagirwa ko Imana ari yo itugaburira
kandi ko iterambere nyakuri ritapimirwa n'ibyo dutunze

ahubwo ripimirwa n'ibyo dushobora kugeraho binyuze mu
.bushake bwacu

Ibyishimo bisaba gushyiraho imihati yo kugabanya
ibyifuzo no guteza imbere ubushobozi bwo guhaza ibyo
ukeneye by'ingenzi, no kugira icyizere cy'uko ibintu
bizagenda neza ku bufasha bw'Imana nubwo hari inzitizi
.n'imbogamizi zose, nubwo zaba zisa n'aho zigoye gute
* * *

Ijwi ry'ubwenge rivugisha imitima myiza yose ihuje
n'imitingito ikomeye yo mu mwuka, kandi rizenguruka mu
kirere rishaka ibitekerezo bihuza bishakisha amahoro,
.urukundo, n'ubumenyi buhebuje
* * *

Imitima yacu ni amasaro, kandi urukundo ni umugozi wa
rozari y'Imana ihuza imitima yacu
* * *

Ntureke ngo ibintu byawe bikwigarurire
* * *

Ndacyibuka abanyeshuri benshi baje kwa mwarimu
wanjye hanyuma bakamusiga nyuma kuko batari bafite
.ubumenyi bukwiye

Nibwiye nti: "Benshi bashobora kuza abandi benshi
"bashobora kugenda, ariko nzakomeza gushika ku iherezo
Umwari mu wanjye yari umugabo ukomeye kandi
w'umunyabupfura, kandi benshi ntibashoboraga
kwihanganira ubwiza bw'ubwenge bwe butangaje maze bava
mu kigo cy'abihaye Imana, ariko umunsi umwe
:naramubwiye nti
Hari umuntu utazigera agusiga, kandi uwo muntu ni"
"njyewe

Nishimiye ko nakomeje isezerano ryanjye kuko
ubuyobozi bwe bwo mu buryo bw'umwuka bwanfunguye
amaso kandi bukamurikira ubwenge bwanjye n'urumuri
.rw'Imana

* * *

Wibuke ko ibyishimo by'Imana ari cyo kintu gikomeye
kurusha ibindi byose Niba isi yose ikwishimiye, ariko wowe
ntugire ubutoni bw'Imana, uba umeze nk'umuntu ufata
umuyaga cyangwa uhuha ivu. Ariko niba isi yose ikurakariye
cyangwa ikakurwanya, ariko ukaba ufite ubutoni bw'Imana,
ubwo uba uri mu buyobozi kandi ukaba nyiri byose
.wishimye

* * *

Ubuzima bwacu bushingiye ku Mana byuzuye, kandi
nituyihindukirira kandi tukiringira ubufasha bwayo,
izatwereka inzira kandi ituyobore mu buryo bwiza bwo
.gukemura ibibazo byacu no kwikuramo ingorane zacu

* * *

Umushushanyi w'Imana
Buri gukubita k'umutima wanjye kose kube
Ijambo rishya mu gisigo "Urukundo rwanjye rudashira
"kuri wowe
Kandi ijwi ryose iminwa yanjye ivuga rijye rivugwa
Ijwi ryawe ryera ritera imishyitsi myiza
Ibitekerezo byanjye byose byuzure ibyishimo byo kuba
uriho
Ubushake bwanjye buhabwe imbaraga zawe z'ubumana
Shyira ibitekerezo byanjye byose, imivugire yanjye,
n'ibyifuzo byanjye mu buntu bwawe
Yewe mushushanyi w'Imana wera cyane
Hindura ubuzima bwanjye uko ubona bukwiriye
Dukurikije igishushanyo cyawe cyihariye
* * *

Imana iradusubiza iyo dushyizeho umwete, hanyuma
tukamenya ko ibaho koko, yumva amasengesho yacu, kandi
igasohoza ibyifuzo byacu Abahora bayitekerezaho kandi
bakayitekerezaho bazumva ubuturo bwayo bwera kandi
.babone umucyo wayo w'umugisha

Umuntu wese ufite icyifuzo kivuye ku mutima
n'umurava uhamye nta kabuza azagera ku ntego ye
hatitawe ku makosa yakozwe mu bihe byashize, ariko
gukomeza ayo makosa ni icyaha gikomeye kuri we ubwe,
kuko umuntu wese ukora ikosa aba yiyambuye ibyishimo
.nyakuri

Umuntu afite ububasha bwo kwigirira nabi cyangwa
kugirira akamaro, kandi amahitamo ni aye yo kugumisha
inzige z'ubujiji kure ye kugira ngo zitamuruma zikamutera
.umujinya

Niba umuntu adashaka kwishima, nta muntu ushobora
kumushimisha, kandi ntagomba gushinja Imana ku
.bw'imibabaro ye

Iyo Imana itaduhaye umudendezo wo gukoresha
ubushake bwacu, yari kuba ari yo nyirabayazana w'ibyago
byacu, ariko yaduhaye uwo mudendezo, kandi ni twe
.duhindura ubuzima bwacu uko duhisemo

* * *

:Igisobanuro cyimbitse cy'ituze
Iyo umwigishwa akurikiranywe n'ibisimba by'ubwoba,
.indwara, n'ibindi bibazo, ashaka aho ahungira ituze muri we
Umuntu wakangutse mu buryo bw'umwuka abaho
amanywa n'ijoro mu gihome cy'amahoro kidahangarwa
n'imihangayiko n'agahinda, kandi ubwoba bw'isi
.ntibushobora kubwica

Abinjira mu buturo bw'ituze bashobora kuvugana
n'abandi bantu bakunda Imana, nk'uko bumva ururimi
.rw'indabyo n'ibinyabuzima byose
Uko umwigishwa agenda atuje cyane, ni ko ibyishimo
bye birushaho kwiyongera
Ibyishimo byihishe inyuma y'amadirishya y'ibitekerezo,
bigomba gusuzumwa no kugaragara mu bwihisho bw'ituze,
.ni ibyishimo bikomeye bidashobora kuvugwa

* * *

Mbona amajyambere nk'ubusitani aho mbona ubwoko
bwose bw'imico ya muntu ikura kandi igakuramo indabyo
Nk'inzuki, ubwenge bwanjye bushaka indabyo z'imico
myiza

Inzuki ijya gusa ku ndabyo aho ishobora gukuramo
ubwoko bwiza bw'ubuki

Mu buryo nk'ubwo, twagombye kwigana inzuki, inywa
gusa umutobe mwiza cyane. Ibi bivuze ko tugomba
kugerageza kwiyongerera imico myiza n'imyitwarire myiza
.tubona mu bandi

Imana ni ubuki bwiza butemba mu mitima yakira kandi
ikabuzuzamo ibyiza n'uburyohe

* * *

Umuntu wese wifuza kwagura ibitekerezo bye agomba
kurenga ubumenyi bw'amacakubiri, ibara ry'uruhu, ubwoko,
n'ubufana budafite aho buhuriye n'ubupfu, kandi akitoza
kwifata, kuba umuntu mwiza n'inshuti, no kuba umuntu
ushyira mu gaciro mu byo kurya, mu byo kunywa no mu
.bindi binezeza

Agomba gukora ibintu umutimanama we wemera kandi
bimuzanira amahoro yo mu mutima, kuvuga ukuri, kutiba,
kubeshya abandi, kutishimira ibinezeza byangiza ubuzima no
gutakaza imbaraga, no kwirinda ubwoba, uburakari,
.umururumba, ishyari, n'ibintu bihungabanya ubuzima
Kandi ko agomba kwitoza kwihanganira ubushyuhe,
ubukonje, n'ibindi bibazo adahangayitse kandi ko agomba
gukomeza kwiringira Imana, yo buhungiro bukomeye bwo
.kwirinda ubwoba n'ibibi byose

* * *

Umubano hagati yanjye n'umwarimu wanjye wari mwiza
cyane. Umubano uri hagati y'umuyobozi w'umwuka
.n'umwigishwa ni urukundo mu buryo bwarwo bwo hejuru
Nigeze kuva mu buzima bw'abihaye Imana ntekereza ko
nzashobora gushakisha Imana neza mu misozi ya Himalaya,
ariko naribeshye kandi numvaga ko nkimara kuva aho

Ubwo nagarukaga nyuma y'iminsi mike, mwarimu
wanjye yankoreye nk'aho ntari narigeze musiga aho
kuntuka, yansuhuje nk'uko bisanzwe maze arambwira atuje
ati: "Reka turebe icyo twategura mu gitondo cyacu muri iki
"gitondo

Nuko ndamubwira nti "Ariko se ntundakariye, bwana,
"?kubera kugenda kwanjye
Yasubije ati: "Birumvikana ko atari byo, ntacyo niteze ku
bandi, bityo ibyifuzo byabo ntibishobora kuvuguruza
ibyanjye. Sinzagukoresha nabi ku nyungu zanjye bwite,
".kandi nta kintu kinshimisha kurusha ibyishimo byawe
Ku nshuro ya mbere, numvise ko hari umuntu unkunda
!by'ukuri

Iyo nza kuba ndi umuyobozi w'ubucuruzi bwa data
nkareka akazi, yari kundakarira cyane. Urugero, ubwo nanze
akazi gahemba cyane (muri sosiyete data yari umuyobozi
.wayo), yamaze iminsi irindwi atamvugisha
Data yankundaga urukundo rw'ukuri rwa kibyeyi, ariko
rwari urukundo rudasobanutse, kuko yatekerezaga ko
amafaranga azanshimisha, ariko amafaranga ahangiza
.ibyishimo byanjye

Nyuma y'igihe runaka, ubwo nashingaga ishuri ryanjye
ry'uburezi buhuriweho, data yahinduye igitekerezo maze
"aravuga ati "Nishimiye ko utemera ako kazi
Ibinyuranye n'ibyo, imyitwarire ya mwarimu wanjye yari
itandukanye rwose, kuko nubwo navuye mu kigo cy'abihaye
Imana, urukundo yankundaga ntirwahindutse, kandi
.ntiyigeze anyinuba

* * *

Natinze cyane mu gihe cyashize, icy'ubu, n'ejo hazaza
by'ibiremwa byawe, Nyagasani, kandi njyewe - umwana
w'iteka ryose - numvise mpangayitse
Nahanganye kenshi, ariko ntacyo byatanze. Ariko
amaherezo natsinze nsimbuka mu buriri nkikijwe n'inzitizi

z'uburiganya bwo guhuza ibintu, maze uranfata mu biganza
.byawe uranjyana ku ndirimbo z'amahoro y'iteka
Ndi umwana w'iteka ryose - iteka ryawe, Uwiteka
Nshyize umutwe wanjye ku gituzo cy'ubuzima bwawe
bwose

* * *

Ndi inyoni yo muri paradizo: inyoni yo mu ijuru yakozwe
n'amaboko yawe meza
Yanyambitse ubwiza n'amabara meza cyane: afite
ubworoherane n'ubwoya bw'izahabu bw'indabyo zo mu
buryo bw'umwuka
Nazamutse mu kirere cy'ubuzima cyijimye kandi giteye
ishozi nshaka paradizo y'ibyishimo, kandi amababa yanjye
meza yari yandujwe n'uduheri twijimye tw'ibyihebe
Ngwino Mana yanjye, wogeshe inyoni yo muri paradizo
yawo imirasire y'ubwenge n'amazi meza y'amahoro

* * *

Hari ubwoko bwa bagiteri buvuka, bukagwira, hanyuma
bugapfa mu masaha abiri gusa
Ubu bwoko bw'ikizamini bushobora gukorwa mu gice
cy'umunsi cyangwa munsi y'icyo umuntu akeneye kugira
ngo apime mu gihe kirekire gishobora kugera ku myaka
.mirongo inani

Imyaka mirongo irindwi cyangwa mirongo inani tubaho
ni igihe gito mu bihe by'iteka. Ukurikije uko ibintu bimeze,
ikintu cyose kitubaho kibaho ku muvuduko umwe nk'uko
kibaho kuri bagiteri zavuzwe haruguru. Muri buri gihe gito
cy'iteka, imyaka myinshi irashira bitewe n'uko abantu
babibona. Bityo rero, igihe ni igiciro gikomeye cyane ku
.buryo kidashobora gupfushwa ubusa

* * *

Umuntu ntagomba gukora ibyo umutimanama we
utemera, kandi agomba kwigira umutware we bwite Iyo
amaze kumenya ko ari we ugenga ibitekerezo bye,

amarangamutima ye, n'ibikorwa bye, nta kintu na kimwe
kizashobora kumugenzura cyangwa kumugiraho ingaruka

* * *

Nubwo ubwonko bufite ingaruka zikomeye ku mubiri, si
byiza kwirengagiza umubiri

Umuntu agomba kurya ibiryo bifite ubuzima bwiza,
akabikunda kuruta ibiryo bidafite ubuzima bwiza

Niba imimerere yawe igusaba kubana n'abantu
bagutera ubwoba, ni byiza guhindura aho utuye rimwe na
rimwe. Ariko ikiruta ibyo ni uguhindura imiterere yawe
y'imitekerereze kugira ngo udahangayikishwa n'ibikorwa
by'abandi. Ihindure ubwawe, hanyuma uzabashe kubaho mu
.mahoro n'ibyishimo aho uri hose

* * *

Isi muri rusange ni nk'ubuhungiro bwo mu mutwe. Hari
abantu barwaye ishyari n'ishyari, abandi uburakari, urwango
n'irari. Ni abasinzi b'ingeso zabo n'amarangamutima yabo.
.Ariko ushobora kurema amahoro mu bidukikije

* * *

Amarangamutima agira ingaruka zikomeye ku bwenge
no ku mubiri. Ishyari n'ubwoba bituma isura isa n'aho yera,
.mu gihe urukundo ruyitera kuba ikeye

* * *

Iyo ushobora gutuza, uzakora wishimye
Iyo uhisemo guhinduka ukamera neza, ibuka ko kuba uri
kumwe n'abandi neza n'ibintu byiza ari ingenzi cyane kandi
.ni ingenzi cyane kugira ngo ugere ku ntego yawe
Ingaruka z'ibidukikije - byaba byiza cyangwa bibi -
zirakomeye kuruta ubushake, bityo rero zirikana ibyo mu
.mibanire yawe n'abandi

Kwisuzuma ni ngombwa kandi kugira ngo umuntu yiteho

neza

Nushobora kwisesengura ushize amanga kandi nta
bwoba, uzabasha kwihanganira isesengura ry'abandi kandi
kunengwa kwabo ntacyo bizagutwara

* * *

Umuntu ashobora kuvuga ati: "Sinitaye ku byishimo
cyangwa ibyishimo, mbaho kugira ngo ngere ku ntsinzi,
"urugero

Undi ashobora kuvuga ati: "Ndifuza gukora ibyiza muri
"iyi si, nubwo naba ndi mu bubabare n'imibabaro
Ariko iyo dusuzumye ibitekerezo byabo, dusanga bombi
baharanira ibyishimo. Ese uwa mbere yifuza intsinzi nta
byishimo? Ese undi yifuza ibyiza ku isi nta byishimo na we
ubwe abigeraho? Ntabwo rwose
Bashobora kutita ku bubabare bw'umubiri n'imibabaro
yo mu mutwe baterwa n'abandi cyangwa ishobora guterwa
n'imimerere ijyanye no kugera ku ntsinzi cyangwa gutanga
ubufasha ku bandi, kuko uwa mbere abona ibyishimo byinshi
mu gutsinda naho undi akishimira gufasha abandi mu buryo
.bwuzuye nubwo hari ibibazo byose

Ndetse n'impamvu nyinshi zitagira ubwikunde
n'imyitwarire y'ubumuntu nyakuri byaturutse ku gushaka
.kwiye gereza ibyishimo

Ariko ibyo byishimo si iby'abantu badafite amahirwe
n'abafite ibitekerezo bigufi, ahubwo ni iby'umuntu ugira
ubuntu kandi w'umunyacyubahiro ufite ubwenge bwagutse
.n'umutima mwiza kandi ukomeye

Bityo rero, umuntu ukunda abandi ntareka ubwikunde
bumutegeka, kuko bidashoboka kubona iyo mahirwe ye
bwite keretse umuntu afite ibitekerezo birambuye
n'umutima mwiza, ku buryo ashaka kandi akifuriza abandi
.ibyishimo ndetse na we ubwe

Iryo ni ihame rusange ritahinduka cyangwa ngo
rihinduke

* * *

Ntabwo ari ngombwa ko uzi abantu bose ku giti cyabo
kandi ukabakunda cyane kugira ngo ubagaragarize ko
.ubitaho kandi ubakorere umurimo

Igikenewe ni uguhora witeguye gutanga serivisi nziza ku
bantu bose bahuye nawe kandi bakeneye iyo serivisi
.by'ukuri

Ibi bisaba imbaraga zo mu mutwe n'ubushake buvuye
ku mutima bwo kubikora nta kwinuba. Mu yandi magambo,
bisaba kwigomwa
Izuba rirabagirana ku diyama n'igice cy'amakara kimwe,
ariko diyama yateye imbere kandi ikura imiterere imwe
n'imwe ituma ibona urumuri rw'izuba kandi ikarugaragaza
neza, mu gihe amakara adashobora kwerekana urumuri
.rumwe

Dukwiye kuba nk'idiyama mu mibanire yacu n'abantu
kandi tukagaragaza umucyo w'urukundo rw'Imana mu bwiza
no mu buziranenge

* * *

Mu ijambo yagejeje ku bigishwa be, Umwigisha
:Paramahansa yagize ati
Sinshobora gusobanura mu magambo ubwinshi
bw'ishimwe ryanjye ku magambo yawe agaragaza
amarangamutima yawe kuri njye
Ndashimira cyane umurava wanyu, imbaraga zanyu
z'umwuka, n'amagambo aturuka mu mitima yanyu
Nishimiye kuba ndi kumwe namwe, kandi nishimiye
guhora nibuka inshingano zanjye zikomeye ku bavandimwe
.banjye bo muri iyi si

* * *

Umugabo wakundaga gukubita abamukoresha
Iyo wifuza gushinga ingeso nshya no gukuraho mbi,
shyira ubwenge bwawe, utuje kandi nta mananiza, ku
mutima w'ubushake n'ubumenyi bw'umwuka biri mu
gahanga hagati y'amaso, kandi wemeze neza ingeso nziza
wifuza gushinga. Mu buryo nk'ubwo, iyo wifuza gukuraho
ingeso mbi, shyira umutima kuri iyo ngingo kandi wemeze
neza ko inzira zose z'imitsi mu bwonko aho ingeso mbi
.yibasiwe zahanaguwe

Ndababwira inkuru y'ukuri ivuga ku mugabo wari umuhanga mu gukubita abamukoresha ku kazi iyo yarakaye.

Ingaruka zabyo ni uko yatakaje akazi kenshi kuko yatakaje kwifata burundu iyo yarakaye, kandi yakubitaga umuntu .wese wamurwanyaga icyo yashoboraga kubona cyose Yaje kunshakaho ubufasha, nuko ndamubwira nti:

"Ubutaha nugira uburakari, banza ubare kuva kuri rimwe
".kugeza kuri ijana mbere yuko ugira icyo ukora

Yagerageje ubwo buryo ariko aragaruka arambwira ati:

"Umujinya wanjye uriyongera iyo nkoze ibyo, kandi ndushwa n'umujinya mu gihe ndimo ndabara kubera gutegereza igihe .kirekire." Imimerere ye yasaga n'aho nta cyizere yari afite

Hanyuma yamusabye gutekereza no kumva ko urumuri rw'Imana rwari rwuzuye mu bwonko bwe, rutuza uburakari bwe, rutuza imitsi ye, rworoshya amarangamutima ye, kandi rukavanaho ibimenyetso byose by'uburakari, bityo umunsi .umwe azakuraho uburakari bwe

Ntibyatizze yongera kungarukira, kuri iyi nshuro arambwira ati: "Naribohoye ingeso yo kurakara, kandi
"ndabishimiye

Nahisemo kumupima, nuko nsaba abahungu bamwe kugerageza kumuseka, maze nihisha ahantu nashoboraga kumubona ariko we ntiyambona. Abahungu bagerageje .kenshi kumurakaza, ariko akomeza gutuza ntiyasubiza

* * *

Isezerano ry'iteka ryose rizuzure imitima yacu

n'ubwenge bwacu

Kandi ibice n'ibyabaye mu buzima bitwibutse ko igicucu

cy'urupfu kidatera ubwoba abana b'umucyo bazi ko roho .ihoraho kandi ko ifitanye isano ya hafi n'Umuremyi wayo

Reka tumenye ko ubuzima n'urupfu ari imiraba ibiri mu

nyanja y'Imana, kandi ko roho, ari yo gitonyanga kiva mu nyanja y'isi, ifata iyi miraba ibiri nta miterere yayo y'ingenzi .ihinduka kandi idatandukanye n'isoko ryayo ry'iteka

Dukore ibishoboka byose kugira ngo dukure kamere
yacu nyayo mu ngoyi z'ubujiji tuyijyane mu mpinga
z'umucyo n'ubumenyi
Iyo tubohoye ubwenge bwacu ku nzitizi z'umubiri,
ibitekerezo bibi, n'ibintu bitagira akamaro, tuzakora ku
miterere yacu y'umwuka maze tumenye ko turi imirasire
y'iteka y'izuba ry'Imana ritarenga

* * *

Abagera ku rwego rwa samadha cyangwa ecstasy
y'ikirere basanga ibintu bikomeye bihinduka ibinyobwa
Amazi ajya ku myuka, imyuka ijya ku ngufu, n'ingufu
zijya ku bwenge bw'isi, maze yumva ibyishimo bidasanzwe
bitavugwa kandi akagira imiterere itandukanye y'ubwenge
kuva ku byishimo bishya cyangwa ubwenge butagira iherezo
cyangwa amahoro ahebuje cyangwa kumva ko ariho
.cyangwa ko ubwe yishyize mu mwuka w'isi

* * *

Gukira kw'imitsi

Mu gutekereza cyane kandi mu ituze, imbaraga
z'ubuzima ziva mu bwonko zijya mu ngingo zose, umucyo
uturuka mu ngingo, maze amazi y'ingenzi anyura mu
mugongo agakwirakwira mu ngirabuzimafatizo zose
z'umubiri, yuzuyemo imbaraga zikiza, maze imitsi
.igasubiramo imbaraga

* * *

:Ubwoko bwa rukuruzi

Uhereye ku makuru asanzwe, dushobora kubona ko
imbaraga z'ikurura ry'amakuru ziterwa n'ubwiza bw'amakuru
.ubwayo

Sukuru ntoya ikurura ibintu bito, naho sukuru ikomeye
ikurura ibintu binini
Bityo, rukuruzi y'umuntu ikurura bitewe n'imbaraga zayo
zikurura

Hariho kandi ubwoko bwinshi bwa rukuruzi y'abantu;
bumwe bukurura ibintu bifatika, ubundi imbaraga

z'ubupfumu, ubundi bukurura inyungu z'umwuka—inyungu
.akenshi ziba zihishe cyangwa zibagirana
Shaka amabuye y'agaciro mu birombe by'ubugingo,
maze uzaba umutsinzi. Kurikira intego wifuza, kandi menya
neza ko imbaraga ndende zizakurura Imana kuri wewe—
isoko y'imbaraga zose n'ineza, n'inyungu nini mu buzima
Icyemezo: Nzakoresha imbaraga zo mu mwuka zihebuje
kugira ngo nikurure ibintu byiza byose n'imirasire
.y'ubumenyi bwose

* * *

Imana ni ubuzima bwanjye Ni urukundo rwanjye Ni
urusengero umutima wanjye uhamagariramo gusenga
Imana ni yo ntego yanjye, kuko ntashobora gusohoza
inshingano zanjye ntabifashijwemo na yo
Niyo mpamvu namushatse umutima n'ubugingo kugeza
ubwo namubonye
Nta rukundo ruhebuje kandi rudashingiye ku Mana,
.biragoye kubona umuntu ukunda cyane wo mu kirere

* * *

Umunsi uzagera aho umuntu azava kuri iyi si Bamwe
bazamwibuka cyane bamuririra, abandi bazamuzirikana
nabi, ariko ibitekerezo bye byose bibi n'ibyiza
bizamuherekeza
Kubwibyo, ni inshingano z'umuntu kugenzura
ibitekerezo bye, gusuzuma ibikorwa bye, gukosora amakosa
.ye, kwisuzuma no gukora uko ashoboye kose
Ntukite ku byo abantu bakuvugaho igihe cyose
ugerageza gukora ikintu gikwiye
Nkora uko nshoboye kose kugira ngo ntagire uwo
ndwanya, kandi mu mutima wanjye nzi neza ko nakoze uko
nshoboye kose kugira ngo ngire ubuntu kandi ngire
.ubudahemuka kuri buri wese
Ariko sinshaka kwita ku bitekerezo by'abantu kuri njye,
byaba ibyo gushimwa cyangwa ibyo kunengwa, kuko Imana

iri kumwe nanjye kandi ndi kumwe na yo, kandi nicyo
cy'ingenzi kurusha ibindi

* * *

Iyo ubucuti buvutse hagati y'abantu babiri cyangwa
itsinda ry'abantu ku mpamvu z'umwuka gusa, budafite
intego n'intego bwite, ubwo bucuti busukura roho ya buri
.nshuti

Umutima wejejwe n'ubucuti uba urugi rufunguye rugana
ku bumwe n'ubusabane
Binyuze muri uyu mutima, birashoboka gukurura abantu
benshi beza kugira ngo binjire mu rukundo rwa kivandimwe
.kandi bishimire ituze n'amahoro

* * *

Nkunda cyane iby'abandi kuruta ibyanjye, kuko nkora
byose ku bw'Imana, kandi nkabikora mfite icyifuzo n'ishyaka
.kuruta uko ibyo bikorwa byaba ari ibyanjye bwite
Niba ibisubizo binyuranyije cyangwa bitanshimishije,
ntabwo mbitayeho cyangwa ngo mbyangare kuko numva ko
nakoze inshingano zanjye imbere y'Imana, ari yo ntego
yanjye n'inyuma y'umugambi, kandi kuko nakoze uko
nshoboye kose kandi nzasubiramo icyo gikorwa nishimye
cyane kandi niyemeje, ariko nta kwihambira ku muhati
.cyangwa umusaruro

Iyo nza kuba nkora ku bwanjye gusa, nahora ndi
umutego w'imihangayiko n'amaganya. Ariko igihe cyose
intego yanjye ari ugushimisha Imana, ibisubizo ni ibyayo
ntabwo ari ibyanjye. Iyi niyo nzira yanjye yo kubaho, kandi
.muri yo mbona ihumure n'umudendezo

:Intambwe zo ku rwego rwo gutsinda

Akazi gakomeye -

Ubushobozi bwo guhanga -

Icyemezo gikwiye

Kuzigama no kwirinda gusesagura

Gukora ibishoboka byose no kongera kugerageza -

nyuma yo gutsindwa

Kwigiraho no kwiteza imbere
Gukoresha imbaraga zo guhanga -
Gufasha abandi
Byongeye kandi, tugomba gutekereza ku Mana, isoko -
.y'ibyiza byose n'inkomoko y'intsinzi n'imigisha byose

* * *

Ndakuririmbira indirimbo itigeze ivugirwa mbere, kandi
ndagutura indirimbo yanjye y'ukuri umutima wanjye
.ucuranga imbere mu murya wayo no ku murya wayo
Nahimbye iyi ndirimbo yanjye ya mbere kandi hano
ndayigutura nk'igitambo gitunganye
Sinzakwereka indirimbo zuzuye ubwenge cyangwa
indirimbo nziza zahimbwe n'abandi
Nta kindi nzaguha uretse indirimbo zoroshye kandi
zidafite ubwenge zo mu mutima wanjye
Sinzaguha indabyo zo mu gasozi zahinzwe mu bishanga
kandi zuzuyemo amarangamutima n'irari, ahubwo nzaguha
indabyo zo mu gasozi zimaze kumera mu mirima nkunda
.cyane no mu byaro by'ubuzima bwanjye

* * *

Biroroshye ko umuntu asesengura abandi kandi
.akabashyira mu byiciro akurikije imiterere yabo
Ariko biragoye ko umuntu yigaragaza mu buryo
buboneye kandi bw'ukuri. Nyamara ibi nibyo agomba gukora
.kugira ngo asobanukirwe impinduka n'impinduka zikenewe
Intego yo kumenya imiterere yacu bwite ni
ugusobanukirwa uburyo tugira ingaruka ku bandi
Abantu bagira ibitekerezo ku miterere y'umuntu, baba
babizi cyangwa batabizi, kandi uko babyitwaramo iyo
bahuye n'imitingito imuturukaho ni ikimenyetso
kidasobanutse neza ku bo bireba, kandi abanyabwenge
.basobanukiwe n'ikimenyetso

* * *

Imbogamizi ku iterambere ry'imitekerereze ni izi

:zikurikira

Kwikunda (ubwikunde), ubwibone, umururumba,
uburakari, urwango, ishyari, n'indi mico mibi ituma umuntu
.agwa mu bujiji burenze ubwo ari bwo bwose
Igikenewe ni ukugendera mu nzira ijyana ku
mudendezo, kuko ibyifuzo by'abantu biyoborwa n'ingeso
zihora zivugururwa kandi zidapfa kurangira cyangwa ngo
.zihagarare ku mupaka
Izi ngeso zifunga roho kandi zikayigumana nk'imbohe,
bigatuma nyirayo adashobora kunyura mu nzira yo
.kubohoka no kwibohora

* * *

:Inzira y'ubuzima ni iyi ikurikira
Ku ruhande rumwe hari ikibaya cy'umwijima cy'ubujiji,
naho ku rundi ruhande hari urumuri rw'ubwenge
Iyo dukoze ibintu mu buryo bw'ubwenge, tuba duhagaze
neza mu nzira yo kubohoka kandi tukabona ibyo dukeneye

* * *

Isi yose ni ikiremwa cy'ubushake bw'Imana, kandi iyo
twishyize hamwe n'ubwo bushake bwiza, icyo dukeneye
.kidugeraho nta nkomyi

* * *

Iyo abantu bagera je guhangana n'imashini zigoye
z'amarangamutima y'abantu, batabanje kubitoza, ingaruka
zikuze kubabaza
Bake ni bo batazi ko ibyishimo biri mu gusobanukirwa
amategeko y'imyitwarire y'abantu
Niyo mpamvu bamwe bakunze gutongana n'inshuti zabo
n'abagize umuryango wabo; ntibasobanukiwe abandi kandi
.ntibabone inenge zabo bwite
Ni ngombwa kudafatanya n'ibikorwa bibi by'abakunzi
bacu, ahubwo tukabyanga bucece ibikorwa byubaka mu
mwuka

Ni ngombwa kandi kudakoresha uburyo bukaze mu
.guhangana n'imyitwarire idasanzwe y'abakunzi bacu

* * *

Twashutswe n'umuhigi w'umuhanga Tureremba mu
mazi maremare kugira ngo twumve ko dufite umutekano mu
.gihe urushundura rwica rw'ubujiji rudukingiye
Mu gihe cyo kuroba imitego yo kuroba buri muni,
benshi barafatwa, bake ni bo barokoka
Yewe impuhwe zitagira iherezo, dukize imitego yica
!y'irari, ibyifuzo bitagira iherezo, n'imiruhoro y'isi idukomeretsa
Reka twinjire mu nyanja ituje y'ubugingo aho ubumwe
bw'Imana buba, maze twibohore ingoyi z'ubucakara
!n'iminyururu y'ubucakara

* * *

Umwigisha Paramahansa yaravuze, ashishikariza umwe
:mu bigishwa be ati
Niba ushoboye, binyuze mu bunyangamugayo bwawe,
umurava wawe, n'urukundo ukunda Imana, kuyigezaho
amasengesho yawe, ntacyo bitwaye niba amakosa yawe ari
ndende kurusha inyanja kandi akaba ari hejuru cyane
.kurusha Himalaya
Imana izakuraho izo mbogamizi mu nzira yawe,
ikubohore imitwaro iremereye yo mu bihe byashize, kandi
icyifuzo cyawe cyo gusubiramo amakosa yo mu bihe
.byashize kizashira
Hari igihe ushobora kwisanga uri mu mwijima mwinshi,
ariko uracyari ikibatsi cy'umuriro w'iteka ryose
Ushobora guhisha ikibatsi, ariko ntushobora kugikuraho

* * *

Gushimisha abandi binyuze mu magambo meza
ashingiye ku ntego nziza no ku nama zivuye ku mutima ni
ikintu cyiza cyane kandi ni ikimenyetso cy'ubupfura kiranga
.imitima ikomeye
Ku bijyanye no kugirira nabi undi muntu binyuze mu
magambo akomeretsa, ababaza, kumureba nabi cyangwa
kumugira inama zo kumuca intege, ubu buryo ni uburyo
buteye isoni kandi bubabaza abantu b'umutima mwiza
.badakoresha

Amagambo asekeje afasha kugaragaza umwuka
w'ubugome n'uburakari mu muntu wakoze icyaha, mu gihe
amagambo meza amuremamo kwicuza, bivuze ko umuntu
.yemera amakosa ye kandi ntayasubiremo ukundi

* * *

Umwe mu banyeshuri yaravuze ati "Mwigisha, sinigeze
"?nemera ko ijuru ribaho. Ese aho hantu hari koko
:Umwarimu Paramahansa yaramusubije ati
Yego Abakunda kandi bakiringira Imana bajya muri iyo"
paradizo iyo urupfu rubagezeho. Muri iyo si y'isi, umuntu aba
afite ubushobozi bwo kwibonamo icyo ashaka cyose ako
".kanya, akoresheje imbaraga z'ibitekerezo bye
Umubiri w'ibintu bitangaje ugizwe n'urumuri rusa neza
Muri ubwo bwami butangaje hari amajwi n'urumuri bitazwi
.n'abatuye Isi

* * *

Ibyishimo bigomba gushakishwa cyane muri twe, kandi
bike mu bintu bifatika
Gira ibyishimo mu mutwe wawe kugira ngo ibintu byo
hanze bitaguhungabanya amahoro yawe kandi bigutere
kutagira icyo uhindura
Ibyishimo byo mu mutima ni cyo cyifuzo cyonyine
gikwiye guharanira muri ubu buzima, kandi kwihangana no
kwiyemeza birahagije kugira ngo ubigereho
Ibyishimo ni intebe y'Imana mu muntu

* * *

Abantu benshi bibwira ko bari maso, ariko si ko biri
Abenshi baba batazi. Ugomba kuba warumvise abantu
bagenda basinziriye bakavuga bati "Umuriro! Umuriro!"
.cyangwa bakavuga kandi bagatanga inyigisho
Abantu benshi ni ko bameze Birumvikana ko sinshaka
kuvuga abantu bifuza by'ukuri gukangura ubwenge bwabo
.bakava mu bitotsi by'ubujiji bwo mu mwuka
Tugomba gukora kugira ngo dukangure abihishe mu
bisigazwa by'imyitwarire mibi n'imibereho mibi

Kugira ngo tubigereho, tugomba kubanza kuzana
ubwenge bwacu buzima tuva mu mva z'ubujiji tujya mu
mucyo w'ubumenyi bw'Imana

* * *

Ubucuti ni urukundo rw'Imana rumurikira mu maso
y'abakunzi bacu, kandi ni we uduhamagarira gusubira mu
rugo rwo mu ijuru kugira ngo tubone uburyohe bw'ubumwe
.buhoraho n'urukundo rw'isi yose

Ubucuti ni ijwi ryera rihamagarira roho kwibohora mu
bitekerezo by'ubwikunde n'ubwikunde bidutandukanya
n'Imana n'abantu

Ubucuti nyakuri ni umurunga w'umugisha hagati
y'abantu bafite ubwenge, binyuze mu bucuti bwabo,
bagaragaza urukundo rutunganye rw'Imana n'imico yera
.y'umwuka wo mu kirere

Ubucuti nyakuri ni bwagutse kandi burimo abantu bose
Gukundana n'umuntu runaka mu buryo bwihariye
bigatuma abandi bahezwa ni imbogamizi ikomeye ku bucuti
Imbibizi z'urukundo zigomba kwaguka zigashyirwa mu
.muryango, abaturanyi, n'isi yose

Inshuti y'abantu bose ni umuntu utekereza neza,
ukunda ibiremwa by'Imana, kandi agakwirakwiza urukundo
rwe aho agiye hose n'aho yerekeza hose

Ayo mahame meza yakurikizwaga kandi ashyigikirwa
n'abantu bose bakomeye

Urukundo rw'umuryango ni imyitozo y'ibanze yo
gushyiraho urufatiro rw'ubucuti bwo mu mwuka

Amaraso amwe atemba mu mitsi y'abantu bose
b'amoko yose

Nubwo dukomoka mu bihugu bitandukanye kandi dufite
amoko atandukanye, duhujwe n'imibanire y'isi yose bitewe
.nuko turi mu isoko imwe y'Imana

* * *

Roho ntishobora gufungirwa mu nzu z'abantu kuko
.ikomoka ku isi yose kandi ikaba ari iyo mu isi yose

* * *

Niba tuzigera twishimira ubuzima, igihe ni ubu, ntabwo
ari ejo cyangwa umwaka utaha
Imyiteguro myiza y'ubuzima bwiza umwaka utaha ni
ubuzima bwiza, bufite ubwuzuzanye kandi burangwa
.n'ibyishimo muri uyu mwaka
Ubuzima bw'ejo hazaza (mu buzima bwa nyuma
y'urupfu) bwuzuyemo ibyishimo n'ibinezeza bishingiye ku
mibereho yacu, uburyo dutekereza, n'uko twitwara n'uko
.twitwara muri ubu buzima
Uyu munsu ukwiye kuba umunsu w'ingenzi kandi ufite
icyo uvuze mu buzima bwacu

* * *

Gutekereza ku bwenge ni igikoresho gikuraho ibice
bitwikira kandi bipfukirana isura y'ubwenge, kandi binyuze
muri byo isoko y'ibyishimo by'Imana ihora itemba
Gutekereza no kuruhuka byuzuye, cyangwa gukuramo
ibitekerezo ubyitondeye mu buryo butunguranye, ni bwo
buryo nyabwo kandi bufite akamaro bwo kumenya Imana Iyo
dushobora gukora byose uretse gutekereza gusa, ntitwari
kubona ibyishimo bingana n'ibyishimo biza iyo ibitekerezo
bikiri (muri byo harimo ituze riva ku Mwami wawe) kandi
bihuye n'amahoro y'Imana (Amahoro ndayagusigiye)
Uku kwishima guhebuje kw'Imana gushobora kugerwaho
hakoreshejwe uburyo bukwiye bwo kwibanda ku byo umuntu
.atekereza no gutekereza cyane

* * *

Nushaka urugi ruri mu gisenge cy'icyumba cyawe,
ntuzarubona nubwo warushakisha imyaka myinshi keretse
ukoresheje uburyo bwiza bwo gushakisha no kureba ku
.rukuta

* * *

Umunsu uzagera ubwo nzasezera kuri iyi si, ariko igihe
cyose nzaba nkiri kuri iyi si, ibyishimo byanjye byinshi biri
mu kubwira abantu banyizera ibitangaza by'Imana, kandi

icyifuzo cyanjye kiri mu kongera icyifuzo cyabo cy'umucyo
w'Imana wampaye ihumure, umudendezo n'umutekano
.bitavugwa

* * *

Amateka y'isi, mu buryo burambuye, abikwa mu
byumba by'iteka ryose—ni ikindi gice. Hano muri iyi si ifite
imipaka, tubona uburebure, ubugari, ubunini, n'uburebure,
ariko hari ikindi cyiciro aho ibi bipimo bitabaho. Byose
birasobanutse muri iyo nzira y'umwuka; byose ni ubwenge
n'ubumenyi. Uburyohe ni ibyiyumvo, kimwe n'uburyohe.
Amarangamutima yacu, ibitekerezo byacu, n'imibiri yacu
byose ni ubwenge kandi nk'uko dushobora kubona, kumva,
guhumurirwa, kuryohereza, no gukoraho mu nzizi, ni nako
dushobora kubona ibi byiyumvo byose hamwe n'ubwenge
buboneye, busobanutse cyangwa ibyiyumvo mu rwego rwo
.hejuru

Ibi nibyo mbona ubu ngubu uko mvuga ntabwo ndi muri
uyu mubiri, ahubwo ndi umwe mu biriho byose Kandi ibintu
mbona ni ukuri kuri njye nkuko nawe uri ukuri kuri njye
Umuntu agomba gukanguka kugira ngo abone Imana
.ahantu hose kandi amenye gutandukanya inzizi n'ukuri
Akenshi mbona ubuziraherezo aho ndi, kandi mbona aho
hantu mu buziraherezo. Ibintu byose bikura ubuzima muri
.iryo soko ry'iteka

Nkiri umwana, nicaraga nsenga amanywa n'ijoro, ariko
nta gisubizo cyangwa igisubizo na kimwe cyabonekaga
Ku ruhande rumwe nabonye abantu, naho ku rundi
ruhande nabonye iteka ryose ritambwiye
Nubwo nibwiraga ko ndi nyenye kandi ko abantu bose
bari barantaye, Imana ntiantaye kuko yahoraga iri kumwe
nanjye mu ibanga, inyuma y'ibitekerezo byanjye n'ibyiyumvo
.byanjye

Kandi ubwo natangiraga kubona umucyo muri njye, roho
yanjye yuzuye impumuro nziza y'Imana mu buryo
bw'amayobera

Nabonaga imizi y'ibiti n'amazi yabyo, numva ndi hafi
y'Imana yampaye ihumure kandi ihumuriza umutima wanjye
Nasengaga kandi nkinginga kenshi, ku manywa na
nijoro, kandi iyo ibintu byatakazaga ubwiza n'ubusobanuro
kuri njye, nanze isi n'ibirimo byose, harimo n'ibyishimo,
kubera gutinya ko byaba ari ibyishimo by'umubiri, maze
.mbona Imana iri kumwe nanjye ubu iteka ryose
Isi ishobora kunta, ariko Imana ntabwo izigera
intererana na rimwe
Imana ni byose Iyi nzu n'isi yose biyikikije birareremba
nk'amashusho agenda ku mwenda w'ubwenge bwanjye
Ndareba ariko nta kindi mbona uretse umwuka
utunganye, urumuri rugaragara, n'ubwenge bworohereje
Umubiri wanjye, imibiri yanyu, n'ibintu byose biri ku isi
ni umucyo umwe w'Imana Iyo mbonye uwo mucyo, nta kindi
mbona
Iyo urebye ecran, ubona amashusho agenda, ariko iyo
urebye inyuma (muri sinema gakondo), ubona urumuri
rumurikira kuri ecran gusa. Bisa nkaho bidashoboka, ariko ni
.ukuri

Nahoraga mvuga kuri ibi bintu, ariko ubu sinjya
mvugana n'abatagira icyo bitaho cyangwa batitayeho Ariko
Imana yanyemereye kuvugana namwe kuri iyi nshuro Byose
.ni iby'akanya gato. Senga ibihoraho iteka ryose
* * *

Kubera ko twaje muri iyi si aho tutazi, ni ibisanzwe ko
twibaza inkomoko n'intego by'ubuzima
Twumva iby'Umuremyi w'iyi si, turasoma ibyayo, kandi
isi yose ivuga ko ubwenge bwe bw'Imana buriho
Nk'uko ibice bito kandi by'ingenzi by'isaha nto bidutera
kwishimira uwakoze isaha
Nk'uko imashini nini kandi zigoye zo mu nganda
zidutangaza kandi zigatera kwishimirwa n'uwazivumbuye, ni
ko natwe iyo tubonye ibitangaza by'ibidukikije, dutangazwa
:n'ubwenge bwihishe inyuma yazo, maze tukibaza tuti

Ni nde wahaye indabyo ishusho yayo irabagirana kandi"

"?ireba izuba

Impumuro nziza n'ubwiza byayo byaturutse he? Kandi se

indabyo zayo zakozwe mu buryo bunoze kandi
?zigashyirwamo amabara meza kandi ashimishije

* * *

Ndakumva mu bwihisho bw'ibitekerezo byanjye, numva

ukuriho mu byiyumvo byanjye byimbitse, kandi ndakubona

.urimo kurabya mu busitani bw'urukundo rwanjye

Unyuzuze impumuro nziza yo mu maso hawe, kugira

ngo nishimire impumuro nziza yawe

Ngwino uturutse hakurya y'ijuru, inyenyeri, ibitekerezo,

n'amarangamutima. Nyereka isura yawe yera cyane kandi

unyereke ko uri mu bugingo bwanjye, hafi yanjye, n'ahandi

.hose

Nagushakishaga mu bihe byose, mu nzira z'ibyifuzo

n'ibyifuzo, none ndabona ko utuye mu bugingo bwanjye

.kandi ushyiramo amarangamutima yanjye matagatifu cyane

Ntukinyihishe inyuma y'indabyo z'amarangamutima,

ibitekerezo, n'imivuduko y'umutima

Shyira umutima wanjye amabuye y'agaciro y'ubwenge

bwawe, kandi umpe umwuka w'ibyishimo byawe, kandi

unkuremo umwijima wagutwikiriye amaso yanjye n'ubwenge

.bwanjye

Wowe uri kure y'inyenyeri n'ikirere cy'ubururu, kandi uri

kure y'imiterere y'ikirere n'ibiremwa byose n'ibiriho byose,

emera amagambo y'urukundo rwanjye kandi winjize

ubuzima bwanjye mu rukundo rwawe, urumuri rwawe

.n'amahoro yawe

* * *

Iyo wumva n'agace gato k'urukundo rw'Imana,

wakwishimira ibyishimo bitavugwa kandi bitagira uko bisa

.bingana

Ku buryo bikugora kubigenzura

Iyo duhuje n'Imana, ubushobozi bwacu bwo kubona
ibintu bugira imipaka kandi bugahurira mu bwihisho
bw'ubuzima bwose bw'inyanja
Tubona ibyishimo byinshi n'urukundo rw'Imana ruhebuje
* * *

Hari abantu bakunze gusoma ibitabo bibabaje kandi
babifata nk'ibitabo bakunda gusoma, kandi bumva ko
bazakomeza kubishimira kugeza ku iherezo ry'ubuzima
.bwabo

Ariko baramutse bisesenguye, bashoboraga gusanga
bakunze kwiheba no kurakara bitewe no gusoma buri gihe
.ubwoko bw'ibitabo

Kubera iyi ndwara yo kwiheba, bashobora kwifuza
gucika kuri iyo ngeso ahubwo bagatangira umuco wo
gusoma ibitabo n'ibitabo by'umwuka bibatera imbaraga mu
bitekerezo byabo kandi bikagaburira amarangamutima yabo
.ibitekerezo bizima kandi byiza

Nibakora iryo hinduka, bazasanga ubuzima bwabo
bwarafashe intera nshya nziza bitewe n'ubushishozi
.n'umurava ukomeye

Ni ukuri ko dushobora kwihindura vuba cyane niba
tubishatse, ariko guhindura imiterere n'imyitwarire y'imyaka
.myinshi bisaba imbaraga n'ubushake bukomeye

Kugira ngo ingeso ishaje kandi yashinze imizi mu buryo
burambye irandurwe, imbaraga zose zo kwiyemeza zigomba
gukoreshwa mu cyerekezo gitandukanye kugeza igihe
.ingeso mbi igitse kandi imbaraga zayo zigahagarara

Abantu benshi ntibagira kwihangana no kwihangana
bisabwa kuri ibi. Ariko umuntu agomba kumenya ko ibyo
yaremye cyangwa yakoze bishobora gusibangana cyangwa
.bigaseswa

* * *

Nimuze tureke imipaka y'ubwikunde maze tuzenguruke
mu byaro binini kandi binini by'iterambere ry'umwuka

Kandi kimwe n'umuyoboro w'igihe, uhora ugenda mu
nzira z'ubuzima, ni ko n'umuyoboro w'ubugingo ugomba
kugenda mu nzira zo kwaguka gukomeye yerekeza ku
.nkengero z'umwuka w'Imana

Umwuka wo kwiyeemeza gusohoza inshingano z'ingenzi
mu buzima akenshi ukomeza gutwikirwa n'ibisigazwa
by'ingeso z'abantu

Umuntu agomba kwikuramo ingaruka mbi z'izo ngeso
maze agatangira kubiba imbuto z'intsinzi yifuza mu butaka
.bw'ubuzima bwe

Ubuzima bugira agaciro n'agaciro iyo dushoje umurimo
wihutirwa kandi w'ingenzi: gushaka icyo ubuzima bwacu
.busobanura n'agaciro nyakuri

Abantu bagomba kumenya ko aya mashusho y'ubuzima
agendagenda mu kirere adashyirwa ahagaragara nta
mpamvu

Buri muni tubona ibintu bishya, kandi buri muni uzana
amasomo mashya tugomba kwiga twibanda ku ntego yo
hejuru y'ubuzima bw'umuntu: kumenya ikiremwa gihebuje
.cyihishe inyuma y'umwenda w'ubuzima

* * *

Mu Mana uzasangamo urukundo rw'imitima yose, inyota
yo kunyurwa, no kugera ku byifuzo. Ibintu byose isi iguha
hanyuma ikagutwara, bikagusiga mu gahinda, mu bubabare,
cyangwa mu gucika intege, uzasangamo Imana mu rugero
runini cyane kandi nta gucika intege no kubabara bijyana
.nayo

* * *

Hari abantu bavuga ko tugomba kwishingikiriza ku
mpamvu zumvikana gusa. Abandi bemera ko tugomba
.guhaza ibyumviro byacu. Imyanya yombi irakabije
Dukurikije inyigisho imwe, ni byiza kujya kwisuzumisha
kwa muganga buri gihe kugira ngo urebe neza ubuzima
bw'umubiri n'imibereho myiza yawo, kimwe no gusuzumisha
imodoka yawe rimwe na rimwe. Ibi bifite ishingiro Ariko

abantu si imashini. Niba ubuzima bwo mu mutwe wawe
bushingiye ku miterere y'umubiri wawe, vuba cyangwa
nyuma ubwonko buzahinduka imbata y'ibyo umubiri
ukeneye, bigatuma ubwoko bwose bw'imiti n'ubundi buryo
bwo kuvura umubiri budakora. Ibi bisobanura impamvu
turwara indwara zidakira. Intege nke z'umubiri zarashinze
.imizi kuko ubwonko bwanze kuba umutware w'umubiri
Ni byiza gutangirana n'uburimbane Niba ugabanyije
gato, shyiramo iyode nkeya, ariko ntukishingikirize ku muti
gusa. Fata ingamba zikwiye kugeza igihe uzakomeza
.kwishingikiriza ku bwenge busanzwe
Abarimu bakomeye ubwabo bakoresheje imiti yakozwe
.mu bimera n'imiti byaremwe n'Imana
Imiti n'ibiyobyabwenge si ngombwa ku mwigisha
w'iby'umwuka, ariko kugira ngo yerekane ko imbaraga
z'Imana zikora mu buryo bwinshi, rimwe na rimwe ashobora
.guhitemo gukoresha imiti imwe n'imwe yo kwa muganga
Uko byagenda kose, intsinzi iri mu mbaraga z'ubwenge
Iyo ugeze ku kwemera gukomeye ko ushobora kubaho nta
miti yose nta ngaruka mbi, uratsinda kandi ukabona
.ububasha ku mubiri wawe

* * *

Ubucuti duha abandi bugomba kuva ku mutima, kandi
urukundo n'ubufatanye ntibigomba kugaragara inyuma mu
.gihe imbere hagaragaza ibindi
Amategeko y'umwuka arasobanutse neza kandi afite
imbaraga, kandi amahame y'umwuka ntagomba
kuvuguruzanya
Kubwibyo, ni ngombwa kudashuka cyangwa guhemukira
inshuti no kudarenga imipaka y'ubucuti
Inshuti igomba kandi kumenya igihe igomba gukorera
hamwe n'inshuti yayo n'igihe igomba gukoresha ubushake
bwayo kandi ikirinda gukorana nayo

* * *

Ubuso bw'uruhu ntibumva ibyiyumvo byo gukorakoraho;
ibyo byifuzo mu by'ukuri biba mu bwonko, kandi umuntu
ntashobora kuryohereza, gukorakoraho, guhumurirwa,
.kumva, cyangwa kubona keretse binyuze mu bwenge
Dushobora kubona uburyohe ku rurimi rwacu, ariko mu
by'ukuri, ubwonko ni bwo bwandikisha ubwo buryohe. Mu
buryo nk'ubwo, iyo igice cy'umubiri cyakomeretse,
ububabare bwumvikana cyane cyane mu mutwe, ntabwo
.buba mu rugingo rwagize ikibazo
Dufite uburyo bubiri bwo kumva ububabare: umutsi
n'uburyo bwo kumva ubwonko. Ibyumviro bibaho iyo
ubwonko bwemerera itumanaho hagati y'umutsi n'uburyo
bwo kumva ubwonko. Keretse ubwonko bumenye
.ububabare, ububabare ntibubaho
Iyo umuntu afashwe na chloroform cyangwa anesthesia,
ntabwo yumva ububabare kuko ibyo yumva bitagera mu
bwonko Ku mpera z'imitsi, hari ubwoya bwiza bunyuramo
ibimenyetso by'ububabare mu bwonko. Anesthesia ibuza ko
.ibyo bimenyetso by'ububabare byakwirakwizwa
Ubwonko ni urugingo rw'ibyumviro rw'ubwonko, kandi
ibyumviro byose by'umubiri byoherezwa mu bwonko binyuze
mu mitsi no mu bwonko ubwabwo Kubera ko ubwonko
bufitanye isano n'ubwonko, bwakira kandi bugasobanura
.ibyo byiyumviro
Ubwenge bukomejwe n'ibitekerezo byiza ntibugira
ingaruka nyinshi ku byiyumvo by'ibyishimo n'ububabare.
.Buzi ibyo byiyumvo ariko ntibuboshywe na byo

* * *

:Ububiko - Kuva mu nyenga kugera ku gasongero
Inkuru y'intsinzi nk'uko yavuzwe n'umuhanga

Paramhansa Yogananda

Iyi ni inkuru y'ukuri yahinduwe ivuga ku muntu)
wahoraga ananirwa, ariko binyuze mu gutekereza ku
guhanga no kwemeza ibintu neza, amaherezo yashoboye

gutsinda impamvu zamuteye gutsindwa no gukoresha
(intsinzi mu bushake bwe
Nk'uko hari abantu batsinda muri kamere yabo, hari
.n'abantu bananirwa kubera akamenyero
Inshuti yanjye n'umunyeshuri (S) yari umwana
w'umuhanga kuva akivuka. Nibyo koko yari umuhungu
w'umunyabwenge, w'umunyamwete kandi wifuza kubona
amafaranga, ariko akimara gutekerezwa ku kazi cyangwa
umwuga, ibintu byamuteye gutsindwa byaramukikije kuva
.mu ntangiriro

Umunsi umwe yaje kunsanga nta cyo amaze,
akurikiranywe n'abamuguriza, yatawe n'inshuti ze, ansaba
inama

:Namubajije impamvu y'ibibazo bye, maze aravuga ati
Bwana, ndi umuntu unaniwe Ku mpamvu runaka ntazi,"
iyi ntangiyeho akazi, ndagatakaza, kandi aho nkorera na ho
harangirika. Umukoresha yatakaje ubucuruzi bwe nyuma
gato yo kumukoresha. Kubwibyo, natinye gushaka akazi
kubera gutinye guhungabanya inyungu z'abakoresha
bazamukoresha, kubera kudahuzagurika kwanjye ndahamya
ko nta kabuza nzatakaza akazi kanjye kuko ikigo
kizamukoresha kizatangaza ko nahombye kandi kigafunga
imiryango yacyo, kikanyirukana kubera iyi mpamvu.
Kubwibyo, nta burenganzira mfite bwo gusenya ubucuruzi
".bw'abandi bantu kubera gusa isano mfitanye nabo
Nashoboye kumushakira akazi mu kigo gito maze
ndamusaba gusubiramo amagambo akurikira buri
:mugoroba, mbere yo kuryama ndetse no kubuka
Umunsi ku wundi na buri munsi ndimo ndarushaho"

"kugira icyo ngeraho mu kazi kanjye
Ukwezi kwarashize, maze (S) aramburira ati:
"Nyakubahwa, ikigo wakoresheye kirimo guhindagurika
kandi ibintu byacyo ntibitanga icyizere ndagusaba
kugikuramo mbere yuko gisenyuka burundu, kuko nzatakaza
akazi kanjye uko byagenda kose iyi ikigo kinaniwe. Ariko

kwegura kwanjye ubu bishobora kurengera ikigo ingaruka
mbi kandi zidashobora kwirindwa bitewe n'ibibazo byanjye
".bikomeye

Nasetse, ntitaye ku byo (S) yavugaga, ahubwo
ndamusaba gukomeza gushimangira igitekerezo cye no
gukomeza akazi ke Nyuma y'ibyumweru bike, yaje aho ndi
:nimugoroba arambwira ahumeka ati
"Icyo natinyaga ni cyo cyabaye"
"?Yaramubajije ati "Byagenze bite
Yaravuze ati: "Isosiyete yasenyutse nkuko nabikubwiye
"kandi nkuko nabihanuye

Naramubwiye nti: "Ese si ukuri ko igihe wiyizezaga uti
'Umunsi ku wundi kandi buri munsi ndimo ndarushaho kugira
icyo ngeraho mu kazi kanjye' koko wasubiragamo ayo
magambo nk'ingurube? Kandi ko impyisi y'amayobera
yakomeje gufata ubwonko bwawe ku buryo wibwiraga uti:
'Wa mupfapfa we, ibintu byawe birimo birushaho kuba bibi
""!uko wagerageza kose kwemeza ko utsinze

"Yasubije ati: "Yego, mu by'ukuri nibyo biri kuba
yamugiriye inama yo kwikuramo imitingito (S)
n'ibitekerezo bibi bikomeye bikimara kugaragara mu mutwe
we, cyane cyane mu gihe cyo gusubiramo kwemeza ibintu
neza, kuko ubwenge bufite icyizere gihamye bushobora
kugira ingaruka ku bwenge budafite ubwenge cyangwa
budasobanukiwe, ibyo na byo, binyuze mu itegeko rya
resonance ya magnetic, bigira ingaruka ku bwenge bufite
.ubwenge binyuze mu mbaraga z'akamenyero

Nongeyeho nti: "Guhamya kenshi ibitekerezo n'ingeso
nziza kugeza igihe bigeze mu bitekerezo bidafite aho
bihuriye birahagije kugira ngo bikureho inzitizi zo mu mutwe
warazwe cyangwa wabonye Nta buryo bwo gutsinda igihe
cyose ibitekerezo n'ibiyumvo byo gucika intege no kwiheba
biri mu bitekerezo bidafite aho bihuriye. Mu bintu bituma
umuntu atsinda harimo kugira ubushobozi bwo guhanga
udushya, imimerere myiza, n'imytwarire ya kamere. Niba

ushoboye gukora ku bwenge bwo hejuru hamwe
n'ubushobozi bwabwo butagira imipaka, noneho ushobora
guhanga amahirwe mashya yo gutsinda ukiri mu nzira kandi
".udashobora gusobanukirwa

Kandi nashoboye gufasha (S) kubona akandi kazi, karuta
ako mbere. Ariko nyuma y'amezi atandatu (ari na yo gihe
kirekire inshuti yacu yamaze ikora), yarambwiye ku
gicamunsi kimwe ati: "Ibibazo by'ikigo biri kugenda
"birushaho kuba bibi, ndakwinginze unyirukane vuba
Sinitaye ku mpungenge ze, ariko namusabye gukomeza
akazi ke Nyuma y'ibyumweru bike, (S) yarambwiye
amwenyura ati: "Akazi ka kabiri wanteguriye bwana,
"!kararangiye

"Naravuze ntujye nti "Witinya, ndagushakira akandi kazi
Yasubije ati: "Noneho, bwana, igihe cyose wihaye
inshingano zo gusenya indi sosiyete kubera ubufatanye
".bwanjye na ba nyirayo, nta kibazo mfite
Binyuze mu mihati idashira, nabonye akazi keza cyane
kuri (S) muri sosiyete nini. Umwaka warashize nta kintu
cyabaye, nubwo (S) yageragezaga buri cyumweru kuva muri
.iyo sosiyete atinya ko yangirika nk'uko byari bimeze mbere
Amaherezo, namusabye gushora amafaranga ye mu
bucuruzi bwe, maze agira ubwoba arandeba atangaye,
arambwira ati: "Ese ibi ni byo ungiriye inama? Ntutekerezwa
ko nzatakaza amafaranga nakusanyije cyane ninshora imari
"?yanjye

Yamwijeje afite icyizere ati: "Ugomba gushora
amafaranga yawe n'imbaraga zawe mu mushinga mwiza,
nko mu kigo cy'ibiribwa cyo mu gace kawe kidasaba
".ishoramari rinini, kandi ndizera ko uzatsinda
Mu myaka mike, (S) yabaye nyiri imitungo myinshi
n'ububiko bunini

Amaze kwemeza ko yatsinze, yisanze atsinze mu byo
yakoraga byose. Umunsi umwe yarambwiye aseka ati:
"Ndashimira Imana n'ubufasha bwawe, nahindutse kuva mu

gutsindwa mba umuntu utsinda, natsinze gutsindwa maze
mbona ko gutsindwa kwanjye kwari ukubera
kudasobanukirwa inshingano zanjye. Ariko sinzi uko
nashoboye gutsinda nyuma yo gusenya akazi k'abandi
".kubera guhungabana kwanjye kwananiwe
Nuko ndamusobanurira nti: "Ntabwo wateje isenywa
ry'inyungu wakoreraga. Itegeko ryo gukurura abantu
rigenga, rishingiye ku mihindagurikire isa, rikora nabi
cyangwa neza (nk'uko gukurura abantu nk'uko)
Kamere yawe y'ubusembwa yagukururiye ku bigo byari
bigiye guseniyuka, kandi ibinyuranye n'ibyo, wari unaniwe,
kandi ibigo na byo byari bigiye guseniyuka. Dukurikije
itegeko ryo gukururana, wowe n'ibyo bigo mwaguye ku
.musozi wo gutsindwa maze mugwa mu mabuye icyarimwe
Ihame ry'iyi nkuru ni uko intsinzi nyayo iri mu guhanga
icyo umuntu akeneye binyuze mu mbaraga z'ubushake
binyuze mu gukangura imbaraga zitagira imipaka z'ubwenge
bwo hejuru. Izi mbaraga zishobora gukangurwa no kwigira
uburyo bwiza bwo gutekereza no gutekereza neza no
guhanga udushya kugira ngo ubone ubuzima bwiza, intsinzi,
.ubwenge n'ibyishimo

* * *

Idirishya ry'urumuri
Kera cyane, nari mfite itara ryihishe kandi nagendaga
nitonze mu ituze ry'umwijima wo mu mutima
Kandi ubwo noherezaga urumuri rwihiye mu mwijima,
nabonye ibitekerezo bito bitanga imbaraga byahishuwe
.n'urumuri rumurika
Nakoresheje ayo mafi nk'icyambo cyo gufata amafi nari
mfite ubwenge buhanitse, ariko menshi muri yo yarahunze
.arabura inyuma y'uruziga ruto rw'urumuri
Kandi kuva ku bayoboke bawe b'indahemuka kandi
b'inyangamugayo, bakungahaye ku ndirimbo z'ifeza n'inzozi
z'izahabu, naguze n'ifaranga ry'urukundo urushundura
rumurika rw'ibiyumvo by'umutima wanjye kandi ndabihuza.

Nasutse inyanja y'ubwenge bwawe maze mfata amafi mato
n'imikumbi y'ibiyumvo by'ibyishimo n'amabuye y'agaciro
y'ibyibuka byera nari maze igihe kirekire ntakibyibuka, kandi
nanabonye ibyo ubutunzi bw'isi budashobora kugereranywa
.nabyo

* * *

Muri iyi si dusa nkaho turi mu nyanja y'ibibazo
Imana iratugerageza mu buryo bwinshi Itwereka intege
nke zacu kugira ngo tuzimenye kandi tuzihinduremo
imbaraga

Hari igihe atwoherereza ibigeragezo bikomeye bisa
nkaho biremereye ubushobozi bwacu bwo kwihanganira,
:ariko umwigishwa w'umunyabwenge aravuga ati
Ndagushaka, Mwami, kandi nta kizambuza"
:kugushakisha. Amasengesho yanjye yo mu mutima ni aya
Ntungerageze ngo nibagirwe ko uriho kandi ngo"

"nirengagize kukubwira

Hanyuma Imana iraza ikadukangura muri izi nzozi ziteye
ubwoba, kandi buri wese ubishaka vuba cyangwa nyuma
.azahabwa icyo kigeragezo cyiza

* * *

Umuntu ashobora kwiha ibitekerezo byiza bigira
ingaruka nziza ku bwenge budafite ubwenge, ibyo nabyo
bigira ingaruka ku bwenge budafite ubwenge
Ibitekerezo bibi, byaba ibyakozwe n'umuntu ku giti cye
cyangwa ibyaturutse ku wundi muntu, byangiza ubwonko
kandi bigomba kwirindwa
Hari imyuka y'umwijima (abazimu) izenguruka mu kirere
ishaka ubwenge n'imibiri ishobora gukoresha kugira ngo
.igere ku byifuzo n'intego zayo
Kubwibyo, umuntu agomba kwitondera ubutegetsu
bw'iyi myuka agakomeza gutekereza ku bintu byiza
.n'ibitekerezo byiza

Ubwenge ntibugomba gusigara ubusa. Birumvikana ko
ibi bitandukanye no gutegura ubwenge kugira ngo bubone
.imbaraga n'imitingito myinshi mu gihe cyo gutekerezwa

* * *

Iyo amafaranga afatwa nk'igipimo cy'ibyishimo, mu
by'ukuri azana agahinda, kuko atera ishyari, umururumba,
.n'amakimbirane hagati y'abagize umuryango umwe
Ubuzima bwaba bwiza kuri buri wese iyo bworoha. Niyo
mpamvu abarimu bashishikariza ubuzima bworoshye
Niba bishoboka, ni byiza kwirinda kujya mu mijyi minini,
kuko abatuye mu mijyi bakunze gukikizwa n'urusaku, mu
gihe umuntu yumva afite umudendeko n'imbaraga mu duce
.duto

Ikibabaje ni uko abantu benshi batuye mu mijyi
badakora cyane kugira ngo batere imbere kandi bakomeze
gukunda ibintu by'umwuka, ndetse bamwe bakagira
ibitekerezo bigufi kandi bakabaho mu buzima busanzwe.
Ariko hari abashobora guhuza ubuzima bwo mu mijyi
.n'ubw'umwuka baramutse babishatse
Iyo umuntu atazanye Imana mu buzima bwe kandi
agashyiraho uburyo bwo kuringaniza ibintu neza, ibibazo
.bizamugeraho uko ubuzima bwe bwaba bumeze kose

* * *

Umuntu ashobora kugira ibyishimo mu kazu gato, kandi
ashobora kugwa mu mutego w'imihangayiko n'amakuba
.ndetse no mu ngoro nziza cyane
Gukunda ibintu byinshi no kwinezeza mu by'ubutunzi
akenshi bikuraho ibyishimo mu bugingo aho kubizana
Umuntu wese wishingikiriza ku guhaza ibyifuzo bye ku
bw'ibyishimo bye ntashobora kugera kuri iyo mahirwe, kuko
muri iki gihe ibyishimo biterwa n'ikintu yiteze kuzabona mu
.gihe kizaza

Araryoherwa n'ibyishimo kandi agerageza kubitsinda
ariko ntabigereho, nk'umuntu ukurikirana amazi menshi mu
.butayu

* * *

Gusinzira bihagije bifasha umubiri kubona imbaraga, mu
gihe gusinzira cyane binaniza umubiri ku buryo umuntu
adashaka gukora umunsi wose, ahubwo agasanga yikurura
Uburyo bumwe bwo kwikuramo umunaniro ni ugushyira
umwuka wa ogisijeni mu mubiri, ni ukuvuga kuwuha
umwuka wa ogisijeni
Iyo wumva unaniwe, aho kujya mu gikoni kurya utuntu
duto, sohoka iminota icumi cyangwa cumi n'itanu uhumeke
cyane, uhumeke umwuka kandi uhumeke
Subiramo ibi inshuro nyinshi Ntuhumeke vuba cyangwa
ngo uhumeke cyane, ahubwo mu buryo bworoshye, buhoro,
kandi bwimbitse. Nyuma y'iki gihe umaze mu kirere, uzumva
.ufite imbaraga kandi usange umunaniro washize

* * *

Ubusitani bw'Ubuzima
Nzakoresha imbaraga zose nahawe n'Imana mu buryo
bukwiye kandi bw'ingirakamaro
Imana izamfasha ninyifasha, nkayisaba kuyiha ishimwe
.ryo gutsinda imbaraga zanjye
Nahishe kandi nshyingura gutsindwa mu irimbi ry'ejo.
Uyu munsi nzahinga ubusitani bw'ubuzima bwanjye
nkoresheje imbaraga zanjye nshya zo guhanga, kandi
nzabiba mu butaka bwabwo imbuto z'ubwenge, ubuzima
.bwiza, iterambere n'ibyishimo
Nzahira imbuto amazi yo kwizera Imana no kwiyizera,
kandi nzategereza ko Nyir'ubuntu ampa umusaruro mwinshi
Nubwo ntasarura, nzakomeza gushimira ibyishimo
.nagize mu kugerageza uko nshoboye kose
Nzashimira Imana ko nshoboye kugerageza kenshi
kugeza igihe nzabigeraho mbifashijwemo na yo, kandi

nzayishimira ko yankoreye ibyifuzo byanjye n'ibyifuzo
.byanjye byiza

* * *

Niba abagabo n'abagore badasobanukiwe kamere
y'undi, bazababazanya ububabare bukomeye bwo mu
.mutwe

Buri wese muri bo agomba gukora uko ashoboye kose
kugira ngo agire uburinganire hagati y'ubwenge
n'amarangamutima kugira ngo abe umuntu utunganye

* * *

Abantu bahawe ibyiyumvo kugira ngo barinde umubiri.

Umuntu adafite ibyiyumvo, yashoboraga gukomereka
.bikomeye cyangwa gushya atabizi

Inyamaswa ntizakura ubwo bushobozi nk'ubw'abantu,
bityo rero kumva ububabare bwazo ni bike; bitabaye ibyo,
ubugome zikorera binyuze mu buryo bumwe na bumwe
bwo kwica no kwica bwaba budashobora kwihanganira.

!Igikara gijugunywa mu mazi abira, kizima

Kubera ko ububabare n'ibyishimo ari ibintu byaremwe
n'ubwenge, ububabare bw'umubiri bushobora kugabanuka
binyuze mu gukoresha ubwenge. Hanyuma umuntu
ashobora kumva ikintu nk'ikimenyetso cy'indwara
.idasanzwe, ntagire ububabare yumva

Kumva umuntu yishimye cyane cyangwa ababara
byongera ingaruka zabyo, mu gihe kugabanuka k'ubwonko
bituma umuntu adahura n'ububabare kandi ntagamburure
.kandi ntabe imbata y'ibyishimo by'amarangamutima

Natoje umubiri wanjye n'ubwonko bwanjye kugabanya
ibyiyumvo, kandi nasanze nta kintu na kimwe kimbuza
amarangamutima. Iyi myitozo ni inzira igana ku kubohoka ku
.ngufu z'ibyumviro n'ibyo bisaba bidashira

Umwe mu baganga yari afite imbaraga zo mu mutwe ku

!buryo yashoboye kubagwa mu buryo buteye akaga
Birumvikana ko ibi bidashoboka ku bwenge bugizwe
imbata y'umubiri. Aiko iyo umuntu ahuguwe, ubwenge

bushobora kugira imbaraga n'ubuhanga. Uko umuntu
arushaho gutoza no kunoza ubwenge bwe, ni ko arushaho
.kubugenzura

Umwana wangiritse cyangwa urezwe neza ababazwa
cyane n'ingaruka mbi n'imwe, mu gihe umwana watojwe
kwihangana no kwihangana adakunze gusubira inyuma
cyangwa ngo asubire inyuma kubera ububabare iyo ahuye
.n'ibikomere bikomeye

Imitsi ituruka mu nda y'umutima

Umwari mu: Paramhansa Yogananda

Ubuhinduzi: Mahmoud Abbas Masoud

Yewe ituze rihoraho

Undinde uburakari bukomeye buhungabanya imitsi
yanjye kandi bugatera uturemangingo tw'ubwonko bwanjye
gushyuha

Reka ndeke ingeso yo kurakara, intera agahinda njye
n'inshuti zanjye

Nyagasani, reka sinkore ibikorwa byo gushotorana
bintera kure y'urukundo rw'abakunzi banjye

Reka ntakongera uburakari n'umujinya mbihaye nkana
ibintu byose byongera imbaraga zabo.

Mwami w'ituze ryera, iyo ndushijwe n'uburakari
n'umujinya, shyira imbere yanjye indorerwamo yo gucyaha,
aho nshobora kubona ububi bwanjye, bukomoka ku
marangamutima asharira kandi ateye ubwoba!

Sinshaka kugaragara nabi imbere y'abandi, mfite isura
yangiritse kubera uburakari bukomeye

Nzakemura ibibazo by'ubuzima nkoresheje ibitekerezo n'ibikorwa by'urukundo, ntabwo nzakemura n'urwango n'umujinya

Mpa umugisha kugira ngo ngire ibikomere by'uburakari muri njye nkoresheje umuti wo kwiubaha, kandi ngire ibisebe by'uburakari mu bandi nkoresheje umuti wo kwitonda, ubuntu n'ituze.

Kugarura Umucyo

Uwiteka, imirasire y'urukundo rwawe, imurikire abantu bose bo mu muryango wawe w'isi yose nta gutandukana.

Abantu batakaje ubwisanzure bwabo, barushaho gutinda gusobanukirwa, ntibashobora kwakira urumuri rwawe, kandi ni ikosa ryabo. Dufashe guhanagura igihu cy'ubuyobe mu ndorerwamo y'ubwenge bwacu nyakuri.

Ubudahangarwa bwacu mu buryo bw'umwuka burakomeye kandi burakomeye, rero Nyagasani, ohereza imbaraga zawe mu ngingo zacu kugira ngo dushobore gukuraho umwuka mwinshi wijimye watwikiriye ubwiza bwacu kandi ukabuza urumuri rwawe rukiza.

Erega iyaba twashoboraga kuba indorerwamo zigaragara neza, zigaragaza ishusho yawe iboneye kandi irabagirana!

Reka nibone muri buri wese

Reka menye ko iyo nta buntu bwawe n'ubwenge bwawe, nari kuba ndi igicuri, umubembe, cyangwa impumyi. Nubwo ibyo byari kuba ari byo nari nkwiye, nari kwifuza gukira kandi nkabishakisha cyane.

Mubyeyi Mutagatifu, iyo mbonye abantu bafite ingingo zabo zangiritse cyangwa baremerewe n'agahinda, reka

nyumve ko ari roho yawe iriho yose ibabara mu mibiri yabo no mu bugingo bwabo.

Mpa umugisha kugira ngo numve amarangamutima y'abavandimwe banjye bose, kandi ngerageze kubakura mu kaga nk'uko nanjye ubwanjye ngerageza kwibohora

Mu gihe nifuza, mpatana, ndira, kandi nsekera abandi, ngomba kwisanga muri buri wese

Ba urumuri rw'ubwenge bwanjye

Niba ubwato bw'ubwenge bwanjye bwegereye ibitare biteje akaga by'irari ry'umururumba, butwarwa n'inkubi y'umuyaga w'ubujiji, ngaho mburire, wowe uri urumuri rw'ubwenge bw'Imana

Nkomeza gushaka inkombe z'ubutungane bwawe n'ahantu ho guhungira umutekano wawe!

indirimbo z'abamarayika

Inkoni y'ubumaji yo gutekerezwa cyane yakoraga ku majwi yose maze ikayahinduramo ijwi ry'umwimerere rya Om yiruka mu nzira z'inyenyeri, ku isi no hagati mu mazi.

Roho, nyihishurire ijwi rya Om: umuhamagaro w'isi yose wo kuramya no gutekerezwa

Ingirangingo zose z'umubiri wanjye n'imitsi yanjye yose birimbana urugwiro indirimbo z'abamarayika za Om

Isengesho rya buri muni ryo gusaba ubuyobozi bweranda

Uwiteka, nzakoresha ubushake bwanjye kandi nkore mu buryo buboneye kandi buzira umugayo, ariko nzayobora ubwenge bwanjye, ubushake bwanjye n'ibikorwa byanjye mu cyerekezo gikwiye kugira ngo nkore ibyo nkwiye gukora byose.

Impumuro nziza yo kubaha

Ndakwegereye nfatanye amaboko, umutwe wunamye,
n'umutima wuzuye impumuro nziza yo kubaha

Mu mitima y'abasenga bawe nakuyemo ishingiro ry'irari
rihumura neza riravanga n'ibitonyanga by'urume mu maso
yanjye

Nzoza ibirenge byawe by'umutuku nkoresheje ayo mazi
meza

Uri data na mama, nanjye ndi umwana wawe

Uri umujyanama uyobora amagambo yawe numva kandi
numvira amategeko yawe n'ubushake

Ngwino, ibyishimo by'Imana

Mubyeyi w'Isi Yose, ube urumuri rwonyine mu mitima
yacu kandi wirukane umwijima w'imitima yacu

Kandi mu marira y'urukundo rwacu kuri wewe, oza
urukundo rwacu rw'ibintu by'isi

Kandi mu byishimo by'amasezerano yacu nawe, kuraho
burundu agahinda n'umubabaro byacu

Hindura imitima yacu mito ibe umutima munini
ushobora kwakira ubusugire bwawe bwose

Kandi mu ndorerwamo ya kamere yawe nziza, reka
twibone turi abaziranenge kandi b'intungane

Umuriro w'urukundo rwacu kuri wewe uzamuke hejuru
y'umuriro w'irari ry'isi

Ibishuko byinshi byiyoberanya nkawe kandi bihora
bidushuka

Ngwino, ibyishimo bitagira inenge! Reka ibyifuzo byanjye byose bigutere imbaraga

Ba umubumbe utuje mu ijoro ryanjye ry'umwijima ry'ubujiji, kandi ufate ukuboko kwanjye unshize mu mahoro mu buhungiro bwawe butekanye kandi butekanye!

Indahiro y'umwigishwa

Nzatsinda ubwibone nkoresheje ukwicisha bugufi

Kandi urwango ruvanze n'urukundo

Ibyishimo binyuze mu ituze

Ubwikunde busimbuzwa n'ubuntu

Kandi ikibi n'icyiza

Kutamenya ubumenyi,

Kandi hangayika, mu mahoro yo gutekereza, kuri wowe Mana yanjye

Undinde ikibi

Undinde, Uwiteka, kugira ngo ntazamva ikibi, cyangwa ngo ndebe ikibi, cyangwa ngo mvuge ikibi, cyangwa ngo nhumeke ikibi, cyangwa ngo nkore ku kibi, cyangwa ngo numve ikibi

Sintekereza ikibi, kandi sinigeze nrota ikibi

Isengesho ryo Gushimira Umucyo Ukomeye

Mwami w'icyubahiro, wowe Ishingiro ry'ubuzima n'umwuka w'isi, wowe nshuti y'inshuti! Nyereka amabanga y'ubuzima bwanjye Unyigishe uburyo nagusenga mu ituze, mu ituze kandi ndi maso

Mu ituze ry'umutima wanjye, nyinjizemo kugira ngo menye ko uriho iteka ryose muri njye no mu nkengero zanjye.

Mfite icyifuzo gikomeye cyo kukumenya, wowe utagira uwo munganya, wowe utagira icyo ugereranywa, wowe udasanze kandi w'icyubahiro ukwiye icyubahiro n'ishimwe ryose!

Udukoko two kwibuka ibihe byashize

Mu gitondo cyo kuhagera kwawe, imbuto z'icyifuzo cyanjye zizakuramo indabo nshya

Uwiteka, wihutishe umunsi nzaboha indabo z'icyatsi kibisi nkazishyira ku birenge byawe

Isengesho mbere yo kurya

Uwiteka, emera ibi biribwa, ubitagatifuze, kandi ntukemere ko uburibwe bubyanduza

Ibiryo biduturukaho kandi bigamiye gukomeza umubiri wawe. Ubihe umugisha n'umwuka wawe kugira ngo ube umwuka udukomeza kandi udukomeze.

Uri indabyo nziza cyane, yuzuye ubuzima, ubuntu n'ubwiza, kandi turi indabyo zayo. Wuzuze imitima yacu impumuro nziza y'ubuturo bwawe bwiza.

Umuyaga wacu ushyushye cyane

Fungura imimeru y'imitima yacu kandi urekure impumuro yayo ifungiyeye inyuma y'imirongo y'amababi y'umutuku kugira ngo umuyaga w'ibitekerezo byacu byo mu mwuka utware impumuro nziza kandi uyijyane mu rusengero rwawe rwera.

Yemwe, ukwiriye gusengwa no kubahwa kose!

Turashaka ko umuyaga wacu w'inyota uhuha ku birenge byawe byiza

Induru ziturutse mu bihe by'iteka ryose

Ijwi ry'iteka ryambwiye mu ijwi ryoroheje kandi rito, rigira riti:

"Nagusogongeye mu matwi yawe imyaka yose yo gusinzira nti 'Kanguka!' None ubu wavuye mu bitotsi byawe; ndakubwira nti: Kangura abavandimwe bawe. Kora nanjye, kugira ngo bose bumve ijambo ryanjye."

Rero nasezeranye, mvuga nti:

"Nzakora uko nshoboye kose kugira ngo nkwirakwize umuhamagaro wawe no gukwirakwiza ubutumwa bwawe, kandi nimva umubiri wanjye wo ku isi nzaguza ijwi ryawe rihari ryose kugira ngo nongere nduhuze imitima ihuje: Umva indirimbo ze z'Imana zihumuriza mu buryo bw'umwuka, kuko ahora aguhamagara"

Nzategereza abavandimwe banjye bose batabarika ubwo bagenda buhoro buhoro mu rugendo rurerure kandi rurerure berekeza ku ntogo nziza yo kwimenya, kandi binyuze mu 'Majwi yo mu bihe by'iteka ryose' nzabasobanurira nti: 'Nimukanguke, bavandimwe banjye, dukurikize ijwi rye riduhamagara ubudahwema, maze dusubire hamwe mu rugo rwo mu ijuru'

Uri isoko y'urukundo

Uri isoko y'urukundo rwo mu ijuru no ku isi

Uri umubyeyi urinda abana be, kandi uri umubyeyi ubagaragariza ubwuzu budashira.

Uri umwana muto utega amatwi iyo abwira ababyeyi be amagambo y'urukundo

Uri ubwumvikane busesuye n'ubwitange hagati
y'abakundana

Usukura umugaragu ugaragaza icyubahiro kuri shebuja
kandi ugakomeza urukundo hagati y'inshuti

Wanyogeje n'amazi y'urukundo mu buryo bwose, bityo
naje kugukunda n'amarangamutima yanjye yose n'urukundo
rwose n'icyifuzo mu mutima wanjye, wowe ukwiye urukundo
rwose, gusengwa no kubahwa!

Indirimbo y'urukundo rudashira

Ndatunganya imirya y'inanga y'umutima wanjye kugira
ngo nongere ncurange indirimbo ishaje: Inkuru y'urukundo
rwanjye rwa mbere

Roho Mutagatifu, ndagutura indirimbo nshya ziturutse
kuri Roho y'Imana: indirimbo nyazo zivanze n'indirimbo
z'urukundo rwanjye rudashira kuri wewe

Imiraba y'indirimbo zanjye ibyina ku njyana y'inyanja
yawewe itagira iherezo, kandi ikanjyana hejuru y'imiraba
y'ibyishimo byinshi yerekeza ku nkombe zawewe za kure
cyane.

Yewe ndirimbo y'inyanja, ituje kandi ituje, uririmbire mu
ijwi rituje indirimbo yo gutegereza umubyeyi w'Imana
uhoraho

Yewe ndirimbo y'urukundo rudashira! Ngwiza mu buriri
bw'indirimbo kandi ureke ibitotsi bimbeshye amaso yanjye
ubwo nishimira amahoro mu gituzo cya mama wanjye
w'Imana ukunda

Mu bubiko bw'urwibutso, nakuyemo ubutunzi bwera,
harimo inyandiko n'amasezerano wampaye, maze
mbigurana zahabu y'urukundo. Nakoresheje ubwo buryo,

nubatse, ku buso bunini bw'umutima wanjye, ingoro nziza ikwiriye intebe yawe y'icyubahiro. None ntegereje ko uzaza.

Yewe mushyitsi w'icyubahiro kandi w'icyubahiro w'Imana, ubu numva kwegera intebe y'umutima wanjye, yuzuye ibyishimo byinshi

Ibice by'inzosi zanjye za diyama zamenetse, zitwikiriwe munsu y'ibirundo by'umwijima wa kera, birabengerana kubera urumuri rw'uruzinduko rwawe

Kuva ku mutima wanjye w'ibyishimo, indirimbo z'ishimwe zituje ziratembera mu mugezi uhoraho

Nyamuneka mwakire indabo z'ikaze nabahaye by'umwihariko mu ndabo n'indabo z'indabyo z'ubwitange bwanjye buhoraho!

Mu busitani bw'umutima wanjye

Inzuki zo mu mutwe wanjye ziraguruka zijya mu busitani bw'umutima wanjye bwiherereye, zihuha n'umuyaga w'urukundo rwanjye kandi zisharijwe n'amasaro y'ikime cyawe cyiza

Nabahingiye indabyo nziza z'ubwenge bwo mu mwuka n'amadafudi y'umuhondo kugira ngo mbarinde amarira yanjye yo kwihana, amadafudi yoroshye y'urubura aroti kwicisha bugufi, n'amadafu manini yo kubona ubugingo.

Kuri wowe, ibiti byo mu bitekerezho byanjye bitanga imbuto nziza z'amasengesho ahumura neza, bifite amaboko yoroheje y'amashami yoroshye kandi y'urume

Kandi mu busitani bw'umutima wanjye, uruyuki rw'ibitekerezho byanjye ruguruka, rwarasinze, hagati y'amaturu y'umutobe w'amazi meza agaturukaho

Inzugi zifunguye

Uwiteka, igihe nari impumyi sinashoboraga kubona umuryango n'umwe wanjyanaga kuri wowe

Wankijije amaso, none ndabona amarembo afunguye hose:

Mu mutima w'indabyo, hagati y'amajwi y'ubucuti, no kwibuka ibigeragezo byiza kandi bishimishije, buri kantu kose k'amasengesho yanjye gafungura inzira nshya igana ku rusengero rw'ubuturo bwawe butagira imipaka!

Indirimbo y'ubugingo bwanjye

Mu kurira kwa violon, urusaku rw'inanga, no mu ijwi ry'ibitekerezo byanjye bishya, numvise ijwi ry'indirimbo zawe. Nuko nkura umwenda w'amajwi menshi yo mu isi maze ntega amatwi ijwi ryawe ry'umwuka, wa muririmbyi w'Imana.

Yewe, indirimbo yanjye y'ubugingo bw'amayobera, amaherezo narakunumviye

Wankunguye mu bitotsi byanjye bya kera

Kandi dore ndashyira ku gicaniro cyawe cyera indabo z'indirimbo zanjye n'indirimbo zanjye zikunogeye cyane.

Amahoro abe kuri mwe

Intsinzi mu buryo bw'umwuka ntagereranywa

"Urimo kwirengagiza amasomo ya filozofiya mu bitabo byawe. Bisa nkaho wishingikiriza ku 'bumenyi' kugira ngo bugufashe gutsinda ibizamini udashyizeho imbaraga zikenewe. Ariko keretse wize mu buryo bufatika kandi bufite akamaro, ubwanjye nzakwemeza ko utsinzwe iri somo"

Porofeseri Joshal, umwarimu muri Koleji ya Serampur (Ubuhinde), yambwiye aya magambo akarishye Gutsindwa

kwanjye mu kizamini cya nyuma cyanditse byatumye ntashobora kwitabira ibizamini bya nyuma muri Kaminuza ya Calcutta, yari yarashyize Koleji ya Serampur nk'imwe mu mashami yayo. Itegeko ryashyizweho muri kaminuza zo mu Buhinde ni uko umunyeshuri utsinzwe isomo iryo ari ryo ryose mu bizamini bya nyuma by'ubumenyi bw'isi agomba gusubiramo umwaka ukurikira mu masomo yose.

Abarimu banjye bo muri Serampur bakundaga kungaragariza ubuntu n'urwenya, bavuga bati "Mukanda (Paramhansa) yasinze cyane ibintu by'umwuka" Ibi ntibyambujije isoni zo gusubiza ibibazo mu ishuri, kuko bari bizeye ko ibizamini bya nyuma byanditse byari bihagije kugira ngo izina ryanjye rikure ku rutonde rw'abashaka kwiga muri kaminuza. Abanyeshuri bagenzi banjye, ku rundi ruhande, banyise izina ry'"umuntu wishimye cyane"

Nafashe ingamba z'ubwenge kugira ngo nkureho iterabwoba rya Porofeseri Joshail Lee ryo kutesha agaciro muri filozofiya Mbere gato y'uko ibisubizo bya nyuma bitangazwa, nasabye umwe muri bagenzi banjye kumperekeza mu biro bya Porofeseri, ambwira ati:

"Ngwino tuyane, kuko nshaka umutangabuhamya, kandi nzababara niba ntatsinze umwarimu koko"

Porofeseri yanyeganyeye umutwe nyuma yo kumubaza amanota yatanze ku bisubizo byanjye, maze avuga mu ijwi ryizewe kandi ry'intsinzi ubwo yashakishaga mu kirundo kinini cy'impapuro zari ku meza ye ati: "Ntabwo uri mu batsinze, kuko inyandiko yawe itari mu mpapuro Uko byagenda kose, watsinzwe kuko utitabiriye ibizamini"

Naramwenyuye maze ndavuga nti:

"Bwana, nakoze ibizamini, wanyemerera gushaka inyandiko yanjye ubwanjye?"

Porofeseri yararakaye cyane, ampaye uburenganzira, maze nkora inyandiko yanjye vuba, aho nari narahanaguye neza ibintu byose byashoboraga kwerekana umwirondoro wanjye uretse ijamba ry'ibanga Kubera ko Porofeseri atari yamenye izina ryanjye, yahaye ibisubizo byanjye amanota menshi, nubwo nta gitabo cyarimo!

Akimara kubona amayeri yanjye, yavuze ati “Aya mahirwe mabi!” Hanyuma yongeraho ati “Uzatsindwa ibizamini byawe bya nyuma”

Ku bijyanye n'ibizamini mu yandi masomo, nabonye ubufasha, cyane cyane buturutse kuri mubyara wanjye n'inshuti yanjye magara Prabhas. Nubwo byambabaje cyane, nagize ingorane mu bizamini bya nyuma byari bisigaye kandi nabonye amanota make yo gutsinda.

Noneho, nyuma y'imyaka ine muri kaminuza, nari nemerewe gukora ibizamini byanjye bya kaminuza, amahirwe ntari niteze. Ibizamini bya nyuma muri Kaminuza ya Serampur byari byoroshye cyane ugereranije n'ibizamini bikomeye byo kwinjira muri Kaminuza ya Calcutta byasabwaga kugira ngo umuntu ahabwe impamyabumenyi. Mu by'ukuri, gusura mwarimu wanjye, Sri Yuktiswar buri muni, byansigiye umwanya muto wo kugaragara mu byumba bya kaminuza Kuba ndi kumwe na bagenzi banjye byatunguye cyane kurusha kuba ntahari!

Gahunda yanjye ya buri muni yari iyo gutwara igare ryanjye ahagana saa tatu n'igice za mu gitondo ngeze aho mwarimu wanjye yari ari, nitwaje impano yo kujya muri Sri Yuktiswar: indabo nke zo mu busitani bw'icumbi Mwarimu wanjye yansuhuzaga cyane akantumira ku ifunguro rya saa sita, ibyo nabyakiraga nishimye, nshishikajwe no kwibagirwa ibitekerezo bya kaminuza n'amasomo yanjye Nyuma y'amasaha menshi ndi kumwe na Sri Yuktiswar, nkumva ubwenge bwe budasanzwe cyangwa nkora imirimo ya wa

mwarimu, nahitaga ngenda saa sita z'ijoro, ngasubira aho nari ndi Hari igihe namaraga ijoro ryose ndi kumwe na mwarimu wanjye, nishimiye kuganira na we mu buryo busobanutse, ntakunze kubona impinduka ziva mu mwijima zijya mu museke.

Ahagana saa kumi n'imwe z'ijoro rimwe, ubwo nari ngiye kuva muri kasho, mwarimu yarambajije cyane ati:

"Ibizamini bya kaminuza bitangira ryari?"

Nasubije nti: "Iminsi itanu iri imbere, bwana"

Yaravuze ati: "Nizeye ko witeguye"

Numvise mfite ubwoba bwinshi n'ubwoba bwinshi, nuko ndabyamaganira nti:

"Bwana, uzi neza ko namaze iminsi yanjye ndi kumwe nawe, ntabwo namaze iminsi ndi kumwe n'abarimu ba kaminuza, none se nakora iki ngomba kwitabira ibizamini bya nyuma bigoye?"

Sri Yuktiswar yarandebye cyane maze arambwira ati: "Ugomba kwitabira ibizamini kugira ngo tudaha so n'abandi amahirwe yo kugutuka kubera ko ukunda ubuzima bw'abamonaki kuruta kaminuza. Nsezeranya ko uzajya mu bizamini kandi ukore uko ushoboye kose kugira ngo usubize ibibazo."

Amarira sinashoboraga kwifata yaraje mu maso hawe, numvise icyifuzo cya mwarimu kidafite ishingiro kandi impungenge ze zaje nyuma y'igihe kirekire. Hagati yo kwiheba no kurira, naravuze nti:

"Nzitabira niba ari byo wifuza, ariko nta mwanya uhagije usigaye wo kwitegura neza" Maze nongeraho nti: "Nzuzuzwa impapuro z'inyigisho zawe mu gusubiza ibibazo!"

Ubwo ninjiraga mu rusengero nk'uko bisanzwe ku munsu wakurikiyeho, natanze indabo z'indabo z'indabyo z'amaroza mu buryo butangaje kandi bwijimye, maze Sri Yuktiswar aseka kubera imimerere yanjye mibi maze aravuga ati:

"Ese Imana yigeze igutenguha mu kizamini cyangwa mu kindi kintu icyo ari cyo cyose?"

Nasubije mfite ishyamba, ubwo nibukaga ubufasha bw'Imana mu mutwe wanjye nti: "Oya, Mana yanjye, bwana"

Umwarimu yakomeje agira ati: "Ntabwo ari ubunebwe, ahubwo ni inyota ikomeye y'Imana yakubujije gushaka icyubahiro cya kaminuza"

Nyuma y'akanya gato acecetse, yavuze amagambo agira ati: "Umuntu wese wiringira Imana, izamuhaza" "Mubanze mushake ubwami bw'Imana n'ubushake bwayo, maze Imana ibongerere imigisha yayo kandi ibahe ibyo mukeneye byose"

Numvise uburemere bw'ihungabana buva mu bitugu byanjye imbere y'umwarimu. Turangije ifunguro rya saa sita rya kare, mwarimu yadusabye gusubira mu icumbi, agira ati:

"Inshuti yawe Romesh iracyacumbitse muri hosteli?"

Naravuze nti "Yego, bwana"

Yagize ati: "Muvugishe maze Imana izamuhumekera kugufasha mu bizamini"

Naramusubije nti "Ndabikora, bwana, ariko Romesh afite akazi kenshi. Ni umunyeshuri w'icyubahiro mu itsinda ryacu kandi afite umutwaro uremereye wo kwiga kurusha abandi banyeshuri."

Mwarimu yirengagije ibyo namubujije maze aravuga ati:
"Romesh azaguha umwanya. Noneho genda, Imana iguhe umugisha."

Nafashe igare ryanjye ndagaruka. Umuntu wa mbere nahuye mu gikari cy'icumbi ni umuyobozi w'ishuri, Romesh. Nk'aho yari afite umwanya wo kumfasha, yemeye ubusabe bwanjye, ambwira ati:

"Humura Mukanda, ndi kugufasha"

Yamaze amasaha menshi kuri uwo mugoroba, mu minsi yakurikiyeho anyigisha ibintu bitandukanye, hanyuma angira inama agira ati:

"Ndatekerezwa ko ibibazo byinshi mu buvanganzo bw'Icyongereza uyu mwaka bizaba kuri Childe Harold, kandi twagombye kubona igitabo cya Atlas ako kanya"

Nahise njya kwa marume nsaba igitabo cy'amakuru aho Romesh yari yashyize ikimenyetso ku ikarita y'i Burayi ahantu umugenzi wa Byron wakundaga gusura yasuye.

Itsinda ry'abakozi twakoranye ryadukikije kugira ngo ritege amatwi isomo, maze umwe muri bo arangije agira ati:

"Romesh arimo kuguha inama itari yo, kuko 50% gusa by'ibibazo akenshi biba bishingiye ku bitabo, naho ikindi gice kikaba kivuga ku buzima bw'abanditsi"

Ariko ubwo nicaraga ku munsu wakurikiyeho mu kizamini cy'ubuvanganzo bw'Icyongereza maze nkareba ku rupapuro rw'ibibazo ku nshuro ya mbere, amarira y'ishimwe yaranshongesheje mu maso maze anyobwa mu rupapuro. Umugenzuzi yaranyegereye maze ambaza impamvu abagiranye impuhwe, maze ndamusobanurira:

"Umwarimu wanjye mwiza yahanuye ko Romesh azashobora kumfasha Reba, ibibazo Romesh yansabye ni

bimwe biri ku rupapuro rw'ikizamini. Ku bw'amahirwe kuri njye, hari ibibazo bike uyu mwaka ku banditsi b'Abongereza ubuzima bwabo bumpishe!"

Ngarutse, icumbi ryari ryuzuye urusaku, kandi abasore bamwe basekaga uburyo Romesh yakoraga bari hafi kunshimira cyane. Mu cyumweru cy'ibizamini, namaze amasaha menshi ndi kumwe na Romesh, wandikaga ibibazo abarimu bashobora kuba barimo. Umunsi ku wundi, ibibazo bya Romesh byagaragaraga ku mpapuro z'ibizamini, bakoresheje amagambo amwe gusa.

Inkuru yakwirakwiriye muri kaminuza yose ko hari ikintu gisa n'igitangaza kirimo kubaho, kandi ko intsinzi y'uwo "mugeni w'ibyishimo" wari udafite ibitekerezo byari bishoboka rwose. Nta na kimwe nagerageje guhisha ukuri, kandi abarimu bo muri ako gace nta bushobozi bari bafite bwo guhindura ibibazo byatanze na Kaminuza ya Calcutta.

Ubwo natekerezaga cyane ku kizamini cyanjye cy'ubuvanganzo bw'Icyongereza, mu gitondo kimwe nabonye ko nakoze ikosa rikomeye. Kimwe mu bibazo cyari gifite ibice bibiri: (a) cyangwa (b) na (c) cyangwa (d) Aho gusubiza ikibazo kimwe kuri buri gice, nasubije ibibazo byombi mu gice cya mbere, nirengagiza burundu icya kabiri Kubera ko amanota menshi nashoboye kubona kuri iyo mpapuro yari 33, ari yo yari make cyane kurusha amanota atatu ugereranyije n'amanota make ya 36, nihutiye kujya kwa mwarimu, nicuza amahirwe yanjye, ndamubwira nti:

"Mwami wanjye, nakoze icyaha kidaharirwa, kandi sinkwiriye imigisha y'Imana yanyeretse binyuze kuri Romesh"

Mwarimu yaransubije ati: "Humura Mukanda, kandi ugire amahoro"

Ijwi rya Sri Yuktiswar ryari ryiza kandi ritagira icyo ritwaye. Hanyuma yazamuye ukuboko kwe yerekeza mu kirere maze aravuga ati: "Izuba n'ukwezi bihinduranya inzira zabyo mu isanzure birashoboka cyane kuruta uko utabona impamyabumenyi yawe ya kaminuza"

Navuye mu kigo cy'abihaye Imana numva nduhutse, nubwo gutsinda byasaga nkaho bidashoboka mu mibare. Incuro zirenze imwe, narebye mu kirere mfite ubwoba maze mbona Umubyeyi w'Umunsi ahagaze neza mu nzira ye isanzwe!

Nkigera muri hosteli, numvise mugenzi wanjye avuga ati: "Nahise menyeshwa ko amanota yo gutsinda mu buvanganzo bw'Icyongereza yagabanutse ku nshuro ya mbere uyu mwaka"

Nahise ninjira mu cyumba cy'uwo musore mfite umujinya mwinshi maze nsaba kumenya ukuri kw'ikibazo n'amarangamutima menshi. Yaransuzumye aranyishura, aseka ati:

"Yewe, ufite umusatsi muremure, kuki ushishikajwe n'amasomo mu buryo butunguranye? Kandi kuki ushishikajwe n'ibi byose ku munota wa nyuma? Nyamara amanota yo gutsinda yamaze kugabanuka kugeza kuri 33 gusa"

Imbaraga za Sarah zitagira imipaka zanjyanye mu cyumba cyanjye, aho napfukamye nshimira Imana ku bw'ibarura ryayo ritunganye n'ubuntu bwayo butagira imipaka. Numvise imbaraga z'umwuka zinyobora neza binyuze muri Romesh. Habayeho impanuka ikomeye ku kizamini cyanjye cya Bengali Romesh, utari waramfashije muri iryo somo, yansabye kugaruka mu gitondo kimwe ubwo nari ngiye kuva muri hosteli njye mu cyumba cy'ibizamini.

Umwe mu bo twakoranaga yarambwiye ati: "Romesh araguhamagaye, ntugaruke bitabaye ibyo tuzatinda"

Narirengagije inama y'uwo mugenzi wanjye maze nihutira gusubira aho Romesh yari ari, maze arambwira ati:

"Ikizamini cya Bengali gikunze gutsindwa byoroshye n'abanyeshuri bo muri Bengali, ariko natekereje ko uyu mwaka abarimu bagamiye 'kwica' abanyeshuri bakoresheje ibibazo bivuye mu bitabo byabugenewe" Hanyuma inshuti yanjye yansobanuriye muri make ibintu bibiri byabaye mu buzima bwa Bahrul Uloom Vidya Sagar, umuhanga mu by'ubugiraneza ukomeye kandi uzwi cyane wo mu kinyejana cya cumi n'icyenda.

Nashimiye Romesh maze njya ku igare ryanjye mu gikari cya kaminuza. Inyandiko y'ikizamini cya Bengali yari imeze neza nk'uko yari yabisobanuye, irimo ibice bibiri. Igice cya mbere cyabajije kiti: "Andika ibikorwa bibiri by'ubuntu byakorewe Bahrul Uloom Vidya Sagar" Nyuma yo kwimura ubu bumenyi bushya (bwavuye kuri Romesh) mu nyandiko, nashimiye Imana kuba yaranyumviye mu kanya ka nyuma lyo nza kuba ntazi ubuntu bwa Bahrul Uloom ku bantu (kandi ubu ndi muri bo, birumvikana!), sinari gushobora gutsinda ikizamini cya Bengali.

Ikibazo cya kabiri cyari ku rupapuro cyari iki: "Andika inyandiko mu rurimi rw'ikibengali ivuga ku buzima bw'umuntu waguteye imbaraga cyane" Sinkeneye kukubwira, musomyi nkunda, uwo nahisemo ku isomo ryanjye. Ubwo narangizaga urupapuro ku rupapuro nshimira mwarimu wanjye, naramwenyuye, mbona ukuri kw'amagambo yanjye: "Nzuzuza impapuro n'inyigisho zawe!"

Sinigeze numva ko ari ngombwa gusaba Romesh ubufasha mu bijyanye na filozofiya Nizeye ko nize byinshi

muri Sri Yuktiswar, nirengagije ibisobanuro by'ibitabo by'ishuri, kandi filozofiya ni yo manota yo hejuru nabonye. Amanota yanjye yose hamwe mu yandi masomo yari ahagije kugira ngo ntsinde.

Nishimiye kuvuga hano ko inshuti yanjye nkunda Romesh yatsinze ikizamini neza cyane

Data yamwenyuye cyane ubwo narangizaga amasomo, maze yemera ati: "Sinashoboraga kwiyumvisha intsinzi yawe, mwana wanjye, umarana igihe kinini n'umwarimu wawe" Koko rero, mwarimu wanjye yari azi ko data yamunengaga mu buryo butavugwa.

Namaze imyaka myinshi nshidikanya ko umunsi uzagera aho nzashyira izina rya Bachelor ku izina ryanjye. Sinkunze gukoresha iryo zina ntatekereje ko ari impano yera nahawe kubera impamvu zitazwi. Hari igihe numva abanyeshuri barangije kaminuza bavuga ko ari igice gito cy'ubumenyi babonye cyasigaye muri bo nyuma yo kurangiza kwiga. Ibi kandi birampumuriza ku ntege nke zanjye mu masomo.

Kuri uwo munsi muri Kamena 1914, ubwo nakiraga impamyabumenyi yanjye muri Kaminuza ya Calcutta, napfukamyeye imbere y'umwarimu wanjye kugira ngo mushimire imigisha yavuye mu buzima bwe kandi itwikiriye ubugingo bwanjye. Yaranteruye mu buryo bw'urwenya maze arambwira ati:

"Haguruka, Mukanda Imana yasanze byoroshye kukugira urangije kaminuza kuruta guhindura inzira y'izuba n'ukwezi!"

bw'umuntu : Inkuru y'ubuzima bwe

Imigani, ibisigo n'inkuru bya mwarimu

Paramhansa Yogananda



Ubwo bubasha bw'Imana
Bizagushyigikira kandi bigukomeze
Nkuko yahoraga amfasha kandi akampa imbaraga
Ndavuga ibi bintu bivuye ku bunararibonye bwanjye
bwite
Iyo ntaza kuba narahuye n'ibi bintu mu buzima bwanjye
Ubwo nashoboraga kubivugaho
Mbaho mu kwizera Imana
Imana ni yo mbaraga zanjye
Nta bundi bubasha nizera uretse imbaraga z'Imana
Kandi iyo nibanda kuri ubwo bubasha bwiza
Urambona kandi ugakora binyuze muri njye
Nightingale yo mu kirere
Imana

Ndi igicucu cyawe, ndazamuka mu ijuru ry'aho uri hose
Mu gushakisha buri gihe ibitonyanga by'ukuri kwawe
Nagusenze mfite icyizere cyinshi
Kugira ngo wohereze imvura y'imbabazi zawe mu bicu

bikaze by'ituze

Kandi kubera ko nari mfite inyota ikomeye
Nakiriye neza buri ngingo zera nari mfite yo kukumenya
Yewe, mbega ukuntu nifuzaga kumva ko uri muri njye
!no hafi yanjye

Inyota yanjye idashira yashiraga gusa iyo wayikozeho
irakonjesha

Roho yanjye ituje n'ubugingo bwanjye bushyushye
cyane

Igihe cy'ihungabana no kwiheba cyararangiye
Ubwumye bw'ibibazo bwarangiye n'imvura nyinshi
y'amahoro yawe

Kandi ubu ndazamuka bucece kandi ndazamuka,
ndirimba indirimbo zo kunyurwa no kunyurwa
Ndi nightingale yawe nnywa amazi y'ihumure ryawe
gusa

Kumanuka udatezuka uturutse mu ntera z'ubuzima
bwawe

* * *

Ijambo ry'ingenzi ku bantu benshi muri ubu buzima ni
""njyewe

Umuntu ufite imico n'imatekerereze yo mu buryo
bw'umwuka atekereza ku bandi nk'uko yitekerezaho ubwe
Abitekerezaho ubwabo gusa bikururira urwango
n'umujinya by'abandi

Abari hafi yabo Ariko abitaye ku byiyumvo n'inyungu
z'abandi basanga

Abandi barabatekererezaho kandi bakita ku byiyumvo
byabo

Niba hari abantu ijana mu muji, kandi buri wese ashaka
gufata

Undi wese azaba afite abamurwanya mirongo icyenda
n'icyenda. Aiko niba buri wese
Iyo umuntu agerageje gufasha undi, buri wese azaba
afite inshuti mirongo icyenda n'icyenda
Nabayeho muri ubwo buryo kandi nta kintu na kimwe
natakaje mu gusangira ibyo mfite n'abandi
Koko rero, ibyo natanze byose byansubije kabiri, ku
bw'ubuntu bw'Imana. None ubu nta cyifuzo mfite
Ntacyo mfite, kuko icyo mfite imbere muri njye ni kinini
.kandi gifite agaciro kurusha ikindi kintu cyose natekereza
Isi irampa icyo umuntu aharanira ni ukugira ibyishimo
Iyo ibyishimo bibonetse, gukenera ibintu biyigezaho
birashira
Icyizere cyonyine mfite muri iyi si ni uko abantu
banyumva neza Ubutunzi nyakuri buri mu kuba mu mitima
.y'abakunzi n'inshuti
Tugomba kugerageza kwihuza n'Imana muri ubu
buzima. Twahawe kubaho nk'umuntu, ubwenge,
n'uburenganzira bwo kwihitiramo, bityo rero tugomba
.gukoresha izi mpano kugira ngo tubone Imana
Iyo dukunda abandi, tuba twishimye. Kandi nidukurikiza
.iyi nzira, abandi bazagerwaho n'ingaruka
Abandi badukikije bitwara nkatwe kandi bagerageza
kutwigana. Ibi bigomba gukurwaho
Ubwikunde ni yo mpamvu nyamukuru y'ibibi byose ku
giti cy'umuntu no mu mibereho y'abantu
?Ibibazo bitangira gute kandi kuki
Buri muntu wese aharanira - yaba abizi cyangwa atabizi
- kugera ku kwemera kwe bwite ko ari nta shiti kandi ko
adapfa. Mu byo agamije byose byo hanze, haba binyuze mu
bumenyi, ubucuruzi, ubuvuzi, cyangwa ikindi kintu icyo ari
cyo cyose cy'ubuzima, aharanira kugera ku mahoro
n'umutekano, kubohoka ku mibabaro no ku byishimo
.birambye

Ibyo ni byiza, mu by'ukuri ni uburenganzira bwe
n'umurage we karemano Umuremyi we amushakaho, mu
gihe nawe yifuza ko iyo migisha igera ku bandi nk'uko nawe
.ayishakaho

Ku ruhande rumwe, abantu benshi bagerageza kubona
uwo murage utagira imipaka kandi utagira imipaka binyuze
mu buryo buciriritse kandi bufite imipaka

Ibyo abantu bagezeho byarushaho kuba byiza kandi

bikaba byiza kurushaho, uretse kuvumbura isi, umuntu
yanashyizeho imihati ikenewe kugira ngo asuzume
!ubushobozi n'imbaraga by'umwuka biri muri we

Nta gushidikanya ko iterambere ry'ibintu rishimishije,
ariko nta ntsinzi yo hanze yonyine izaha umuntu kunyurwa
.n'umutekano wo mu mutima ashaka cyane

Siyansi yafashije mu kurandura indwara nyinshi

z'ibyorezo zari zibangamiye abantu bo mu bihe byashize,
inafasha mu guteza imbere uburyo bugezweho bwo gukora
ibintu bushobora gukuraho inzara n'ubukene. Ariko,
kubungabunga uburinganire bwiza muri iyi si bushingiye ku
.bintu by'agaciro gusa biragoye

Umuntu agira iterambere mu rwego runaka, ariko
agatungurwa no kugaragara kw'ibibazo bitunguranye
.bibangamira ibyo yagezeho

Ibi ntibivuze ko umuntu adakwiye kugerageza gushaka
ibisubizo by'ibibazo bye binyuze mu nzira zo hanze, ahubwo
icyo bivuze ni ukudashingira ku ruhande rumwe ku ruhande
.rumwe rudafite icyo ruvuze

Imana yahaye umuntu ubwenge n'ubushobozi bwo
gutekereza, kandi ibi bigomba gukoreshwa mu kunoza
imimerere ye mu isi. Mu gihe hakorwa imihati myiza, isoko
y'imbaraga n'ubwenge imbere mu mutima igomba
kumenyekana no guhuzwa n'iyi soko, kuko kunanirwa
.guhuzwa ari yo mpamvu y'ibibazo n'amakosa by'umuntu

Ntushobora kwicara gusa ngo witege ko intsinzi
izagugwa mu gituzwa cyawe. Umaze guteganya inzira yawe

no gushyira mu bikorwa ubushake bwawe, ugomba gushyiramo imbaraga zifatika, kandi uzabona ko ibyo ukeneye byose kugira ngo utsinde bizakugeraho buhoro buhoro, kandi byose bizagushyira mu cyerekezo gikwiye.

Ubushake bwawe, bwuzuyemo ubushake bw'Imana, buzasubiza amasengesho yawe, kuko iyo ukoresheje ubwo .bushake, ufungura urugi aho ubusabe bwawe buzanyurwa

Abantu babonye ubumenyi mu bya siyansi, ikoranabuhanga, ubuvuzi, n'izindi nzego, bituma bashobora gutanga ihumure n'uburyo bworoshye. Ariko, ibi ntibivuze ko bashobora kwirengagiza Umuremyi wabo. Bitabaye ibyo, ibi byagezweho byatakaza agaciro kabyo, kandi ibibazo by'imibereho, imiryango, politiki n'ibidukikije byatangira kugaragara no gukwirakwira. Ibi biterwa nuko, iyo umuntu yishingikirije ku bintu byo hanze, atakaza ubwenge bwo gucunga ubushobozi bunini yashyize mu bikorwa binyuze mu buryo bwa siyansi n'uburyo. Ingaruka zabyo ni uko ubuzima buba bugoye cyane ku buryo bugorana guhangana nabwo, .ndetse bukaba n'isoko y'imihangayiko no kutizera

* * *

Umuntu agomba kubaho afite ibitekerezo bye byose, amarangamutima ye, n'ubushishozi bwe, kandi akaba maso kandi akitondera ibintu byose bimukikije, kimwe n'umufotozi w'umuhanga ufata amahirwe akwiye yo gufata amashusho .meza cyane y'ahantu nyaburanga hashimishije cyane Ibyishimo nyabyo by'umuntu biri mu gihe umuntu ahora yiteguye kwiga no gukora ibintu mu buryo bukwiye kandi burangwa no kubaha. Uko umuntu arushaho kwiteza imbere, ni ko arushaho kugira uruhare mu iterambere n'ibyishimo .by'abamukikije

Ni bake cyane basesengura imimerere yabo bagafata icyemezo niba bakomeza gutera imbere cyangwa basubira .inyuma

Nk'abantu bafite ubushobozi bwo kwiyumvisha ibintu, ubwenge, n'ubushishozi, inshingano yacu ikomeye ni

ugukoresha neza iyi mico kugira ngo tumenye niba turimo
guterana imbere cyangwa gusubira inyuma Nubwo twahura
n'ibinirana kenshi, ntitugomba kwiheba cyangwa ngo
dutakaze icyizere. Kunanirwa bigomba kuba imbarutso, aho
.kuba imbogamizi ku mikurire yacu y'umubiri n'iy'umwuka

* * *

Ingorane n'ibibazo bituruka ku kutamenya kw'umuntu
ibikorwa bye bya kera, byakozwe mu gihe runaka n'ahantu
runaka Imibabaro ye ubu ituruka ku bitekerezo n'ibikorwa
yavuze, byashinze imizi mu butaka bw'ubwenge bwe,
bigakura mu kimera kandi byera imbuto nk'izo ibitekerezo
n'ibikorwa

* * *

Imyiteguro myiza yo kubaho neza
Niba dushaka kwishimira ubuzima by'ukuri, igihe ni ubu
—atari ejo, atari umwaka utaha, ndetse no mu buzima bwa
nyuma y'urupfu. Kwitegura neza ubuzima bwiza umwaka
utaha ni ukubaho ubuzima butanga umusaruro,
bwumvikana, kandi bufite intego muri uyu mwaka. Kwizera
kwacu mu buzima bw'ejo hazaza bw'ibintu byinshi
n'ibyishimo byinshi ntacyo bimaze keretse tubishyize mu
bikorwa ubu. Uyu munsu ukwiye kuba umunsi w'ingenzi kandi
.ufite akamaro mu buzima bwacu

* * *

Abifuza gushaka bagomba kwigira kugenzura
amarangamutima yabo n'ibyo bashaka, kandi amashuri
agomba kwigisha ubu buhanga, hamwe no guteza imbere
ituze no kwibanda ku bintu byinshi Ingo nyinshi zidafite
ibyishimo n'imiryango yasenyutse bibaho kubera ko iki kintu
cy'ingenzi cyirengagizwa, haba mu rugo no mu mashuri Ni
gute abantu babiri bafite ibyo bashaka kandi bifuzwa
?badacunga bashobora kubana mu mahoro no mu mutuzo
Mu ntangiriro z'ishyingiranwa, abashyingiranywe
barangwa n'amarangamutima n'ibyishimo. Ariko nyuma
y'igihe runaka, uko ayo marangamutima atangira gucika

intege, kamere nyayo y'abashakanye itangira kugaragara,
hamwe n'impaka, kutumvikana, gutongana no gucika intege.
Umutima ukeneye urukundo nyakuri n'ubucuti, kandi ikiruta
byose, ukeneye ituze n'amahoro. Iyo amahoro asenyutse
kubera amarangamutima akomeye, inkingi y'ingenzi
.y'ishyingiranwa iracika intege

* * *

Ingingo z'umubiri n'amarangamutima bikeneye uburyo
bwo kumva neza kugira ngo bikomeze kugira ubuzima
bwiza, imbaraga, no kumva neza Kugira ngo uburyo bwo
kumva bukomeze kuba bwiza, ni ngombwa kwikuramo
amarangamutima yangiza nk'ubwoba, uburakari,
.umururumba n'ishyari

* * *

Ibyishimo byawe ni intsinzi yawe, bityo ntukemere ko
hagira umuntu ukubuza ibyishimo byawe
Irinde abagerageza kukubangamira Nkiri muto,
narakazwaga cyane n'abakwirakwizaga ibihuha by'ibinyoma
kuri njye, ariko nyuma naje kubona ko umutimanama wanjye
.ari wo w'ingenzi cyane kuruta kwemerwa n'abantu
Umutimanama ni ukwiyumvisha mu buryo bw'ubwenge
kandi bwumvikana neza, bukandika ibitekerezo n'impamvu
z'umuntu mu buryo bwizewe kandi butunganye. Iyo
umutimanama uboneye kandi umuntu akamenya ko akora
ibyiza, nta kintu na kimwe gishobora kumutera ubwoba.
Umutimanama uboneye ni igihamya cy'ubutoni bw'Imana.
Abafite umutimanama uboneye babona ibyishimo mu
.buzima bwabo kandi bakabona imigisha n'ubutoni bw'Imana

* * *

Ijambo ryose umuntu avuga rigira ingaruka zirambye ku
bwonko bwe no mu bwenge bwe Iyo roho y'umuntu ivuye
mu mubiri we iyo apfuye, kwinjira mu bundi bwami
bizaterwa n'urubanza rutangwa na karma ye (ingaruka
.z'ibikorwa bye) rukomoka ku magambo meza cyangwa mabi

Amagambo meza aturuka mu mutima mwiza azatanga
umusaruro mwiza ku bugingo, mu gihe amagambo mabi
ayobowe n'ingeso mbi azakusanya karma mbi cyangwa
.umusaruro mubi ku bugingo

Iryo jambo rigizwe n'imitingito itatu: imitingito iterwa
n'impamvu cyangwa iy'ubwenge, imitingito iterwa
n'ikinyabutabire cyangwa imibumbe, hamwe n'imitingito
.igaragara cyangwa igaragara

:Ijambo "amahoro" rifite imivuduko itatu itandukanye
Guhindagurika kw'ibitekerezo cyangwa ubushake iyo 1
ijambo "amahoro" rivuzwe

Ingufu mu bwonko, mu mitsi y'ijwi, no mu rurimi, 2
ziterwa n'ubushake, iyo ijambo "amahoro" rivuzwe
Kunyeganyega kw'imivugo n'ingaruka z'umubiri zo 3
"kuvuga ijambo "amahoro

Bityo rero, ijambo ryose, ryaba ryiza cyangwa ribi, risiga
imitingito yaryo—ni ukuvuga ingaruka zaryo—ku mubiri
cyangwa mu bwonko, no ku mbaraga z'ubuzima n'ubwenge
mu buryo bw'ibyifuzo n'ibyifuzo. Muri uru rwego, imitingito
y'imvugo yose isiga imitingito myiza cyangwa mibi mu
.mutwe

Uwikuramo impamvu zo kugoreka ukuri aba yiyubakiye
imbaraga zikomeye ku buryo atahamya ibinyoma kandi
.amagambo ye yose akaba ari ukuri

Mwami, mpa imbaraga zo gukoresha ijwi ryanjye mu
gukorera ukuri mvuga amagambo meza, y'ingirakamaro
kandi aruhura. Curanga indirimbo zawe zidapfa ku mwirongi
w'ubuzima bwanjye kugira ngo mbone umugisha
.w'imivugirwe y'indirimbo zawe zera

* * *

igitambaro cyo kureremba
Igihe kimwe, inshuti ebyiri zari zigenda ku nkombe
z'uruzi zibonye ikintu gisa n'igitambaro kiri ku mazi. Umwe
muri bo yijugunye mu ruzi maze yoga kugeza ageze ku
""gitambaro

Ariko yatinze kugaruka kuri banki, maze inshuti ye ibona
ko yari afite ikibazo cyo guhangana n' "igitambaro" kandi ko
ari cyo cyatumye atinda kugaruka, nuko iramurakarira cyane
:iramubwira iti

?Kuki utamusiga ngo usubireyo

Inshuti ye iramusubiza iti: Nibyo ngerageza gukora,
ariko igitambaro kiranyifasheho kandi ntikirandekura ngo
.nsubireyo

Yatunguwe cyane no kubona ko icyo yibwiraga ko ari
igitambaro nta kindi cyari uretse idubu ryo koga
Nsanga iyi nkuru ifite icyo ivuze kandi ikora ku bintu
byinshi bigize ubuzima bw'umuntu. Ndizera ko ubutumwa
bwayo ari ubw'ubushishozi n'ubwitonzi ku kwirinda kwihutira
.gukora ibikorwa bishobora kugira ingaruka mbi
Iki gitambaro gishobora kuba ari igitekerezo gusa kiri
mu ruzi rw'ibitekerezo, iyo kirangiye, kigahinduka ikintu
.gikomeye cyane kitoroshye kugenzura

Cyangwa se bishobora kuba ingeso mbi, iyo imaze
gushinga imizi mu bwonko, igakomera ku rufatiro rwayo
ikagera ku mizi yayo, ikaba igice cy'ingenzi cy'umubiri
.w'umuntu, ku buryo aba imbohe mu maboko yayo
Cyangwa bishobora kuba ubwoko butandukanye
bw'igishuko, ishoramari ritajyanye n'igihe cyangwa
ridakwiriye, rigatera igihombo gikomeye, haba ku bintu
.by'umubiri no ku myitwarire myiza

Cyangwa se ishobora kuba ingengabitekerezo isa
n'iyumvikana kandi ifatika, bityo umuntu akayifata
akamenya, imaze kwinjira mu mubiri we, ko ukuri kwayo
.gutandukanye cyane n'uko igaragara

Cyangwa bishobora kuba ari icyerekezo cyangwa inzira
inyuramo ingaruka zitari ziteganijwe

Cyangwa gusimbuka mu mwijima

Bityo, byavuzwe ngo: Tekereza aho ikirenge cyawe
giherereye mbere yo gutera intambwe

* * *

Iherezo ry'Urugendo
Namaze igihe kirekire njya mu nzira zigoramyeye zo
gushidikanya
Nambutse ibibaya by'ibitekerezo byantandukanyije
nawe mu gihe cy'imyaka myinshi
Nambutse ubutayu butagira ingano
Nakurikiranye imigambi myinshi
Amaherezo, narabohotse
Kuva mu birunga by'agahinda n'ibyishimo
Nuko ndangiza urugendo rwanjye maze ngera ku
iherezo ry'inzira yanjye
Kandi ubu ndeba nishimye imibabaro yanjye ya kera
Kuva kuri buri rutare rw'imibabaro yanjye ya kera
Ijisho riraturika amarira y'ibyishimo
Kandi muri ayo mazi matagatifu
Mu marira y'urukundo rwanjye kuri wewe, ndisukura
buri munsu

* * *

Nari mfite itara ryihishe
Kandi nari mfite ishyamba ryo kohereza urumuri rudahita
runyegereza
Mu ituze ry'umwijima w'imbere
Akenshi nabonaga amafi mato nk'ibitekerezo bishya
Byafashwe n'urumuri rutunguranye
Nakoresheje ibi nk'icyamba
Kugira ngo mfate ibiremwa binini mu bwigunge bwanjye
Ariko benshi muri bo barahunze
Inyuma y'uruziga ruto rw'urumuri
Kuva ku bayoboze bawe b'indahemuka
Indirimbo nyinshi za feza n'inzizi za zahabu
zikungahaye ku
Naguze imitego irabagirana kandi irabagirana kugira
ngo menye uko roho yanjye ibona ibintu
Kandi yabikuyemo yakoreyemo urusobe rukomeye
rw'imyenda irabagirana

Nanyuze mu nyanja y'ubwenge bwawe nshaka wowe
!Amafi yari menshi kandi afite agaciro
Nagize ibihe byiza n'ibyishimo byinshi
N'ubutunzi bw'ibyiringiro byera byatakaye
Byongeye kandi
Nakubonye

!Kandi ndagufashe, wowe butunzi bw'ubutunzi
* * *

Mu minsi y'impeshyi y'ubuzima
Nkusanya amarangamutima meza
Kuva ku ndabyo z'imico myiza
Bikura mu busitani bw'imitima myiza
Kandi narabitse mu mutima wanjye
umutobe wavanzwe
Kuva ku ndabyo ndende zo kwihanganirana
N'imitsima yo kwicisha bugufi hamwe n'impumuro yayo
yoroshye
N'indabyo zidasanzwe z'ibitekerezo bya lotus yoroshye
Kandi iyo binyisutseho
Urubura, ubukonje bw'imbeho
Kandi gutandukana kw'isi kubabaza
Ndashaka ubushyuhe n'ihumure
Mu ruhu rw'amata rubitswe mu karemangingo
k'umutima wanjye
Muri ako kazu k'umugisha, imbere yawe
Akenshi nkunda kubona inzuki y'Imana
Inywere uburyohe bw'ibyo nshaka cyane
Numva nduhutse, nishimye kandi ndahumuriywe
* * *

Ndemera ubuvandimwe bw'abantu, urukundo,
ubwumvikane, n'ubufatanye hagati y'abantu kugira ngo
.borohereze imitwaro y'ubuzima bwabo
Intego nziza ku isi zigomba gushyirwa muri iyi si, kandi
hagashyirwaho amahame ngenderwaho azamurira abantu ku

rwego rwo hejuru, anonosora ibitekerezo byabo, agabanye
.ibyifuzo byabo, kandi agatunganya impano zabo nziza
Ibi bishobora kugerwaho binyuze mu rugero rw'umwuka
n'amahame meza, atari imbaraga z'ubugizi bwa nabi
n'intambara zisenya. Ubutegetsu bwa politiki ni akaga
budafite amahame y'umwuka yo kubuyobora no
.kubuyobora
Iyo nerekeza ku mahame y'umwuka, sinshaka kuvuga
inyigisho runaka, udutsiko, cyangwa imyizerere, ahubwo
nshaka kuvuga amategeko rusange: amategeko yo
gukiranuka n'imico myiza areba buri wese kandi
.akamuzanira ineza, imibereho myiza n'amahoro

* * *

Kuki umuntu akoresha igihe cyeye ashaka uduce
tw'urukundo rw'abantu n'amafaranga n'iki kintu cyangwa
kiriya, mu gihe ashobora kubona byose mu Mana yo soko
?y'urukundo n'imbaraga byose
Ntidukwiye gushaka Imana kubera umururumba
w'imbaraga, ahubwo kubera icyifuzo cy'urukundo. Hanyuma
tuzabona ubutunzi bukomeye Iyo dukunda Imana urukundo
rwimbitse kandi ruvuye ku mutima, iradusubiza, kandi
.twumva urukundo rwayo rudukubita mu mitima yacu
Ubuzima buraryoha iyo umuntu atekereza ku Mana. Uko
umuntu arushaho gutekereza no kuguma yibanda ku
miterere y'umwuka mu gihe cy'ibikorwa, niko ubushobozi
bwe bwo kumwenyura burushaho kwiyongera. Ndi muri
ubwo bwami ubu n'iteka ryose—mu byishimo by'Imana. Nta
kintu kingiraho ingaruka, haba ndi nyenye cyangwa ndi
.kumwe n'abandi, ibyishimo by'Imana bihora bihari muri nyere
Nashoboye kugumana inseko yanyije kandi iyo nseko
imwe iri muri wowe, ibyishimo n'ibyishimo byo mu mutima
biri muri wowe. Ntabwo ukeneye kubigeraho, ahubwo ni
ukubigarura. Warabitakaje by'agateganyo binyuze mu
.kwiyumvamo, kandi ushobora kubigarura

Umuntu wese wizera ko ibintu bifatika, bishobora
kwishimirwa binyuze mu kubona, kumva, gusogongera,
guhumurirwa no gukoraho, bizana ibyishimo byuzuye, aba
yibeshye cyane. Ibyumviro ntibitanga ibyishimo; ahubwo
biratwima. Iyo ushyizeho ibisabwa kugira ngo wishime, nko
kuvuga uti: "Sinshobora kwishima keretse mbonye iyo sura,"
ntuzigera ugira ibyishimo bitunganye, kuko ibyishimo
.by'ibyumviro ari iby'igihe gito

Iminsi n'imyaka bigira ingaruka ku bwiza bw'umubiri
Ibintu byose biri mu isi bigengwa n'amategeko agenga
impinduka. Bityo, nubwo umuntu yabona isura nziza yose ku
isi, akumva amajwi yose, kandi agakora ku byo yifuza byose,
ntabwo yabona ibyishimo nyakuri. Nyamara, ashobora
.kwishuka akibwira ko yishimye

Hari igihe, nyuma yo gushyira imbaraga nyinshi kugira
ngo ubone ikintu, umuntu ntagire ibyishimo abona muri icyo
kintu ubwacyo. Nyamara, umuntu abona ibyishimo bimwe
mu mbaraga yashyizeho, bityo akizera ko yishimye. Ariko
ubwo bwoko bw'ibyishimo ni ubw'igihe gito kandi ni
.ubw'akanya gato

Bityo rero, gushaka ibyishimo mu buryo bw'umwuka ni
ubusa. Ibyishimo byo mu mwuka bigomba kuboneka no
kugaragazwa mu magambo no mu maso. Iyo umuntu
abikoze, ndetse n'inseko ntoya izatwikira abantu bose
bamukikije imbaraga zayo z'icyubahiro, kandi abandi
.bazumva bishimye

Ariko Imana yonyine ni yo ishobora guhindura imitima
Ntitugomba kwiyitirira ubushobozi bwo gukora ibyiza. Imana
ni yo yonyine ikora ibyiza. Iyi si ni iyayo. Niba wumva ko iriho
kandi ukamenya ko ari yo igenga byose, kandi niba uyihaye
byose—ibikorwa byiza ndetse n'ibibi—uzatangazwa no
.gusanga ibikorwa byawe byose bizahinduka ibikorwa byiza

* *

Iyo dutekereje ku wundi muntu neza, ubumenyi bwacu
buragenda bwiyoungera kandi ibitekerezo byacu birarushaho

kwaguka Iyo dutekereje ku muturanyi wacu
tukamugaragariza impuhwe, igice cy'umubiri wacu kijya kuri
we hamwe n'icyo gitekerezo, kandi si igitekerezo ubwacyo
gikenewe gusa, ahubwo no kwitegura gushyira icyo
.gitekerezo mu bikorwa

Ntitugomba kwirukana umuntu uwo ari we wese mu
rukundo rwacu {kandi mugenzi wawe ameze nkawe}
{umuturanyi wawe hanyuma mugenzi wawe hanyuma
mugenzi wawe}

Gushyingiranwa ni isomo mu kwitanga Abantu babiri
basangira ubuzima, hanyuma abana bakaza ababyeyi
bagasangira ubuzima nabo. Ariko ni ukwikunda gutekereza
ku muryango wa hafi gusa kuko abo dukunda bazadusiga
umunsi umwe, kandi iki ni ikimenyetso cy'uko intego
y'imibanire y'abantu ari ukwagura ubumenyi bwo kwitangira
abandi no gusangira nabo ibintu by'umubiri
.n'amarangamutima y'ubucuti

* * *

Iyo usinziriye, uratuza ibitekerezo n'amarangamutima
gusa, ariko iyo utuje ibitekerezo n'amarangamutima
ubwitondeye binyuze mu gutekereza, ikintu cya mbere uhura
na cyo ni amahoro, kandi imitsi yo mu maso ubwayo ikora
.inseko igaragaza amahoro yo mu mutima
Ariko ugomba kureba kure y'amahoro kugira ngo ubone
ubuziranenge bw'ubugingo bwawe
Ubwo buziranenge, butagira inenge kandi butagoramye
bitewe n'ibintu bitera kumva cyangwa ibikorwa byikora
Ingaruka ni uko ibitekerezo bifatanye isano n'ibyumviro,
kandi uko ubiyumvamo ni ko uhora urushaho kugira
.ibyishimo bishya
Abahanuzi n'abatagatifu bafite iyi byishimo mu mitima
yabo bahora bumva umutekano n'ituze by'umugisha,
ntibahungabana kandi ntibatsindwa n'inkubi y'uburakari,
kandi impungenge n'ubwoba ntibibakoraho. Bakoresheje
ubwenge cyangwa ubwenge, bashobora gusesengura

ibitekerezo byabo cyangwa ibitekerezo by'abandi ku meza
.y'imikorere y'ubwenge mu gihe bagumana ituze n'umutuzo
Mu byishimo by'umutima, kwiheba birashira burundu,
kandi ubushishozi bw'umwuka bugaragara mu kuba
umwigishwa wishimye, byongera gukomera kwe mu muntu
.wo hejuru

* * *

Inseko nyayo ni inseko y'ibyishimo byo mu mwuka
iboneka mu gutekereza no gutekereza ku Mana no kumva ko
.iriho

Inseko yanjye ituruka ku byishimo bikomeye biri muri
njye—ibyishimo bigera kuri bose. Ni nk'impumuro iva mu
mutima w'indabyo z'indabyo . Ibi byishimo bikomeye
.bitumira abandi kwibira mu mazi matagatifu y'ibyishimo

:Hari ibintu bine umuntu usanzwe azi

Yishima iyo icyifuzo cye gisohoye

Yumva atanyuzwe iyo bimubujije kubigeraho

Ariko iyo atishimye cyangwa ngo yihebe, yumva

arambiwe

Iyo umuntu atsinze aya marangamutima cyangwa

imiterere y'imitekerereze y'ibyishimo, ububabare, no

kurambirwa, yumva afite amahoro

Amahoro ni imimerere ishimishije cyane iterwa no

kutagira agahinda, ibyishimo, no kurambirwa. Iyi miterere

.ihora ihindagurika mu mutima

Nyuma yo kugendera ku muraba mwinshi w'ububabare

n'ibyishimo, harimo no kwiroha mu mibabaro myinshi

Hari ibyishimo mu kureremba ku gituza cy'inyanja ituje

y'amahoro

Ariko ikiruta amahoro ni ibyishimo byo mu mwuka,

ibyishimo by'ubugingo, ibyishimo by'ikirenga. Ni ibyishimo

.bishya bidashira ahubwo biherekeza ubugingo iteka ryose

Ibyo byishimo bikomeye bishobora kugerwaho gusa iyo

umuntu abonye ko Imana iriho

* * *

Buri muntu afite ubushobozi butarakoreshwa. Afite imbaraga zose zikenewe. Ubwenge ubwabwo ni imbaraga ihebuje, kandi bugomba kuba bubohowe ku ngeso .n'ibitekerezo bishaje kandi bibuza ibintu Ingaruka z'imibumbe n'inyenyeri ku buzima bw'abantu .ziterwa n'imbaraga zihuza imibumbe n'imibiri y'abantu Ibitekerezo bibi biyobora nyirabyo mu kirere kibi aho ashobora kwigaragaza uko abyifuza. Ariko umuntu ashobora guhindura ibitekerezo bye n'ubwenge bwe binyuze mu .bushake bwe, bityo akabasha guhindura ibidukikije bye Iyo umuntu agumye mu bidukikije bibi igihe kirekire, ibyo bidukikije bitangira kubigiraho ingaruka atabizi Uko igihe kigenda gihita, atakaza burundu ubwisanzure bwe bwo guhitamo ibidukikije bizima kandi byiza, maze agahinduka .umuntu ugengwa n'ingaruka mbi z'ibyo bidukikije bibi Ku bijyanye n'umuntu ufite ubushake bukomeye, aba ahuje n'Imana kandi ntategereza ko imibumbe n'inyenyeri bimusekera. Ahubwo akomeza urugendo rwe nk'ikimenyetso cy'inyenyeri, nta ngaruka kirenze ku nyenyeri iyobora Imana, .ari yo zuba ry'izuba n'Umwami w'amategeko n'ubugingo Imwe mu mahitamo abiri Kera cyane, habaga umuntu witangaga ku nkengero z'uruzi rwiza. Yamaze imyaka myinshi y'ubuzima bwe atekereza cyane, ariko ikibabaje ni uko imbaraga ze zitavuyemo umusaruro, kandi ntiyishimiye gusarura umusaruro mwinshi w'amahoro, nubwo yashyizeho imihati yo gushakisha no gushakisha amabanga y'ubuzima .n'amasoko y'ibyishimo Nubwo inshuti yacu yahoraga ikikijwe n'ikirere cyo mu ijuru mu bijyanye n'ahantu nyaburanga heza, imitima myiza, ibitabo by'agaciro, n'imizingo myiza yo kwibuka, ariko ubwenge bwe bwakomeje gutekereza ku buryo bukwiye bwo .kwiba abantu no kubagirira nabi Ibyo bitekerezo byari birenze ubushobozi bwe kandi byasaga n'aho bikomoka ku mpamvu za kera za karmic. Uko

yagendaga agerageza kwirukana ibyo bitekerezo bitari
byiza, ni ko byarushagaho kwinjira mu bwenge bwe,
.bikamubuza amahoro kandi bikamubuza amahoro
Amaherezo, yiyemereye ubwe, agira ati: "Nzakomeza
gusenga no kwinginga, kandi sinzahagarara kugeza igihe
nzaba nkibohoye ibi bitekerezo bimpagaritse umutima
"bintera amahoro mu gihe cyo gutekereza kwanjye
Isaha imwe yarashize, hanyuma ibiri, maze ibitekerezo
bibimubuza mu mutwe nk'inkubi y'umuyaga, bikubita ku
.nyubako y'ibitekerezo bye biyitigisa cyane
Amaherezo, nyuma y'amasaha atatu y'umuhate
ukomeye, ibitekerezo bimubangamiye byahise bishira mu
mutwe we, maze mu mwanya wabyo, abona mu iyerekwa
ryiza cyane umwera w'Imana ahagaze imbere ye yambaye
.umubiri n'amaraso

Uwo mutagatifu w'umurabyo ntiyagaragaye gusa ari
:muzima, ahubwo yanavuze n'ubugwaneza bwinshi, agira ati
Mwana wanjye, mu kwigira umuntu wa kera wari"
umujura w'umwuga nta kindi wahangayikishijwe uretse
gutega abandira no kubambura imitungo yabo. Ariko mbere
gato y'urupfu rwawe, umutimanama wawe warabyutse maze
wiyemeza kwikosora kandi wizeza ko uzakhindura imyitwarire
yawe iteye isoni ugakurikira inzira y'ineza. Kubera iyo
mpamvu wavukiye muri ubu buzima ufite icyemezo
gikomeye cyo kuba umuntu mwiza, ariko nubwo bimeze
bityo wazanye n'ibitekerezo bibi byari byo byibanze ku
"buzima bwawe mu kwigira umuntu wa mbere
Birababaje mwana wanjye, kuba ubaho muri ibi bihe"
byiza, ukikijwe n'inshuti nziza, uruziga rw'ibibukwa
n'ibitekerezo, nyamara nubwo bimeze bityo, ubaho mu gihe
cy'imihangayiko yo mu mutwe n'ibitekerezo bibi kandi
"bihungabanya ubuzima
Nyuma y'akanya gato k'agacece, umurinzi yakomeje
:ijambo rye ati

Kubera iyo mpamvu, dukurikije amategeko rusange,"
kandi kubera ko utakoze uko ushoboye kose ngo ukoreshe
amahirwe yo mu mwuka uhari muri ubu buzima, keretse
wongeye imbaraga zawe zo gutekereza ubu, mu gihe
:cy'urupfu uzagomba guhitamo hagati y'ibintu bibiri
Kuba mu ijuru n'abapfapfa icumi cyangwa kuba mu"
muriro w'ikuzimu n'umunyabwenge umwe, ni ikihe
"?wakwifuza

:Uwo mwigishwa yasubije adashidikanya ati
Yewe nshuti y'Imana, nkunda kubana mu muriro"
n'umunyabwenge umwe kuko nzi neza ko abapfapfa icumi
bava mu muriro bagana mu ijuru, mu gihe nizera mu mutima
wanjye kandi nzi neza ko ninjya kubana n'umunyabwenge
umwe, ndetse no mu nsi y'ikuzimu azamfasha guhindura
"ikuzimu paradizo
* * *

Abantu benshi bameze nk'ibinyugunyugu, batembera
kandi bakagenda hirya no hino nta ntego cyangwa ngo
bagere ku ntego iyo ari yo yose. Iyo bahagaze, ni igihe gito
gusa, hanyuma bagakururwa n'ikindi gihe cyo kwidagadura
bashaka kwishimisha no kumarana igihe. Naho inzuki, ikora
cyane kandi ikitegura ibihe bigoye, mu gihe ikinyugunyugu
.kibaho gusa ku muni wacyo
Iyo igihe cy'itumba kigeze, ikinyugunyugu kirapfa, mu
gihe inzuki yishimira umusaruro yakusanyije mu mpeshyi no
mu mpeshyi. Mu buryo nk'ubwo, tugomba kwiga guharanira
amahoro yo mu mutima n'imbaraga zo guhangana n'ibibazo
.by'ubuzima

ibibazo by'imitekerereze
Umuntu ntashobora kuguma atwarwa n'imiraba
y'ibyishimo iteka ryose, yibira mu mazi y'agahinda, cyangwa
.ngo arohamye mu bwigunge
Muri iyi si irangwa n'ibintu bibiri bivuguruzanya, umuntu
usanzwe ahura n'ibibazo bikomeye n'ibyishimo bizamuka mu
buryo bwimbitse kandi bikamuviramo kwibagirwa, ndetse

agasunikwa n'ibintu bikomeye by'agahinda kandi ntagire
.ikindi kintu na kimwe cyo kumva
Kwemerera imimerere kugenga ibitekerezo by'umuntu
muri ubu buryo bivuze kwegurira ubushake bwe iherezo
rihindagurika kandi rihoraho icyo umuntu akeneye kugira
ngo abeho ubuzima bwiza kandi bushimishije ni ukwifata
neza mu mutwe, kandi ibi bishobora kugerwaho gusa
binyuze mu gutekereza no kugenzura ubushobozi bwe
.bw'amarangamutima
Ndetse n'agahinda gakomeye gakira uko igihe kigenda,
bityo nta mpamvu yo guhora dutekereza ku gahinda buri
munsi w'ubuzima bwacu. Guhora tubabajwe n'uwacu
wapfuye ntacyo bidumarira, ndetse natwe ntacyo
.bidumarira, kandi ntacyo bihindura
Gutera umuntu kwisuzugura cyangwa kwihanira
amakosa cyangwa gutsindwa mu bihe byashize ntabwo ari
byiza; ahubwo bituma ubuzima buba bubi kandi bigatera
.intege nke mu bwenge
Ntitugomba kwemera kugwa mu mwobo w'ingeso mbi,
kuko iyo ari imimerere yo mu mutwe idashimishije na gato,
kuko ihungabanya ubwenge kandi igatwika ubushobozi
.bwihishe mu itanura ry'uburangare

* * *

Imana itwoherereza amasomo dukeneye mu buzima
kugira ngo tuyagiremo kandi tugire ubumenyi n'uburambe.
Abazirinda aya masomo bazahatirwa kuyamenya, uko
.byagenda kose igihe cyagenwa
Ikizamini cyose ni inshuti iyo tucyigiyeho, kandi ni
igitugu cy'umunyagitugu iyo dupfushije ubusa amahirwe
tukayakoresha nabi twinubira, twinubira, kandi tukagira
.ibitekerezo bidahwitse
Iyo dufite ubumenyi buhagije n'imyumvire ikwiye ku
buzima, biba byiza kandi nta ngorane bifitanye

* * *

Nta muntu ushobora kuntegeka cyangwa ngo
anyambure ubushake bwanjye keretse nemeye ko
ibitekerezo n'ibikorwa by'abandi bingiraho ingaruka
Mwami, ndabizi ko mfite amahirwe menshi yo gusuzuma
ubushobozi bwanjye no kuvumbura ubushobozi bwanjye bwo
mu mwuka. Nzasimbuza ibintu by'umubiri n'ibyifuzo byo
hejuru, kandi nzamenya ko Umwuka wizerwa ahora ari
.kumwe nanjye

Uyu muni nzashyira ibitekerezo byanjye mu byiyumvo
by'icyizere, ntandukanye n'ibintu bibi, kandi nkore imyitozo
izateza imbere umubiri, ubwenge, n'umwuka mu buriya
.buringaniye kandi buhamye

Imbyino y'ubuzima n'urupfu irahari iteka ryose, ariko
nzakomeza kwibohora iteka ryose no kongera kwigira
umuntu wanjye wo mu mwuka, kandi ninhura n'inkubi
y'umuyaga n'ibigerageze, nzahaguruka mu bwato bwanjye
bwo mu mwuka mbumbutse inyanja y'ubuzima njye ku
.nkombe zitekanye kandi z'Imana

Iyo nkora kandi nkarema, nzajya nibuka ko Imana irimo
ikora binyuze muri njye. Ni Umwami w'isi yose, kandi
.nshobora kwihuza na yo binyuze mu gutekereza cyane
Mana yanjye nkunda, ndabizi neza ko ibitekerezo
byanjye bizanzanira gutsindwa cyangwa gutsinda, bitewe
n'igitekerezo gikomeye mu buzima bwanjye. Bityo rero,
nzagerageza kwibuka ko urambuye ukuboko kwawe
kumfasha kandi ukantegurira inzira yo gutsinda. Iyo ibyago
n'ibyago bimbayeho, nzahamagara imbaraga zanjye kandi
.nkomeze icyemezo cyanjye cyo kubitsinda

Nzakoresha ubunyangamugayo n'ubunyangamugayo
mu mibanire yanjye n'abantu bose, kandi nzakwirakwiza
ibitekerezo by'urukundo n'ibyifuzo byiza. Hanyuma Imana
.izanshyigikira ikoresheje imbaraga zayo n'ubwenge bwayo
Uwiteka, zakoresha ubushake bwanjye n'ubwenge
bwanjye mbere na mbere kugira ngo ngere ku bintu bito,
hanyuma nkomeze kugera ku bintu binini

Nubwo ibyifuzo byose by'ubutunzi byagerwaho,
bikomeza kuzana ibyishimo bidahagije gusa
Mu gushaka Imana, nzavumbura ibigega by'ibyishimo
bidashira bidahwema gutemba no gutembera mu busitani
busanzwe n'ubwatsi bw'ubugingo

* * *

Imana ni yo y'agaciro kanini mu buzima bwanjye; yicaye
ku ntebe y'umutimanama wanjye kandi impa imbaraga zo
kuvuga amagambo y'ubwenge

Anyobora mu nzira ngomba kunyuramo
Ubuzima burunganiye

Ibyo bireba amategeko yose y'Imana n'ay'ibidukikije
Ihuza ibikorwa n'ituze

Bizana ibyishimo kandi bigasohozza iherezo ry'umuntu
Inzu yuzuye amabuye y'agaciro ntishobora kubonwa mu
mwijima, bityo Imana ntishobora kumvikana igihe cyose ijoro
.ry'ubujiji rikomeje

Niba kumenya Imana atari ukuri ku buryo tudashobora
gusohozza inshingano zacu za buri munsu tutari kumwe na Yo,
biragaragara ko tutigeze twumva isano iri hagati y'Imana
.n'ubuzima

Iyo dufite intego yo gukorera abandi, tuba twifashije
.ubwacu mu gufasha abandi
Nyagasani

Hamwe n'ikwirakwira ry'izuba ry'ingenzi
Nzakwirakwiza imirasire y'ibyiringiro mu mitima
y'abakene n'abimuwe

Cana amatara yo kwiyeemeza no kwigirira icyizere
Mu mitima y'abibwira ko ari abananiwe
Iyo tubonye ko ubuzima ari ishuri ryo kwiga no gusohozza
inshingano, kandi icyarimwe ari inzizi z'akanya gato
Ubwo ni bwo tuzamenya ko Imana iri kumwe natwe
Ubuzima bugomba gushingira ku murimo, kuko iyo
ntego nziza idafite, ubwenge Imana yahaye umuntu
.ntibuzigera bugera ku ntogo yaremewe

Kugandukira Imana bituma umuntu ashobora kurangiza
imirimo ye yose yishimye kandi ashimira Imana, kuko ni uko
.kugandukira Imana ari bwo twumva amahoro
Nzatwika intege nke zanjye zose zo mu mutwe no mu
by'umuco mu muriro w'ubushake, kuko keretse ninkuraho
izo ntege nke, ntabwo nzashobora kubona umuriro w'Imana
Nyagasani

Uyu munsu niyemeje gusohoza ibintu byihariye,
hanyuma nkore ibyo nateganyije, nzabanza nemeze ko
umugambi wanjye ugororotse, hanyuma nkumva imbaraga
zawe, kandi, hamwe n'ubufasha bwawe n'umugisha wawe,
.ngere ku cyo nteganya gukora

* * *

Ibindi byizewe mu ikoranabuhanga
Ndazi neza ko imbaraga z'Imana zitagira imipaka, kandi
kubera ko yanshyizemo urumuri rwayo, mfite n'ububasha
.bwo gutsinda inzitizi zose n'imbogamizi zimbuza inzira
Ndi uburyo bwo kugaragaza ubwenge n'ubwiza, bityo
nzashyira ibitekerezo byanjye n'impamvu zanjye mu gukora
.ibyiza no gukorera abantu

Uyu munsu nzakurikirana ibitekerezo byanjye
n'amagambo yanjye

Kugira ngo ikurire gusa ibyiza n'iby'icyubahiro
Nzashyira imbere ibyiza mu bikorwa byanjye
Nkoresha ibitekerezo byanjye byo guhanga kugira ngo
ngere ku ntego

Mu gikorwa cyiza cyose nkora n'umurimo
w'ingirakamaro

Kumenya ko Imana imfasha ninyifasha
Uyu munsu nzahinga ubusitani bw'ubuzima
Kandi ubiteremo imbuto z'ubwenge, ubuzima bwiza
n'ibyishimo

Nzashima Imana igihe imbaraga zanjye zizatsindira
intsinzi

Kandi mbona icyo umutima wanjye wifuza

Uyu munsu nzafasha abatekamutwe bankikije mu buryo
bwiza, kandi nzakuraho umwijima w'imihangayiko
n'amakimbirane nkoresheje urumuri rw'ibyifuzo byanjye
byiza, ntujye kandi uhoraho Nzakora uko nshoboye kose kandi
nkoreshe imbaraga Imana yampaye mu buryo bungukira kuri
.njye no ku bandi

Nzahaguruka nizeye byimazeyo imbaraga z'ibyiza
Bihebuje kugira ngo mbone ibyo nkeneye, nizeye ko Imana
.izamfasha ikampa impano zayo
Imbaraga z'umwijima nizimara guterana kugira ngo
zirwanye amahoro yanjye yo mu mutima, nzabyutsa muri
njye imbaraga z'umucyo, ukuri, no kwifata kugira ngo
zihangane n'imbaraga z'umwijima kandi zizitanyagure
.burundu

* * *

Iyo ushyize urumuri rw'izuba mu kirahuri gikurura ibintu
ku gace gato, bitanga ubushyuhe, kandi ubwo bushyuhe
bushobora gutwika ibiti, imyenda, impapuro n'ibindi
bikoreshe. Mu buryo nk'ubwo, iyo wibanze ku bwenge neza,
imbaraga zabwo zishobora gutwika ibibi n'imizi
y'ubushidikanyi inyuma ya buri gutsindwa no gutuma
.urumuri rw'ubwenge rumurika cyane kandi neza
Iyo ubwenge buhuje n'Imana, isoko y'ibyiza byose
n'inkomoko y'imbaraga zose zihebuje, bumenya ko Imana
ihari kandi bukagira ibintu byose bigize intsinzi. Ibi bintu
bifitanye isano rya bugufi n'imbaraga nyinshi z'Imana,
zishobora guhanga amahirwe mashya yo gutsinda mu rwego
.urwo arirwo rwose

Ibiryo by'amakuru

Iyo abantu bavugaga ku biribwa cyangwa imirire, akenshi
baba bashakaga kuvugaga ibiryo bifatika bikoreshwa kugira ngo
umubiri ubeho. Ariko hari ubundi bwoko bw'intungamubiri
butari ingenzi cyane nk'ibiryo bifatika, kandi akenshi
burushaho kuba bwiza. Muri ibyo harimo indyo y'ubwenge
.cyangwa iy'umwuka

Ibikorwa byo mu mutwe cyangwa kwibanda ku
bitekerezo, ubwenge n'ubushishozi bwo mu mwuka
Ibyokurya by'umubiri bikomeza uturemangingo
tw'umubiri, mu gihe indyo yuzuye ubwenge yuzuza ubwenge
ibitekerezo bizima, kandi indyo yuzuye ubwenge yongera
imbaraga mu bugingo no guteza imbere ubushobozi bwabwo
Indyo yuzuye mu bwenge ubusanzwe igizwe n'ibitekerezo
umuntu atekereza n'ibyo yakira bivuye ku bandi binyuze mu
.kuvugana no gukorana
Abantu bafite imico ituje n'imico myiza bafasha gutuma
ibitekerezo byacu birushaho kuba byiza kandi bikurura
.ubuzima

Ntabwo bigoye kumenya niba umuntu akuramo ibyo
akeneye mu bwenge bwe mu mutuzo cyangwa ahantu
hatekanye. Guhangayika, guhangayika no kwitiranya ibintu
byose bituruka ku kwifatanya n'abantu babi, baba inshuti
cyangwa abavandimwe, biganisha ku bitekerezo
bihangayikishije no kugira imitekerereze mibi. Umubiri
ukuramo imbaraga n'ubuhanga mu biribwa bifatika, mu gihe
ibiryo bikurura imbaraga biha umubiri n'ubwenge imbaraga
zoroshye kugogora kurusha ibiryo bikomeye n'ibikomoka ku
.mazi, bidashobora guhinduka imbaraga nzima

* * *

Iyo ushoboye guhindura ubujiji ubwenge
Kuva ku ntege nke n'intege nke kugeza ku buzima
n'imbaraga
Genda mu nzira z'ubuzima ufite icyizere kandi ushize
amanga - nubwo waba uri wenyine
Kandi ibyishimo byo mu mutima byo kugira
umutimanama muzima kandi uhamye
Kandi kwizera kudacogora mu butabera bw'Imana no
mu gutsinda ukuri hejuru y'ikinyoma n'ukuri hejuru
y'ubuyobe
Kandi iyo ugerageje buri munsu kurekura ibitekerezo
byawe ukabishyira ku rwego rwo hejuru kandi runoze

Afite umutima ukunda kandi ushimira
N'imigambi myiza ku bandi
Indyo yawe y'ubwenge ni magnetic
Hanyuma bizakurura ibintu byose byiza kandi
by'ingirakamaro kuri wewe
Biturutse ku bintu, abantu, n'imimerere
Akeneye cyane gukomeza urugendo rwerekeza ku
nkombe z'umutekano n'umutekano
Kandi icya nyuma ariko kitari gito
Iyo ushyizeho imihati kugira ngo ubone ibyo ukeneye
Ishimire ibyo Imana yorohereje, maze uzarushaho kuba
umukire mu mwuka no kunyurwa
Abashishikajwe n'iyi si kandi bakagira umururumba wo
gushaka ibyo yasahuye

* * *

Iyo umuntu ashaka Imana, yo nshuti yonyine iruta izindi
nshuti zose, birashoboka gushinga ubucuti nyakuri mu
mibanire yose y'abantu: mu muryango, mu muryango, mu
.muryango no mu mwuka
Ubucuti ni ikintu cy'ingenzi mu mibanire y'abashakanye,
kandi guhuza ubwenge n'amarangamutima, kumva ko
umuntu akururana mu by'umuco, urukundo nyarwo
n'ubucuti bigomba gushyirwa imbere Abananiwe
gutandukanya urukundo nyarwo n'urukundo rw'umubiri
.bakunze gutenguha

Iyo ishyingiranwa rishingiye ku mahame meza no
kubahana, riba ubumwe bwiza kandi bugira ingaruka nziza
hagati y'abantu babiri bakundana kandi bakorana,
boroherezanya imitwaro y'ubuzima kandi bagakuraho
.imihangayiko yo kubaho mu bwumvikane n'ubwumvikane

* * *

Niba ubumba igice cy'ibumba kikamera nk'ikibindi
hanyuma ukagiteka kugeza gikomera, hanyuma ugashaka
guhindura ibumba kikamera nk'isahani, ntuzabishobora.

Ariko, ushobora gusya ikibindi ugashyiramo ifu mu ibumba
.rishya, hanyuma ukagikoresha mu gushushanya isahani
Mu buryo nk'ubwo, niba hari ingeso mbi yashinze imizi
mu bwonko kandi tukaba twifuza kuyihindura, tuzabanza
gukoresha ubushake bwacu kugira ngo tuyice iyo ngeso
maze tuyihinduremo ibikorwa byiza kandi byoroshye
.bishobora guhinduka uko tubyifuza
Ubushake bukomeye busobanura kwemera gukomeye.

Iyo umuntu yibwiye ati: "Simbizi neza iyo ngeso," kandi
akavuga icyo avuga, iyo ngeso izasenyuka ikavaho nk'aho
.itigeze ibaho

* * *

Sinshyira umuntu ku gitekerezo cyanjye, kandi sinemera
ko umuntu ashyiramo igitekerezo cye cyangwa ngo antere
ikintu nzi neza ko ntagomba gukora
Ntekereza neza ku byo nteganya gukora, nyoborwa
n'ubwenge mu byo nkora, nemera inshingano ku bikorwa
byanjye, kandi nta wundi muntu nshinja ingaruka z'ibikorwa
byanjye. Uku kwifata nakwize ku mwarimu wanjye, nakunze
.cyane, kandi sinzabireka

Imbaraga z'ubukuru zihambaye
Yesu yaravuze ati: "Mubanze mushake ubwami
"bw'Imana, ibindi byose muzabihabwa
Imana ni imbaraga ikomeye cyane ikora nk'ingufu z'isi.
Ni urukundo ruri inyuma y'urukundo rwose. Ni Umuremyi
w'isi n'umuhanzi w'Imana uri inyuma y'ubuhanzi n'irema
.byose

Iyo werekeje ibitekerezo byawe ku Mana: imbaraga
zidasanzwe za rukuruzi ziriho, wishyiramo imbaraga za
rukuruzi zihesha Imana umugisha kandi ushobora gukurura
.ibyo ukeneye byose

Niba utekereza ku Mana utekereza cyane, ukayikunda
n'umutima wawe wose, kandi ukumva amahoro yuzuye
imbere yayo utifuje ikindi kintu cyose, ubwo imbaraga
.z'Imana zizaguha ibyo warose byose n'ibindi byinshi

"Ku Mana yo mu Ijuru"

Intsinzi, ubuzima bwiza, gukira indwara zidakira,
n'ingeso zo kugenzura—ibi byose birashobora kugerwaho
Niba warananiwe uburyo bwose bwo gukora ibintu
n'imbaraga zose kandi ugasanga ntacyo bitwaye, fungura
urugi rwawe rw'imbere, maze imbaraga z'umwuka
zizasohoka, zikureho intege nke zose, gutsindwa, no gucika
.intege

Nushaka ubufasha bw'Imana binyuze mu gutekerezwa
cyane no kwitonda, uzavumbura ikigega kidashira
cy'imbaraga zo mu mwuka. Imana ntirobanura ku butoni
.kandi isubiza abantu bose bayishakaho ubufasha by'ukuri
Igihe nabonaga Imana muri njye, nayisanze hose
Namukundaga cyane kuva nkiri umwana, kandi rimwe
nkiri umwana muto namwandikiye ibaruwa Yego, nandikiye
:Imana ibaruwa ndayigira iyi
Ku Mana yo mu Ijuru" maze ndayishyira mu gasanduku"

k'amabaruwa

Iyo twandikiye umuntu, tuba twiteze igisubizo Iyo
ntabonye igisubizo, ndarira cyane Ariko igisubizo cyaje kuri
njye, ntabwo cyanyuze mu magambo yanditse ku mpapuro,
ahubwo mu iyerekwa ritangaje ry'umucyo
Buri wese ashobora kubona igisubizo kivuye ku Mana
niba icyo gikorwa gikomeye kandi imbaraga zigakomeza
Niba ubajije Imana ibibazo byawe, ukabishyira mu buryo
bwimbitse, hanyuma ukabyohereza ukoresheje posita yo
kubitekerezaho, ubwo mu by'ukuri kandi nta gushidikanya
.uzabona igisubizo

* * *

Hari imiterere y'umwuka iri mu gice cy'imitsi ituma
abantu bagera ku ntera yo hejuru mu mikurire y'ubwenge.
Ubwonko bw'umuntu, buruta ubwonko bw'inyamaswa
nyinshi usibye inkende n'inzovu, buragoye kandi bufite
ubushobozi bwo gutekerezwa. Ibi bituma ubwonko bw'umuntu
buba igikoresho gikwiriye abantu, bafite ubwenge buhanitse

kurusha ibindi biremwa. Uburyo ubwonko bugoye kandi
bugoye butuma abantu bashobora gutekereza mu buryo
bwimbitse kandi bwimbitse. Bityo, abantu bonyine ni bo
bashobora kugera ku rwego rwo hejuru rw'ubushishozi,
bityo, bakamenya Umuremyi wabo. Umuntu
w'umunyabwenge ni we ukoresha ubushobozi bwe bwo
gutekereza mu gukorera no kugirira akamaro abantu ku
.rwego rw'ibintu, ubwenge, n'umwuka

* * *

Nakuririmbiye indirimbo
Nta muntu n'umwe wigeze abivuga mbere
Kandi ndagutura indirimbo yanjye y'ukuri
Uwo umutima wanjye ukina imbere mu mutima wanjye
Kandi ku mirya yayo
Nahimbye iyi ndirimbo ya mbere
Kandi dore ndabiguhaye nk'igitambo gitunganye
Sinzaguha indirimbo zuzuye kandi z'ubwenge
Cyangwa indirimbo nziza zahimbwe n'abandi
Kandi nta kindi nzaguha uretse
Indirimbo zoroshye kandi zidafite ubwenge zo mu
mutima wanjye
Sinzagushyira indabo z'indabo zahinzwe imbere yawe
Mu mazu y'ibirahure
Kandi yuzuye amarangamutima n'irari
Ahubwo, ndaguha indabyo zo mu gasozi zimaze kumera
Mu busitani bwanjye bw'inyota
Kandi umutezi w'ubuzima bwanjye

* * *

Kugira ngo nshobore kugutega amatwi
Malayika Murinzi
Iyerekwa ryanjye ry'imbere ryahujwe na radiyo
Mu buryo bworoheje kandi bw'urukundo
Akenshi nategaga amatwi mu gihe cyo gutekereza
:Ku ndirimbo nziza cyane z'abera bawe bari hafi yawe
Ku bw'indirimbo nziza cyane zo mu mwuka

Kandi ku bice by'ibyo umutima wanjye waremye
N'indirimbo ishimishije yo mu kwifuza kwanjye kwa kera
Nahinduye icyerekezo cy'ibyiyumvo byanjye byimbitse
n'ubwihangane

Kandi ubwo ibitotsi byandemereraga
Nari hafi gusinzira
Indirimbo yawe y'ukuri yanyuzemo
None ubu ndatangaza amajwi y'ibyishimo
Kuva mu ndirimbo z'ibyishimo byawe
Kandi nongera ijwi ryanjye ku itsinda ry'abasenga bawe
Indirimbo ziririmba zirushaho kumvikana
Inyota n'inyota birushaho gukomera

* * *

Umuntu wese ufata inzira y'ubwikunde bubi, abandi
bazagerageza kumwambura ibyo afite byose, ariko niba atari
.byo, abandi bazamwerekaga ubuntu n'impuhwe
Ibyo umuntu ateganya cyangwa yohereza abandi—mu
magambo, mu bikorwa no mu bitekerezo—bizabakurura mu
buryo bumwe no mu rugero rumwe. Imiterere yabo nyakuri
izagaragazwa binyuze mu miterere y'isura yabo n'ibikorwa
byabo. Abandi bazumva imihindagurikire cyangwa imiraba
yabo yo mu mutwe, kandi uko babyitwaramo bizahura
n'imiterere y'iyo mihindagurikire—imeze nabi cyangwa
.nziza

Ntidushobora gutunga byose. Ibyo dufite Imana
yaduhaye ngo tubikoreshe by'ateganyo tukiri kuri iyi si,
kandi vuba cyangwa nyuma tuzagomba kureka imitungo
yacu, byaba bitewe n'impanuka, ubujura, kwangirika,
.cyangwa urupfu

Bityo, iyo tugerageje kugumana cyangwa kugumana
ikintu icyo ari cyo cyose kugira ngo tukigire icyacu, tuba
.twibeshya

Ndetse n'iyi mibiri tumaze imyaka myinshi tubamo
umunsi umwe izarekurwa. Bityo rero, ni ikosa kwihatira

kwizera ko dufite ibintu, mu by'ukuri, bidashobora gutunga
.na gato

Iyo duhawe ikintu, tugomba kumenya ko ari icyacu gusa
mu gihe runaka, kandi tugomba kwemera kugisangiza
.abandi

Iyo umuntu yifuza ibirenze ibyo akeneye, ibibazo
bikomeye bimutegereje Nta gushidikanya ko tugomba kugira
ibyo dukeneye by'ibanze nko kurya, aho kuba, imyambaro,
n'umutekano mu by'amafaranga, ariko mu gukurikirana ibi
bintu, tugomba gukuraho ibyo dukeneye bitari ngombwa,
ndavuga ibyifuzo bitagira umupaka n'irari rikomeye ryo
.gutunga ibirenze ibyo bikenewe

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Ntidushobora kubaho mu isi nk'abantu ku giti cyabo
tugomba kwishingikiriza kuri bagenzi bacu kugira ngo
.tubeho kandi twishimire ubuzima

Ibi ni ukuri haba mu buryo bw'umwuka no mu buryo
bw'umubiri. Ntidushobora gukomeza kubaho neza
.tudakoresheje ibicuruzwa na serivisi

Dushobora kwihutisha iterambere ryacu ry'ubwenge
n'iry'umwuka dusangira ubunararibonye bwacu n'ibyo
twavumbuye

Iyo duhuje ibitekerezo byacu byo mu Burasirazuba, mu
Burengerazuba, mu Majyaruguru no mu Majyepfo,
dushobora guteza imbere impano zacu no guteza imbere
.ubushobozi bwacu nk'umuryango umwe w'abantu

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Mu busitani bw'inzizi zanjye za nijoro
:Indabo nyinshi zirakura

Indabo zidasanzwe zo mu bitekerezo
Aho niho urumuri rushyushye rw'umubumbe rumurikira
Imimero y'ibyiringiro byo ku isi irimo kurabya
Gukwirakwiza indabyo z'amabara meza
Kuva mu iperereza no kunyurwa
Mu buryo bw'indoto nziza

Ndareba isura y'umukunzi wibagiranye
Kandi amarangamutima akundwa, yashyinguwe
Maze igihe kinini nsinziriye
Ubutaka bw'abatazi icyo bakora
Bose barahaguruka bambaye imyenda irabagirana
Mu gusubiza umuhamagaro w'abamarayika b'inzozi
Yabonye izuka ry'ibigeragezo byose byahise
Uwiteka, waduhaye umudendezo
Kwibagirwa ibibazo byacu bya buri muni
Mu gusura igihugu cy'inzozi nijoro
Dufashe kubyuka turi kumwe nawe
Kandi duhunga burundu agahinda n'agahinda by'abantu

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!Yewe buhungiro bw'Imana
Ndi koga mu nyanja y'ubuzima
Ndimu ndahungabanywa n'inkubi y'umuyaga ikomeye
y'amakuba
Waba uri kureremba ku miraba y'ibyishimo
Cyangwa rimwe na rimwe, kurohama mu bubabare
bukomeye
Ndifuza guhunga ubwo bubiri
Ugeze ku nkombe zawe zikomeye kandi zitagira ingano
Kandi buri mupfundo w'amasengesho yanjye
Ndakwegereye, wowe buhungiro bwanjye bwonyine
Sinzareka kugerageza
Kuko nzi ko ushishikajwe no kuza kwanjye
!Ategereje cyane kugaruka kwanjye
Ndi inyoni yo muri paradizo: inyoni yo mu ijuru
Byakozwe n'amaboko yawe ahire
Wanshimishije n'ubwiza bwawe
Kandi amabara meza
Hamwe n'ububabare n'ubwoya bw'izahabu bwo mu
mwuka butera imbere
Nazamutse cyane
Mu mwuka w'ubuzima wijimye kandi urimo umutuzo

Gushaka paradizo
Ubwoya bwanjye bw'umukara bwari bwaranduye
Hamwe n'ibizinga byijimye by'ihungabana
Ngwino Mana yanjye
Oza inyoni yawe yo muri paradizo
Hamwe n'imirasire y'ubwenge
Kandi amazi meza y'amahoro
Umugozi w'amahoro yanjye n'inkingi y'ibyishimo

byanjye

Nubwo nkora cyane kandi nshyizeho umwete kugira ngo
nkumenye nkurikije amategeko n'amabwiriza yawe, ngomba
kumenya, Mwami, ko uri hejuru y'amategeko n'amabwiriza
.yose

Mubyeyi w'Isi Yose, utuye mu mutima wa buri mubyeyi
w'umuntu. Wuzuze ba nyina bose ubwenge bwawe
n'ubugwaneza bwawe kugira ngo barusheho kugaragaza
.urukundo rwawe rutagira imipaka

Mana yanjye nkunda, nzi ko ubuturo bwawe bwera buri
hose Nk'uko amavuta meza ahisha mu mwelayo utarimo
gukandwa, ni ko ubuturo bwawe bwiza buhari mu isanzure.

Hahirwa abakoresha imbaraga zo kugutekerezaho no
kugutekerezaho kugira ngo bakuremo amavuta meza yo
.kubaho kwawe kw'Imana

Binyuze mu bikorwa byiza n'ibitekerezo byiza byo
guhanga, nzarera imbuto yo kumenya kwigira no
kuyivomerera amazi yo gutekereza no kwifuza kugeza igihe
indabyo z'urukundo rw'Imana zizarabya mu busitani
.bw'ubuzima bwanjye

Isi irimo kugerageza kubuza ubwenge bwanjye imigozi
ikomeye y'ibyifuzo bikomeye, ariko nzakoresha imbaraga
zanjye kugira ngo ncishe iyo migozi icyuma cyo
gusobanukirwa no gushishoza kugira ngo ubwenge bwanjye
.bubohoke kandi bujye ku buntu bw'Imana
Imbaraga z'ibitekerezo, imvugo, n'ibikorwa bituruka kuri
wowe, Umuremyi wanjye Mfasha gukoresha izi mbaraga

gusa mu bitekereze byiza, amagambo meza, n'ibikorwa
by'ingirakamaro. Binyuze mu gutekereza ku byo ntekereza,
urukundo rwanjye kuri wewe rukura kugeza ubwo rwuzuye
ubugingo bwanjye bwose kandi rugakuraho inzitizi zose
n'imbogamizi mu nzira yanjye y'ubuzima. Kandi kubera ko
uri Umuremyi w'iyi si y'inzozi, inshingano yanjye ya mbere ni
.wowe, ntabwo ari iyi si y'inzozi

Amakimbirane n'imidugararo bigerageza
kuntandukanya no kumbuza kubona ubuturo bwawe bwiza,
ariko uzahora uhoraho, Mwami, inkingi y'amahoro yanjye
.n'inkingi y'ibyishimo byanjye

* * *

Hari ibirombe by'ubumenyi n'ubutunzi bw'ubwenge biri
mu muntu, bitegereje kuvumburwa no guhishurwa binyuze
mu gutekereza cyane no gushakisha cyane
Abantu bakoresha imbaraga zabo zihishe batabizi,
cyangwa batabizi, mu byo bakora byose kandi bakabona
umusaruro, ariko nibamenya gushora izo mbaraga no
.kuzigenzura babizi, bazakora ibintu byinshi bikomeye
Iyo ubugingo bwuzuye ubwenge karemano, imbaraga
karemano, urukundo rw'ineza, n'ubushake bwiza, nk'uko
inzuki ishaka indabyo, intsinzi, iterambere, ubumenyi, n'indi
migisha yose y'ubuzima bizagushaka, ku bw'ubuntu
.bw'Imana

* * *

Kuri iyi si, Imana ikora kugira ngo ibone kandi iteze
imbere ubuhanzi rusange bwo kubaho mu byishimo binyuze
mu gushyira amarangamutima y'ubuvandimwe mu mitima
y'abantu no guteza imbere kubahana no guha agaciro
.abandi mu mitima yabo
Kubwibyo, We – ahabwe icyubahiro – ntiyigeze yemerera
igihugu icyo ari cyo cyose kuba cyiza ubwacyo Ahubwo
yahaye abantu bose ubushobozi n'impano zabo zidasanzwe,
kandi abaha ubuhanga bwihariye kugira ngo bagire uruhare
.rugaragara mu iterambere ry'umuco w'isi

Amahoro ku isi azakura imbuto mu mahanga binyuze
mu guhanahana kwabo ibintu byiza n'ibyiza bya buri wese
Nubwo dushobora kwirengagiza intege nke z'andi
mahanga, tugomba kubona neza imico myiza yayo no
kuyigana. Ni ngombwa kumenya ko izi ntego zagiye
zigaragara mu bahanuzi, intumwa n'abatagatifu mu mateka,
bari—kandi baracyari—ingero nzima z'inyigisho zera zo
hejuru cyane

"Ibisobanuro bya "kwikunda
Ibyumviro, bikomoka ku bwenge n'ingufu bituruka ku
Mana, bitwereka isi kandi bikagaragaza roho nk'ikintu
.gitandukanye n'isoko yayo n'ibindi biremwa
Akazu k'umubiri kafunze roho, ari na cyo kimenyetso
cy'umwuka w'isi yose, kandi kararenzwe no kwibagirwa,
bityo ntikibuka imiterere yayo y'ubumana, ahubwo kibona
akazu k'umubiri nk'uko ari ko gasanzwe. Bityo, kiyishyiramo
.kandi kiyishyiramo umwanda wose n'inzitizi z'umubiri
Muri icyo gihe, roho yitwa "ego", ariko iyo iyi ego
cyangwa iyi nyito, ifite umupaka, imenye ko isano yayo
n'umubiri ari iy'igihe gito kandi ko ifite kamere idapfa,
ihoraho, icyo gihe ishobora kwitwa roho. Kandi uko irushaho
kumenya imiterere yayo y'ingenzi, kandi uko ubwenge
bwayo burushaho kwiyongera no kwaguka, ni ko irushaho
kumva ko ifitanye isano ya hafi n'ubwenge bw'isi kandi ko
.abantu bose ari umuryango wayo w'isi yose

* * *

Reka dushyireho impano zitarimbuka
Ntabwo iterwa no kwangirika
Kuva ku ntego nziza
serivisi zitanga ubwitange
Urukundo rutagira icyo rushingiyeho
Munsi y'igiti cy'abantu
Ifite amashami maremare
n'amashami menshi
Ni ayahe agaragaza amoko

Ubwenegihugu bw'abantu
Nubwo batandukaniyeho kandi batandukanye
Imana yakire ibikorwa byawe byiza
Biterwa n'imigambi myiza
Kubyuka kwa kabiri

Ndi kumwe nawe, numva meze nk'aho ndi mu kanguro
ka kabiri mu yindi si Rimwe na rimwe, nrota iyi si kandi
umubiri wanjye uri muri yo, ariko ndi maso mu byishimo
bidashira, kandi inzosi zanjye zo ku manywa z'ubu buzima
bwo ku isi zihumura neza impumuro y'ibyibuka bitatanye
.nk'indabyo z'iroza

Ndimu ndimu ndembera mu buryo bw'ubuzima,
ndimbitswe inzosi kandi ndimbitswe n'ibintu byinshi bivuye
mu bunararibonye butandukanye, ntwaye ibintu bishimishije
byo kwibuka inzosi zanjye zo ku isi bikanjyana mu ibyuka
.ry'iteka ryose ry'ijuru

Naranduye amahwa y'inzosi mbi mu busitani
bw'ubuzima bwanjye kandi ndateramo indabyo z'amaroza,
aho umukunzi wanjye wo mu isanzure azemera ubutumire
bwanjye, ahumura neza mu ruhu rw'irari, maze anjyane mu
rugo rwo mu ijuru rwuzuyemo ibyishimo bishya n'imigisha
.itagira iherezo

* * *

Urukundo rw'Imana ni urw'ukuri kandi rworoshye, kandi
rwose isubiza buri wese ugaragaza icyifuzo cye gikomeye
n'icyifuzo cye kivuye ku mutima kuri yo
Abantu bibeshya ko babeshwaho n'ibyo kurya,
ntibabeshwaho n'imbaraga z'Imana. Benshi bayiyambaza
ibitekerezo by'akanya gato, nk'ikibaba mu muyaga, bibeshya
ko idasubiza amasengesho yabo. Nyamara, ifasha
abamwizera, nubwo batabizi. Nyamara, benshi bakomeza
kutayimenya, bakeka ko iri kure yabo. Iyo icyemezo kidacika
intege, icyemezo ntikigera kigabanuka, kandi ubusabe
buvuye ku mutima bugakomeza bucece kandi bwizewe,
kandi ubufasha bw'Imana bushakishwa n'ukuri n'ibyiringiro,

ndetse no iyo habayeho inzitizi z'intege nke, imihangayiko,
ingeso mbi, cyangwa ibitekerezo bidasobanutse, ubwo
.bufasha buzaza, kandi hamwe na bwo, ihumure
Imana isubiza mu buryo bwimbitse kandi bucece buri
busabe bwose buvuye mu mutima buturutse mu mutima

Agaciro nyakuri k'umuntu

Ubushobozi bwo gukora no gutegura neza ni ingenzi ku
cyo uteganya gukora. Niba wiyemeje kandi ugakomeza inzira
yawe nk'umwambi waka cyangwa itara ryaka, inzitizi zose
.ziri mu nzira yawe zizashya zihinduke ivu

Hitamo umurimo utekereza ko utashobora gukora,

hanyuma ugerageze uko ushoboye kose kugira ngo
uwugereho Nubigeraho, komeza ugere ku kintu gikomeye
kandi cy'ingenzi kurushaho Komeza gutoza ubushake bwawe
muri ubu buryo, kandi uzabona umusaruro. Niba ingorane ari
nyinshi cyane, senga cyane kandi wizere Imana kugira ngo
.iguhe imbaraga zo kuyitsinda

Ubushobozi bwo gukora ibintu bugomba gukoreshwa
niba ushaka gukuraho gutsindwa, kandi ubushake bugomba
kuba bukomeye nk'inkubi y'umuyaga ikomeye - inkubi
y'umuyaga mwiza - itagira inzitizi mu nzira yayo kandi
.igasenya ikibi gusa

Ntacyo bitwaye uwo umuntu ari we cyangwa uko
urwego rwe mu mibereho rungana. Agaciro ke nyakuri
gashingiye ku bushake afite n'uburyo abukoresha kugira ngo
.akore ibikorwa byiza kandi afashe abakene

Ubushake buri muri wowe, kandi nubukoresha neza,

uzabasha kugera ku kintu icyo ari cyo cyose

Ni ubushake butuma umuntu ava ku byifuzo akajya ku
byifuzo kugeza ubwo amaherezo bimutera imbaraga nyinshi
kugira ngo agere ku ntsinzi mu gusohoza icyifuzo gikomeye:

kumenya we ubwe n'Imana

Ubushake bukura mu muntu mu buryo busanzwe,

buhoro buhoro, ariko gukura kwabwo gushobora

.kwihutishwa no gutekereza neza no gukora neza

Gukomera ku gitekerezo ufite ubushake bw'icyuma
bivuze kugera kuri icyo gitekerezo vuba cyangwa nyuma,
bitewe n'umurava udacika intege n'umurava utazi intege
.nke cyangwa gucika intege

Ubushake bw'umuntu bugengwa kandi buyoborwa
n'ubujiji kandi akenshi bugatera amakosa n'imibabaro. Ariko
iyo ubushake buyobowe n'ubwenge n'ibikorwa bikiranuka,
kandi iyo buhujwe n'ubushake bw'Imana, icyo gihe bukorera
.inyungu n'ibyishimo by'abantu

Gutoza ubushake ni ingenzi kugira ngo buhuzwe
n'ubushake bw'Imana. Iyo ubushake buhora buzenguruka ku
ntego runaka, buhinduka ubushake buhamye kandi bufite
akamaro. Ubu ni ubushake bw'abahanuzi, abantu bakomeye,
.n'abageze ku bikorwa bikomeye muri iyi si

Mbere yo gutangira igikorwa icyo ari cyo cyose,
tekereza neza ku cyo ugiye gukora Menya neza ko
uzakoresha imbaraga zawe kugira ngo ugere ku bintu bifitiye
akamaro wowe ubwawe n'abandi. Niba ukoresheje imbaraga
.zawe nabi, ingaruka zizakugirira nabi

Ntukagire ibitekerezo bibi; Imana yaguhaye ubushake
bwo kubukoresha no gutsinda intambara y'ubuzima. Wibuke
.ko ubushake bw'Imana buri inyuma yawe

Ubushake bushobora kuzana impinduka mu miterere
y'umubiri. Ntukeneye umwanya wo gucika ku ngeso
yashinze imizi mu gihe ufite ubushobozi buhagije bwo
.gushaka

Ubwo Umwigisha Buda yashakaga kumurikirwa mu
buryo bw'umwuka, yicaye muni y'igiti cya banyan (umutini
:w'Abahinde) maze aravuga ikintu cyagize ingaruka kuri ibi

Dore nicaye muni y'igiti cy'umunyu

Kandi nsubiramo iyi ndahiro mu by'ukuri

Niba ntasobanukiwe ibanga ryo kubaho

Kandi nzungukira mu bushakashatsi bwanjye ubutunzi

bw'agaciro

Sinzava ku mwanya wanjye uko byagenda kose

Nubwo amagufwa yanjye n'umubiri wanjye byashonga
!Nzaguma nicaye iteka ryose
Amaherezo, Gautama Buda wari ufite ubumenyi
yagezeho mu busabe bwe bw'Imana
Yabonye icyo yashakaga
Mu by'ukuri, ubushake nk'ubwo ni ubushake
Bunze ubumwe n'ubushake rusange
Muri wowe harimo umuyoboro w'ingufu zo mu kirere
zikomeza umubiri wawe ubuziraherezo. Ariko, iyo hagize
ikintu kigera ku mubiri, wibagirwa izo ngufu. Gukoresha
ubushake bwawe mu ntogo zitari zo bivuze gutakaza isano
ufitanye n'izi ngufu zo mu kirere. Gutoza ubushake bivuze
.kwihuza n'izo mbaraga zikomeye z'ubuzima
Ubushake bugomba gukomeza kubaho no gukora
ibikorwa byiza n'ibikorwa byiza kandi by'ingirakamaro mu
buzima

* * *

Ingeso ni ibikoresho byo mu mutwe byikora kandi ni
uburyo bufasha mu kurangiza imirimo ikenewe mu buryo
bworoshye kandi butagoranye
Benshi bemerera ingeso z'intege nke no kunanirwa
kuzishyira mu bucakara, kandi umuntu ashobora kwikingira
niba abayeho mu buryo butandukanye, mu gihe
ashishikajwe no kurwanya ingeso mbi kugeza ageze ku
.mutekano no ku nkombe z'intsinzi
Ibyifuzo bitagira umupaka bitera ingeso mbi mu
kuzishyira mu bikorwa no kuzisobanura mu byiringiro bitari
byo n'amasezerano y'ibyishimo n'ibyishimo by'akanya gato.
Muri ibyo bihe by'intege nke n'urujijo, abifuza gutsinda izo
ngeso zitagira umupaka bagomba gushakisha ubwenge
bwabo kugira ngo basobanukirwe imiterere yazo nyayo
.kandi biga uburyo bwo kuzikemura neza
Ingeso mbi zigira ingaruka mbi n'imbuta zisharira kandi
z'uburozi lya zitagenzuwe, izi ngeso mbi zizakomera,
zigafata umuntu mu maboko yazo akomeye kandi

zimugiraho ingaruka zikomeye. Ariko iyo ubwenge bumaze
kubona ko izi ngeso zidafite akamaro n'ingaruka mbi,
ingaruka zazo ziragabanuka kandi amaherezo zirashira mu
.buzima bw'umuntu

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Ibyanditswe Byera byemeza ko Imana irenze ubushobozi
bwo gutekereza no gutekereza Nubwo bafite imbaraga,
ubushobozi bwabo ntibuhagije kugira ngo buyisobanukirwe
cyangwa buyigereho. Bityo, ubwenge bw'umuntu
ntibushobora gushushanya Imana by'ukuri, kandi
.ntibushobora gusobanukirwa ibidafite intangiriro n'iherezo
Iyo urebye Izuba uri mu birometero byinshi mu kirere,
iyonyenyeri nini cyane isa nkaho ari nto cyane ugereranyije
n'Isi yacu Nyamara, umurambararo w'Isi ni hafi ibirometero
7.900, mu gihe umurambararo w'Izuba ukubye inshuro ijana
Iyo ushobora gushyira Isi yacu imbere y'Izuba, yagaragara
nk'aho ari nto ugereranyije. Kandi niba twibwira ko ubutaka
bunini bw'Izuba bwaguka kugeza ubwo uburemere bwaryo
bunini buzunguruka ikirere cyose cy'ubururu, ikirere tubona
ni akantu gato, agace gato, k'ikirere kitagira iherezo cyuzuye
isanzure Nubwo Izuba ryakomeza kwaguka mu buryo
.butagira iherezo, ntirashoboraga kubamo ubuziraherezo
Ishusho y'isi yose y'ubuto n'ubudashira igabanya kandi
ikabuza ubwenge gusobanukirwa ubunini bw'isanzure. Ubu
?busa busesuye bwaturutse he, kandi imbibi zabwo ziri he
Udashyira ku bipimo cyangwa ibipimo, utagira
umupaka cyangwa inkomoko, ni Imana, iri hose kandi ibaho
mu isanzure rya kure cyane. Iri mu nyenyeri za kure, kandi
izi neza buri mwanya iherereyemo, uko waba muto cyangwa
.munini
Imana si ubwenge kuko ari yo yaremeye ubwenge kandi
irenze imbaraga zabwo; bitabaye ibyo, twashoboraga
kubwumva binyuze mu bwenge. Ariko, dushobora kubwita
neza kandi neza ubwenge bw'Imana, ibyishimo by'Imana,
cyangwa ukubaho kw'Imana; ariko ntabwo ari ubwenge

Nubwo ubwenge budashobora gusobanukirwa uko ibintu byose bibaho, ariko bushobora kumva ko Imana iriho. Kumva ko Imana iriho no kuyipima ni ibintu bibiri bitandukanye .rwose

Umuraba ntushobora gupima ibiwukikije, ariko hari aho bihurira. Mu buryo nk'ubwo, iyi ngingo ni ubwenge bwo hejuru. Ubu bwenge bushobora kumva Imana, ni ukuvuga, kubona ukubaho kwayo. Iyo twaguze urwego rw'ubwenge busanzwe kugeza ubwo ruhuye neza n'ubwenge bwo hejuru, .dushobora kumva ukubaho kw'Imana

Twavuye ku budashira butagira imipaka tugera kuri Yoga ifite imipaka kandi ifite imipaka ni ugukurura ubwenge kure y'ibintu byo hanze kugira ngo tubushyire ku isoko y'ukuri imbere. Ni muri ubwo buryo bwonyine dushobora kuvumbura uburyo Imana yakoresheje kugira ngo ishyire ubwenge bw'isi yose mu mashusho afite imipaka y'ibyo .yaremye n'isi yose ibituye

Umubiri w'umuntu ni wo mubare w'ibintu bigoye kandi bigoye cyane mu byo Imana yaremye. Akaremangingo kamwe k'ibanze, kakozwe mu kwivanga kw'intanga n'igi, karacikamo ibice, kandi binyuze mu kwi Yongera kw'iyi gahunda yo kwigabanyamo ibice, za miliyari z'uturemangingo zubakwa hiryana no hino kugira ngo tureme .imiterere ifatika ikubiyemo ubwenge bwacu bw'umwuka

Ntushobora kumenya ingano y'ingufu zibikwa ndetse no muri garama imwe y'inyama Iyo izo ngufu zirekurwa, electron zitabarika zakwirakwira mu kirere kitagira ingano Imbaraga n'ubushobozi bw'ubwenge biba mu mubiri biruta ubwenge bw'umuntu Nubwo imiterere yacu igaragara igizwe n'inyama, amaraso n'amagufwa, inyuma y'uturemangingo twayo twuzuyemo imiyoboro y'amashanyarazi n'iy'ingenzi. Kandi inyuma y'izi ngufu zigoye kandi zigoye hari ibitekerezo .n'uburyo bwo kumva

Igitekerezo ntigishira kandi nta iherezo kigira Kuva mu ntangiriro y'ibihe, ibitekerezo birenze ibitekerezo byagiye

bizenguruka mu kirere Ibitekerezo byinshi ntibishoboka
kubibara, ariko uramutse utekereje ku mubare w'ibitekerezo
n'amarangamutima byakubayeho kandi byavuzwe mu
buzima bwawe bwose, wakwibonera igitekerezo
.cy'ibitekerezo byinshi biriho

Gerageza, niba bishoboka, kwibuka ibitekerezo byose
wari ufite mu mwaka umwe, cyangwa ndetse n'umunsi
umwe gusa, hanyuma utekereze ku mubare munini
w'ibitekerezo byakusanyijwe n'abantu bose mu mateka,
.kugeza ubu Imana irabizi byose

Ubwenge ntibushobora gusobanukirwa n'ibintu
bidasanzwe byoroheje Tekereza umubare munini wa
electron zizenguruka mu mashanyarazi anyura mu matara!
Tiriyari zazo zibyina hamwe, zirema urumuri tubona. Utu
duce, tutagaragara ndetse no kuri mikorosikopi, tugenda
ruva ahantu hamwe ruja ahandi mu isanzure mu
masegonda make. Ubushakashatsi bwa siyansi
.burabyemeza

Uramutse ugerageje kubara umubare wa protoni na
electron zipakiye ku mubumbe wacu w'isi, ubwonko
bwakomeza kubara igihe gito hanyuma bugahagarara. Ibintu
bigaragara ku mutwe w'umushakashatsi bisa n'ibitagira
iherezo

Ariko hari igihe ibitekerezo biba iby'ubupfu cyane ku
buryo bitabasha kumvikana. Kuva kuri urwo rwego,
bidashobora kwinjira mu bwenge, Imana iratanga urumuri
rwayo rw'ingenzi: uguhindagura kw'ikirere kw'ubwenge
.byubaka kandi bigashyigikira ibiremwa bifite umupaka
ubucuti

Ese ubucuti ni umwambaro w'umugisha uboshywe mu
?migozi y'umutima

Cyangwa ni uguhuza ibitekerezo bibiri mu bwenge
?bumwe bunini kandi bwagutse
Umubyeyi n'umukobwa we, amasoko abiri y'urukundo
aturuka ku isoko imwe

Kugira ngo wongere urujya n'uruza rw'urukundo no
?guhosha inyota y'imitima yumye
Cyangwa ni indabyo y'iroza iri hagati y'amashami abiri
?akura ku gasozi k'ubwumvikane bwiza
?Cyangwa ni igitekerezo kimwe mu mibiri ibiri
?Ese ubucuti bushobora kugereranywa n'amafarasi abiri
Nubwo bafite amabara atandukanye, bahuza ubuzima
?Kugera ku ntego ikomeye ifite icyerekezo kimwe
Ese ubucuti bushingiye ku busumbane cyangwa ku
?buringanire
Ese inkuta zayo zubatswe n'amabuye anyuranye kandi
?atandukanye
?Ese yemeranya n'ikibi n'icyiza
No kugendera mu nzira z'ubupfapfa n'ishyaka
n'ibyishimo
Kugana mu nyenga yo gutenguha no kwirukana ibitari
?byo
!Ubucuti ni ikimera cyiza, cyera imbuto kandi cyera
Iyo abantu babiri basezeranye kuba indahemuka
birambye
Bagendera mu nzira z'ubuzima nubwo batavuga rumwe
mu bitekerezo
Iyo batemeranyije kandi bakumvikana, biba ari
urukundo n'icyubahiro
Barashyigikirana kandi bakifurizanya ibyiza, nk'uko nabo
ubwabo babyifuriza
Yishimira intsinzi y'inshuti ye nk'uko yishimira ibye
Aho umukunzi adashaka ibyishimo cyangwa ihumure ku
bw'inyungu z'uwo akunda
Hanyuma muri ubwo busitani bw'ubwitange
Ubucuti burakura kandi bugakura, kandi bwuzuye
impumuro nziza y'urukundo n'ubudahemuka
Kubera ko ubucuti ari ikimera kivanze, cyavutse ku
bugingo bubiri
Impumuro yayo ituruka ku maroza abiri atandukanye

Kandi bakomeza kugendera mu mwuka w'urukundo
rudacogora

Udahungabanywa n'amakuba kandi utagira inenge
Ubucuti buvuka mu mutima w'urukundo rudasobanutse
Kandi amarangamutima menshi asukuye arasohoka
Ikurira mu butaka bw'ubwumvikane n'amakimbirane
Ariko irasinziriye irakomera kandi imara igihe cyayo mu
kumenyerana gukabije no kutwubahana
Irapfukirana kandi igahumeka umwuka wayo wa nyuma
munsi y'imirundo myinshi y'ibyifuzo by'ubwikunde
Ariko umutima we w'ubugwaneza ushobora kuneshwa

gusa n'ibyo yiteze n'ibyo asaba

Uburiganya n'uburiganya

Yego, utu dukoko turimo gukora akazi katwo ku kimera
cy'ubucuti kandi turya umutima wacyo w'umutuku
Yewe nshuti, yewe igiti cy'ijuru gishaje kandi gifite
ikime, ibidukikije byawe byiza ni ubutaka bwuzuye urukundo
rutagira intego n'ibyifuzo byose, aho inshuti ziharanira
kubaka no gushyigikirana no gutegurira inzira inzira imwe
.n'imwe mu nzira

Nta kintu na kimwe gishobora kugabanya inyota yawe,
ewe nshuti

Kwirengagiza amarangamutima no kubaha abayafite

Nta kintu kibongerera amababi yawe nk'umuti utose

kandi uhumura neza

Iturutse mu ijuru ry'imitima y'urukundo kandi irangwa

n'ukuri

Yewe, ubucuti nyakuri

Aho indabyo zawe z'iroza zikwirakwira hose

Aho hantu ni hera

Ihinduka urusengero rw'umugisha

Isurwa na buri wese wizera Imana kandi mu butagatifu

bw'ubuzima

* * *

Nzamura inako, umwizima w'umubabaro wanjye
uzashira, kandi nzabona roho yanjye mu mucyo w'inako
zanjye zihisha inyuma y'umwizima w'ibihye byinshi
.byakusanyijwe

Ninsanga, nzanyura mu mitima yose, ntwaze itara
ry'inako y'umutima wanjye

Umutima wanjye uzabanza kumwenyura, hanyuma
amaso yanjye n'isura yanjye. Atome yose y'umubiri wanjye
.izamurikirwa n'urumuri rw'inako

Nzacengera mu mitima y'abantu bafite agahinda, maze
nshyire umuriro ukomeye uzatwika agahinda kose
Ndi urumuri rw'inako rudasubirwaho. Nziruhura
n'umuyaga w'ibyishimo by'Imana, kandi nzacana mu
mwizima w'imitima. Kandi abansanganira bese bazabona
.ibyishimo byanjye bitagatifu

Nzajyana imuri zo gukiza z'inako zanjye ku mutima
wose nzabanza kumwenyura, nubwo byaba bigoye, kandi
.nzashishikariza abababaye n'abarira kumwenyura

Mu byishimo by'imitima yose, numva ijwi ry'ibyishimo
byawe, Mana, Mu bucuti bw'abizera bese, mbona urukundo
rwawe, ndishima kandi umutima wanjye wishimira intsinzi
n'iterambere by'abavandimwe banjye, nk'uko nishima kandi
nishimira ituze ryanjye n'imibereho myiza. Uko nshyira
ubwenge n'ubuhanga mu bandi, nigwiza ubutunzi
bw'ubwenge bwanjye n'ubumenyi bwanjye. Mu byishimo bya
.bese, mbona ibyishimo byanjye

Nta kintu kizahanagura inako zanjye. Kunanirwa,
indwara n'urupfu ntibishobora kuntera ubwoba cyangwa ngo
.binteshe intege

Mu by'ukuri, ibyago n'ibiza ntibishobora kungirira nabi
kuko mfite mu bugingo bwanjye ibyishimo by'Imana
bidashira kandi bishya bidahinduka kandi bidashobora
.gutsindwa

Yewe, inako nziza kandi ituje y'Imana, nyishyire ikamba
mu maso kandi nyinyure mu bugingo bwanjye

Nzagerageza kuba umuherwe w'ibyishimo, kuko
ubutunzi bwanjye nyakuri buri mu isanduku y'ubuturo
bwawe bwiza, Mwami, bityo nzahaza icyo nkeneye cyo
gutsinda mu buryo bw'umwuka no kugira ubuzima bwiza mu
.buryo bw'umubiri icyarimwe

* * *

Amahoro aturuka mu mutima wanjye
Binyura muri njye nk'umuyaga woroshye
Amahoro arantwikiriye nk'impumuro nziza
Amahoro atemba muri njye nk'imiraba y'urumuri
Amahoro akiza umutima w'imihangayiko n'amaganya,
kandi agatwika amahwa y'ubwoba no kubura ibitotsi
Amahoro arakwirakwira cyane - nk'ikirundo cy'umuriro -
kandi yuzuye ubuzima bwanjye bwose
Amahoro ni nk'inyanja, yuzura ikirere n'ikirere
Amahoro ameze nk'amaraso y'umutuku; ahumeka
ubuzima mu mitsi y'ibitekerezo byanjye
Amahoro, nk'ubwira bunini, akikije umubiri wanjye
utagira iherezo
Umuriro w'amahoro uturuka mu mwenge w'umubiri
wanjye, no mu isanzure ryose
Impumuro y'amahoro ikwirakwira mu busitani
bw'indabyo
Divayi y'amahoro ihora itemba mu mvuto z'imitima yose
Amahoro ni ubuzima bw'amabuye n'ukwezi, abatagatifu
n'abahanuzi
Amahoro ni amazi y'isoko y'ubugingo
Amazi ava mu kibindi cy'ubucece
Ibyo nshungura mu myenge itabarika y'atomu zanjye

* * *

Nzasenga nshishikaye kugeza igihe umwijima wo
gutekereza uzatwikirwa n'ubuhanga bwawe, Nyagasani uyu
munsi nzatangaza indirimbo y'ubugingo bwanjye mu kirere
nshishikajwe cyane, nizeye ko uzansubiza binyuze mu
.kwakira ituze ryanjye

Yemwe, mwebwe muhora muhari, muhora muvugurura
!ibyishimo
Bohora ubwenge bwanjye ku mutwaro wo kutita ku
bandi no kwibagirwa
Reka nishimire umutobe w'ubuturo bwawe uhora uhari
Uko ituze ryanjye ry'imbere n'iry'inyuma rikomeza
kwiyongera, ni ko amahoro yawe aza kuri njye
Nzahora ngerageza kumva uko intambwe zawe zigenda
Iyo nza kukwakira nk'ibyishimo byimbitse byo
gutekerezwa cyane
Noneho nzi ko ibintu byose
Uburumbuke, ubuzima bwiza n'ubwenge bizampa
Mfasha kukubona
Mu nda y'amazi y'umutima wanjye, mfite inyota yo
kugushaka
urukundo
Urukundo ni impumuro nziza y'indabyo z'amalisi
N'indirimbo y'amaroza acecetse
Kwizihiza ubwiza bw'ibidukikije
Urukundo ni indirimbo y'ubugingo iririmba ubuzima
N'imbyino iringaniye y'imibumbe
Mu rugendo rwayo rudashira mu kirere cyimbitse
Ni inyota y'indabyo kunywa urumuri rw'izuba
Kandi irakura kandi igatungwa n'umuti w'ubuzima
Ni cyo isi yifuza cyane
Kugira ngo imizi y'umuntu ufite inyota irusheho
kumererwa neza n'amata yayo
Kandi kwita ku buzima bw'ubwoko bwose hamwe
n'ishingiro ry'ubuzima
Ni ubushake bukomeye bw'izuba
Kugira ngo ibinyabuzima byose bikomeze kubaho kandi
bigire icyo bikora
Ni imbaraga iyobora ubuzima
Gukingira no kwita ku bana bato

Inseko y'ubuziranenge ni yo ituma umuntu akundana na
kibyeyi
ku mwana
Kandi kwishyira mu mwanya wabyo mu mitima
y'abakundana
Gutanga serivisi n'impuhwe ku buntu
Ni cyo kintu cy'ubucuti butuma abantu bakundana
Uvura imitima yangiritse kandi agakiza ibikomere
Ni uguhamagara umutima udashobora gusobanura
Ni umusizi wuzuye urukundo afitiye abantu
Uwibasiwe n'ibyago bye
Ni uruhererekane rw'ubucuti hagati y'abagize
umuryango umwe
Kwaguka no kwaguka buri gihe bijya ahantu hanini
N'imirima migari
Ni urusaku rw'ubuzima
Mu mucyo w'ubwenge bufungutse
Kandi ijuru ry'imitima ryuzuyemo inyenyeri
z'amarangamutima meza
Urukundo ni ibyishimo by'umutima
Ibyo imitima ikunda ishaka
Kandi yifuza kumugeraho no kuvugana na we
Kuva mu bubiko: Amagambo yerekeye intsinzi n'abantu
batsinze
Umwana ashobora kubona intsinzi nko gutunga
ibikinisho byinshi n'ibipupe, ndetse wenda n'imodoka nto yo
kugendamo. Umwana ukennye ashobora kubona intsinzi nko
kugira amafaranga yo kugura icyo ashaka cyose, mu gihe
umwana ukize ashobora kutanezezwa n'ibikinisho bye kandi
ntanyurwe. Umwana nk'uwo, aremerewe n'ibintu byinshi
.afite, ashobora kugorwa no gushimisha
Uko tugenda dukura, duseka ibyifuzo byacu byo mu
bwana. Ndetse n'ibintu byinshi abantu bakuru baharanira
uyu munsu bitakaza igikundiro cyabo ejo cyangwa ejobundi,
.bigasimburwa n'ibyifuzo bishya

Ni byiza ko umuntu atandukanya ibikenewe

n'ibidakenewe

Intsinzi ni ingenzi kugira ngo umuntu agire ibyo akeneye

mu buzima: ibyo kurya, aho kuba, ubuzima bwiza
n'imyambaro. Iyo abuze n'igice gito cy'ibyo bintu, aba ari mu
.mimerere mibi

Umuntu agomba kuba ashobora kubona ihumure

n'ibyishimo byibuze. Yaba ari umuntu ukunda ibintu
by'umwuka cyangwa ukunda ubutunzi, nta gushidikanya ko
hari ibintu by'ibanze bigomba gukemurwa kugira ngo
umuntu agire ubuzima bwiza n'imibereho myiza. Adafite
ubuzima bwiza (nibura mu mitekerereze), ntashobora kugera
.ku ntsinzi

Ariko se intsinzi nyakuri ni iki? Iyo umuntu abonye ibyo

ashaka byose mu buzima, azakomeza kumva afite ubusa
kuko ari ubugingo, kandi ibintu bifatika ntibishobora kumuha
.ibyishimo, mbere na mbere ni imimerere yo mu mutwe

Dufite ububasha bwo kwishimisha, nk'uko dufite

ububasha bwo kwibabaza Ibanga ryo gutsinda no kwishima
riri muri wowe Ushobora kwishima mu rugo rwawe ruciriritse

kuruta umwami uri mu ngoro ye nziza Ababona intsinzi
n'iterambere hanze yabo ntabwo batsinda cyangwa ngo
bishimye by'ukuri Ibi ntibivuze ko abaherwe batagira
ibyishimo; ahubwo bivuze ko niba ushobora gukuramo
ibyishimo mu buzima, waba ukennye cyangwa ukize, uba
.utsinze mu buryo ubwo aribwo bwose

Ibyishimo by'akanya gato bisiga kwicuza no kwicuza

gusa si ibyishimo nyakuri. Mu ntsinzi nyayo, kwibuka
kubigeraho bigumaho nubwo ibyishimo bya mbere byo
kugeraho bishira. Ibintu byose byiza umuntu yakoze kandi
agakomeza gukora mu buzima bwe bikomeza kubaho iteka
ryose mu bwenge bwe nk'ibyishimo birambye. Ibyo ni byo
.ntsinzi nyayo umuntu ageraho mu buzima

Intsinzi si ikintu cyoroshye; ntishobora gupimwa
n'ubutunzi bw'umuntu cyangwa ibyo atunze. Igisobanuro

cy'intsinzi kiri hejuru cyane kuruta uko Intsinzi nyakuri
ishobora gupimwa n'ubushobozi bw'umuntu bwo kwishima
.mu bihe byose

Iyo umutimanama wawe ukeye kandi utuje, kandi
udafite uwo ubogamiyeho cyangwa ngo urenganya undi
muntu uwo ari we wese, kandi iyo ubushake bwawe
buhanye kandi buhindagurika icyarimwe, kandi ufite
ibiyumvo byoroshye n'ubushishozi bukwiye, kandi iyo
ushoboye kubona ibyo ukeneye mu buryo bw'icyubahiro
.kandi bwemewe, icyo gihe uba uri mu batsinze
Umwana akunze kunyurwa n'utuntu duto duto, ariko iyo
akuze aba ashaka gutunga ibintu byinshi, nk'amazu meza
n'imodoka, nubwo azi ko ba nyir'ibyo bintu atari ngombwa
.ko babyishimira

Kunyurwa biri mu buzima bworoshye n'ibitekerezo byiza
Abakomeza ibitekerezo byabo mu rwego rw'ibitekerezo byiza
—urugero rw'ibitekerezo byiza—bagira ibyishimo byinshi
kurusha abashyira ibitekerezo byabo ku bintu by'umubiri
gusa Abahugiye mu gutunga ibintu by'umubiri gusa ,
abashishikajwe no kwegeranya ibintu by'agaciro (kubera
.gusagura no kwiyerekana), ntabwo batunganyijwe by'ukuri
Ni ingirakamaro cyane ku muntu gusoma ibitabo
n'ingingo z'ingirakamaro aho gupfusha ubusa igihe mu
bikorwa bidatanga umusaruro. Ikintu gikomeye kuruta
gusoma ni ukuzirikana Imana, gutekereza ku buhanga
bwayo, no guharanira gusobanukirwa amayobera atagira
.imipaka y'ubuzima

Intego y'ubuzima ni uko umuntu yimenya, akumva
ibidukikije byo mu kirere bitera mu mutima we, bitemba mu
mitsi ye, kandi bikuzuza ubuzima bwe amahoro, urukundo,
!ibyishimo n'ituze kandi iyo niyo ntsinzi ikomeye

Ubwiza

Abantu bafite amaso bishimira ubwiza ahantu hose
Abandi bakora nk'aho badafite amaso; ntibabona cyangwa

ngo babone kuko badashobora kubona ikintu icyo ari cyo
.cyose, ndetse n'ahantu heza

Amabara meza cyane yo ku isi asa nabi kandi afite
ubukana ugereranije n'amabara meza cyane yo ku isi y'isi
cyangwa iy'isi

Ku rwego rw'umubiri, abantu bavumbuye uburyo
butandukanye bwo kunoza uburyo babona. Ijisho ryambaye
ubusa rigira amabara make; icyakora, amwe mu mabuye
y'umukara woroshye agaragaza amabara asa n'ay'urumuri
rwa ultraviolet lyo uru mucyo ufunze, amabuye asubira ku
.ibara ryawo ryijimye rya mbere

Amabara menshi mu isi igaragara, nk'ubururu
bw'ikirere, ni amayeri y'urumuri akorwa no kugaragara
k'urumuri ku bwoko butandukanye bw'uduce Kubera ko
ijisho rishobora kubona gusa uruhererekane ruto
rw'imitingito igize buri kintu cyose mu isanzure, abantu
ntibashobora kubona imiterere y'ibintu bito, ihishe mu
bibakikije byose lyo ubibonye, watangazwa n'ubwiza bwabyo
.n'ubwiza bwabyo

Bityo, ijisho cyangwa ugutwi ntibishobora kubona ibintu
byose bishobora kugaragara. Abantu ntibashobora
guhumeza impumuro nziza cyangwa kubona imiterere,
amashusho, n'ibintu byinshi bitoroshye binyura mu bunini
.bwa ether

Abantu akenshi ntibashobora kubona n'ibintu biba mu
rwego rwabo rwo kumva

Ubwo nasuraga Megizike nkabona "ubusitani
bureremba" bw'ikiyaga cya Zuquemilco, ubwiza bwabwo
bwuzuye umutima wanjye maze numva ubwiza n'ubuhanga
bw'umuhanzi w'Imana

Hari undi muntu wasaga n'aho yakunze ubwo bwiza
bw'ibidukikije, ariko ibyiyumvo byo mu mutima byanyeretse
ko atari kubona ibyo nabonaga. Namubajije uko abona ibyo
byiza, maze aransubiza ati: "Natekerezaga uburyo bwiza
".bwo kuvoma amazi kugira ngo ngere guhinga ubutaka

Yarebaga ikiyaga uko abibona. Bityo twese tubona
.ibintu dukurikije ibitekerezo byacu n'ibyifuzo byacu
Buri roho igizwe n'imitingito cyangwa ihindagurika
ry'ibiyumvo, ibitekerezo, n'ibiyumvo bitandukanye, ibintu
byose bifasha mu kurema kamere cyangwa ubwenge
.bw'umuntu

Buri muntu afite imiterere ye, uburyo bwo guhindagura
butandukanye. Ibintu byose umuntu yakoze kuva akiri
umwana biracyabikwa mu bwonko nk'udupfundikizo
tw'imigirire n'imyitwarire. Kandi kubera ko tudashobora
kubona utu dupfundikizo tutagaragara, dutangazwa
.n'ibikorwa by'abantu, buri wese akurikije uko abyifuza
Hari abantu batwarwa byoroshye n'ibyishimo nta
mpamvu igaragara, cyangwa amarangamutima yabo
ababaza mu buryo budashobora gusobanurwa, ndetse no
kuri bo ubwabo. Abandi bahora bahugiye mu kunenga,
gukwirakwiza ibihuha, no gushyira abandi ahagaragara, mu
gihe imbere muri bo hakenewe cyane kwitabwaho no
.gusukurwa

Izi ngeso zo mu mutwe zihisha roho kandi zikabuza
umuntu kugaragaza ibyiza by'umuntu wo hejuru
Mbega ukuntu abantu ari abantu bagoye kandi bigenga!
Buri muntu ni inkuru igizwe n'ibice byinshi, irimo ibintu
bifitanye isano n'ahantu hatandukanye

* * *

Ibitekerezo byo gutsindwa bigomba kwirukanwa hamwe
n'ibitekerezo byiza byo gutsinda n'ibyiringiro Ubwoba
bugomba kugabanywa no kutabirengaho Agahinda gagomba
kwirukanwa hamwe n'umucyo w'ibyishimo Ubuswa bugomba
kwirukanwa hamwe n'ubugwaneza n'ubwitonzi Ibitagira
umumaro bigomba kwirukanwa hamwe n'urukundo
n'ubupfura Ibitekerezo birwaye bigomba kwirukanwa ku
ntebe y'ubuzima binyuze mu bitekerezo bizima
n'amarangamutima atunganye Guhangayika no guhangayika
bigomba kwirukanwa no kwizera no gukoresha imbaraga

z'ubwenge Ubwami bw'ituze bugomba gushyirwa mu
bugingo kugira ngo bukore ku kubaho kw'umugisha no
kumva uburinzi bw'Imana

Tanga umutima mwiza
Nyagasani, reka menye ko ibyishimo by'ibyumviro ari
iby'inyuma kandi by'igihe gito
Mu gihe ibyishimo by'umutima ari ukuri kandi bihora
bivugururwa

Imana iri hano Si ijambo tuvuga gusa, ahubwo ni
ishingiro ry'ubuzima n'ibanga ryo kubaho Dushobora
kutamenya urwego rwuzuye rw'ubushobozi bwayo butagira
imipaka, ariko dushobora kumva ko iriho kandi tukumva ko
.iriho

Imana ni ituze ryo mu isanzure aho ibintu byose
bigaragarira kandi niho ibitekerezo byose bimurikirwa biva.
Bityo rero, nzagerageza kwitoza gutuza kugira ngo numve ko
.ariho hashimishije

Uyu muni nzarimbisha ahantu hera h'ituze indabyo
z'inyota y'Imana kandi ntakarize Imana y'urukundo
n'ibyishimo

Ndasaba Imana kunyiyereka binyuze mu maso yanjye
yo mu mwuka kugira ngo mbone urumuri rwayo
rukwirakwira mu bice byose by'isi

Nzi ko Imana yumva buri kantu kose nshaka, ni
urukundo rw'isi yose, kandi binyuze mu rukundo rw'Imana
nshobora kuyibona, kuko binyuze mu rukundo umuntu
uyishaka yegera Imana kandi akanywa ku masoko
.y'ibyishimo byera

Mwami, mfasha gushyira umubiri wanjye imbaraga zawe
zo mu kirere, gukiza ubwenge bwanjye n'icyitegererezo
n'ibyiringiro, no gukiza roho yanjye n'ibitekerezo by'umwuka
.bikomoka ku gutekereza cyane

Mu buzima no mu rupfu, mu bubabare no mu byago,
ukwizera kwanjye kuri wowe, Mwami, gukomeza gukomera
no kutanyeganyega, guhamye no kudahungabana

Buri mwuka wanjye wose w'icyifuzo n'ubusabane
bifungura imiryango n'amadirishya mu mutima wanjye aho
nnyura ngo ngere ku byishimo by'Imana
Nk'uko izuba ricana mu mihanda ihuze cyane, ni ko
nzabona imirasire y'urukundo rw'Imana

Mu bikorwa byanjye byose bya buri munsu, mpa
umugisha, Nyagasani, kugira ngo nkangure roho yanjye mu
.gitondo maze nyigeze ku muryango wawe w'umugisha
Uwiteka, mpa umutima wo gutanga kugira ngo
mbisangire n'abandi ibyo mfite, kandi umfashe kubona mu
kiyaga gituje cy'ubwenge bwanjye ishusho y'ukwezi
k'umutima wanjye kurabagirana n'urumuri rw'ubuhari
.bwawe

Uyu munsu nzacengera mu nyanja yo gutekerezwa no
gutekerezwa ku Mana kugeza igihe nzabonera amasaro
y'ubwenge n'ibyishimo by'Imana
Nzagukunda, Mwami, kurusha ikindi kintu cyose, kuko
ntari kumwe nawe ntashobora gukunda umuntu uwo ari we
wese cyangwa ikindi kintu icyo ari cyo cyose
Mu ndiba y'imisozi n'ikirere gituje, no mu nda y'umutima
wanjye no mu buvumo bw'ituzwe, numva Imana iriho kandi
numva ibyishimo byayo bihoraho, kandi nkanywa ku masoko
.yayo meza adashira cyangwa ngo yume iteka ryose
Nzagusenga, Mwami
Yemwe, urukundo rwanyu rungana
Ku ntebe y'ubwami y'ubwoko bwose n'umutima ukunda
* * *

Amafaranga si ngombwa ko aba ari ikimenyetso
cy'uburyohe bwiza Abantu benshi bakize bagura ibintu
badakeneye, hanyuma bikirunda mu ngo zabo mu mirundo
mibi kandi idafite akamaro. Ntukeneye amafaranga menshi
kugira ngo inzu ibe nziza; uburyohe ni cyo kintu cy'ingenzi.
Ariko, igitekerezo cyo gushariza urugo gihangayikisha
bamwe, bigatuma bashishikarira ibintu bifatika kandi
.bigatuma batigirira icyizere

Umuntu wese uremerewe n'inyongera z'amafaranga
agomba kwifuza ubuzima bworoshye n'ubwisanzure ku
bibazo by'amafaranga. Ariko ubwo bwisanzure ntibuzaturuka
ku kwigarurira ubunebwe no kudakora, cyangwa kureka
.byose nta mpamvu cyangwa ishingiro bifite
Hari igihe umugabo yagize igihombo gikomeye maze
:aravuga ati
Yewe, ndagowe! Natakaje umutungo wanjye kandi"
umugore wanjye yarantaye, bityo nafashe icyemezo cyo
"gusiga byose nkaba umucakara
Uyu mugabo, nshuti zanjye, ntiyasize byose inyuma,
!ahubwo yasize byose inyuma
Kumererwa neza mu mitekerereze no kumva unyuzwe
ni ibintu bibiri by'ingenzi kugira ngo umuntu agere ku
byishimo Nyuma yo gusuzuma no gusesengura ibyifuzo
byose, umuntu ashobora kuvuga ati: "Nta ngorane ihari mu
kubona ibintu bikenewe, kandi kudashobora kubibona nta
"shingiro bifite

* * *

Ubuhanzi bw'Imana buri mu nyenyeri, mu isi nziza, mu
mitere y'umutima, no mu marangamutima. Umuntu wese
ukomeza inzira igana ku ntego nziza kandi akazirikana
Imana n'ibitangaza byayo azayibona mu mwenda w'izahabu
w'isi yose—umwenda w'umucyo ukwirakwira mu bihe
bidashira—kandi azumva ubuhanzi bwe buri mu bitekerezo
.byiza kandi bihebuje no mu mitima yose
Benshi bavuze ku Mana, benshi barayishatse, kandi
benshi barayisomye, ariko bake ni bo bakoze ku kuboneka
kwayo Abamaze gusogongera ku byishimo byayo ni bo
.bayimenya
Guteka" imbuto z'ubucuruzi bushingiye ku bujiji"
Abantu barema iherezo ryabo binyuze mu bushake
bwabo, bakagena iherezo ryabo binyuze mu migambi yabo
n'ibikorwa byabo. Ushobora kwibohora imibabaro niba
uhisemo kubikora. Imana, ifite kamere yayo ari urukundo,

ntishaka ko uwo ikunda ababazwa n'ububabare buterwa
n'ibikorwa bibi n'ibitekerezo bidafite ishingiro. Yahaye
abantu imbaraga zo gushishoza no kwihitiramo. Ariko,
bitewe n'ibyemezo bitari byo n'amahitamo adahuje
n'ubwenge, abantu bikururira imibabaro n'ububabare
.ubwabo ndetse n'abandi

Ugomba kugira umudendezi kandi ntukemerere umuntu
uwo ari we wese kugena ibyemezo byawe cyangwa ngo
akuganze. Ntukemere ko ibidukikije, imigenzo yawe,
cyangwa imigenzo mibi bikubuza no kugenzura imibereho
yawe. Gira ubwenge, tega amatwi umutimanama wawe,
kandi utekereze ku ngaruka z'ibikorwa byawe mbere yo
gutangira igikorwa icyo ari cyo cyose. Irinde kugirira nabi
abandi binyuze mu myitwarire yawe idakwiye, kandi shaka
.ubufasha n'ubuyobozi by'Imana

Igihe cyose umuntu ari umutego w'uburakari, ishyari,
n'ishyari, ntabwo aba afite umudendezi. Agomba kuba
umutegetsu w'amarangamutima ye n'ibikorwa bye, kandi
akibohora ku mitekerereze mibi, irari ritagira umupaka,
.n'ibyifuzo bibi

Niba uri inyangamugayo rwose kuri wowe ubwawe,
ubwenge buzashyigikira imitekerereze yawe, gukiranuka
kuzayobora icyemezo cyawe, kandi gusobanukirwa
.bizamurikira ubwenge bwawe

Imbuto z'ibikorwa bya kera biyobowe n'ubujiji zigomba
"kurokezwa" mu muriro w'ibitekerezo n'ubwenge kugira ngo
bitazongera kumera no gukura. Ubu ni bwo buryo bwo
.kwirukana no gukumira ibitero bikomeye by'uburiganya
Uburiganya bwo mu isanzure - cyangwa Satani -
bushuka umuntu akoresheje amasezerano y'ibinyoma
n'ibishuko bikurura kugira ngo akurikirane ibinezeza
by'umubiri, kandi bugenzura ubushobozi bwe kuko
bumusezeranya ibyishimo byo mu isi bidafite ukuri, bityo
bugakora cyane kugira ngo bumubuze gusogongera ku
.mbuto z'ibyishimo nyakuri ziri mu busitani bw'ubugingo

Abanyabwenge bazi gutandukanya ukuri n'ubuyobe
kandi bakaba abahanga mu gushishoza Uko bagenda binjira
mu bitekerezo, barushaho kumenya akamaro
k'uburenganzira bwo kwihitiramo n'uko ari ngombwa
gukoresha ubwisanzure bwo guhitamo kugira ngo bakore
icyiza kandi birinde ibikorwa bishobora kugira ingaruka mbi
.n'ingaruka mbi

Ibitekerezo bya buri munsu

Uyu munsu nzasenya ishusho y'ubujiji yanduza ubuturo
bw'ubugingo buri muri njye, kandi nzajya nibuka ko urumuri
rwera cyane rw'Imana ruhora rumurikira ubuzima bwanjye
kandi rugakuraho umwijima w'ubuyobe mu bwenge bwanjye
no mu bugingo bwanjye, kandi ko lyandemye itigeze insiga
Munsu ya buri muraba w'ubuzima hari inyanja nyinshi
y'ubumwe bw'Imana, kandi inyuma ya buri gukubita
k'umutima hari inyanja itagira iherezo y'ibyumvo byo mu
.kirere

Buri joro nzakomeza kwiyizera ko ntari umubiri

Ahubwo, umwuka uba mu mubiri

Kandi ko ubugingo bwanjye bwo mu mwuka budapfa

iteka ryose

Ninkanguka, nzongera kwibuka kubyemeza

Mu miterere y'ibitotsi nzakira kandi nkomeze imbaraga
zanjye, ariko ibyo ntibihagije nkeneye ahantu ho kwiherera
no gutekereza aho nshobora kwiherera buri munsu kugira
ngo nsuzume imiterere y'ubwenge bwanjye kandi mvumbure
.amabanga y'ubugingo bwanjye

Ndazi neza ko Imana itajya intererana na gato, kandi
uko imimerere yanjye y'umubiri yaba iri kose, nkomeza kuba
umutunzi mu Mana kuko ubuntu bwayo bwinshi bunyura
.muri njye buri gihe

Urukundo ni uguhamagara bucece kw'Imana ku
biremwa byose bizima n'ibidafite ubuzima ngo bigaruke mu
nzu y'ubumwe bwayo

Urukundo ruvuka mu busitani bw'iterambere
n'ivugurura, bityo nzahora nkora ku kwivugurura no
gushishikariza umwuka wanjye gutera imbere mu nzira yo
.kugera ku ntego

Uyu munsu ndirinda ibintu bibiri bikabije: ubwibone
n'ububi, kandi nibuka ko Imana ikora binyuze muri njye
.kandi ko ninkora ku maso yayo nzaba ndinzwe n'ibibi byose
Ndasobanukiwe ko intego y'ubuzima ari ibyishimo, atari
ibyishimo by'ubwikunde bitandukanya abandi, ahubwo ari
.ibyishimo bibarimo kandi bigakomeza kubashimisha
Inyuma y'ukwezi hari ukwezi kwuzuye gukomeye,
inyuma y'izuba hari imbaraga n'ubuhanga by'Imana, naho
inyuma y'ubwenge bw'umuntu hari ubwenge bw'isi yose.

"Bityo rero, sinzagarukira ku muntu muto: "ubwikunde
Uwiteka, nitugushaka n'umutima wacu wose,
uzadukingurira imiryango kandi utwoherereze ibyo dukeneye
.byose kugira ngo tukwegere kandi tukumenye
Nzagumana ubwenge bwanjye bufunguye kandi bwakira
neza, hanyuma nzabona Imana mu byiza byose kandi
bihebuje, kandi nzamenya ko ndi mu mwanya ukomeye
.w'Imana ihari

Iyo mpumuye amaso yanjye mbona ibyishimo byo
gutekereza, umwijima uzashira kandi urumuri rw'ukwizera
ruzanjyana mu bwami bw'urumuri aho Imana itegereje
Nzibuka ko ubujiji ari isoko y'indwara zose z'umubiri,
ubwonko n'iz'umwuka. Bityo rero, nzakuraho umwijima
.w'ubujiji nkareba umucyo w'Imana

Uyu munsu nzahura n'inshuti z'ubwenge binyuze mu
bitabo byabo n'inyigisho zabo. Nzinjira mu miryango yo
.kwigira cyane no gutekereza

Ku isi itangaje kandi itangaje y'ibitekerezo nzasoma
ibitabo n'ibitabo bitera imbaraga bivuga ku Mana, isoko
.y'ihumure ryose n'ibitekerezo byiza
Imana yahaye buri wese muri twe imbaraga zidasanzwe
zo kurema ikintu kidasanzwe kidafite undi muntu. Ni

imbaraga zo guhanga udushya, bityo nzakora uko nshoboye
.kose kugira ngo menyereze izo mbaraga

Mana yanjye nkunda, nzi ko mfite ikimuri cy'ubumana
muri njye, bityo nzakora ibikorwa byanjye nta gucika intege,
kandi urugendo rwanjye ruzakomeza urugendo, nzi ko
imbaraga zawe zitagira iherezo zimfasha, zikongera intego
.yanjye, kandi zigashyira imbaraga mu cyemezo cyanjye
Uyu munsu nzatekereza neza mbere yo gukora. Ingeso ni
ingaruka z'ibikorwa bitandukanye, kandi ibikorwa bishobora
gucirwaho iteka bitewe n'ingaruka zabyo ku mitekerereze,
bityo nzakora uko nshoboye kose kugira ngo nivane mu
.ngeso mbi

Uwiteka, mfasha gukomeza ubushake bwanjye no
kutareka ingeso mbihindura imbata. Nyobora kugira ngo
nshobore kwiteza imbere mu buryo bw'umwuka binyuze mu
.kwitoza imbere no hanze

Nta mutekano udafite Imana Nta byishimo udafite Yo
Nta rukundo udafite Yo Nta mahoro udafite Yo Nta buzima
udafite Imana
Ndagusuhuje

Nafashe indirimbo zo muri izo ndirimbo
Kandi ibyiyumvo by'urukundo byaturutse mu bisigo
n'imivugo

Umuti wo kuvura wakuwe muri nectar
Kandi yakusanyije impumuro y'indabyo n'indabyo
z'amaroza

Nafashe ibitekerezo byose
Kandi nazanye umwuka uturutse mu rukundo rwanjye
Kandi urusaku rw'ibinyabutabire byo mu kirere
rwakiriwe

Kandi nakuye imbaraga mu buzima bwose
Nakuyeho imbabazi zawe mu nsengero zanjye zose
Kandi natetse urukundo rwawe mu mutima wanjye
Kandi nafashe ishingiro ry'ituze

Kandi nakuyemo inyota n'inyota mu nkono y'ubwitange
bwanjye

Kandi nabazanye bose kuri wewe
?Kuki udasohoka aho wihishe
Kandi wemeye amaturo yanjye yoroheje avuye kuri njye
?ubwanjye

Umwigisha Paramhansa Yogananda
Inkuru y'imizabibu y'umukara
Nk'uko byavuzwe n'umwarimu Paramhansa
Ibimenyetso bikomeye rimwe na rimwe bituruka ku
byifuzo bito

Igihe kimwe, ubwo nari i Boston ndi kumwe n'inshuti
yanjye, nabonye umutsima munini w'imizabibu y'umukara
maze nifuza kuwugura, ariko waguraga \$3 [imyaka irenga
mirongo irindwi ishize], maze numva umuntu avuga ati
"!?"Ntabwo ari ugusesagura

Nafashe icyemezo cyo kutagura imizabibu, maze nyuma
yo kubona icyemezo cy'umutima wanjye, ndibwira nti:
"Imana izi ko nshaka iyo mizabibu kandi izongera kumpa
".imizabibu

Nyuma y'amezi agera kuri atandatu, nimugoroba umwe
ninjiye mu iduka ry'imbuto ngura imizabibu isa n'iyo nari
nabonye mbere, nibagirwa isezerano nari nihaye ryo
gutegereza kugeza igihe Imana impaye imizabibu Ako kanya
numva ijwi ry'Imana muri njye rimbwira riti: "Subiza iyo
"mizabibu

Narahindukiye mbwira umucuruzi nti "Mpa umutobe
w'umutobe aho kumpa imizabibu" Umugabo yasaga
n'uwataye umutwe, ariko yakoze uko namusabye, maze
ngenda n'umutobe

Nkigera mu rugo, natunguwe no gusanga agasanduku
karimo amasaka abiri y'imizabibu y'umukara nta kirango
kiriho, byanteye amatsiko yo kumenya uwampaye. Mu kwezi
kumwe, nagerageje kumenya uwo ari we, maze umunsi
umwe numva ijwi ry'Imana ryongera kunyizeza ko

nzabwirwa. Umugoroba umwe, ubwo natangaga ikiganiro,
umwe mu banyeshuri bari mu bari aho yankuruye, maze
ndamubwira nti: "Imana imbwira ko ari wowe wampaye
".imizabibu

Yasubije nabi, ariko nyuma yaje kumbwira ibyabaye,
ubwo yari arimo gutekerezwa yabonye urumuri rwinshi
n'ikiganza gifashe imizabibu y'umukara, kandi igitekerezo
gikomeye mu mutwe we cyari uko yajya kugura iyo mizabibu
.kuri Yogananda

Yavuze ko yaguze umutsima umwe hanyuma undi,
nubwo yari acyizera ko iryo yerekwa rigomba kuba ryari
iyerekwa gusa. Hanyuma arasenga [kugira ngo amenye
ukuri] maze biramugaragara ko iryo yerekwa ryari iry'ukuri
kandi ko ryaturutse ku Mana yashakaga ko agura izo nzabibu
.akazimpa

Icyuho kigoye kuzuza
Igihe kirageze ngo umuntu akoreshe imbaraga zihishura
ukuri muri we, kuko ibyishimo bifatanywe isano n'iryo
hishurirwa Abashaka kugera kuri izo ntogo zabo bwite
bagomba gukora imihati ifite intego no kugaburira ubwenge
ibitekerezo bishya kugira ngo bakore ku kuri Imana yashyize
muri bo no kungukirwa n'imbaraga nziza ziboneka mu
.mibereho yabo

Umuntu wese wifuza guhaza ibyumviro by'umubiri
adasogongeye ku byishimo by'umwuka biva mu isoko
y'Imana, isoko y'ibyishimo n'ibyishimo byose, ashora imari
mu gihombo kandi umusaruro we w'ubwenge uzaba muto
.cyane

Abifuza kumenya Imana bazayihabwa n'Imana kuko ari
yo itanga ubuntu kandi igira neza. Ariko, abantu benshi
biruka inyuma y'irari ry'isi, bakihumuriza bafite ibyishimo
bitagira iherezo, kandi bababazwa no kutabigeraho cyangwa
!kubigeraho

Ndetse n'abafite amahirwe mu by'ubukungu amaherezo
bazumva bafite icyuho mu buzima bwabo kitoroshye

kugikemura, mu gihe abahuza ubuzima bwabo n'Imana ari
abakire, bafite imbaraga, kandi bishimira kunyurwa no
.gutunganirwa

Kwirengagiza amabwiriza y'ubwenge no kwirengagiza
ijwi ry'umutimanama bijyana mu nzira zigoramyeye, zinyerera,
ziteje akaga, kandi mbi, mu gihe gukurikira inzira yo
gukiranuka bijyana mu kubohoka ku ngoyi no kubona
ububasha bwo gukora icyiza, atari ibyo bitegekwa
.n'imatekerereze mibi n'ingeso ziyobya

Abashaka ibyishimo bashobora kungukirwa
n'ubunararibonye bw'abantu b'abanyabwenge bahanganye
.n'ibibazo by'ubuzima bakabibonamo ibisubizo

Mu by'ukuri, umuntu wese uhuza n'imigambi y'Imana
aba arimo koga mu nyanja y'ibyishimo n'ituze, kandi koko
aba afite amahirwe

Umuntu wese utekereza ku Mana, Imana iramwibuka,
ikuzuza ubuzima bwe imigisha kandi imuha uburyohe
bw'umutobe w'ibyishimo

Dusenge Imana kugira ngo ize mu bugingo bwacu
Bikangura ibyifuzo by'umwuka mu mitima yacu
Koko rero, ubumwe bw'Imana ni ibyishimo biruta ibindi
binezeza byose

Hahirwa ubasha gukora ku mutima w'isi yose
Iyo umwigishwa ananiwe no gushaka guhuza ubuzima
bwe

N'ubumenyi buhanitse
Yumva akamaro ko guhunga inzitizi z'ibikoresho
Guhuza n'imitingito igaragara kandi ikiza
Kandi igihe icyifuzo cyeye kirushaho kuba icyihutirwa
Imana ifungura inzira mu bugingo bwe
Ahumeka impumuro nziza cyane
Kandi binyuze muri yo, abona urumuri rw'Imana
Ibishuko bihendutse bitakaza igikundiye cyabyo
Roho ye itungwa n'uburyohe buhebuje

Kandi ubwo yerekezaga ubwenge bwe ku isoko y'imbutu
nziza cyane za gnosis
Kandi uburyo bwo kubona neza aho uri heza cyane
Aba muri iyi si ntaboshywe nayo
Ibyishimo bye biruta iby'umuntu wabonye ubutunzi
bw'amabuye y'agaciro
?None se ni nde wiyemeje kumenya isano iri hagati ye
Iyo soko y'amazi
Bihuye neza n'intego y'ubuzima
Buri gikorwa cyose akora gihabwa imigisha myinshi
n'inkunga ituruka ku Mana
Udahwema gutekereza no gushakisha ibanga
ry'amabanga
Ntajya yibagirwa intego yifuza
Imana imuhe ibihembo ku bw'imbaraga ze
Aramugororera kubera imbaraga ze
Kandi azahabwa intsinzi igaragara
Ubukuru bw'amakuru: Iterambere ryayo, inzitizi zayo,
n'inyungu zayo
Umuntu ashobora kugira imbaraga zo gukurura ibintu
yihitiyemo, byaba ari ugukurura imbaraga zihebuje z'Imana,
kugira ngo agire imbaraga zo gutekereza, cyangwa gukurura
.ibintu by'ingenzi mu buzima bwa buri muni
Imana yahaye abantu umubiri, kandi tugomba kuwitaho
Abahinga kandi bagakoresha imbaraga zabo zo mu mutwe
gusa kugira ngo bakire ibintu bifatika n'imbaraga zo mu
mutwe amaherezo bazashukwa. Ariko, abahinga imbaraga
zabo zo mu mwuka bazabona izo mbaraga nziza zibafasha
mu byo bakeneye no gusohoza ibyifuzo byabo byose
.by'umubiri
Hari itegeko rusange rikora neza, kandi naryiboneye mu
buzima bwanjye kandi nemeza ko rikora
Ni ngombwa ko umuntu agira umubiri ukomeye kandi
muzima kandi ukurikiza amabwiriza y'ubwenge. Tekereza
umuntu utagira imbaraga, utagira ishyamba aya ku kazi

adafite intego cyangwa imbaraga, hanyuma tekereza
ifarashi yiteguye kwiruka mu kibuga cy'isiganwa ikimara
kubona ikimenyetso cyo gutangira. Uko ni ko umubiri ukwiye
.kumera

Hari igihe tubona abantu bakuze bafite ubuzima bwiza
kandi bafite imbaraga zo mu buto. Imibiri yabo isa n'iy'abato
kandi yuzuye imbaraga zo gukurura, kandi nubwo bakuze,
.bafite imico myiza

Kurara no kurara bigabanya imbaraga Reba uko abantu
bicaye mu myanya yabo; bamwe basa n'abasinziriye kandi
basinziriye, ku buryo igihe ubabonye wumva unaniwe Abandi
bicaye bahagaze, kandi uzi ko bafite ishusho nziza; igihe
ubarebye, ubahuza

Abemera kwicara bucece kandi batitaye ku ngingo
bagira uruhare mu gutuma umugongo ugorama kandi
ugahagarara nabi. Ubwo buryo bwo kwicara bugira ingaruka
ku miterere y'imitekerereze kandi bugatera gutekereza nabi.
Abicara bahagaze neza kandi bafite imiterere myiza baba
.bafite icyizere kandi bafite icyizere

Abadashobora kwicara neza, bitewe n'imimerere
yihariye, bashobora kubikemura mu buryo bwiza, no kugira
.icyizere gikomeye

Buri gihe shyira ubwenge bwawe ku kintu cyose ukora,
nubwo cyaba gisa n'aho ari gito cyangwa kitari kinini, ariko
icyarimwe ukomeze ubwenge bwawe buhindagurika kugira
ngo ubashe kwimukira ku kindi kintu nibiba ngombwa. Ariko
ikiruta byose, kora byose witonze cyane, kuko ibi bizamura
.cyane ubwiza bwawe

Abacuruzi benshi batsinze mu rwego urwo arirwo rwose
bazi gukoresha imbaraga za rukuruzi Kwifata bitanga
ingaruka za rukuruzi, kimwe no kugira ubwenge burunganiye
budatwarwa n'amarangamutima n'ibyifuzo. Ibyifuzo
by'amarangamutima bigomba guhinduka imbaraga—mu
bikorwa byo mu mutwe—kandi ubwenge bugomba kugenga

amarangamutima kugira ngo izi mbaraga za rukuruzi
.zigaragare

Ubwenge buvanze n'amarangamutima birema imbaraga
zo gukurura Umuntu ufite imbaraga zo gukurura avuga afite
icyizere Bavuga mu buryo bushyize mu gaciro, ariko
amagambo yabo akagira ibyiyumvo. Tugomba kuba
inyangamugayo muri byose tuvuga no mu byo dukora, ariko
kuba inyangamugayo ntibivuze kubabaza cyangwa gutera
isoni abandi

Imboga n'imbuto bifite ubushobozi bwo gukurura inda,
cyane cyane imbuto, zidabangamira cyangwa ngo zigire
ingaruka ku igogora. Ibinyuranye n'ibyo, kurya poroteyine
n'ibinyampeke cyane bigira uruhare mu kwirundanya
kw'uburozi mu mubiri. Urugingo rwose rurwaye rutera
ubusumbane mu mubiri. By'umwihariko, igifu kigomba
kubungabungwa neza kandi gikora neza; urugero, umwuka
mu gifu utera ububabare bityo bigatuma bigira ingaruka mbi
.ku buhanga bwacyo bwo gukurura inda

Kurya ibiryo byinshi bigira ingaruka mbi, mu gihe
kwiwiriza ubusa bishobora kongera ubwiza bw'umuntu,
kimwe n'uko rimwe na rimwe bishobora kureka kurya. Ariko,
ibi ntibivuze kwiycisha inzara kugeza aho byangiza ubuzima
bwe. Abarya inyama gatatu ku munsu bafite amaso
adakomeye kandi bafite ubwiza buke. Nyamara, imirire
ikwiye yonyine ntabwo ihagije; gutekereza neza, imyitwarire
.myiza, n'imyitwarire iboneye mu buzima nabyo ni ngombwa
Nizeye ko tuzaganira nawe mu gihe kizaza ku ngaruka

.za rukuruzi ku bandi no ku yandi mabanga yayo
Kandi ndakubona urimo kurabya mu busitani
bw'urukundo rwanjye

Ndakumva uri mu bitekerezo byanjye byimbitse

Numva ko uriho mu byiyumvo byanjye byimbitse

Kandi ndakubona urimo kurabya mu busitani

bw'urukundo rwanjye

Unyuzuze impumuro nziza y'ubuturo bwawe

Nakwishimira impumuro yawe nziza
Ngwino unsange uturutse hakurya y'ijuru n'inyenyeri
N'ibitekerezo n'amarangamutima
Nyereka isura yawe yera cyane
Reka menye ko uri mu bugingo bwanjye
N'abari hafi yanjye

Ahantu hose
Nagushakishaga mu bihe byose n'ibihe byose
Ku nzira z'ibyifuzo n'ibyifuzo
Kandi ubu ndabona ko utuye muri njye
Kandi bintera imbaraga mu byiyumvo byanjye byera
cyane

Ntukongere kunyihisha
Inyuma y'indabyo z'amarangamutima
Ibitekerezo n'amarangamutima y'umutima
Shyirisha ubugingo bwanjye amabuye y'agaciro
y'ubwenge bwawe
Kandi umpe umuyaga w'ibyishimo byawe
Kuraho umwijima wagutwikiriye
Ku bijyanye n'ibyo mbona n'ibyo mbona
Yemwe abari kure y'inyenyeri n'ikirere cy'ubururu
Kandi hirya y'imiterere y'ikirere n'ibiremwa byose
n'ibiremwa

Emera amagambo yanjye y'urukundo
Shyiramo ubuzima bwanjye mu rukundo rwawe, mu
mucyo wawe no mu mahoro yawe
Uwo mucyo n'ubutunzi bw'iteka ryose
Umunsi uzagera ubwo nzasezera kuri iyi si, ariko igihe
cyose nzaba nkiri kuri iyi si, ibyishimo byanjye byinshi biri
mu kubwira abantu banyizera ibitangaza by'Imana, kandi
icyifuzo cyanjye kiri mu kongera icyifuzo cyabo cy'umucyo
w'Imana wampaye ihumure, umudendezo n'umutekano
.bitavugwa

Amateka y'isi, mu buryo burambuye, abikwa mu
byumba by'iteka ryose. icyo ni ikindi gice. Hano muri iyi si

ifite imipaka, tubona uburebure, ubugari, ubunini,
n'uburebure, ariko hari ikindi cyiciro aho ibi bipimo bitabaho.
Byose birasobanutse muri iyo nzira y'umwuka—ibintu byose
ni ubwenge n'ubumenyi. Uburyohe ni ibyiyumvo, kimwe
n'uburyohe. Amarangamutima yacu, ibitekerezo byacu,
n'imibiri yacu byose ni ubwenge. Kandi nk'uko dushobora
kubona, kumva, guhumurirwa, uburyohe, no gukoraho mu
nzizi, ni ko natwe dushobora kubona ibi byiyumvo byose
dufite ubwenge buboneye, busobanutse cyangwa ibyiyumvo
mu rwego rwo hejuru. Ibi nibyo mbona ubu ngubu ubwo
mvuga muri iki gihe. Ntabwo ndi muri uyu mubiri; ahubwo,
ndi igice cy'ibiriho byose. Kandi ibintu mbona ni ukuri kuri
.njye nk'uko nawe uri kuri njye

Umuntu agomba gukanguka kugira ngo abone Imana
ahantu hose kandi amenye itandukaniro riri hagati y'inzizi
n'ukuri. Akenshi mbona ubuziraherezo aho ndi, kandi mbona
aho hantu mu buziraherezo. Byose bikura ubuzima kuri iyo
.soko y'iteka

Nkiri umwana, nicaraga nsenga umunsi n'ijoro, ariko nta
gisubizo nabonaga Ku ruhande rumwe, nabonaga abantu,
naho ku rundi ruhande, iteka ryose, ritambwiraga Nubwo
nibwiraga ko ndi njyenyine kandi ko abantu bose bantaye,
Imana ntiyantaye, kuko yahoraga iri kumwe nanjye mu
ibanga—inyuma y'ibitekerezo byanjye n'ibyiyumvo byanjye.
Igihe natangiraga kubona umucyo muri njye, roho yanjye
.yuzuye impumuro nziza y'Imana mu buryo bw'amayobera
Nabonaga imizi y'ibiti n'amazi abyinjiramo, numva ndi
hafi y'Imana, yampumuriye ikanantuza umutima.
Narayisengaga kandi nkayiyambaza kenshi, ku manywa na
nijoro, kandi iyo ibintu byatakazaga ubwiza n'ubusobanuro
kuri njye, nanze isi n'ibirimo byose, harimo n'ibyishimo,
ntinya ko byaba ari ibintu gusa. Hanyuma nabonye Imana, iri
.kumwe nanjye ubu, iteka ryose
Isi ishobora kuntaye, ariko Imana ntabwo izigera
intererana na gato Imana ni byose iyi nzu n'isi yose

bireremba nk'amashusho agendagenda ku gishushanyo
cy'ubwenge bwanjye Ndareba nta kindi mbona uretse
umwuka utunganye, urumuri rugaragara, n'ubwitonzi
bwooroheje Ishusho y'umubiri wanjye, amashusho y'imibiri
yanyu, n'ibintu byose biri ku isi ni ibintu bituruka kuri uwo
mucyo umwe w'Imana Kandi iyo mbonye uwo mucyo, nta
kindi mbona
Iyo urebye ecran, ubona amashusho agenda, ariko iyo
urebye inyuma (muri sinema gakondo), ubona urumuri
rumurikira kuri ecran gusa. Bisa nkaho bidashoboka, ariko ni
.ukuri

Nahoraga mvuga kuri ibi bintu, ariko ubu sinjya
mvugana n'abatitayeho cyangwa batitayeho. Ariko Imana
yanyemereye kuvugana namwe kuri iyi nshuro kugira ngo
.mumenye ko nta kintu gikwiye kubaho uretse Imana
Byose ni iby'akanya gato. Senga ibisigaye kandi
.bitazashira

Dore indabo z'urukundo
Urukundo dukunda abandi rurashobora kugerwaho
Urakoze ku bw'ukuboko kwawe kw'ubuntu
Ku mbaraga z'ibyiyumvo by'urukundo
Dutere imbaraga rero zo kubagezaho
Urukundo rwacu rurenze urugero n'inyota yacu
!igurumana
Waduhaye ba data na ba mama
Abavandimwe na bashiki bacu
babyara
umufatanyabikorwa
Abana n'inshuti
Wenda tuziga uburyo bwo kugukunda
Hamwe n'imvugo zitandukanye n'itandukaniro ryooroheje
ry'umwimerere
Ku bwoko bwose bw'imibanire y'abantu
,Yewe muntu ukunda iteka ryose
!Yewe Muturanyi Ukomeye

Nyigisha uburyo bwo kuboha indabo
Kuva ku ndabyo zose z'urukundo rw'abantu
Kandi ndabitanga nk'igitambo mu rusengero rwawe
rw'umugisha

Ariko niba ntabishoboye
Kuva kukwereka ipaki yose
Bitewe n'ubwinshi n'ubusabane bw'ubudahemuka
Nzatora indabyo imwe
Imwe mu ndabo nziza kandi nziza cyane
Kandi ndabishyize ku muryango wawe w'umugisha
!Ndizera ko uzabyemera
Gukomeretsa ubuzima n'ibikomere bitunguranye
Mwami w'amategeko yose
Mfasha kwihanganira ibikomere byanjye n'inkovu zanjye
Yavutse ku byago n'ingorane
Imitako n'imidari y'imyitwarire
Nahawe n'ukuboko kwawe kw'ubutabera bw'Imana
Utazi gutonesha
Reka ibigeragezo byanjye bya buri munsu bibe umuti
w'uburiganya n'uburiganya
Kandi kugira ngo nkureho ibyiringiro by'ibinyoma byo
kugira ibyishimo by'isi bitari byo
Iyo nzarira gusa kubera ubupfura bw'abandi
Nuhanagureho ibizinga n'ibizinga byihishe mu mutwe
wanjye
Kandi buri gitero gikaze cy'ibanga gifunguke
Ubuhanga bushya n'ubushishozi bishya muri njye
Ndifuza ko umwijima w'ubu buzima bunini bw'ibintu
byantera ubwoba
Kugira ngo nihutire gushaka ahantu heza ho kwera
kwawe n'urumuri rwawe rukiza
Gukomeretsa ubuzima n'ibikomere bitunguranye
birantegeka
Kugira ngo ntake, nsaba ubufasha bwawe

No guhishurira ibintu bibabaza byanditse mu butaka

bw'ubuzima bwanjye

Ku byerekeye amasoko ahora atemba kandi menshi

y'ihumure ryawe

Iyaba ububi bw'ubukana bwari mu bandi gusa

Bimpatira kwiyaambika ubwitonzi n'ineza

Kandi amagambo ababaza ya bagenzi banjye anyibutse

gukoresha amagambo meza gusa

Nubwo ubwenge bubi bwantera amabuye

Reka rero nsubize nkoresheje misile nziza kandi nziza

Nk'igiti cya jasmine gitanga indabyo zacyo zihumura

neza

Ku kuboko kumanuka ishoka ku giti cyayo

Bityo rero, reka nsanzanye indabyo z'indabyo

z'ubuhanga

Ku bantu bose bamfata nabi kandi bandwanya

Uburyo bwo kubaho mu mahoro no mu ituze muri iyi si

Ubu buzima bwo ku isi si uko busa. Ntubushyireho

icyizere cyawe, kuko buhindagurika, bushukana, kandi
bwuzuyemo gucika intege n'ibyiringiro byacitse. Ubutungane

ntibuboneka hano. Sinshaka kuguha ishusho idafatika

y'ubuzima. Iyi si si paradizo. Ni laboratwari y'Imana aho

Imana igerageza ubugingo kugira ngo irebe niba izatsinda
ibyifuzo bibi mu buryo bwiza, maze ikamugira—ni ukuvuga

Imana—icyifuzo cyayo gikomeye, kugira ngo igaruke mu
.bwami bwayo

Ubuzima bwuzuyemo amoko yose y'ibyago n'urwenya,

ibyago n'ibisebo Ni igitaramo kinini, gihora gihinduka, kandi
gifite imiterere myinshi Nta bintu bibiri bisa neza Ubuzima

bwa buri muntu ni bwihariye Buri kimwe gifite imiterere

itandukanye, imitekerereze itandukanye, n'ibyifuzo

bitandukanye

Iyo duhura n'ibigeragezo bimwe buri muni,

twarambirwa ubuzima ndetse tukarambirwa na Paradizo, iyo
ihora ari imwe, ntitwayifuza Dukunda ubwoko butandukanye

n'ubutandukanye Iyo Paradizo iba iruhije, abera b'Imana
n'abagabo b'abera bari gusenga basubira ku Isi kwishimisha!
Paradizo ihora ivugururwa mu buryo bushimishije cyane, mu
gihe Isi ikunze kuvugururwa buri gihe, ariko mu buryo
buruhije kandi budashimishije
Ariko, nubwo ubuzima bunaniza kandi bugoye, abantu
benshi barabumenyera, bizera ko nta bundi buryo bwo
kubaho. Badashobora kugereranya ubu buzima n'ubuzima
bwo mu mwuka, bananirwa gusobanukirwa ingano
.y'ububabare n'umunaniro byihishe muri iyi si
Mu by'ukuri, ubuzima si ukuri Nk'uko filime za kera
zisubirwamo kenshi, ni ko n'ibintu bimwe bya kera
.byisubiramo mu buryo butandukanye
Nubwo ubuzima bukomeza ubuziraherezo, ingingo
zimwe zagaragajwe muri filime za kera zisubirwamo imwe ku
yindi. Koko rero, amateka arongera akisubiramo, kandi
.abantu ni ibintu bisanzwe mu nzu ndangamurage z'igihe
Kugira ngo umuntu yemere ibintu bitunguranye
by'ubuzima, abyakire mu buryo buboneye kandi
butarangwamo ivangura, agomba kugira uburinganire mu
byishimo n'agahinda, ibyo yagezeho n'ibyo yatakaje, ibyo
yatsinze n'ibyo yananiwe kugira ngo ahangane n'ibibazo
.by'ubuzima afite ubutwari n'icyizere
Kugumana amahoro yo mu mutima nubwo ibintu byose
byabaho ni bwo buryo bwiza bwo gutsinda ibyifuzo
by'uburiganya. Ibi nibyo nize ku bantu bakomeye bakomeje
kudahinduka bitewe n'ibihe, bashikamye kandi badahinduka
kugeza ku iherezo. Ndetse n'abahanuzi, igihe batotezwaga,
ntibigeze batakaza ubwenge bwabo bwera, cyangwa ngo
bemerere umuntu uwo ari we wese kubambura urukundo
.rw'Imana
Ibyishimo byo mu mwuka ubwabyo ni uburinzi bwiza
kandi ni igihome gikomeye kurusha ibindi byose. Hagati mu
bigeragezo n'amakuba, ibuka imigisha Imana yaguhaye

Ubugingo bwawe ni urusengero rwera rw'Imana
Umwijima w'ubujiji ntugomba kwemererwa kwanduza aho
hantu heza Mbega ukuntu ari byiza kuba mu mutima
w'ubugingo, wubashywe, uhabwa icyubahiro, ufite
umutekano, kandi utuje! Ntugatinye kandi ntukange umuntu
uwo ari we wese

Ha buri wese urukundo rwawe. Wumve urukundo
rw'Imana kandi urebe ko ihari mu bantu bose, kandi icyifuzo
cyawe gikomeye ni uko ihari iteka ryose mu mutima wawe.
Ubu ni bwo buryo bwo kubaho mu mahoro no mu ituze muri
iyi si. Ariko biragoye kuryoherwa n'uyu munyuro w'imbere
igihe cyose imiyaga ikaze y'irari ikomeje kuzura mu mwobo
.w'umutima kandi igatigisa ibiti byawo

Ibyifuzo bishyirwaho n'aho umuntu atuye Bivuka mu
buryo twumva ibintu kandi bigakumirwa n'intege nke z'ibyo
bitekerezo. Kwitabira imurikagurisha ryo mu cyaro byuzuza
icyifuzo cyo kwishima, ariko nyuma yo gusura
imurikagurisha ryo ku rwego rw'isi no kureba ibitaramo
bitandukanye, imurikagurisha rito ritakaza ubwiza
n'igikundiro cyaryo. Bityo, tugomba kubanza kwishimira
gusabana n'Imana kugira ngo tubashe kugereranya ibyo
byishimo n'ibinezeza byo mu isi. Hanyuma, ibyifuzo bizaba
bifite kamere yo hejuru. Icyifuzo ntikigira iherezo; kimwe
kimaze gusohorwa kurusha ikindi gisimbura ikindi. Ariko iyo
ubonye Imana, ibyifuzo byawe byose birasohozwa. None se
kuki utabanza gushaka isohozwa ry'icyo cyifuzo gikomeye
hanyuma ukabona mu kuboko kw'Imana gutanga ingororano
?nziza kandi irambye

Iyo Imana ishubije isengesho ry'umushaka ryo
kuyimenya, ibindi byifuzo bye byose bizagerwaho ako kanya
.kandi iteka ryose

Izahabu y'ubwenge n'icyuma cy'imbaraga
Iyi si irakomeye cyane. Ni ishuri ry'ibigeragezo
n'amakuba, kandi binyuze muri ibyo bigeragezo twigira
amasomo y'ubuzima. Intego y'ibigeragezo si ukudutsinda,

ahubwo ni uguteza imbere imbaraga zacu. Ni ingaruka
z'itegeko karemano ry'ubwihindurize n'iterambere; ni
ngombwa ko tuzamuka kandi tukava ku rwego rwo hasi
.tukagera ku rwego rwo hejuru

Imana iratugerageza mu buryo bwose kugira ngo
ikomeze icyemezo cyacu, itadusenya. Ubujiji buradusenya
niba twiringira umubiri. Abakomeza gushaka ukuri babona
.ubugingo buhoraho

Intego y'imibabaro ni iyihe? Kugira ngo tutazongera
kubabara ukundi iyi si ni itanura ry'umuriro aho imitima yacu
ishonga kugeza igihe zahabu y'ubwenge n'icyuma
.cy'imbaraga n'ubudacogora bizagaragara
Ubuzima bukunze kumera nk'umukino ugoye kandi
impamvu yonyine ibyemeza ni uko ari inzozu z'isi yose
.zitagira igihe kirekire

Iyi ni yo mpamvu isi yuzuyemo ubusumbane
.n'ubusumbane. Hari abantu bakennye abandi ni abakire
Bamwe muri bo bafite ubuzima bwiza, abandi bararwaye
n'ibindi

Umuntu yahuye n'ibintu byinshi mu bihe byashize kandi
azahura n'ibindi byinshi mu gihe kizaza, ariko ibi ntibikwiye
kumutera ubwoba

Ubuzima ni umukino w'isi yose, kandi Imana yaduhaye
inshingano tugomba gukora neza, twizeye ko igihe cyose
dukora tunyuzwe kandi tugatekereza neza, tuba duhuje
umutima n'Umuremyi wacu kandi nta cyo dufite cyo gutinya.
.Iyi ni yo humure rikomeye ubwenge buduha

Hari igihe byoroshye kuvuga ko iyi si ari inzozu, ariko iyo
uhuye n'ibintu bikomeye, biragoye gutekereza ko ubu
buzima ari inzozu. Ni ngombwa gukura imbaraga
z'imatekerereze yacu kugira ngo tumenye ko iyi si yaturutse
.mu bwenge n'ubushake bw'Imana

Isano iri hagati y'ubwenge n'ibintu iragaragara cyane,
kandi kugira ngo dushobore guhangana n'ibigeragezo
by'ubuzima, tugomba kwiyubaka haba mu buryo bw'umubiri

no mu bwenge. Tugomba guteza imbere ubushobozi bwo kwihanganira ibibazo by'ubuzima no kwagura ubushobozi bwacu bwo kwakira. Abadashobora kwihanganira ibibazo by'ubuzima bazaba badafite icyo bashoboye igihe inkubi .y'umuyaga n'inkubi y'umuyaga y'amakuba izaba ikaze Urufunguzo rw'ibyishimo, imbaraga, n'ubuzima bwiza biri muri twe. Ariko ibi bikunze kubaho ni ibi: umuntu umaze imyaka myinshi afite ubuzima bwiza hanyuma akarwara amezi atandatu ashobora kwizera ko atazigera akira. Umubiri ntugomba kuba ushobora kwemeza ubwenge ibi. Ubwenge bugomba kwemeza umubiri. Ubwenge ntibugomba gutwarwa n'imimerere y'umubiri, kandi tugomba kumva ko umubiri ari ahantu ho gutura roho, kandi roho ntigomba .kugira ingaruka kuri yo Imana yaduhaye ububasha bwo kugenzura ibitekerezo byacu n'imibiri yacu no kutababara no kubabara. Ubwenge ni bwo soko y'ibibazo byose n'isoko y'ibyishimo. Mu by'ukuri, abantu barakomeye kurusha ibyo bahura na byo byose, .kandi nubwo tutabimenya ubu, tuzabikora nyuma Ntukavuge ngo "Ndarangiye kandi ndabirangiye," kuko iki ni igitekerezo kibi gihumanya ubwonko. Hari abantu bibwira ko nibatagenda gato bazananirwa, cyangwa niba batabasha .kurya ibiryo bimwe na bimwe bazababara n'ibindi Ntitugomba kwemerera ubwenge bwacu kwibanda ku ndwara cyangwa ku nzitizi, hanyuma tuzasanga imibiri yacu irahinduka ikamera neza. Wibuke ko ubwenge ari bwo buyobora umubiri. Niba ubwenge bufite intege nke, umubiri uzaba ufite intege nke. Ntitugomba kwiheba cyangwa ngo tugire agahinda kuko isi ari nziza, kandi Imana ihora iri .kumwe natwe Inkuru yanjye ivuga ku byo kurya biryoshye no gukoresha imbaraga z'ubushake Ndakubwira ibyambayeho nkiri umwana muto Mbere na mbere, ubushake bw'umwana bwitwa physiological, cyangwa physical; iyo umwana arira, ni

ikimenyetso cy'uko ashaka ikintu runaka. Arira kubera imiterere y'umubiri, bityo imiterere ya mbere y'ubushake ni physical

Hanyuma, iyo umwana akuze akemera ibyo nyina ashaka, bivugwa ko umwana aba afite "ubushake bwikora" kuko ubushake bw'umwana muri iki cyiciro buyoborwa .n'ubushake bwa nyina

Ndibuka ko igihe nari mu cyiciro cyo gushaka kwikora, nakoraga ibyo mama yansabye byose, kandi icyo gihe izina ryanjye ry'irihimbano ryari "umumarayika". Ariko umunsi umwe umurera wanjye yanjyanye mu igare ajya mu iduka, maze mbona uduce twa bombo dufite ibara ry'umuhondo, .maze birankurura kandi birankurura mu buryo butangaje Nasabye umurera wanjye kungura, ariko arabyanga, maze sinavuga ijambo na rimwe maze dusubira mu rugo Nariye ifunguro rya nimugoroba, hanyuma nongera gutekereza kuri deseri, nuko mbwira mama ko nshaka ibiryo biryoshye by'umuhondo, maze arambwira ati "Oya jya ku "buriri bwawe

Nyuma y'akanya gato, nongeye gusaba, ngira nti "Mama, ndashaka bombo z'umuhondo" Mama yansubije mu ijwi rihamyeye kandi ryumvikana ati "Ntabwo uzigera uzirya, "kandi ugomba kuryama

Hanyuma navuze ijwi rirenga nti "Ndashaka bombo yanjye y'umuhondo!" maze ndakomeza gusaba kwanjye kandi nkomeza gushimangira kugeza ubwo mama yagiye .gukangura umucuruzi ngo anzanire ibyo bombo Kandi numvise nishimye cyane Kuki? Kuko nakoresheje ubushake bwanjye maze ndabutsinda! Yego, numvise ntangaje kuko nakoresheje ubushake bwanjye bwa mbere Ariko umunsi wakurikiyeho, izina ryanjye ryahindutse kuva kuri "marayika" riba "umugome" kuko nakoresheje ubwisanzure bwanjye maze nhitamo inzira yanjye rimwe Igihe cyose nifuzaga ikintu kitagira ingaruka mbi, umuryango wanjye warabyemeraga, ariko nahoraga ntega

amatwi ibitekerezo, kandi iyo nabaga nibeshye, nahoraga niteguye kwikosora. Aiko iyo nabaga nibeshye, sinavaga mu .nzira, nubwo abandi bagize umuryango baba batemeranyije Ababyeyi bagomba gutoza abana babo ubushobozi bwo

guhitemo no kutabwira bugufi bababwira ibyifuzo byabo kubera ko ari abana. Niba abana bashakaga gukoresha ubushobozi bwabo mu buryo bwiza kandi bukwiye, ntibagomba kwitwira abagome. Ubwisanzure bwabo ntibugomba kugabanywa, kandi bagomba guhabwa inama z'urukundo n'ubwumvikane ziturutse ku babyeyi babo ku birebana n'ibyifuzo byabo bito. Niba ababyeyi batekereza ko bashobora kuzigama igihe bakubira abana babo, bazapfusha ubusa igihe. Bagomba kuganira n'umwana hanyuma ntibagire ikindi bakora. Abana bagomba gukubitwa inkoni .nto kandi zikomeye; ibi bizabafasha kwiga vuba

Ababyeyi bakunze gushyira abana babo mu byo bashakaga. Ubushake bw'umwana bugomba gukuzwa, kandi .agafatwa mu rukundo, mu bwumvikane no mu kwihangana Gukurikiza ubushake bw'umwana bukora ku buryo bwikora bizana "ubushake budafite ishingiro" bw'ubuto. Ubu bushake bumeze nk'imbunda irasa amasasu mu kirere, nta kindi ikora uretse amajwi ateye ishozi. Urubyiruko rupfusha .ubusa dynamite y'ubushake bwarwo aiko ntacyo rumaze Hanyuma haza "ubushake butunguranye," nk'uko iyo umwana ageze mu bwangavu, arekura ubushake bwe binyuze mu byifuzo bidasubirwaho n'imyitwarire idahwitse. Akenshi yiga isomo rye nyuma yo guhura n'ibintu bibabaza .n'ibikomere

Bivugwa ko inzuki ikundwa cyane n'impumuro nziza y'ikinyobwa ku buryo iguma mu mutima w'indabyo igihe kirekire, inyunyuzwa umutobe. Mu gihe ibikora, indabyo za kinyobwa zirayegera, maze ihura n'urupfu rwayo muri .ikinyobwa

Hanyuma hari impongo zo mu turere two mu majyaruguru, zasinze indirimbo z'umwirongi Iyo umuhigi

Urugero: Umugabo arimo gutwara imodoka yishimye,
kandi mu nzira ajya muri pariki, umugore we amusaba
guhindura icyerekezo akajya kwa ababyeyi be aho kuja
muri pariki, maze aha ngaha ibyishimo bye bihinduka
.uburakari

Nahisemo uru rugero kuko ari ikintu gikunze kubaho. Mu
bihe bisanzwe, ingaruka ni uko umugabo yanga icyifuzo
cy'umugore we cyangwa akemeranya n'umujinya
n'agahinda, kandi ibi nibyo bibaho muri rusange. Muri ibyo
bihe byombi, uburakari burafata intera, umwuka urakomera,
.maze amahoro akabura amahoro

Mu bihe bimwe na bimwe, uburakari bushobora
guhinduka ibyago ku bantu bafite uburakari bukabije.
Uburakari bushobora kugira ingaruka ku kwibuka, cyangwa
umushoferi akibagirwa gutwara yitonze kandi yitonze,
cyangwa akirengagiza kureba ibimenyetso by'umuhanda,
.bigatera impanuka cyangwa, Imana ikinga akaboko, urupfu
Mu gusoza, uburakari bufunga uruziga rw'ubushake mu
igare ry'ubuzima kandi bukabubuza kugera ku ntego zabwo
.z'umubiri n'iz'umwuka
kwibuka inzovu

Ubumenyi bwitwa "kwibuka" ni impano Imana yahaye
abantu, kandi mbega ukuntu ari umugisha ukomeye!
Ukwibuka na ko guhabwa inyamaswa; iyo bitabaho,
ntibyashoboraga kumenya ibyana byazo. Inyamaswa zimwe
zifite ibihe byiza byo kwibuka, nk'uko inkuru ikurikira ivuga
.ku nzovu ibigaragaza

Mu gihe inzovu nini cyane yari irimo gutwara ibiti,
nk'uko inzovu nyinshi zatojwe zibikora mu Burasirazuba,
umuhungu yarayegereye ayitera urushinge ku gituzo cyayo,
.maze ariruka

Umwaka warashize nyuma y'icyo kibazo, maze inzovu
imwe ihura n'umuhungu umwe. Ibi byahaye inzovu
umwanya uhagije wo kwihorera. Yazingiye umugongo wayo

ku muhungu maze imujugunya ku rundi ruhande
.rw'umuhanda. Bityo, inyamaswa zifite ibyo zibuka

* * *

Narose inzozu nyinshi, none ndi maso Ku gicaniro
cy'ubugingo bwanjye, ndacana umuriro wo kukwibuka iteka,
Mana yanjye. Amaso yanjye yaretse gusinzira, ndeba isura
.yawe nziza kandi nishimira kubona umucyo wayo wera
Kandi ku bw'ubuntu bwawe naje gusobanukirwa ko
ubuzima, indwara, ubuzima, n'urupfu byose ari inzozu
Narangije igitabo cy'inzozu cyashushanyijeho amabara
meza ku mwenda ugaragara w'amayobera
None ndakubona nk'ukuri wenyine uriho
Imana yanyeretse muri iryo yerekwa
Ibyaremwe byose ni ibidashoboka. Ibirenze ibyaremwe
.ni byo by'ukuri

Umunsi umwe nari ndimo ngenda ku butaka
bw'urusengero ndeba urumuri rw'izuba rukikije Ubwo
namanukaga ku madarajya yerekeza ku mucanga,
narahagaze ndeba amatara y'amashanyarazi yo ku
madarajya, yari agicanye, ariko sinashoboraga
kuyatandukanya kuko urumuri rw'Imana rwaje ruransatira ku
buryo ntashoboraga kuyatandukanya n'andi matara
.adacanye cyane

{Allah ni urumuri rw'ijuru n'isi}

Kandi umucyo umurikira mu mwijima, ariko umwijima}

{ntiwawumenya

Sinashoboraga kubona izuba, hanyuma menya ko
urumuri rw'izuba n'amatara y'amashanyarazi atari ukuri na
.gato, mu gihe urumuri nyakuri ari urumuri rw'Imana
Muri iryo yerekwa rikomeye, Imana yanyeretse isi ku
yindi—ibyerekanwa bitagira iherezo by'umucyo wayo
w'Imana—maze mbona ko ibyo nabonye ari ibimenyetso
gusa by'ubwenge bwayo bw'isi. Niba twishyize hamwe na yo,
tuzagenda mu mucyo wayo aho tujya hose kandi tuzumve
.ko ihari aho twerekeza hose

Iyo tumenye umwuka w'isi yose kandi tukamenya ko mu
by'ukuri turi imyuka, isi, umukungugu, imisozi, inyanja
n'ijuru birashonga, nta kindi gisigaye uretse Imana
Kandi ubona imisozi, ukayibwira ko ihagaze, mu gihe
inyura nk'ibicu binyura
Guhuza ibintu byose n'Imana ni imimerere idashobora
kuvugwa mu magambo, ibyishimo bikomeye biryohereza
n'urukundo, ibyishimo n'ubumenyi (ibyishimo by'umwizera
mu guhura n'Umwami we)
Ukwo kwishima mu buryo bw'umwuka gushobora
kugerwaho binyuze mu gushyiraho uburyo bukwiye bwo
.kuringaniza ubuzima bufatika no gutekereza ku Mana
Gusukura ububiko bw'imitekerereze
Kwisuzuma ni ingenzi mu nzira Umuntu ashobora kuba
afite urwango, umujinya, cyangwa arakara vuba Niba ari uko
bimeze, izi ngeso mbi zibikwa mu bwenge bwe ni ingaruka
z'ibikorwa bya kera
Kugira ngo dukureho ububiko bw'imitekerereze y'ibyo
bikoreshe byashaje kandi byuzuyemo ibintu, tugomba
gutangirana n'ibikorwa byiza kandi byubaka kandi tugatera
imbere mu rukundo ku bandi. Uko turushaho gukunda
abantu, ni ko nabo bazarushaho kudukunda, kandi tuzumva
urukundo rwabo. Ariko nitubanenga, ndetse natwe ubwacu,
!bazumva iryo nenge kandi bakaritugarurira
Dufate ko umwanzi wawe wa kera yapfuye, ariko
uracyamufitiye inzika n'urwango. Uzababazwa n'ubu
bubabare, kandi ingaruka mbi zabwo zizagaragara mu
mubiri wawe no mu bwenge bwawe. Ni byiza kumubabarira
kubera Imana, kuko ubikoze uzibohora ibyifuzo bibi byo
kwiherera byangiza amahoro yawe yo mu mutima kandi
bigasenya ituze ryawe. Kwirundanya urwango ku rundi,
cyangwa gusubiza urwango mu rwango, ntabwo byongera
gusa urwango rw'umwanzi wawe kuri wowe ahubwo
binangiza umubiri wawen'amarangamutima yawe
nk'ingaruka [Rero mubabarire mu mbabazi nziza]

(Igihe nababariraga nta muntu n'umwe nagiriye inzika)

Narikuyeho impungenge z'urwango

Rimwe na rimwe, umuntu agomba gusiga byose kugira ngo abe wenyine, kugira ngo atekereze ku ntego y'ubuzima Abantu benshi bagendera ku migenzo n'imico. Mu by'ukuri, ntibigeze babaho ubuzima bwabo bwite, ahubwo bigeze babaho ubuzima bw'isi. Ni iki bagezeho, kandi bageze he Kubwibyho, ni byiza ko umuntu rimwe na rimwe yikura mu mirimo ya buri munsu n' "inshingano" kugira ngo atuze imihangayiko yo mu mutwe we kandi agerageze gusobanukirwa ishingiro ryayo no kugena intego ashaka .kugeraho

Wibuke ko ubuhamya bukomeye ushobora kubona ari ubwo umutimanama wawe: ijwi ritabeshya kandi ritabeshya ry'ubugingo bwawe icyo umutimanama wawe ukubwira ni .uwo uri we by'ukuri, nta mitako cyangwa kwihishahisha Tekereza imbaraga za Yesu Kristo wavuze ati "Data, "bababarire kuko batazi gukora ibyo batazi Gutega amatwi ijwi ry'umutimanama wawe uboneye bizazana urumuri mu nzira yawe n'umugisha mu buzima bwawe Iyo wumvise ufite icyifuzo gikomeye mu mutima wawe cyo gusohoza icyifuzo runaka, koresha ubushishozi bwawe wibaze uti: "Ese ni icyifuzo cyiza cyangwa kibi nshaka "?gusohoza

Hari ibintu byinshi bitera ibyifuzo by'abantu Iyo umuntu abonye imodoka nshya y'icyitegererezo, aba ashaka gutunga isa nayo Iyo abonye inzu nshya y'icyitegererezo, aba ashaka gutunga isa nayo Imyambarire mishya irakundwa, abantu !bakifuza kugura no kwambara iyo myambarire Ibyifuzo biva he? Namaze amasaha menshi ntekereza kuri ibi. Ese ushobora gushyira mu byiciro ibyifuzo byawe byose? Nashoboye gusesengura ibyifuzo byanjye byose maze nkomeza ibyiza gusa. Maze kugera ku bumwe bw'Imana, nasanze ibyifuzo byanjye byose byiza

bisohorerwa icyarimwe. Uyu munsu umuntu yifuza ikintu
.kimwe, ejo roho ye ikagira ikindi kintu

Ubwenge bukomoka ku Mana Ishoborabyose
ntibushobora guhazwa n'ibintu by'iyi si. Imana ni yo butunzi
bw'ubugingo bukundwa cyane kandi bufite agaciro, kandi ni
yo yonyine ishobora guhaza ibyifuzo by'umutima no
.gusohozza ibyifuzo by'ubugingo
Uburyo bwo kugera mu bubiko bw'isi yose bwuzuye
ibyiza

Imana ni yo soko n'isoko y'ubushobozi bwose
bw'ubwenge, ni yo izana amahoro, ikaba n'ububiko
bw'ubutunzi bwose n'uburumbuke. Kugira ngo duhuze
n'ubukire bw'Imana buhora bwuzuyemo ibyiza, tugomba
kurandura burundu ibitekerezo byo gukena no gukenera mu
.mitima yacu

Ubwenge bw'abantu bose ni bwuzuye kandi
butunganye, ntacyo bubura Kugira ngo umuntu agere kuri
ubu bubiko bw'isi yose bwuzuye imigisha y'ubwoko bwose,
agomba kwihingamo ubumenyi bw'uburumbuke no guhora
agira icyizere, nubwo yaba atazi aho lira, pound, dinari,
!cyangwa idolari bizaza biva

Tekereza ubuntu bw'Imana nk'imvura ihumura kandi
yuzuye, ushobora kwakira mu kibindi icyo ari cyo cyose
ufite! Niba ufite igikombe, uzacyuzuza; niba ikibindi kinini,
uzacyuzuza nacyo Ni ubuhe bwoko bw'ikibindi ukoresha
kugira ngo wakire ubu bwiza bwo mu ijuru? Iki gikoresho
cyawe gishobora kuba gifite inenge—wenda cyuzuyemo
imyobo yo mu mutwe no mu bwenge. Muri icyo gihe,
ugomba kugisana wikuramo ubwoba, urwango,
gushidikanya, n'ishyari, kandi ukiyuhagira kandi ukagisukura
n'amazi y'amahoro, ituze, ukuri, n'urukundo rutunganye, mu
rwego rwo kwitegura kwakira ubuntu bwinshi buturutse ku
.Nyir'ubuntu

Uburumbuke bw'Imana bukora hakurikijwe amategeko
yo gukorera no gutanga. Tanga mbere, hanyuma wakire. Ha

abantu ibyiza byawe, nawe uzahabwa ibyiza. Ntukitege
intsinzi kuri buri gikorwa cya mbere. Hari ibyo ushobora
.kunanirwa, ariko hari n'ibyo uzageraho
Intsinzi n'itsindwa birafatanye. Umuntu ntashobora
kubaho adafite undi, kandi ibibazo cyangwa inshingano
zikomeye zigomba guhura n'ibikorwa byibanda ku ntogo
kandi hagakorwa ibishoboka byose kugira ngo ibigomba
.kugerwaho bigerweho

Wihatire cyane kugeza igihe uzagera ku ntogo ya
nyuma. Nta mpamvu yo gucika intege cyangwa gusubira
.inyuma

Niba utabona inzira, ntibivuze ko ugomba guhagarika
kugerageza Niba ubuze intego, ibaze uko wagerayo, ariko
ntuhagarike kugerageza Abantu benshi bemera ko batsinzwe
bakimara guhura n'ingorane Abananiwe bagomba kugisha
inama abantu batsinze, aho kugisha inama abandi bananiwe
nka bo. Twiyemeze kugera ku ntsinzi kandi iyi ngingo ibe
.filozofiya yacu y'ubuzima

Indirimbo y'ibyishimo
Igihe cyanjye nikigera
Urupfu rutuma amatwi yanjye yumva
Nzumva ijwi ry'umukunzi wanjye w'Imana
Kandi ubwo uwanhamagaye bwa nyuma yanciye
umwuka

Nzahumeka impumuro nziza y'ubumwe bwe
Kandi igihe urupfu rucecekesha ururimi rwanjye
Nzaryoherwa n'umutobe w'urukundo rwe
Kandi igihe urupfu rumpumye amaso
Nzabona urumuri rwe ruriho byose
Yimitswe ahantu hose
Kandi ubwo urupfu rwakonjeshaga amaraso yanjye
n'ibyo nakozeho
Nzashaka ubushyuhe mu gituza cy'umukunzi wanjye wo
mu kirere
Kandi igihe amaso yanjye atakibona hasi

Umurabyo w'amaso yanjye uzagera ku
Ahindura ibintu byose hejuru kandi agahishura
amabanga yabyo ahishe
Kandi igihe amatwi yanjye atakibasha kumva
Nzumva amagambo avugwa mu bintu byose bya kera
n'iby'ubu
N'ibizaba mu minsi iri imbere
Kandi igihe izuru ryanjye ridashobora kwishimira
impumuro y'isi
Nzakurikirana amabanga y'ubugingo mu mpande zose
Iyo ururimi rudashobora kumva uburyohe
Nzibuka ibyiza byose n'imigisha naryohewe
Kandi iyo ibyiyumvo byanjye by'uyu mubiri bishize
Umubiri wanjye wo mu kirere uzabyumva
Ibanga, uburyo butangaje bwo gukora ibintu byose hano
n'aha
Nzumva imiraba ibyina hejuru y'inyanja
Kandi hamwe n'udusimba two mu kirere twihuta mu
kirere kitagira imipaka
Uturemangingo tw'umubiri tuzapfa
Inzitizi zayo z'agateganyo zizakemurwa
Ariko azazuka ari muzima mu muriro w'iteka ryose
Uzabona ibyishimo kandi uzumva ibyishimo
Uzoryoherwa n'ibyishimo kandi uhumeke impumuro
nziza y'ibyishimo
Kandi uzumva ibyishimo birambye kandi bishya
Kandi abyina indirimbo z'ibyishimo by'Imana
Ibyumviro bireke kubyina kw'abazimu kubera ububabare
n'urupfu
No guhindukamo amarangamutima y'ibyishimo by'iteka
ryose
Mu bwami bw'umucyo, ibyishimo n'ibyishimo
:Inzira y'ubuzima ni iyi ikurikira
Imbogamizi mu mikurire y'imitekerereze zirimo
kwikunda, ubwibone, umururumba, uburakari, urwango,

ishyari, n'izindi ngeso mbi ziyobora cyangwa zisunika
umuntu mu buryo bukomeye bw'ubujiji. Igikenewe
byihutirwa ni ukuyoboka inzira ijyana umuntu ku
mudendezo, kuko ibyifuzo by'abantu bigengwa n'ingeso
zihora zivugururwa kandi zisa n'izitagira iherezo. Izi ngeso
zifunga roho zikayifata nk'imbohe, bigatuma nyirayo
.adashobora kunyura mu nzira yo kubohoka no kwibohora
Inzira y'ubuzima ni iyi ikurikira: ku ruhande rumwe hari
ikibaya cyijimye cy'ubujiji, ku rundi ruhande, urumuri rwiza
rw'ubwenge lyo dukoze ibihuje n'ubwenge, tunyura mu nzira
.yo kwibohora kandi tukabona ibyo dukeneye
Isi yose ni ikiremwa cy'ubushake bw'Imana, kandi iyo
twishyize hamwe n'ubwo bushake bwiza, icyo dukeneye
.kidugeraho nta nkomyi
Sinkibyifuriza ikintu icyo ari cyo cyose kuko nzi neza ko
ibyo ntekerezaho bizasohora nta kabuza
Kugira ubwenge bw'Imana n'urukundo rw'Imana
bisohozwa ibyifuzo byose by'umutima, kandi mbega ukuntu
ari ibintu bitangaje kandi bitangaje amagambo adashobora
gusobanura lyo umenye ko uri umutware wawe n'iherezo
ryawe, umwami w'amahoro n'ituze, ntacyo utinya Ahubwo,
isi yose ikora kugira ngo igere ku cyo ushaka ku bushake
.n'ubufasha bw'Imana
Kubera ko Imana yaremeye abantu mu ishusho yayo,
abayisangamo bazasanga ibaha ibyo basabye byose kandi
ikabaha ibyo bifuzwa. Ariko igihe cyose abantu bazaba bafite
icyifuzo cyo gutegeka abandi cyangwa kugaragaza imbaraga
.zabo, ntibazabona umudendezo mu Mana
Kumenya Imana bitangirira ku kwicisha bugufi,
urukundo, n'ibyishimo byo mu mwuka. Imbaraga nyakuri
.zizanzwe no kumenya Imana
Iyo umuraba muto umenya ko inyanja nini inyuma yawo
iwushyigikiye, washoboraga kuvuga uti: "Ndi umwe
n'inyanja" Tugomba kumenya neza ko inyanja y'Imana iri

kure y'ubwenge bwacu kandi ko iri hafi yacu, bityo nta
.mpamvu yo gutinya cyangwa guhangayika
Kamere y'Imana ni amahoro, kwicisha bugufi, urukundo,
kwaguka k'ubwenge, n'ubumenyi bwuzuye. Umuntu wese
uhuje n'Imana ntazakenera kwiyerekera cyangwa ngo yereke
abandi imbaraga afite, kuko ubugingo bwe buzi ko
Nyir'ububasha bwose amukomeza kandi ko Imana imurinda
.kandi ikamurinda aho ari hose n'igihe cyose ari
Abazi Imana bari maso muri kamere yabo y'umwuka
kandi basinziriye muri kamere yabo y'umubiri. Bazi ko
.bashobora kubona ikintu icyo ari cyo cyose mu buntu bwayo
Bityo, tugomba kuba inyangamugayo muri twe ubwacu
tugaharanira ubwo bwigenge, tugerageza guhunga imitego
y'isi n'ibishuko byayo bidushuka, kandi tugakoresha
umwanya wacu mu gutekereza neza kandi mu buryo
bw'ingirakamaro no gutera imbuto z'ibyiza mu butaka bw'iyi
.si, kugira ngo tuyivemo neza kuruta uko twayibonye
Inzugi zizakingurwa kandi inzira zizatunganywa imbere
yacu

Ubuzima bugomba kugendera ku murimo w'ubwitange,
kuko iyo tudafite iyi ntego, ubwenge Imana yahaye abantu
ntibuzigera ku rugero rwabwo rwuzuye Iyo dukoreye abandi
tukibagirwa ubwikunde bwacu, tuzabona umuntu ukomeye—
umwuka w'Imana

Akazi ni ingenzi kandi gatera imbaraga ubuhanga
n'ubuhanga bw'abantu. Ariko, niba intego nyamukuru y'akazi
ari ukwirundanyiriza ubutunzi, gatakaza agaciro kabwo kandi
.kagahinduka ubusa

Akazi ni serivisi, kandi ibicuruzwa bikwiye kugurishwa
bigomba kuba bifite ireme kandi bigirira abandi akamaro
by'ukuri. Iyo dukorera abandi, natwe ubwacu twifasha ku
rugero rumwe, kuko ari bo badufasha nk'uko natwe turi
.abadufasha

Umuntu ukuze ntakora atitaye ku byo atekereza Iyo
dutanze serivisi, tunahabwa serivisi, nubwo yaba ari mu
.buryo butari ubw'ibintu bifatika
Kubwibyo, gukorera abandi ubaha ubufasha
bw'amafaranga, ubwo mu mutwe, cyangwa ubwo mu mico
bivuze kubona ibyishimo byo mu mutwe nk'uko
Buri serivisi dukorera bagenzi bacu itwegereza
intambwe imwe kugira ngo tugere ku bwenge rusange Iyo
umuntu agaragaje ko yita ku bandi by'ukuri, ubwenge bwe
buhurira n'ubwabo, mu gihe urukundo rutagira icyo
rushingiyeho rwagura imbibi z'ubwenge rugana ku iherezo
.ry'ubumenyi bw'isi
Iyo dutekereje ku byishimo by'abavandimwe bacu,
ibyishimo byacu bizaba byinshi, kandi niduha urukundo
rwacu ku bandi, bazumva imbaraga zarwo kandi
.bazahinduka beza
Gukundana n'abantu mu buryo budafite ishingiro
n'urwango rudakwiye byombi ni imbogamizi zikomeye ku
kugera ku ntera yo kumenya. Tugomba kwigira gukunda
.abantu bose kuko twese turi abana b'Imana
Ibyo dukora byose bigomba gukorwa tubikunze, kandi
tugomba kugira intego mu byo dukora Iyo umuntu afite
icyifuzo kivuye ku mutima n'umwuka mwiza wo gukora
imirimo mu rukundo no mu byishimo, nta mananiza cyangwa
ngo arambirwe, imbaraga zo mu kirere zikomeza gutembera
.mu mubiri we, mu bwenge bwe, no mu bushake bwe
Utemera ko igitekerezo cy'intege nke n'umunaniro
byinjira mu bwenge bwe, aba yihaye umwanya imbaraga
nke n'imigezi y'ingenzi kugira ngo ahuze imitsi ye kandi
.ahumurize uturemangingo n'ingingo z'umubiri we
Iyo umuntu adafite icyifuzo cyo gukora ikintu runaka,
yumva ananiwe kuva mu ntangiriro, ariko iyo afite icyifuzo,
umubiri we urushaho kugira imbaraga n'imbaraga. Abakora
imirimo yabo bashishikaye kandi banyuzwe basanga

imbaraga z'Imana zidashira zimukomeza kandi
.zimushyigikira

Hari abantu bahugiye mu kazi ku buryo batagira
umwanya wo kwisuzuma cyangwa kwishimira ubuzima lyo
dukora ariko icyarimwe dukomeza gutekereza ku bintu
byiza, twumva imbaraga zihishe zidushyigikira kandi ziduha
.imbaraga nyinshi

Niba umutima uri inyangamugayo kandi
w'inyangamugayo mu gusohoza inshingano zacu, amarembo
azakingurwa kandi inzira zizatunganywa imbere yacu
Turasaba Imana Ishoborabyose kuduha imigisha kugira
ngo dusohoze umurimo wacu twishimye kandi tunyuzwe mu
ruganda rw'ubuzima

Kandi ubwenge bwe buhumeke ibitekerezo byacu
Kandi imiraba y'imbaraga ze irabyina ku migezi
y'ibikorwa byacu bya buri munsu

!Ntabwo nshobora kubona neza nk'isake yishwe
Kugira ngo tumenye uburyo bwo guhitamo neza mu
bihe cyangwa mu mimerere iyo ari yo yose, tugomba
kuyobora ubushobozi bwacu bwo gutekereza dukoresheje
imbaraga z'ubushobozi

Twese twahawe ubwo bushobozi bwa gatandatu, ariko
abantu benshi ntibabukoresha. Ahubwo, bishingikiriza ku
makuru aturuka ku bushobozi butanu bwo hasi kandi butari
bwizewe, kuko ubwo bushobozi butanu butuma tubona
amakuru ahamye dushobora kwishingikirizaho kugira ngo
.dufate ibyemezo bikwiye

Uretse ubushobozi n'ubushobozi byabyo bike, ibyumviro
- hamwe na byo, ubwenge buboshywe n'ubwikunde -
busobanura ibintu hakurikijwe ibyo bukunda n'ibyo butifuza,
ntabwo bushingiye ku by'ukuri kandi amaherezo bukorera
.inyungu za muntu

Kubera ko umuntu ashingira ibyemezo bye ku makuru
atangwa n'ibyumviro bye no ku myanzuro abwirwa

n'ubwenge bwe, bifitanye isano n'ibyumviro, akenshi yisanga
.yishora mu bihe bidasanzwe

Ndizera ko umunsi uzagera aho isi yose izamenya
akamaro ko kwishingikiriza ku mutima igihe runaka buri
munsi, gushaka ubuyobozi no gusaba ubufasha bw'Imana
Iyo umuntu abikoze, arushaho kuba umuntu ushyira mu
gaciro, utuje, kandi akagira ubushishozi, uko ubushishozi
bwe bukinguka, bukamufasha kubona ibintu neza no gufata
ibyemezo bikwiye. Nanone aba yarabohowe ku ngeso mbi,
ibyifuzo bidakwiye, amarangamutima ababaza, n'imibanire
y'abantu ku giti cyabo ituma bakora ibintu bahubutse kandi
.batabanje gutekereza

Ubushishozi, kimwe n'ubushishozi, ni kamere y'ubugingo
ifasha umuntu kumenya icyo gukora iyo bibaye ngombwa.
Imico nk'iyo yo mu buryo bw'umwuka ishobora
gutsimbatazwa binyuze mu gutekereza neza no gutekereza
.ku Mana

Iyo ibyifuzo n'amarangamutima bipfukiranye ubushobozi
bwo gutekereza, ubushishozi buba impumyi, haba mu
mitekerereze no mu mwuka. Iyo amarangamutima arenze
abantu, bahura n'urujijo no guta umutwe, bacika intege
!kandi ntibabashe kubona neza, nk'isake yishwe
Amarangamutima atuma umuntu agira uruhande mu
bitekerezo bye no mu kuntu abona abandi, kandi bigatuma
adatekereza neza kandi agahangana n'ikibazo neza kandi
.mu buryo bushyize mu gaciro

Iyo twize gutandukanya ukuri n'ibitekerezo byacu bwite,
ubushobozi bwacu bwo gutekereza ntibuzongera guhindurwa
cyane n'ibyifuzo byacu bwite Iyo buri wese abyiga, isi yaba
.ahantu humvikana kandi hatuje kurusha uko bimeze ubu
Ubusanzwe ubushishozi buturuka mu mutima Iyo
umutima wumva utekanye, bituma umuntu atekereza ko
hari ikintu kitagenda neza no kwitonda mu mibanire
n'abantu cyangwa ibintu runaka Niba wumva ufite ubwoba

ku kintu runaka, cyangwa ushaka kumenya inzira ugomba
kunyuramo, ibande ku mutima wawe
Igihe cyose imihangayiko ikurenze n'ibibazo bikugose,
shyira ibitekerezo byawe ku mutima wawe kandi ugerageze
kumenya amarangamutima awuturukamo. Komeza utuze,
maze mu buryo butunguranye ukumva ibyiyumvo bikomeye
bizagutwikira, kandi Imana izakwerekwa, binyuze mu iyerekwa
ryawe ry'imbere, intambwe ikurikira ugomba gutera muri
.ako kanya

Guhindura imiterere idasanzwe y'uturemangingo
tw'ubwonko

Abavuzi basanzwe cyangwa abapadiri nta bubasha
bafite bwo kubabarira ibyaha cyangwa kubohora
abanyabyaha baza aho bari bashaka inama, kuko icyo
bashobora gukora ari ukubaha imiti yo mu mwuka, nta kindi.
Ariko abazi Imana bageze ku ntera ikomeye cyane mu
mwuka, ku buryo batanyurwa no guha abanyabyaha inama
zo mu mwuka gusa, ahubwo bashobora - ku bw'ubuntu
n'ubufasha bw'Imana - kubwuzuza imbaraga zo mu mwuka
.zibakura mu ngaruka z'ibikorwa byabo by'icyaha
Ibikorwa byose byiza n'ibibi biba byihishe mu
ngirabuzimafatizo z'ubwonko kandi bigaragara nk'ingeso
.nziza cyangwa mbi cyangwa ingeso mbi mu bitekerezo
Umuntu ufite ingeso mbi bitewe n'uko uturemangingo
tw'ubwonko bwe dufite imbaraga z'izo ngeso ashobora
kwibohora binyuze mu mbaraga z'ubushake, gutekereza ku
byo akora, gusenga bivuye ku mutima, no gukomeza
kwemeza ibintu neza kugeza igihe ingeso ze zose
.zidashimishije zihindutse ingeso nziza z'amahoro n'ituze
Ibi bibaho iyo imbaraga z'ubuzima ziyobowe neza zikora
kugira ngo zihindure imiterere idasanzwe y'uturemangingo
tw'ubwonko kugira ngo utwo turemangingo twuzuremo
.ibintu byose byiza, bitunganye kandi byiza
Ibi bivuze ko uturemangingo tw'ubwonko twuzuyemo
ibitekerezo by'ibinyoma dutwikwa n'ibikorwa by'ingenzi iyo

dukusanyirijwe hamwe cyane mu bwonko tugakoreshwa mu
.nyungu nziza kandi z'ingirakamaro

Umuntu ukunda cyane umubiri we agumana ibikorwa
bye by'ingenzi mu mitsi n'amatwi ye, mu gihe umuntu ufite
ubushake bwo gutekereza cyane mu by'umwuka agumana
imitsi n'umubiri we mu buryo bwo kuruhuka, kandi ubwenge
bwe butava ku matwi, ku buryo imbaraga z'ubuzima
zihagarara kuba mu mitsi maze zigashyira imbaraga mu
bwonko. Kubera iyo mpamvu, gutekereza ni bwo buryo
bwiza cyane bwo gushyira mu buryo bw'umwuka
uturemangingo tw'ubwonko no kurandura imizi y'ingeso mbi
.iyo ari yo yose mu bwonko

Akamenyero ni imbaraga, kandi abantu bakoresha ubwo
bubasha nabi bakora ibibi aho kubukoresha mu bikorwa
byiza

Ubujiji, kutagira icyo umuntu yibwira, kunanirwa
guhitemo inshuti nziza, no kwirengagiza ibikorwa byiza
akenshi bijyana umuntu mu mitego n'ingeso mbi,
nk'umucanga unyuramo umira umuntu uwugendaho
.atabishaka

Ingaruka z'ubucuti zirakomeye kuruta imbaraga
:z'ubushake n'ubushishozi

Ntugakundane n'umuntu mubi, kuko umuntu mubi]

[ashobora kwangiza imico ye

Abantu b'abanyabwenge bakora neza nta mbaraga
bafite, mu gihe abakunda ibibi basa n'aho bahatirwa gukora
ibikorwa bibi kandi by'urwango bitewe n'ingeso ibahatira
.gukora icyaha n'ibibi

Turasaba Imana Ishoborabyose kudutera ibitekerezo
byiza

Kugira ngo tubone ibyiza n'ubwiza
Dutandukanya icyagirira akamaro n'icyangiza
Kandi kugira ngo tumuhindukirire
Kandi turabyizeye
Isoko y'ibyiza byose

Kandi isoko y'ibyiza byose

"Yewe musozi, nta muyaga ushobora kugutenguha"

Umuntu ushyira mu gaciro aguma atuje kandi atuje mu

gihe akora inshingano ze, nubwo yaba ageraho cyangwa

ananiwe Intsinzi no gutsindwa bizagenda mu bihe

bitandukanye, hakurikijwe imiterere y'umubiri, ubwenge,

n'isi. Umuntu uhora yibuka kamere ye ntakunze

.kuvuguruzanya kandi ntagengwa cyane n'ibitekerezo by'isi

Abifuza kugera ku buriganire bw'imbere ntibagomba

kwemera kwanduzwa n'ubwenge bw'ibintu bibiri buri mu

mubiri. Imyitozo nk'iyi nta gushidikanya ko igoye kuko roho,

iyi yifatanyije n'umubiri ufite ubwenge, ifata imico myiza

n'iy'ibibi. Kugira ngo umuntu atsindwe kwihambira ku

miterere y'umubiri ihindagurika, agomba kurenga ubwenge

.bw'umubiri, ari na bwo soko y'umubabaro wose

Ababaho mu bwigunge bw'imimerere bishimira

ibyishimo n'ibyishimo kandi bakababazwa n'ububabare

n'ingorane. Ariko abafite ubushishozi bukura baguma batuje

kandi batuje, badahungabana kubera imivurungano

n'ibibazo biba mu buzima busanzwe [nk'umusozo utembanwa

n'umuyaga]

Umuntu ushyira mu gaciro, ndetse no mu bihe

by'agahinda n'umubabaro, agumana amahoro yo mu

mutima haba mu bihe byiza cyangwa bibi. Byongeye kandi,

afite ubushobozi bwo kwishyira mu mwanya w'abandi,

kumva ibyiyumvo byabo, no kubafasha adateshejwe agaciro

n'imihangayiko ye. Bityo, binyuze mu mbaraga ze zo mu

mutima, ashobora guhumuriza abandi no kugabanya

agahinda kabo. Kandi binyuze mu gutuza no kuringaniza

kwabo, bigisha abandi isomo ry'ingirakamaro ryo

.kudatsindwa n'amarangamutima mabi

Umuntu w'umunyabwenge abona umwuka w'Imana

muri buri wese, kandi uko aba yarabohowe ku byifuzo

by'ubwikunde, yemera afite icyizere kandi anyuzwe byose

biva ku Mana kugira ngo asohoze ibyo umubiri, ubwenge,

n'ubugingo akeneye. Aba yarabohowe ku nzitizi z'ubwikunde
kandi ntagirira abandi nabi, cyangwa ngo aremereze amaso
ye n'amagambo ye ibintu bibi bihungabanya amahoro
n'ituze by'abantu, kuko abona umwuka w'Imana ashaka
.wihishe muri buri wese
Iyo ageze ku ntego y'ingenzi, intsinzi no gutsindwa biba
bimwe kuri we, uko kumva ko ari umwe bishira iyo abonye
.ishingiro ry'ubumwe bw'isi yose
Nubwo akora umurimo we kubera urukundo akunda
Imana no gukorera abantu, ahora ari umwe mu bagize
.umuryango we iteka ryose
Kugira ngo ugere ku byishimo
Kugira ngo umuntu agere ku byishimo, agomba kubaho
ubuzima bugengwa no kwitonda. Abiyemeza kugenzura
imimerere yabo bakurikije amategeko yo mu rwego rwo
hejuru y'ubuzima bazasanga imimerere yabo ihinduka uko
imeze. Ingorane duhura nazo muri ubu buzima
zidushishikariza kandi zigatuma dushyiraho imbaraga
.nyinshi kugira ngo tugere ku rwego rwo hejuru
Niba ari byo ushaka, kurikira inzira zibikuyobora, nta
.muntu uzabikubuza cyangwa ngo abigukuremo
Imana yaduhaye ubwenge, kandi tugomba kubyutsamo
amatara y'ukwizera, icyizere n'ibyishimo, kandi
tukabikuramo uko bishoboka kose mu bigeragezo byose
biduhangayikisha. Tugomba kandi gukuza ubushake kugira
.ngo tugenzure imimerere yacu aho kugenzurwa na yo
Ni ngombwa gushyiraho gahunda zifatika kandi zihamye
ku buzima bwacu kugira ngo tubashe kugera ku bintu byiza
byose twifuza kugeraho kandi tuzi ko tugomba gukora. Mu
gihe duteganya, duharanira, kandi dukora, twibuke ko ari
Imana, Nyirubuntu, iduha ubufasha kandi ikatuyobora ku
gikwiye. Mu kubikora, tuzagira ubushake, kwihangana,
.kwihangana, no gusobanukirwa neza icyerekezo
Tukwifuriye intsinzi n'ibyishimo aho uri hose mu isi ngari
y'Imana

Byose ni amashusho n'ibisobanuro bikurikirana
Ubusitani bw'indabyo
Ibibaya by'amarira
Kandi ikime gifashe ku mimero yoroshye
Kandi ibyishimo byo mu bwana
n'irari ritagira umupaka
N'ibyishimo byinshi mu gihe bigabanuka kandi bigashira
N'agahinda gakomeye ku mitima
Kandi amabuji yo mu kirere arazima kandi arashira
Kandi ishusho y'urukundo iradukurura
Kuva ku binyoma kugeza ku binyoma
Kandi ibyifuzo bifite ishyaka
Kandi uburyo bwo gufata nk'impyiisi bukabije
Kandi induru y'umwana ukiri muto
Urupfu rusaku
Kandi ibyishimo byo kugira ubuzima bwiza
N'ibihe by'akanya gato
Byose ni amashusho n'amashusho bikurikirana
Ku ishusho y'ubwenge
Mwami, mfasha
Kugira ngo ngire imico myiza n'imico myiza muri nje
Kandi kugira ngo ntoze abasirikare gutuza no kwifata
muri nje
Ba umuyobozi wayo uyobowe n'Imana
Mu rugamba rukomeye
Kurwanya ubujiji no guhakana
Kandi kuzamura ibendera ryawe ry'umugisha n'ibintu
Ibendera ry'ukuri n'amahame yo gukiranuka n'ineza
Kunyerera hejuru y'ibyubahiro by'ubugingo bwanjye
N'uturere tw'ubuzima bwanjye
* * *

Ubwitonzi bukwiye kugabanywa ubwoba Hakwiye
gufatwa ingamba zo kwirinda, kandi hagakorwa ibishoboka
byose kugira ngo haveho impamvu zitera indwara kandi
umuntu yikureho ubwoba Udukoko turi henshi ku buryo

abantu baramutse baduteye ubwoba, batabasha kwishimira
ubuzima Nubwo hari ingamba zose zikenewe zo kwirinda
indwara, umuntu aramutse asuzumye urugo rwe akoresheje
mikorosikopi, yatakaza ubushake bwo kurya n'ubushake bwo
.kurya

Icyo utinya cyose, kuraho ibitekerezo byawe kuri cyo.

Birekere Imana kandi wongere icyizere cyawe muri yo.
Imibabaro myinshi ikunze guterwa no guhangayika. Kuki
ubabara kandi indwara zitaragera? Kubera ko indwara
nyinshi z'abantu zikomoka ku bwoba, kureka ubwoba
bizahita bibakiza, kandi gukira bizaba ako kanya. Buri joro,
mbere yo gusinzira, yemeza uti: "Imana iri kumwe nanjye,
kandi umuntu wese ufite Imana muri we nta cyo agomba
gutinya." Mu bwenge bwawe, komeza Umwuka w'Imana
n'imbaraga zayo zo mu kirere, wizera ko mikorobe iyo ari yo
yose ikugabaho igitero izakubitwa. Subiramo "Mana,
Ushoborabyose" cyangwa "Mwami, Umufasha" ufite icyizere
cyuzuye kizakurinda, kigukomeze, kandi kigutere kumva
umerewe neza kandi ufite ubuzima bwiza. Iyo uhuje n'Imana,
ukuri kwayo kuzagutemberamo, kandi uzamenya ko mu
mutima wawe, uri umwuka udahuye n'ingorane kandi
.udapfa

Igihe cyose wumva ufite ubwoba, shyira ikiganza cyawe
ku mutima wawe, ukinyure uherye ibumoso ujya iburyo
uvuge uti: "Mwami, kuraho ubu bwoba kuri njye kandi
ubohore ubwenge bwanjye n'ibitekerezo byanjye ku kintu
icyo ari cyo cyose kimbuza amarangamutima" Nk'uko hari
uburyo bwo kwikuramo uburyo bwo kunyuranya na radiyo, ni
ko bimeze, niba uhora unyuza umutima wawe uherye
ibumoso ujya iburyo, kandi niba uhora wibanda ku
gitekerezo cyo kwirukana ubwoba mu mutima wawe,
ubwoba buzashira ku bufasha bw'Imana, kandi uzumva
.ibyishimo by'Imana byuzuye ubuzima bwawe bwose
Ubwoba buhora buri mu muntu, kandi kubukuraho
birashoboka iyo utekereje ku Mana kandi ukumva ko iriho

Izere Imana kandi ube umunyakuri mu byo ukora byose

Hari benshi bayigana; ntukongere izina ryawe ku rutonde
rwabo rurerure. Umenye neza ibyo ukora kandi ubikore mu
buryo budasanzwe butigeze bukorwa mbere. Umurima
ufunguye wo guhanga udushya igihe cyose icyifuzo ari
icy'ukuri kandi ubushake buhari. Kamere zose ziragusubiza
.iyo uhuje n'Imana

Abantu bakunze kwishyira imbere, ariko twagombye
gutekereza ku bandi no kubafasha uko dushoboye kose,
tubifuriza ibyiza nk'uko natwe tubyifuza. Iyo tubikoze
tubikunze kandi tubikuye ku mutima, twumva uruhererekane
rwacu rw'impuhwe rwaguka kandi urukundo ruri hagati yacu
.n'abandi rugakomera kandi rugakomera

Mu gace gatuwe n'abantu 1.000, buri wese aramutse
yitwaye neza, buri muntu yagira inshuti 999. Ariko buri wese
aramutse yitwaye nk'umwanzi w'abandi, buri muntu yagira
.abanzi 999

Ukwezi n'ibihugu bya kure byishimye
Iyo umugoroba ugeze, vanga ibitekerezo byawe
n'umucyo w'ukwezi

Oza agahinda kawe n'imirasire yako
Numva urumuri rutangaje rukwirakwira buhoro buhoro
ku mubiri wawe

Kandi hejuru y'ibiti n'uturere twa kure cyane
Hagarara mu isanzure rinini urebe n'amaso atuje
Ku murasire w'ukwezi n'ibyiza bikugaragaraaho
Reba impande z'izuba zitwikiriye zigaragara cyane
Reka ibitekerezo byawe byo gutekereza birenge imbibi
z'ibitekerezo

Ku gihugu cy'inzosi z'izahabu
Hindura icyitonderwa cyawe ugishyire ku miterere
igaragazwa n'imirasire y'ukwezi

Ku nyenyeri za kure no mu kirere cya kure
Agahenge k'iteka karenze ether nzima
Aho ibintu byose binyura mu rukundo n'ubuzima

Reba imirasire y'ukwezi irambura
Si ku Isi gusa
Ahubwo, mu mfuruka zose z'isi itagira iherezo
y'ubwenge bwawe buhebuje
Tekereza cyane kugira ngo ubashe kugera mu bihugu
bya kure kandi bishimye
Ibipimo by'ubumenyi bwimbitse bw'iby'umwuka
Kandi isi igaragara nk'urumuri rw'ifeza
Nta mupaka cyangwa iherezo bifite

* * *

Abantu bahambiriwe n'ingeso mbi, kandi izi ngeso
zihora zitezwa imbere mu gihe ingeso nziza zipfa zikanashira
Abashyitsi batakirwa ni bo bafashe umwanya wa mbere
mu buzima bw'umuntu, mu gihe abashyitsi b'icyubahiro nta
kindi babona uretse kwirengagizwa no kwirengagizwa na we,
maze bakava mu muryango we bakozwe n'isoni kandi
.bababaye

Ingeso nziza zigomba gukuzwa n'ibikorwa byiza, kandi
ibi byemezwa no kuba uri kumwe n'abandi neza n'inyandiko
.zitera imbaraga, kuko ingaruka z'ibidukikije ziruta ubushake
Abantu bayoborwa n'ibintu by'umubiri, kandi urumuri
rw'ubwenge ruhora rugaragarira hanze aho kuba imbere.
Abantu biruka hirya no hino, ariko nta hantu na hamwe ku isi
hashobora kubarinda ubwabo n'imitimanama yabo;
.umwanya wo kwisuzuma ni ngombwa
Iyo umuntu asenze asaba intsinzi mu gihe ibitekerezo
bye byuzuyemo ibitekerezo byo gutsindwa, akajagari, no
kutita ku bintu, aba ameze nk'umuntu wohereza umuntu mu
butumwa ariko agaterwa n'abajura mu nzira. Abajura bibye
intsinzi y'umuntu ni ingeso mbi ze. Umuntu yohereza
amasengesho ye ku Mana nta mpungenge, kandi abajura
b'imihangayiko n'amaganya bayatera mbere yuko agera ku
Mana. Birumvikana ko Imana yumva amasengesho kuko iri
hose kandi izi byose, ariko mu bihe bimwe na bimwe,
amasengesho ntasubizwa. Kuki rimwe na rimwe

adasubizwa? Igisubizo kiri mu mbuto mbi zihishe mu butaka
bw'ubwenge butari mu mutwe. Izo ngeso mbi, zashinzwe mu
bihe byashize bya kera, ziba nk'uruzitiro hagati y'umuntu
n'Imana. Ibitekerezo byiza bigomba guterwa mu butaka
bw'ubugingo kugira ngo bimere kandi bikure mu mimerere
ikwiye kandi byere imbuto. Umuntu ntashobora kwiringira
gusa ubuzima bwiza, iterambere, n'imimerere myiza, kuko
ibi ari iby'igihe gito kandi ni iby'igihe gito. Ni byiza gushora
.imari mu bwami bw'umwuka

Hari imbaraga zangiza zikora buri gihe mu buzima
bw'umuntu no mu bugingo bwe, zikomoka ku makosa ya
kera. Bityo rero, umuntu agomba gukomeza kuba maso no
kwitonda mu guhangana no guhangana n'izo mbaraga
.zikomeye

Umuntu wese usenga kugira ngo atsinde mu gihe
icyarimwe yibwira ati "Ndatekereza ko ntazatsinda,"
ntazatsinda. Isengesho rigomba gutangwa mu kwizera
gukomeye no mu mutima wicisha bugufi kugira ngo umucyo
.w'Imana ugaragare kandi imigisha yo mu ijuru imanure
Nk'uko bidashoboka kuvuga ukoresheje telefoni
yangiritse, ni ko bidashoboka ko utanga amasengesho neza
unyuze mu bwenge buremerewe n'imihangayiko, amaganya,
kutishima, no kwihambira ku bintu by'akanya gato. Binyuze
mu ituze rikomeye n'ubwumvikane butuje hamwe
n'imitingito itunganijwe kandi yubaka, ubwenge bushobora
gusanwa no guhindurwa, uburyo bwabwo bwo kwakira mu
buryo bw'umwuka bwongerwa, bigatuma ubutumwa bugera
ku Mana neza kandi bunoze kandi bugahabwa igisubizo
.cyabwo cyiza

Mwami, amaboko yanjye afatanye mu gituza cyanjye,
ndagutanze ubugingo bwanjye bwose, kandi nshyiramo
amasengesho yanjye urukundo rwinshi, umpe urukundo
ruzira uburyarya rw'abana kuri wowe, kandi umfashe kumva
ko uri hafi yawe inyuma y'amagambo yo kwinginga kwanjye.
Reka nyumve ko uriho mu byiyumvo byanjye byose, kandi

unyemerere menye ko ubwenge bwawe bukomeza
ubumenyi bwanjye kandi ko ubuzima bwanjye ari urumuri
.rw'umucyo wawe n'ishusho y'ubuzima bwawe bwose

Ubusanzwe ni bo bantu bishimye cyane
Ibyishimo nyabyo by'umuntu biri mu gihe umuntu ahora
yiteguye kwiga no gukora ibintu mu buryo bukwiye kandi
burangwa no kubaha. Uko umuntu arushaho kwiteza imbere,
ni ko arushaho kugira uruhare mu iterambere n'ibyishimo
.by'abamukikije

Impamvu y'ingenzi y'ububabare
Guhuza umubiri n'ubwenge mu buryo bw'umwuka, no
kubigeraho binyuze muri byo, ni yo mpamvu nyamukuru
y'ububabare bwacu bwose, imipaka, imipaka, intege nke,
n'intege nke. Kubera iyi sano, tugira ibyishimo kimwe
n'ububabare n'ibyishimo, ku buryo tudashobora kubona
.ibyishimo by'Imana cyangwa kumenya
Idini, mu by'ukuri, rikubiyemo kwirinda ububabare
burundu no kugera ku byishimo bitunganye, cyangwa Imana
Nk'uko ishusho nyayo y'izuba idashobora kugaragara
neza hejuru y'amazi ahindagurika, ni ko kamere nyayo,
y'umugisha y'ubugingo bw'umwuka (ishusho y'umwuka
wose) idashobora kumvikana kandi ishingiro ryayo rigafatwa
n'imiraba y'ihungabana n'imihangayiko bituruka ku kwihuza
kwa roho n'imiterere ihindagurika kandi ihindagurika
.y'umubiri n'ubwenge

Nk'uko amazi yavungaguritse ahindura ishusho nyayo
y'izuba, ni ko n'ubwenge buhangayikishijwe buhindura
kamere y'umutima ihora yishimye binyuze muri iyo shusho
cyangwa isano

:Bivugwa mu bitabo by'ubwenge bw'Iburasirazuba
Iyo washoboraga kuzamuka hejuru y'umubiri ukamenya"
ko uri roho, wagira ibyishimo by'iteka ryose kandi ukabasha
kurokoka ububabare bwose" {Kandi uvuge uti: "Mwami
wanjye, nyongerera ubumenyi"}
{Kandi muzamenya ukuri, kandi ukuri kuzababatura}

Ubwisanzure buturuka ku kwiyo bora, ingeso nziza ni
inshuti ikomeye

Amagambo yavuzwe n'umwarimu wanjye, Sri
Yuktswarji, yari amagambo atatu yahoraga ambwira: “ Iga
kwitwara neza ” Mu by’ukuri sinabasha kumushimira kubera
ibyo, kuko nari nzi ko bitari byoroshye kwitwara neza buri
.gihe

Iyo ugomba gutsinda ikintu runaka, ugomba
gusobanukirwa impamvu ugomba kugitsinda. Ntabwo
ugomba kugitererana gusa no kwitandukanya na cyo,
ahubwo ugomba no kureka kugitekerezaho no kukivana mu
bitekerezo byawe. Gutekerezaza nabi ni umwanzu ukomeye
.ugomba kuneshwa

Nuhindura intego yawe ukava ku kumenya
iby’amarangamutima ukajya ku kumenya iby’umwuka,
uzabona intsinzi kandi wishimire ibyo wagezeho. Umuntu
agomba kwibaza ati: "Ese ndi imbata y’iby’amarangamutima
yanjye cyangwa shebuja wayo? Ese ndi umukire mu mahoro
"?cyangwa ndi umukene mu buryo bw’umwuka
Umuntu ntagomba kuba umucakara w'ibintu byinshi.

Ishimire ibintu, ariko ntukemere ko bikugira imbata. Ba
umudendezo. Ugire ubuntu, inshuti, wishimye, kandi
wishime, kandi ube umutware wawe muri byose. Ntugomba
kuba imbata y'ibyumvo gusa, ahubwo ugomba gukora ibintu
ukurikije ibyo wemera. Umuntu wese wifuza kurenga uduce
dutatu no kugera ku bwenge bw'isi agomba kugira ukwifata
no kwitoza kwihanganira ibintu byose n'imimerere yose nta
.mibabaro cyangwa guhangayika mu mutwe

Gukora icyo umuntu ashaka cyose si ubwigenge,
ahubwo ni ugukoresha nabi ubwigenge Ubwisanzure
buturuka ku gukurikiza itegeko ryo kwifata, ni ukuvuga
kwitonda Ubwisanzure nyakuri busobanura gukora byose
biyobowe n'ubwenge Ubwisanzure ni buke kandi budafite
aho buhuriye n'Imana n'amategeko yayo

Ubuzima bw'abantu benshi bugengwa n'ibyifuzo, irari,
imico, ingeso, n'ingaruka z'ibidukikije n'imibereho
Iyo ingeso z'umubiri zitangiye kugenzura ubwonko,
biragora umubiri kumvira amategeko y'ubushake. Niyo
mpamvu abantu babyibushye cyane bagorwa no kugabanya
ibiro, ndetse no mu gihe bakurikiza indyoyi. Uturemangingo
tw'ubwenge tuba twarashyizeho ingeso zatwo kandi
ntitwihutire gusubiza amategeko y'ubwonko. Ariko, iyo
batojwe neza, bazubahiriza amabwiriza y'ubwonko nta
kuvuguruzanya na gato kw'imbaraga zo mu mutwe—
imbaraga zishobora kugenzura umubiri iyo zitojwe neza
.kandi zigakoreshwa

Ingeso nziza ni inshuti yawe ikomeye, mu gihe ingeso
mbi ari umwanzi wihisha. Bityo rero, umuntu agomba
kwitondera gusubiramo ingeso cyangwa igikorwa, kuko
gusubiramo bihindura igikorwa mu ingeso mbere yuko
umuntu abimenya, kandi iyo ingeso ikaba kamere ya kabiri.
Ariko, ishobora guhinduka binyuze mu bikorwa byiza
.bihoraho no gutekereza neza no guhanga udushya
Ibimenyetso by'urutonde n'ubudahinduka ahantu hose
Abahanga mu bya siyansi ba kera batekereje bakurikije
ibyo babonye ko buri muntu ari uruvange rw'ibintu
n'ubwenge, kandi kubera iyo mpamvu bemeraga ko hariho
imbaraga ebyiri zigenga: kamere n'ubwenge
Hanyuma batangira kwibaza bati: "Kuki ibintu byose biri
mu bidukikije biteguye mu buryo runaka? Kuki ukuboko
kumwe k'umuntu kutari kure kurusha ukundi? Kandi kuki
inyenyeri n'imibumbe bitahurira mu kirere? Tubona
ibimenyetso by'urutonde n'ubudahinduka mu isanzure aho
"tureba hose

Bahereye kuri iyi ngingo, bafashe umwanzuro w'uho
ubwenge n'ibintu bidashobora gutandukana kandi icyarimwe
bikagira ubutware busesuye kuri buri kimwe muri byo,
kubera ko hagomba kubaho ubwenge bumwe bugenzura
byose

Uyu mwanzuro utuma habaho igitekerezo cy'Imana
imwe ari yo mpamvu n'inkomoko y'ibintu n'ubwenge,
ikabaho binyuze muri byo no hanze yabyo. Ugera ku bwenge
bwuzuye asobanukiwe ko byose, mu shingiro ryabyo, ari
umwuka, nubwo uwo mwuka utwikiriwe mu buryo
.bugaragara kandi uhishe
Abafite ubumenyi bw'umwuka babona umucyo w'Imana
wigaragaza hose
Ikibazo ni iki: ni gute abashakashatsi bashoboye
?kubibona mbere na mbere
Intambwe ya mbere, bifunze amaso kugira ngo
bakureho imikoranire itaziguye n'isi n'ibintu, kugira ngo
bashobore kwibanda ku kumenya neza ubwenge bw'isi yose
.buri inyuma y'isi n'ibintu
Basobanukiwe neza ko badashobora kubona ubumana
mu bidukikije binyuze mu buryo busanzwe bwo
gusobanukirwa ibyumviro bitanu. Bityo, bashatse uburyo
bwo kumva ko buri muri bo binyuze mu kubwibandaho
.cyane kandi neza
Amaherezo, bashoboye gufunga no gufunga imiryango
yose n'inzira z'ibyumviro bitanu, by'agateganyo biba
byigenga burundu ku bwenge bw'ibintu. Hanyuma isi
y'imbere y'umwuka itangira kubyerekanira no gukinguka
imbere yabo. Ku bantu bakomeye bakomeje ubushakashatsi
.bwabo bw'ibintu bitarambiranye, Imana yaje kwiyerekana
Shyira imbaraga z'Imana inyuma y'imbaraga zawe
Kuramo imbaraga zawe z'imbere kugira ngo ugire intego
zubaka kandi z'ingirakamaro, kandi uzungukira byinshi.
Komeza ushikamywe, ukoreshe buri kintu cyose cy'intsinzi.
Ihuze n'imbaraga z'umwuka wawe wo guhanga, kandi
uzahuzwa n'ubwenge butagira iherezo bushobora kugutera
imbaraga no gukemura ibibazo byawe byose. Imbaraga
zizaguturukaho buri gihe ziva ku isoko ikomeye y'umwuka
wawe, zigufashe kugera ku bikorwa bitangaje n'udushya
.muri buri gice cy'ubuzima

Mbere yo gufata icyemezo cy'ingenzi, icara ucecetse
ushake ubufasha n'imigisha by'Imana. Hanyuma uzamenya
ko inyuma y'imbaraga zawe hari imbaraga z'Imana, inyuma
y'ubwenge bwawe hari ubwenge bw'Imana, kandi inyuma
y'ubushake bwawe hari ubushake bw'Imana. Igihe cyose
Imana ikora nawe, imbaraga zawe ntizizaba impfabusa,
kandi ntuzatsindwa; ahubwo imbaraga zawe zizagwira kandi
ubushobozi bwawe buziyongera. Nurangiza imirimo yawe yo
.gukorera Imana, uzahabwa imigisha yayo

Niba akazi kawe mu buzima gaciriritse, ntugasabe
imbabazi. Ishimire ko usohoza inshingano Imana yaguhaye.
Irashaka ko ukora uruhare rwawe uko ushoboye kose. Si buri
wese ushobora gukora inshingano nk'izo ukora. Igihe cyose
ukora kugira ngo ushimishe Imana, imbaraga zose zo mu
isanzure zizakorana mu bwumvikane kugira ngo ugire
.ibyishimo n'imibereho myiza

Iyo wemereye Imana ko uyifuza kurusha ibindi byose,
uzihuza n'ubushake bwayo. Kandi iyo uyishaka ubudacogora,
utitaye ku mbogamizi zikubuza, uba ukoresha neza
ubushake bwawe bwa muntu, kandi uba ukoresha itegeko
ryo gutsinda rizwi n'abanyabwenge ba kera ndetse n'abantu
.bose bageze ku ntsinzi nyayo

Imbaraga zera zo mu kirere ziri kugufasha igihe cyose
ushyizeho imihati ifatika yo gukoresha izo mbaraga nziza
kugira ngo ugere ku buzima bwiza, ibyishimo n'amahoro. Mu
kugera kuri izi ntego nziza, uzagenda mu nzira yo
kumenya ubwawe yerekeza mu rugo rwawe rw'ukuri mu
.Mana

Ibyishimo ni igipimo cy'intsinzi

Ubwa mbere, ugomba kwemeza ko intego wifuza
kugeraho ikwiye kwitabwaho kandi ko kuyigeraho bikwiye
.gufatwa nk'intsinzi nyayo

Intsinzi ni iki? Niba ufite ubuzima bwiza n'ubutunzi ariko
ukagirana ibibazo na buri wese (ndetse nawe ubwawe),
ubuzima bwawe ntibugira icyo bugeraho Isi iba mbi kandi

ubuzima ntibugire icyo bugeraho niba utabonye ibyishimo
Iyo utakaje amafaranga, utakaza ikintu gito Iyo utakaje
ubuzima bwiza, utakaza ikintu cy'ingenzi kurushaho Ariko iyo
utakaje amahoro n'ituze, utakaza ubutunzi bw'agaciro
gakomeye mu buzima

Bityo rero, intsinzi igomba gupimwa hakurikijwe urugero
rw'ibyishimo, ubushobozi bwo guhuza no guhuza
n'amategeko rusange. Intsinzi ntipimwa hakurikijwe
amahame y'isi nk'ubuzima, urwego, n'ububasha. Ibi bintu
ubwabyo ntibizana ibyishimo keretse bikoreshejwe neza.
Kugira ngo ibi bibeho, umuntu agomba kugira ubwenge
.n'urukundo ku Mana no ku bantu

Imana yaguhaye ububasha bwo kwihemba cyangwa
kwihanira ukoresheje cyangwa ukoresheje nabi ubwenge
bwawe n'ubushake bwawe. Niba urenze ku mategeko
y'ubuzima, iterambere, n'ubwenge, nta kabuza uzababazwa
n'indwara, ubukene, n'ubujiji. Bityo rero, ugomba gukomeza
ubwenge bwawe no kwanga kwikorera imitwaro yo mu
mutwe n'amahame y'umuco yo mu myaka yashize. Shyira
ibyo bintu byashaje mu muriro w'ibyemezo byawe by'ubu
by'umugisha n'ibikorwa byubaka, kandi uzagera ku iherezaho
.ry'ubwisanzure

Ibyishimo biterwa - ku rugero runaka - n'imimerere yo
hanze, ariko ahanini biterwa n'uko umuntu atekereza Kugira
ngo umuntu agire ibyishimo, agomba kugira ubuzima bwiza,
ubwenge buringaniye, ubuzima bwiza, akazi gakwiye,
umutima ushima, kandi ikirenze byose, ubwenge n'ubumenyi
bw'Imana

Umwiyemezo ukomeye wo kwishima uzagufasha cyane.

Ntukitege ko imimerere yawe izahinduka, wibeshya ko
ibibazo byawe biri ahandi. Ntureke ngo agahinda kabe
ingeso ikomeye igoye gucika, igatera ububabare bwo mu
.mutwe kuri wowe no ku bandi

Imwe mu migisha ikomeye kuri wewe no ku bandi ni
ukugira ibyishimo no kugira icyizere. Niba ufite ibyishimo,

wageze kuri byose. Ibyishimo bivuze kuba mu bumwe
n'Imana, kandi gutekereza ku byo utekereza biguha
.ubushobozi bwo kugera ku byishimo
Ingeso zo mu mutwe: Kwihutisha cyangwa gutinza
intsinzi

Ingeso z'umuntu zifite imbaraga zo kwihutisha cyangwa
gutinza intsinzi ye. Si ibintu by'akanya gato cyangwa
ibitekerezo bitangaje, ahubwo ni ingeso z'umuntu za buri
.munsi zigena inzira y'ubuzima bwe
Ingeso zo mu mutwe ni nk'ingufu zo mu mutwe, zikurura
ibintu bimwe na bimwe, abantu, n'imimerere Ingeso nziza zo
mu mutwe zigufasha gukurura amahirwe meza kandi
y'ingirakamaro, mu gihe ingeso mbi zo mu mutwe
zikwegereza abafite ingeso zo mu isi n'imimerere mibi
Ushobora kugabanya ingeso mbi no kuzica intege
wirinda ikintu cyose gishobora kuzitera cyangwa kuzigarura,
utazibandaho buri gihe. Hanyuma, shyira ibitekerezo byawe
ku ngeso nziza kandi ukore ku kuyiteza imbere buri gihe
kugeza igihe izaba igice cy'ingenzi cy'ubuzima bwawe
.ushobora kwiringira no kwishingikirizaho

Muri twe, imbaraga ebyiri zihanganye zihora zirwana:

imwe ituyobora gukora ibyo tudakwiye gukora, n'indi
itushishikariza gukora ibyo tugomba gukora, nubwo byaba
bisa nkaho bigoye cyane. Ijwi rya mbere ni ijwi ry'ikibi, irya
.kabiri ni ijwi ry'icyiza, cyangwa Imana

Binyuze mu masomo akomeye ya buri munsi, uzabona
neza ko ingeso mbi zigaburira igiti cy'irari ry'ibintu bitagira
iherezo, mu gihe ingeso nziza zigaburira igiti cy'ibyiringiro
.n'ibyifuzo byo mu buryo bw'umwuka bihanitse

Ugomba gushyira imbaraga zawe cyane ku iterambere
rikwiye ry'igiti cy'umwuka cy'umugisha kugira ngo umunsi
umwe uzabashe gusarura imbuto nziza kandi zeze zo
.kwimenya

Niba ushobora kwigobotora ingeso mbi zose, kandi niba
ushobora gukora ibyiza byose kandi byiza kubera urukundo

rw'ubupfura n'ineza atari ukubera ko ikibi kizana agahinda
.no kwicuza, ubwo uzakura mu mwuka kandi ukomeze inzira
Uzagira umudendezo niwareka ingeso mbi zawe ku
bushake kandi nkana. Uzagira umudendezo gusa niwaba
umutware, ushobora gutegeka amarangamutima yawe,
ibitekerezo byawe, n'ubushake bwawe bwo gukora ibyo
ugomba gukora, nubwo byaba binyuranyije n'ibyifuzo byawe.
Muri ubwo bubasha bwo kwifata no kwiyobora niho imbuto
.z'umudendezo w'iteka ryose ziherereye
Navuze ibintu byinshi by'ingenzi biranga intsinzi kugeza
ubu: gutekereza neza, imbaraga z'ubushake, isesengura
ry'imitekerereze, kwihangira imirimo, no kwitonda Ibitabo
byinshi bishimangira kimwe cyangwa byinshi muri ibi bintu
ariko ntibivuga ko imbaraga z'Imana zishingiye kuri ibi bintu
Guhuza n'ubushake bw'Imana ni cyo kintu cy'ingenzi cyane
mu kugera ku ntsinzi
Ubushake bw'Imana ni imbaraga zigendesha isi n'ibirimo
byose, n'isanzure n'ibirimo byose. Ubushake bw'Imana ni
bwo busunika inyenyeri mu kirere, kandi ni bwo butuma
imibumbe iguma mu mizingo yayo kandi bugagena uruziga
.rw'ivuka, ikura, n'ibora ry'ibinyabuzima byose
Indabyo zo kwifuza
Nyagasani
Amashanyarazi y'icyifuzo cyanjye ajye agurumana iteka
ryose mu bwiza bwawe
Mana yanjye nkunda, kura urusaku rw'urukundo rwanjye
mu byondo byo kwibagirwa byo mu isi, kandi urwibutsemo
.ibere ryawe ry'urwibutso rwawe ruhoraho
Mu Ngoro y'Imana yo mu ijuru, ndapfukama imbere
yawe, Mana yanjye
Numvise ijwi ryawe mu mpumuro y'indabyo z'amaroza
Kandi numvise ubwuzu bwawe mu buryohe bw'indabyo
Kandi mu ijwi ry'ibyo nifuzaga cyane, urukundo rwawe
rwari igisubizo

Ndazi ko Imana ishobora kumenyekana binyuze mu
gutekereza no mu buryo runaka, ariko ntabwo imenyekana
binyuze mu bitekerezo bivanze kandi bidafite aho bihuriye
.n'ibibazo

Nzafungura amaso yanjye mu byishimo byo gutekereza
no kubona ko umwijima wose washize. Nzinjira mu kidendezi
cy'amahoro y'Imana cyihishe inyuma y'inkuta zo gutekereza,
kandi nzatunganya kamere yanjye y'imbere binyuze mu
gutekereza kugira ngo itakwangizwa n'ingaruka zo hanze
zirwanya. Kandi nzakira buri munsu ntekereza ku
.Mushoborabyose

Mu rusengero rw'ituze, nabonye igicaniro cy'amahoro
yawewe

Kandi ku gicaniro cy'amahoro mbona ibyishimo byawewe
bihora bishya

Reka numve ijwi ryawe, Mwami, mu buvumo bwo
gutekereza, hanyuma nzabona ibyishimo by'iteka byo mu
ijuru muri njye. Amahoro azuzura umutima wanjye kandi
azenguruke mu buzima bwanjye, haba mu ituze cyangwa mu
.gihe cy'akazi

Inyenyeri yose irabagirana iri mu kirere, na buri
,gitekerezo gitunganye kandi gitunganye
Igikorwa cyose cyiza n'ibikorwa byiza bizaba idirishya
nkwigereza, Mana yanjye nkunda

Nshyize ubwenge bwanjye mu mutwe no mu kwifuza
guhoroaho, nzashyira ubwenge bwanjye mu jisho ry'umwuka
(.hagati y'amaso) mu bwami bw'iteka

Nzabohora roho yanjye mu bubata bw'umubiri kandi
nyivange n'inyanja nini y'umwuka

Ni ngombwa gukora isesengura ry'imitekerereze
y'abantu

Irindi banga ryo gutsinda ni isesengura ry'imitekerereze
y'umuntu Kwitonda ni indorerwamo aho ushobora kubona
ubwimbike bw'ubwenge bwawe buhishe butari bushobora
.kuguhisha

Menya aho wananiwe hanyuma ukemure ibyo ukunda

n'ibyo ukunda

Koresha isesengura ryawe kugira ngo usobanukirwe aho

ugeze ubu, icyo ushaka kugeraho, n'imbogamizi zikubuza

gukora. Sobanura akazi kawe nyakuri kandi usobanukirwe

.intego yawe mu buzima

Ihatire kwimakaza imico yose y'umuntu w'ukuri kandi

w'indashyikirwa, udatwarwa n'ibyo wifuza. Mu gukomeza

gutekereza neza no guhuza n'Imana, uzatera imbere vuba,

mu mutekano, kandi ufite icyizere mu nzira igana ku ntego

wifuza. Intego yawe nyamukuru ni ukubona inzira igana ku

.Mana. Ariko hari n'inshingano ugomba gusohoza muri iyi si

Kuri iyi si tugaragara nk'abashyitsi, kandi iyo dukunda

.Imana ni bwo tuba abavandimwe

Ubushake bujyanye no gukora ibintu bizagufasha

gusobanura ibyo wiyemeje no kubisohoza mu buryo

bwuzuye. Gukora ibintu ni iki? Ni ubushobozi bwo guhanga

ibintu muri wowe: ikibatsi cy'Umuremyi utagira iherezo

gishobora kuguha imbaraga zo kurema ikintu kitari cyarigeze

kiremwa n'undi muntu. Bigutera imbaraga zo gukora ibintu

mu buryo bushya kandi buhanga. Ibyo umuntu ukunda

gukora ibintu bishobora kuba byiza kandi bitangaje

nk'inyenyeri irasa. Mu kurema ikintu gisa n'aho kivuye mu

busa, bigaragaza ko ibisa n'ibidashoboka koko bishoboka iyo

abantu bakoresheje imbaraga z'umwuka wo guhanga

uhebuje. Gahunda n'udushya bigufasha guhagarara ku

birenge byawe, wigenga kandi wigenga, kandi biri mu

.biranga intsinzi

Itangazo ry'ibitekerezo by'intsinzi

Tuvuge ko wananiwe kugeza ubu, ni ubupfapfa

guhagarika kurwana no gufata ko gutsindwa ari iherezo

Ni byiza gupfa urwana kuruta kureka gukora imbaraga

igihe cyose ushobora kugera kuri byinshi, kuko imbaraga

zawe zizakomeza mu buzima bushya ndetse na nyuma

.y'urupfu

Intsinzi no gutsindwa ni ingaruka z'ibyo wakoze mu bihe
byashize, ndetse n'ibyo ukora ubu. Bityo rero, ugomba
kugira ibitekerezo by'intsinzi bivuye mu byo wanyuzemo mu
bihe byashize kandi ukabitera imbaraga kugira ngo ubashe
kugenzura ibitekerezo byo gutsindwa mu buzima bwawe
.bwa none

Ingorane n'ibibazo umuntu watsinze ahura nabyo
bishobora kuba biruta ibyo umuntu watsinze ahura na byo.
Ariko, uwa mbere yitoje kwanga igitekerezo cyo gutsindwa
.burundu kandi buri gihe

Ugomba guhindura ibitekerezo byawe ukava mu
kwiheba no kwiheba ukajya mu ntsinzi no gutsinda; ukava
mu guhangayika ukajya mu ituze; ukava mu rujijo no mu
mihangayiko ukajya mu bitekerezo; ukava mu kajagari no
mu mihangayiko ukajya mu mahoro; ukava mu mahoro
ukajya mu byishimo byera byo mu mwuka. Iyo ufite ubwo
bumenyi, intego y'ubuzima bwawe izaba yambitswe ikamba
ry'intsinzi kandi ikagerwaho neza cyane, ku bufasha
.bw'Imana

Imbaraga z'ibitekerezo

Ugaragaza intsinzi cyangwa gutsindwa ukurikije ubwiza
n'imiterere y'imitekerereze yawe isanzwe

Ni ikihe gifite imbaraga mu buzima bwawe: ibitekerezo

?byo gutsinda cyangwa ibitekerezo byo gutsindwa
Niba imitekerereze yawe ahanini ari mibi, rimwe na
rimwe ibitekerezo byiza ntibihagije kugira ngo bikurure
intsinzi. Ariko niba utekereza mu by'ukuri, uzabona icyo
ushaka kandi ugere ku ntego yawe, nubwo waba wumva
.ukikijwe n'umwijima

Wowe ubwawe ni wowe uzagira icyo ukora Nta wundi
uzagusubiza cyangwa ngo akubaze ku munsu w'urubanza.

Umurimo wawe ku isi, aho ibikorwa byawe byagushyize
(ingaruka z'ibikorwa byawe bya kera), ushobora gukorwa
n'umuntu umwe gusa: wowe kandi umurimo wawe ufatwa

nk'uwagize icyo ugeraho gusa iyo ukoreye mugenzi wawe
.mu buryo runaka

Ntugatekereze ku kibazo icyo ari cyo cyose cyangwa
ngo ukomeze kugitekerezaho Reka ibintu biruhuke igihe gito,
kandi bishobora kwikemurira ubwabyo Ariko ntukabireke
biruhuke igihe kirekire ku buryo utakaza ubushobozi bwawe
bwo gushishoza. Ahubwo, koresha ibi bihe byo kuruhuka
kugira ngo urusheho gutekereza neza kandi ugere ku
murongo utuje muri wowe. Iyo uhuje nawe, uzashobora
gutekereza neza ku byo ukora byose. Nubwo ibitekerezo
byawe byaba bihindagurika, uzashobora kubikusanya no
kubihuza. Ubu bushobozi bwiza bwo kuba mu bwumvikane
.bushobora kuboneka binyuze mu mbaraga no mu myitozo

Mama, nk'uko umwarimu Paramhansa abivuga
Inyigisho yatanze ku munsu w'ababyeyi
Reka twifate uyu munsu nk'igitekerezo cyiza ku babyeyi
.beza bese bareze abana babo mu bugwaneza n'urukundo
Urukundo rw'umubyeyi ntitwaruhawe ngo rudutere
ubwoba no kutita ku bandi, ahubwo rwaduhawe kugira ngo
rudutere ubwuzu mu mitima yacu kugira ngo tworoherenze
imitima y'abandi tubigiranye ubugwaneza kandi dukure
imitima inaniwe mu mihangayiko n'ibibazo by'isi.
Abarohamyeye mu byago n'agahinda, bahuye n'ibyago byinshi
n'ingorane, bakeneye kumva neza no kubabarana natwe mu
.bwuzu

Nabonye urumuri rwanjye rw'umwuka binyuze mu
rukundo rukomeye nakundaga mama; urukundo rw'ukuri
nakundaga mama ni rwo rwatumye nkunda Imana cyane,
kuko urwo rukundo rwanteye imbaraga zo gushaka isoko
yayo iboneye, kandi narubonye mu Mana, isoko y'ibyiza
.byose n'umico myiza

Umubyeyi ni umugwaneza kandi ababarira kurusha se.

Umubyeyi ni urugero rwiza rw'urukundo rw'Imana rutagira
icyo rushingiyeho. Imana yaremeye ba nyina kugira ngo

bagaragaze urukundo rwayo kuri twe, haba hari impamvu
.cyangwa nta mpamvu

Mbona umugore nk'ikimenyetso cy'ububyeyi rusange,
kandi icyo nkunda cyane kuri we ni urukundo rwe rw'ukuri
rwa kibyeyi. Ababona ubwiza bw'umwuka n'ubusobanuro
bwiza mu mugore bakangurwa n'amarangamutima meza
kandi bakisanga bafunguriwe ahantu hanini ho guhumekwa.
Urukundo rusange rwuzuye mu mutima w'umuntu wese uha
.umugore icyubahiro n'icyubahiro kandi akamugirira neza
Iyo Imana idashyira urukundo rwayo mu mitima
y'ababyeyi, ntibari gushobora gukunda abana babo. Ariko
kandi, icyubahiro giterwa n'uburyo urwo rukundo
rutembamo. Abantu bose bakomeye bagaragarije ba nyina
.urukundo rukomeye

Urugo rwuzuyemo urumuri, ibyishimo n'imigisha kubera
ko umubyeyi ari kumwe natwe. Nimureke duhore dukomeza
.gutwika urumuri rw'urukundo rw'umubyeyi mu mitima yacu
Kandi ndasuhuza ba mama bose b'indashyikirwa ku isi
Kandi ku bantu bose babagaragariza ineza
Mu rwego rwo kubaha icyubahiro no kuzirikana ubwiza
bwabo

Utujwi tw'Ubujoyakuzimu

Umwigisha Paramhansa Yogananda

Ubuhinduzi: Mahmoud Masoud

Namaze igihe kirekire mu buriri bw'ibiremwa byawe,
ibyahise, iby'ubu, n'iby'ejo hazaza, kandi njye—umwana
w'iteka—numvaga mfite impungenge kandi
nhangayikishijwe. Narwanye kenshi, ariko biba iby'ubusa,
kugeza ubwo natsinze gusimbuka mva mu buriri nkikijwe
n'inzitizi z'uburiganya. Wamfashe mu biganza byawe
unyica indirimbo z'amahoro ahoraho. Ndi umwana w'iteka
—iteka ryawe—kandi nshyira umutwe wanjye ku gituzo
cy'ibiriho byawe byose.

Wihangayika, mwana wanjye

Mu bihe bigoye, numvise ijwi ryawe rigira riti: "Izuba ryo kurinda kwanjye rirabagirana kimwe mu masaha yawe meza cyane n'umwijima"

Witinya, mwana wanjye, ahubwo gira ukwizera kandi umwenyure! Kuko agahinda ari akarengane kuri kamere nziza y'ubugingo Reka urumuri rwanjye rukiza rumurikire mu nseko zawe zihebuje Ibyishimo byawe, mwana wanjye, bintera ibyishimo n'ibyishimo

Ishimire nawe

Mu buzima butabarika, nacuranze nawe kandi ndaririmba indirimbo zitabarika. Ndacyibuka ukuntu wampoberanye igihe cyose nagarukaga mu rugo—kuri wowe —nyuma y'ibinyejana byinshi ntahari, ubwoba bwo gutandukana burankubita. Dore nongeye kuba hano, mu kubaho kwawe kw'iteka ryose, ncuranga kandi nseka nawe, nkuririmbira indirimbo z'urukundo rwanjye rudashira.

Ntabwo ari ukubera ubushake bwanjye, Rupfu we

Sinzakurwa ku butaka ku ngufu ntabishaka nk'umwana wahunze akuwe muri bagenzi be. Nkunda Imana, kandi irankunda; kandi ninjyayo ku nshuro ya nyuma, nzaba narangije uyu mwanya ku rubyiniro rw'igihe—iki gikorwa Imana yashakaga ko nkina nk'intambwe ikomeza ikinamico yayo yo mu isanzure. Mu gukora uruhare rwanjye mu ikinamico y'ubuzima, nzamwenyura kandi nzarira: nishimiye isohozwa ry'ibyifuzo kandi nkagira agahinda ko kwiringira guseniyuka. Ariko ninrangiza inshingano zanjye, nubwo zaba ziruhije kandi zinaniza, nzava ku rubyiniro rwo ku isi mfite umutima umwenyura. Nzaruhuka igihe gito mu gituzo cya nyina w'isi, nishimira ibyishimo bye, hanyuma nzagaruka ku isi, ntazongera gukururwa n'ibyifuzo bya kera byatewe mu

busitani bw'uburiganya, ahubwo nzasubiza ubusabe bwe bwuje ubugwaneza.

Lotus ikunda

Inzuki zo mu mutwe wanjye zirimo ubwiza bw'umutima wawe ukunda, Mwami, aho nkuramo umutobe w'urukundo rwawe rwuzuye urukumbuzi. Uru ruyuki rwanjye rwo mu mwuka rukusanya indabyo gusa zisohora impumuro nziza yawe. Narimbuye ubuki bw'ibinezeza by'umubiri maze nguruka hejuru y'ubusitani bw'imyumvire butari bunini kugeza ubwo nabonye ubwiza bw'urumuri rwawe rwera. Nari inzuki yawe izenguruka mu mirima y'imyuka, ikururwa n'impumuro nziza y'indabyo mu bunararibonye butagira ingano. Ariko ubu nahagaritse kuzerera kwanjye, kuko impumuro yawe nziza yashize inyota y'umutima wanjye kandi impa kwifuza kwanjye gukomeye kw'impumuro iyo ari yo yose cyangwa impumuro nziza.

Ishyamba ry'uburiganya riratwitswe

Numvise ndi wenyine kandi nihebye mu ishyamba ry'uburiganya n'uburiganya, nuko ntwika imifuka y'ubwitonzi, ariko umuriro warakaga buhoro buhoro kandi nta muriro nasenze mbikuye mu mutima wanjye, maze uransanga, Mwami, utwika zimwe mu ntege nke zanjye, maze umuriro ukwirakwira vuba mu bihuru byumye n'ibihuru by'amayobera. Hanyuma bageze ku bihuru by'amahwa by'irari bakora ku biti birebire by'ubwibone n'ubwibone. Indimi z'urumuri rwawe zariye amashyamba manini y'ubujiji bwanjye zibihindura ivu. Ndagushimira, Mana Nyir'umuriro! Kandi abagaragu bawe bakwitabire mu isengesho no mu gusaba ubufasha bwihuse no gukira vuba.

Indirimbo yawe y'ukuri

Kugira ngo numve, Malayika murinzi, nafunguye radiyo y'iyerekwa ryanjye ry'imbere nkoresheje uburyohe bworohereje bw'urukundo. Akenshi mu gutekereza, numvise indirimbo nziza cyane z'abera bawe bari hafi yawe: indirimbo z'umwuka zihebuje, indirimbo zavutse mu mutima wanjye, n'indirimbo nziza yo kugushaka kwanjye kwa kera. Nihanganye kandi ntujye, nafunguye igikoresho cy'ibyumvo byanjye byimbitse, kandi igihe ibitotsi byandemereraga kandi ngiye gusinzira, indirimbo yawe y'ukuri yaranyicaga. Ubu ndasakuza indirimbo zawe z'ibyishimo kandi nongera ijwi ryanjye ku baririmbyi bawe, kugira ngo indirimbo zirusheho kwiyongera kandi icyifuzo n'inyota birusheho kwiyongera.

Nzoga mu nyanja y'ubugingo

Mu bumwe nawe, Roho Uyikikije, nzaba ingenzi y'ubuzima bwo mu kirere. Nzareremba mu nyanja y'ubugingo. Nzabyina ku miraba y'amarangamutima matagatifu ya muntu kandi nzatanga ibyishimo bihebuje. Kuva mu misozi ya Himalaya yo mu ijuru, nzasohora umugezi w'ibyifuzo bikomeye. Nzaba amarira yose asutswe mu kugirira impuhwe abandi. Nzaba ndi mu ituze ry'izahabu ry'abera n'ibyiringiro by'ubwenge bwiza. Wowe wizerwa usohoza ibyifuzo!

Iyo urumuri rwanjye rudashira ruvanze n'urumuri rwawe rutagira iherezo, nzacana mu maso hose

Amahoro abe kuri mwe

Utujambo dushya n'ibitekerezo bishya

Mu minsi y'impeshyi y'ubuzima
Nkusanya amarangamutima meza
Kuva ku ndabyo z'imico myiza
Guhinga mu busitani bw'imitima myiza
Kandi nabitse mu mutima wanjye essence yakuwemo

Kuva ku ndabyo ndende zo kwihanganirana
N'imitsima yo kwicisha bugufi hamwe n'impumuro yayo
yoroshye
N'indabyo zidasanzwe z'ibitekerezo bya lotus yoroshye
Kandi iyo urubura rw'ibihe by'ubukonje bw'itumba
ruguye hafi yanjye
Kandi gutandukana kw'isi kubabaza
Ndashaka ubushyuhe n'ihumure
Mu ruhu rw'amata rubitswe mu karemangingo
k'umutima wanjye
Muri ako kazu k'umugisha, imbere yawe
Akenshi nkunda kubona inzuki y'Imana
Inywere uburyohe bw'ibyo nshaka cyane
Numva nduhutse, nishimye kandi ndahumuriywe
Nzaba amasumo y'ibyishimo
Ibyishimo byanjye bikomeza kuzura mu muvuduko
uhoraho
Aho umugezi ukomeye unyura
Imitwaro iremereye y'akababaro n'amaganya by'abandi
Nzagenda nihuta cyane ku muvuduko utangaje
Ahantu hatagira iherezo
Kuva ku mitima ibabaye
Kugira ngo yikureho ubwoba
Kandi nzakuraho ibibazo bye
Nzaba nk'urumuri rw'inkuba
Mu ijoro ryijimye cyane
Kugaragara neza
Ubwiza bwawe, bwahishwe kuva kera
Inyuma y'umwijima w'amaso atabona
Nzaba urumuri rw'ukwezi
Gukuraho umwijima ku isi
Nzaba imirasire y'urumuri
Umuhigi wirukana umwijima wihishe
Mu mfuruka z'ibitekerezo bya muntu
Ku bw'ubuntu bwawe, Mwami

Silashy, ubuhanga butunguranye bw'ubwenge
Amakosa yakusanyijwe mu bihe byashize no mu bihe
byashize
Urukundo rutanga ibyishimo mu mutima ntirushingiye
ku byiyumvo ubwabyo
Ahubwo mu byishimo ibyo byiyumvo bizana
Kuko urukundo ruzana ibyishimo
Dukunda urukundo kuko ruduha ibyishimo byinshi
Urukundo si cyo ntego; ibyishimo ni cyo ntego
Imana ni ibyishimo bihora kandi bihora bishya
Kandi ni ko bimeze ku miterere y'ubugingo, kubera iyo
mpamvu abapfumu baririmbaga
Abamaze kubona uku kuri kandi bakaryohereza
:n'ibyishimo byo mu buryo bw'umwuka
Twavuye mu byishimo, mu byishimo tubaho kandi"
"ubuzima bwacu burareremba
Kandi tuzagaruka mu byishimo byo mu isanzure,
"tuzenguruke muri ibyo byishimo umunsi umwe
Amarangamutima yose meza nk'urukundo n'impuhwe
Ubutwari, kwitanga no kwicisha bugufi ntacyo bimaze
nta byishimo
Ibyishimo bisobanura ibyishimo, kandi ni ikimenyetso
cy'ibyishimo bihebuje
Cyangwa kunyurwa gukomeye
Kandi Nyagasani wawe azaguhaye rwose, kandi}
{Ishime kandi wishime} {uzanyurwa
Nubwo ibyishimo bishobora kuvuka bitewe n'imimerere
imwe n'imwe yo hanze
Ariko mu miterere yayo iboneye, ntabwo igengwa
n'ibisabwa
Akenshi bigaragara nta bintu bifatika bifite
Hari igihe ushobora kubyuka mu gitondo
Wumva ugiye kuguruka wishimye
Kandi iyo wicaye mu ituze ryo gutekereza, ibyishimo
biragutera imbere

Nta mpungenge yo hanze imukangura
Ni ibyishimo by'umutima bitagira urugero
Ariko iyo ibyishimo bifatanye isano n'imimerere imwe
n'imwe

Ntabwo bituruka kuri iyo mimerere imwe
Mu by'ukuri, ibyo byabaye nk'uburyo bwo kugira
ibyishimo
Icyari cyihishe mu bugingo, nagicukuye nk'inyama mu
butaka bw'ubugingo
Kandi isoko y'ibyishimo yakuwe mu kigega cy'ibyishimo
cyari gihishe mu muntu
Bityo rero, mu bunararibonye bw'abantu, akenshi
hakenerwa
Ku bintu bimwe na bimwe byo kuzana ibyishimo
byihishe imbere
Urukundo narwo ni kamere y'ubugingo, ariko rushingira
ku byishimo

Nta rukundo rubaho nta byishimo
Ese umuntu ashobora gutekereza ku rukundo nta
byishimo? Oya rwose
Iyo tuvuga ku bubabare urukundo rudasubizwa rutera
Turimo kuvuga ku cyifuzo kitaragerwaho
Ariko ubunararibonye nyakuri bw'urukundo buhora
buherekejwe n'ibyishimo

Ubwenge bwanjye ni nk'inzuki, iraguruka
Ku busitani bwiherereye bw'umutima wanjye
Uwo uhuhwa n'umuyaga w'urukundo rwanjye
Ufite amasaro y'ikime, uburyohe bwawe
Naguhingiye indabyo nziza cyane
Kuva mu ivangura ryo mu buryo bw'umwuka
n'udusimba tw'umuhondo
Kugira ngo nikuremo amarira yo kwihana kwanjye
N'udusimba tw'urubura tworoshye, turota kwicisha
bugufi

Kandi umutima wanjye ufunguye cyane ku byo
ntekereza ku bugingo

Nguhaye ibiti by'ibitekerezo byanjye
Imbuto nziza z'amasengesho ahumura neza
Amaboko ye yoroheje akozwe mu mashami yoroshye
kandi afite ikime

Kandi mu busitani bw'umutima wanjye
Ibitekerezo byanjye bimeze nk'inzuki inyivuga hirya no
hino

Ndasinze hagati y'ibitambo byiza by'umutobe kuri wewe
Isi yose yibagiwe icyo ijambo "urukundo" risobanura
nyacyo

Urukundo rwakoreshejwe nabi kandi umutima warwo
warashenywe n'abantu benshi ku buryo abantu bake gusa
.ari bo bazi icyo urukundo rusobanura

Nk'uko amavuta aboneka muri buri gice cy'umwelayo, ni
ko n'urukundo rukwirakwira mu mfuruka zose z'irema. Ariko
urukundo ruragoye cyane gusobanura, kubera impamvu
imwe n'uko amagambo adashobora gusobanura uburyohe
bw'icunga; umuntu agomba gusogongera ku mbuto kugira
ngo amenye uburyohe bwaryo. Ibyo ni ko bigenda no ku
.rukundo

Mwese mwabonye urukundo mu buryo runaka mu
mitima yanyu, bityo mukaba mufite igitekerezo cy'uko
ruteye Ariko abantu muri rusange ntibazi uburyo bwo
gukuza, gutunganya no kwagura urukundo kugira ngo
.bagere ku rukundo rw'Imana

Hari ikirura cy'urukundo rw'Imana kiri mu mitima
myinshi mu ntangiriro y'ubuzima, ariko akenshi kirazimira
.kuko umuntu atazi uburyo bwo kururera

Abantu benshi bizera ko nta mpamvu yo gusesengura
imiterere y'urukundo. Bazi ko urukundo ari ibyiyumvo bagira
ku bavandimwe babo, inshuti zabo, n'abandi bakundana
.cyane. Ariko urukundo rurenze ibyo

Uburyo bwonyine nasobanura urukundo nyakuri ni
ukugaragaza ingaruka zarwo. Iyo umuntu yumva urukundo
.rw'Imana n'akantu gato gusa
Yarenzwe n'ibyishimo byinshi byarenze ubushobozi bwe
bwo kubigenzura

Tugomba gukomera mu gukora ibyiza no kugerageza
gufasha abandi. Umuntu wiyitaho gusa we ubwe
n'umuryango we ntazabona ibyishimo byinshi, kandi niba
adatekereje ku wundi muntu ushobora kuba ari mu
mibabaro, yiyima ibyishimo bikomoka mu mutima we
binyuze mu gufasha abakene. Ingaruka zabyo ni uko
urwabya rwe rw'ibyishimo ruzakomeza kuba ruto kandi
.ibirimo ntibibe byuzuye

Kuri njye, amafaranga bivuze ikintu kimwe: kuyakoresha
mu gukora ibyiza no gufasha abandi

Abantu b'inyangamugayo, b'inyangamugayo, kandi
biteguye kukugira inshuti kubera kukubaha atari ukugira ngo
.bagukorere ikindi kintu ni bake muri iyi si

Izi nshuti z'indahemuka ni ibyishimo by'isi, kandi ubucuti
nyakuri buruta ubutunzi ubwo aribwo bwose muri iyi si
Umuntu w'inyangamugayo mu mibanire ye n'abantu
azasanga Imana. Kandi ufite urukundo mu mutima we
azamenya abandi by'ukuri, nk'uko umuntu areba mu
kirahure gikeye kandi akabona ibiri imbere. Ubwo bwoko
bw'ubumenyi ku bandi buturuka mu gukunda Imana no
.gukunda abandi muri urwo rukundo

Abantu babarirwa muri za miriyoni bakundwa
n'ibitangaza by'ubwenge bwo mu mutwe bugaragara mu
gihe cyo gusinzira. Ariko iyo uri mu mimerere yo hejuru,
ushobora kubona cyangwa kumenya icyo wifuza atari mu
.bitekerezo, ahubwo binyuze mu kuri
Nshobora kwicara muri iyi ntebe ngahindukira nkareba
ahantu hose nkabona neza ibirimo kuba muri iyo ntebe
Hari igihe abigishwa baba mu bwenge butari mu
mutima, kandi hari n'igihe bazamukira mu bwenge bwo

hejuru. Hari abantu bake batoranijwe bashobora kurenga
ubwenge bwo hejuru no kugera ku bwenge bwo mu kirere:
ubwami bw'umwuka w'Imana, udafite inkomoko cyangwa
.impamvu

Mu gihe cyo kumenya ibintu mu buryo bw'umwuka
gusa, umuntu ushakisha ntagomba gutekerezwa ibintu mbere
y'igihe kugira ngo abigereho Iyo bihujwe n'ubwenge bw'isi,
ubumenyi bwe buraguka kandi bugahurirana na buri atome
y'ubuzima, maze akamenya neza isanzure ryose n'ibiremwa
byose. Ubu bunararibonye ni ukwiyongera k'ubwenge
.butagira iherezo

Umuntu wese uhura n'ubwo bwenge yumva ko buri mu
migozi y'ibyatsi no ku misozi miremire, kandi yumva buri
.karemangingo k'umubiri we na buri atome y'ikirere
Utekereza ko uri umubiri muto, mu gihe muri wowe
!ariho isi nini iri

Ariko ubwenge bw'isi buri hejuru y'ibyo, Iyo umuntu
ushakisha ashoboye kumva ko ariho mu kubaho kwe kose,
yumva ibyishimo bitagira iherezo n'urukundo rw'Imana
.ruhebuje

Kandi urukundo rwawe rurankora ku mutima, nk'uko}
{ubwiza bwawe bwose bwuzura

Bihuza n'ubushobozi bw'ubwenge bw'Imana buri hose
Rero gira ibyo witeze ku Mana kandi wizere ubuntu
!bwayo. Ntukihebe kugera ku ntego yawe
Umuntu ntashobora kubana n'Imana yibwira gusa ko
yageze ku mucyo wo mu buryo bw'umwuka

Kwiteza imbere no kunoza imyitwarire ni ngombwa
kugira ngo umuntu agere ku rwego rwo hejuru
Hari itandukaniro rinini hagati yo kumenya Imana mu
buryo bushoboka no kumenya Imana mu buryo bw'ukuri.
Birashoboka gusa kuyimenya binyuze mu kwicisha bugufi,
ubwenge, ukuri, imico myiza, no kurarikira bivuye ku
.mutima

Umuntu wicisha bugufi ni we uzi Imana kandi Imana

ikamumenya

Abantu binjira mu bwenge bw'isi bakuramo ubushobozi
budasanze bw'umwuka no kugenzura imbaraga karemano.

Ariko, nta muntu n'umwe ugera ku bwenge nyakuri
bw'Imana ukoresha imbaraga ze mu kwirata no kwiyerekana,
.adafite ubwenge cyangwa ubwenge

Abantu b'abanyabwenge bamenya ko Imana ari yo
yonyine ihari, maze bakayisubiza bicishije bugufi impano
.zidasanzwe yabahaye

Ese ibintu byose biriho si igitangaza? Kandi se umuntu,
?kubera kubaho kwe gusa, si igitangaza
Niba abantu badashimishwa n'ibitangaza byose Imana
yaremye, kuki abatagatifu bagomba gukora ibitangaza
?byinshi

Abera b'Imana bakiranuka ntacyo bakora keretse Imana
ibasabye kubikora, ndetse rimwe na rimwe bitewe
.n'impamvu zidasobanutse neza kandi zigoye kumva

Njye ntanga urugero rw'uburyo ubwenge bwo hejuru
butandukaniye n'ubwenge bwo mu mutwe

Ubwenge bwo hejuru ni uko ushobora - mugihe uri maso
kandi usinziriye kandi ufite ubwenge bwuzuye - gutera
ibyiyumvo mu mubiri ubishaka kandi nta kintu na kimwe cyo
.hanze giturutseho

Mu rwego rw'ibitekerezo utazi (mu isi y'inzozi), ushobora
kunywa igikombe cy'amata ashyushye

Ariko iki kizamini gishyirwa kuri wewe. Ariko, mu

bwenge bwo hejuru, ushobora guhura n'ikintu kimwe
.cyangwa ikindi kintu cyose ubyitondeye kandi ubishaka

Inzira ishobora gusa n'aho ari ndende, ariko urugendo
rw'ibirometero igihumbi rutangirana n'intambwe imwe. Kandi
igihe cyose umuntu akomeje kugira icyizere, nta mbogamizi
.ishobora kubuza intego yifuza kugerwaho

Ndacyibuka ubuzima bwa kera

Aho niho nagushakiye

Kandi ndibuka amajoro menshi
Yarimbishijwe inyenyeri zibengerana
Kandi kureba mu gitondo
Ufite ubunyangamugayo bukabije
Kandi amasaha y'umugoroba ahuza
Hamwe n'umuvuduko w'inzogera z'umukumbi
Kandi imyaka myinshi y'amabuye y'agaciro
Hamwe n'indabo n'indabo zo mu mpeshyi
umuyaga wo mu mpeshyi
amakoti y'imvura abonerana
Ibirundo by'urubura bya diyama
Mu gihe cy'itumba
?Ah, ni kangahe nategereje ko uhagera
Umutima ubyina wishimye
!Umutima wanjye uri hafi kugutegereza cyane
Buri joro, mu gihe cyo gusinzira neza kandi mu ituze,
twishimira kurya ituze n'ibyishimo
Iyo dusinziriye cyane, Imana idutuma tubaho mu mwuka
mwiza kandi utuje, aho twibagirwa ubwoba n'imihangayiko
.yose yo kubaho
Mu gutekereza cyane dushobora kugira iyo mimerere
myiza yo mu mutwe ndetse no mu masaha yo kuruhuka,
.kandi tukaryohereza n'amahoro aturuka ku zindi nzego
Iyo ibyishimo by'Imana bimanuka, guhumeka kwanjye
kuratuza, kandi umwuka wanjye urazamuka, nkumva
ibyishimo nk'iby'abantu igihumbi icyarimwe, nyamara
sintakaza ibyumviro byanjye bisanzwe. Ubu bunararibonye
bwo mu isanzure bugenewe abantu binjira mu buryo
bwimbitse kugira ngo bagere ku rwego rwo hejuru
.rw'ubwenge
Iyo umuntu yuzuye ibyishimo byinshi by'Imana, umubiri
uba utuje rwose, umwuka urahagarara, ibitekerezo biratuza,
ndetse bikagenda buhoro buhoro. Utekereza yumva ukuri
kw'ubugingo bwe n'uko yegereye Umuremyi, bityo anywa

ibyishimo by'Imana kandi akaryohereza n'ibyishimo
.by'umunezero bidashobora gutanga divayi igihumbi
Umuntu usanzwe yumva asinziriye ku mupaka uri hagati
yo gukanguka no gusinzira, akumva amereye neza gato,
ariko iki kimenyetso kigenda gishira vuba iyo asinziriye
cyane. Gusinzira si ugutakaza ubwenge burundu kuko, iyo
uri maso, uba uzi niba ibitotsi byawe byari biruhutse
.cyangwa atari byo
Hari imiterere myinshi yo gusinzira—imwe yoroheje, indi
yimbitse Ariko uburambe bw'umwuka umuntu agirana
n'Imana mu buryo bwo kumenya ibintu burushaho kunezeza
kandi bugatuma aruhuka kuruta ibyishimo bikomeye byo
gusinzira cyangwa gusinzira (gusinzira cyangwa gusinzira
mbere yo gusinzira)
Nubwo utari mwiza kuri njye nk'uko numva kandi)
(mbona
Amaso yanjye ntacyo yabonye, kandi amatwi yanjye
ntacyo yumvise
Kuko uryoshye ku maso yanjye kuruta ibitotsi
Kandi biryoshye ku mutima wanjye kuruta umutekano
Hirya y'amayobera n'amayobera yo gusinzira hari ibi
byishimo byera
Ntidushobora gushimisha buri wese kuko ibyo
bidashoboka Ngerageza kudakomeretsa umuntu uwo ari we
wese Nkora uko nshoboye kose
Ibyo nibyo nshobora gukora gusa
Tugomba gushaka ibinezeza Imana mbere ya byose
Intego yanjye ni ugushimisha Imana. Nkoresha amaboko
yanjye mu gusenga imbere yayo nicishije bugufi, ibirenge
byanjye mu kuyishaka ahantu hose, n'ubwenge bwanjye mu
.kuyitekerezaho no gutekereza ku bitangaza byayo
Imana igomba gufata umwanya wa mbere mu mitima
yacu kugira ngo tuyiyumvemo nk'amahoro, urukundo,
ubwumvikane, ineza, impuhwe n'ubwenge

Ibi, nta kindi, nibyo naje kwibonera no kuvugaho. Uretse
gutekereza, umuntu agomba gukomeza kubana neza
.n'abandi

Ntitugomba kwiruka inyuma y'abantu, ahubwo tugomba
kwiruka inyuma y'Imana

Niba ubona ibi bitekerezo ari ingirakamaro, bifata
nk'umugisha uturuka ku Mana, kuko icyubahiro cyose
.kigomba ku Mana

Bwira abandi ibyayo; wenda bazabibonamo ibyo ubona.

Ntitugomba kwibagirwa gufasha abakene buri muni, uko
dushoboye kose. Igihe cyose mfite amafaranga mu mufuka
wanjye, sinzareka gutanga, kuko isoko yanjye idashira kandi
.idashira ari Imana

Tugomba kumenya Imana nk'uko abakomeye
bayimenya. Ibi birashoboka binyuze mu gutekereza no
.gushyira imbaraga mu bikorwa

Igihe kimwe nari ndimo nsohoka hanze y'aho hantu
ntekereza ku mwarimu wanjye ukomeye, Sri Yuktiswar, wari
.warapfuye imyaka mike mbere yaho

Numvise ndumva mfite inyota ikomeye kandi
ndababaye ko atari kumwe nanjye ngo nishimire ubwiza
n'ikirere cy'aho hantu, maze mu buryo butunguranye
:aranyiyereka ari mu ijuru arambwira ati
Utekereza ko ari wowe wenyine wishimira aka gace"

"!keza? Nanjye ndimo ndagakunda nkawe
Umuntu ushaka ubumwe n'Imana agomba kwihatira
.kuyitekerezaho no kuyikunda buri muni

Kandi ukunde buri wese muri urwo rukundo
Ubu ni bwo buryo bwonyine bwo kwirinda intambara
Ubufatanye mu by'umwuka ni ingenzi, kuko hatabayeho
umwuka nyakuri nta byishimo by'umuntu ku giti cy'e
cyangwa ibya bose. Ubwumvikane butagatifu ni bwo buryo
bwonyine bwo gukemura ibibazo byose by'umubiri,
.iby'amafaranga, iby'ishyingiranwa, iby'umuco n'iby'umwuka

Ibyishimo bituruka mu kumva uri hafi y'Imana. Abantu
bifungiyeye mu nzu y'ubujiji, kandi igihe kirageze cyo
kwibohora muri iyi gereza y'agasuzuguro. Ubwenge
bugomba guhora bwerekeza ku Mana, uko ibintu byaba
.bimeze kose

Ubwo uzumva amahoro n'ibyishimo byinshi
Abashaka Imana, bakayiyegurira, bagaterana inkunga
kandi bakayimurikira, kandi bagakomeza kwibuka Imana ni
bo bishimye muri iyi si kandi ni bo batsindira ibyishimo
.by'imperuka

Ibintu byose biriho ni nk'umuraba utembera uyobowe
n'ubwenge bw'Imana. Uku gutembera kw'ubwenge ni
Umwuka Wera, cyangwa Umwuka wizerwa, umuntu
ashobora kuvugana na we binyuze mu isengesho no
.gutekerezwa cyane

Mu ituze ry'umutima wawe no mu gihe cy'ibitekerezwa
byawe, nta iherezwa ry'inkuru y'urukundo rufite ikintu
.kidashira

Ariko biragoye kubona Imana niba dukurikirana
amafaranga mbere na mbere

Tugomba kugira Imana igice cy'ingenzi mu buzima
bwacu, hanyuma tukagira ibyo dukeneye byose muri ubu
buzima

Umuntu wese uha Imana umwanya uhoraho mu mutima
we, Imana izamuha umugabane mwinshi w'ibintu byiza byo
mu isi no mu ijuru, kandi imufungurire imbere ye ahantu
hagari izuba ry'ubwenge rimurika, rimurikira inzira ze kandi
.rigakuraho umwijima umukikije

Imana ni umukunzi w'iteka ryose, kandi nta byishimo ku
muntu keretse iyo akunda Imana nk'uko akunda - byibuze -
abantu be akunda cyane, kuko iyo Imana idafite Imana
ntitwamenya imiterere y'urukundo cyangwa ngo twumve
.uburyohe bwarwo

Tugomba kwiga gukoresha ubushake bwacu no gushyira
ubwenge bwacu mu mwanya kugira ngo dushake Imana
n'imitima yacu yose
Ibikorwa by'abantu bigengwa n'irari, kandi iyo ngeso
ihora imuhatira gukora ibyo adashaka gukora
Mu by'ukuri, umuntu ni umwanzi we ukomeye, nubwo
atabizi. Ntazi kwicara cyangwa guha Imana umwanya,
nyamara yiteze kubona ibyishimo no kwemeza ko azahita
!yinjira muri Paradizo
Ubunararibonye bweranda ntibushobora kuboneka mu
gusoma ibitabo gusa cyangwa kumva inyigisho
Cyangwa gukora ibikorwa byiza gusa. Ibi byose
birafasha, nta gushidikanya, ariko ntibihagije. Guhuza
.n'Imana bisaba kwitonda no gutekereza cyane
Ubuzima ni inzizi zikomeye
Tekereza! Mu myaka ibarirwa muri za mirongo iri
imbere, kubaho kwacu kuzaba inzizi, kandi ibyo dukora
.byose ubu bizaba ari bimwe mu bigize izo nzizi
Ndetse n'abantu bakomeye cyane babaye nk'ibihimbano
by'ubwenge bw'abantu gusa. Ariko abo bantu bakomeye
bageze ku ntogo yabo y'ibanze kuko bageze ku rwego rwo
hejuru kandi bagakomeza kuba bazima mu mwuka, bafite
ubumenyi bugaragara kandi busobanutse ku bibera byose,
.kuko bahujwe n'ubwenge bw'Imana
Umuntu wese ugerageza guhuza na byo binyuze mu
bitekerezo n'inyigisho ze nta kabuza azumva ko biri aho biri,
akurure imigisha ye, kandi azi neza ko ari mu mibanire
.yabyo by'ukuri
Ubuzima ni inzizi zikomeye. Nyamara, iyo umuntu
arebye umubiri we agasanga ufite ubuzima buzira umuze,
agira icyizere gikomeye cy'ukuri kw'izi nzizi. Yizera ko
agomba kugira iki cyangwa kiriya kintu kugira ngo agire
.ibyishimo
Ariko uko ibyifuzo bye byaba biri kose, ntazabona
ibyishimo binyuze muri byo Uko umuntu arushaho kugira

inyota, ni ko arushaho kugira inyota ibyifuzo bigomba
kunozwa, kandi ubuzima bukoroshywa niba ashaka kubaho
.mu ituze, mu mutekano no mu byishimo byo mu mutima
ibyanditswe bivuga ko umuntu ufite ibyifuzo bihora
bisunika imbere (yerekeza ku bugingo bwe) ari umuntu ufite
amahoro yo mu mutima. Muri ibi, bameze nk'inyanja,
idahinduka cyangwa ngo igabanuke, ahubwo ikomeza kuba
yuzuye amazi ayisukamo ubudahwema. Ariko umuntu urema
imyobo y'irari mu kigega cy'amahoro ye, akareka amazi
y'ingenzi akayapfusha ubusa, nta kintu na kimwe azi ku
.mahoro yo mu mwuka n'ibyishimo byo mu mutima
Dukeneye ubuyobozi buturutse ku bazi Imana, bafite
ubushobozi bwo kuvugana na yo kandi bakumva ko iriho
Abahanuzi badusabye gushaka Imana mu mahoro yo
mu mutima
Mu bwigunge bw'umutima, aho umwuka w'indahemuka
n'ibyishimo by'umwuka biherereye
Abafite ubumenyi buhagije nabo bashyigikiye ibi
bitekerezo
Bashimangira akamaro ko gutekereza cyane
Kugira ngo umuntu amenye icyo ari cyo cyose mu
bwihisho bw'ubugingo bwe
Sinshaka ko abantu batekereza ko bashobora kubona
ubumenyi mu gutege amatwi abandi cyangwa gusoma
ibitabo. Bagomba gushyira mu bikorwa ibyo basoma n'ibyo
.bumva
Kujya mu rusengero ni byiza kuruta kujya mu biganiro
bidafite akamaro
Ariko no mu rusengero, umuntu agomba gukoraho no
.kumva Imana iri mu mutima we
Gushyuha cyane mu marangamutima no gusesengura
ibintu mu buryo bwumvikana ntibishobora kuduha ubumenyi
.bw'Imana roho zacu zifuza kubona
Iyo twiyeguriye Imana tugasezera ku byifuzo byacu
bwite kandi tukaba twizeye ko Imana ihora iri kumwe natwe

Ituye mu mitima yacu kandi ikadushishikariza
ibitekerezo byiza n'amarangamutima meza. Tuzagira
ibyishimo n'umudendezo, kandi tuzibonera izuba ry'ubwenge
.mu mfuruka y'ubugingo

Imbeba yahindutse ingwe
Nk'uko byavuzwe n'umuhanga Paramhansa Yogananda
Kera cyane, mu ishyamba rwagati, habaga ahantu
hiherereye hatuwe n'umugabo w'umuziranenge wari uzi
Imana. Uyu mugabo w'umugisha yari afite ubwenge
bukomeye n'imbaraga zidasanzwe, kandi nta wundi muntu
.wabaga hafi ye uretse imbeba nto kandi ito

Abigishwa benshi n'abandi bifuzaga kubona uwo
mutagatifu batinyutse kumusura, nubwo hari ingwe z'inkazi
n'izindi nyamaswa zo mu gasozi, bakuruwe n'urukundo
bamukundaga. Bazanaga indabyo n'imbutu nk'amaturo.
Abasuraga uwo mutagatifu bose batangazwaga n'umubano
wa hafi hagati ye n'imbeba, kandi bateraga uduce duto ku
.mbeba y'uwo mutagatifu

Umunsi umwe, ubwo itsinda ry'abigishwa bari basuye
umwarimu wabo mu cyumba cye cyo kwiherera, injangwe
yakurikiye imbeba yaje itaka ku birenge by'umunyabwenge,
ishaka uburinzi. Muri ako kanya, imbere y'amaso y'abigishwa
batangaye, umutagatifu yahinduye imbeba yari iteye
ubwoba ihinduka injangwe nini kandi y'inkazi! Ku
bw'igitangaza, imbeba noneho yagendaga yidegembya mu
njangwe, nta cyo yakomeretse. Yishimiye cyane iryo
hinduka, kandi ikintu cyonyine cyamubujije amahoro ni
amagambo y'abigishwa, bamukubise ijisho
.bakamugaragaza, bamwita injangwe yaturutse ku mbeba
Nyuma y'igihe runaka, abo bigishwa basubiye gusura
umwarimu wabo, maze itsinda ry'impfizi ryari ririmo kwiruka
inyuma y'imbeba y'injangwe, yatakaga cyane, isaba uburinzi
ku birenge by'umutagatifu. Umutagatifu aramubwira ati: "Ba
impfizi" Ako kanya, abigishwa batangaye babonye imbeba
y'injangwe ihinduka impfizi imbere yabo. Impfizi na zo

zatangajwe n'iri hinduka ry'umuhigo wazo ako kanya, ariko zarababaye maze zisubiraye zishonje. Amaherezo, impyisi y'impisi yazengurutse mu bwisanzure hamwe n'izindi .mpisi, zisangira nazo kandi zireba inyamaswa nto Ikindi gihe, abanyeshuri bamwe babonye ibitangaza bibiri byabanje barimo bigana n'umwarimu wabo Hagati mu isomo, batangajwe no kubona ingwe nini yo mu bwoko bwa Bengal ihiga imbeba y'impisi, nkuko bisanzwe, yari irimo kwiruka cyane igana ku birenge bya mwarimu ishaka uburinzi. Mwarimu, yongeye gukoresha imbaraga ze z'igitangaza, ahagarika ingwe mu nzira yayo maze abwira impisi ye y'imbeba ati: "Imbeba yanjye nkunda, ni ubupfapfa kuri njye gukomeza kukurinda abanzi bawe Kuva ubu, ndashaka ko uhinduka ingwe." Abanyeshuri bakimara gutuza, batangiye guseka babwirana bati: "Mana yanjye! Reba ingwe y'impisi ikomeye! Ni imbeba gusa umutagatifu
"!yahinduye ingwe
Uko igihe cyagendaga gihita, abashyitsi baje gusura iyi nzu y'ishyamba bamenye ko ingwe iteye ubwoba yari irinze aho hantu mu by'ukuri yari imbeba nto mwarimu yari yazamuye ikayigira ingwe. Abanyeshuri bakuru bahumurizaga abashya muri iyi nzu y'ishyamba, bakababwira bati: "Ntimutinye ingwe, mu by'ukuri si ingwe, "ahubwo ni imbeba mwarimu yahaye ishusho y'ingwe Iyi mbeba y'inkazi yaje kurambirwa n'ipfunwe rya rubanda maze yibwira iti: "Ah, iyo nshobora kwica umutagatifu ubwe, icyo gihe nari kuvanwaho
".n'icyambabaje
Icyo gitekerezo kikimara kumugeraho, yahise ahura n'umunyabwenge, ashaka kumwica. Ariko umunyabwenge yari amuteze, kuko yari akurikiranye ibitekerezo bye kandi azi imigambi ye, bityo ahita amenya ibiri mu mutwe w'ingwe ye itaramwumvira, maze iramutaka, iramubwira iti: "Garuka
"uko wari uri

Kandi ni ko byagenze, mu kanya gato ingwe y'umwirasi
!yongeye guhindurwa imbeba iteye ubwoba
Buri wese yifuza amafaranga menshi kurusha undi. Iyo
bayabonye, ntibanyurwa kuko basanze hari undi umukire
.ubarusha

Abantu babaho mu bihe by'amakuba biturutse ku
kwirema no ku kwihangira ibyifuzo byabo bwite
Tugomba kunyurwa n'ibyo dufite kuko ibintu bifatika
bitazana ibyishimo, ahubwo akenshi bigwiza imihangayiko
.y'umuntu bikongera imihangayiko n'ubwoba bwe
Inzira igana ku Mana ni yo nzira yoroshye kandi
yoroshye, nyamara bake bayinyuramo nubwo hari imihango
myinshi y'idini n'imihango myinshi
Ni byiza kwerekeza imitima yacu ku Mana tukayisaba
ibyiza kandi birambye kuri twe

Mu by'ukuri, Imana iradutegereje kuko ishaka kuturinda
ikibi n'akaga. Ishaka ko tubana na Yo mu mitima yacu no mu
bwenge bwacu kuko ibintu bihendutse byo muri iyi si
bidashobora guhaza ibyifuzo bya muntu cyangwa ngo
.byuzuze icyuho cyo mu mwuka
Icyo yumva mu mutima we
Imana ivugana natwe buri gihe, ariko bake ni bo bumva
ijwi ryayo

Iryo jwi rituje rikunze kubuzwa n'urusaku rw'ibitekerezo
bivanze n'ibyifuzo bifatika
Ariko iyo ibitekerezo bishize n'ibyifuzo bigatuza, twumva
.ijwi ry'Imana neza, nubwo rituje kandi ridafite imbaraga
Mu by'ukuri, Imana ikora byose kugira ngo ifashe
abantu; ibafungurira imiryango kandi ikabamurikira inzira
zabo

Kugira ngo arebe aho intambwe ze zinyura, kugira ngo
adasitara cyangwa ngo ikirenge cye gitsikire, ariko abantu
benshi ntibabizi

Isi yose yuzuye urujijo n'akajagari bitewe n'irari
ry'ubwikunde n'umururumba ritera intambara Nta kindi
gitera intambara
Intwari ikomeye mu ntambara y'ubuzima ni uwitsinda
ubwe kandi agatsinda irari rye
Amafaranga, icyamamare, ibyifuzo, n'ibindi byose
binyuranyije n'iri hame ni bibi ku mahoro n'ibyishimo byacu
Iyo abantu biga guhora batekereza ku ndangagaciro
nyazo z'ubuzima, bari kubona ibyishimo bashaka
Ariko barateshuka ku mugambi wabo maze bagatwarwa
n'umuyoboro w'irari ry'isi
Nasanze nta kigeragezo gishobora kunkura mu nzira
nahisemo n'uburyo nifatiye
Nshobora gukurura abantu ibihumbi nkoresheje
imbaraga Imana yampaye, ariko iyo ngendo yangirira nabi
Uko byagenda kose, sinshaka gukurura abantu ibihumbi
no kubakurura ubwenge
Nkunda kubona abigishwa b'inyangamugayo bashinze
imizi mu Mana
Abakunda Imana bazishimira ibyo bitekerezo, kandi
.ababishishikariye bazumva imigisha y'Imana
Kuboneka kwe kugaragara binyuze muri izi nyigisho
Ntibishoboka ko umuntu ashuka Imana kuko ari yo iri
inyuma y'ibitekerezo bye kandi izi ibiri mu bitekerezo bye
.n'ibyo yifuza
Iyo azareka isi akifuza ubumwe mu by'umwuka, Imana
izamwegera
Iyo icyo cyifuzo gishinze imizi mu mutima w'uwigisha,
.Imana iza kuri uwo mutima ikawuzuzamo ibyiza n'imigisha
Ibintu bifatika bitanga gusa kumva amahoro atari yo no
kunyurwa by'akanya gato Intego nyayo y'umuntu ni ukubaho
.mu buryo buhuje n'Umuremyi we no kubona ubutoni bwe
Ayo masezerano agomba kuba isezerano rihoraho
n'isezerano ritavaho

Uwiteka, ngira umucyo utunganye kugira ngo ngaragaze
umucyo wawe ukiza muri nje
Humura indorerwamo y'ubwenge bwanjye, irimo gutigita
kubera imihangayiko, kugira ngo igaragaze isura yawe
itagira iherezo
Kingura amadirishya y'ukwizera mu mutima wanjye
kugira ngo mpumure impumuro nziza y'amahoro yawe
Naje gusobanukirwa ko intego rukumbi y'ubuzima ari
ukumenya Imana
Hari abantu bashobora kuba batemera ko kumenya
Imana ari yo ntego nyamukuru y'ubuzima Ariko
ntawahakana ko intego y'ubuzima ari ukubona ibyishimo.
Kandi mvuga mfite icyizere n'urwiyerurutso ko Imana ari yo
.munezero w'ikirenga
Ni ibyishimo bihebuje
Ni urukundo rwuzuye rw'abantu bose. Ni ibyishimo
bidashira mu mitima y'ababihuje. None se kuki tutagerageza
?kugera kuri ibyo byishimo by'ikirenga
Nta wundi ushobora kubiduha Tugomba guhora
tubibungabunga kandi tukabyiteza imbere muri twe ubwacu
Isi ihora iharanira guha abantu ibinezeza byayo, ariko
ibyo byishimo by'akanya gato amaherezo biganisha ku
kwicuza, kurakara no kwicuza. Ndetse n'amahirwe menshi,
abasa n'aho bafite byose, bashobora kuba bataragira
ibyishimo by'ukuri kandi ntibazanyurwa n'ibintu byo mu isi
igihe kirekire, kuko bitazimya inyota yabo nyayo cyangwa
.ngo bihaze inzara yabo yo mu buryo bw'umwuka
Uko twibanda ku bintu byo hanze, ni ko turushaho
kumva ubwiza bw'imbere
Ibyo dushobora kubibona mu gusogongera ku byishimo
by'iteka by'umwuka w'Imana
Uko turushaho kwihindukirira imbere, niko ingorane zo
hanze zigabanuka. Ni ikintu gihoraho, ariko abantu benshi
ntibamenya uku kuri bitewe n'ingaruka z'ubucuti bw'isi,
.umuryango batuyemo, n'ingeso mbi

Umuryango utuma umuntu ahora yishora mu bintu
bidafite ishingiro, ntamureke ngo atekereze ku kuri
.kwimbitse

Ndetse n'ahantu h'umwuka hari abasurwa na bo
badafite icyifuzo cy'ukuri cyo kungukirwa n'ikirere cyabo
.cyiza

Nta kintu na kimwe bungukira muri izo ngendo
Abifuza kubona Imana bazayisanga ahantu hose Ingeso
z'abantu zirangiza kandi zirangiza
Inyamaswa y'inkazi isenya, yangiza, irimbura, kandi
irimbura

Igihe kirageze ngo abantu bige uburyo bwo kwishima no
kunyurwa n'ibyo bafite

Nta kindi twagombye kwifuza kirenze ibyo tubona Imana
ni umunyabuntu; izi ibyo dukeneye kandi ikaduha mu gihe
gikwiye. Ibi ntibivuze ko tugomba kwishingikiriza ku Mana
tudashyizeho imihati—nta na gato. Bivuze ko tugomba
gukora uruhare rwacu uko dushoboye kose, ibisigaye
tukabirekera Imana, itazigera itubuza ibyo dukeneye kandi
.dukwiriye

Uburyo bwiza bwo kugira ibyishimo by'iteka ryose ni
ukumva ko Imana iriho. Icyifuzo cyacu gikomeye gikwiye
.kuba ukumenya Imana no kwiyeemeza kubana na Yo
Imana igomba kugira umwanya wa mbere kandi wo
hejuru mu bitekerezo byacu n'amarangamutima yacu, kandi
tugomba kuyifata nk'inkingi ikomeye kandi ihamye mu
buzima bwacu

Imana, mu mbabazi zayo zisesuye
Aduha ibyishimo n'ihumure
Kandi biduha ubuzima nyakuri
Ubwenge nyakuri
Kandi ibyishimo nyakuri
Gusobanukirwa by'ukuri binyuze mu
Ibintu byose bitandukanye byabaye mu buzima bwacu
Ariko ubwiza bw'Imana ntibwahishurwa

Uretse mu ituze ryo mu mwuka roho yumva
Kandi mu rwego rwo kugerageza kubihuza neza
Ngaho duhagaze imbonankubone tunganira ukuri
Mu mahanga, amayeri arakomeye cyane
Bake cyane ni bo bashobora kubyikuraho
Ingaruka z'ibidukikije byo hanze
Isi ikomeje n'ibibazo bitagira iherezo byayo
N'ibyo yanyuzemo byinshi
Ijwi ry'Imana riri inyuma y'ibigaragara mu buzima
Ahora aduhamagara kandi akatuvugisha
Binyuze mu ndabyo n'ibitabo byera
Kuva mu mitima yacu
Kandi mu bintu byose byiza
Ibyo bituma ubuzima bugira agaciro
Nightingale yo mu kirere
Ndi igicucu cyawe, kizamuka mu ijuru ry'aho uri hose,
nshakisha buri gihe ibitonyanga by'ukuri kwawe
Nagusenze mfite icyizere gikomeye kugira ngo
wohereze imvura y'imbabazi zawe mu bicu by'ituze
bikomeye
Kandi kubera inyota ikomeye, nakiriye neza buri kintu
cyose cyera namenye kuri wowe
Yewe, mbega ukuntu nifuzaga kumva ko uri muri njye
!no hafi yanjye
Inyota yanjye idashira yashiraga gusa iyo ukozaga
umutima wanjye wari urimo ugurumana n'ubugingo bwanjye
bushyushye kubera kwifuza no gutegereza. Igihe cyo
kwiheba no kwiheba cyarashize, kandi ibibazo byanjye
byumye byashize hamwe n'imvura y'umurindi w'amahoro
.yawe
Kandi ubu ndazamuka bucece kandi ndazamuka,
ndirimba indirimbo zo kunyurwa no kunyurwa
Ndi igicucu cyawe kinywa amazi y'ihumure ryawe gusa
.ahora atemba aturutse mu buturo bwawe

Ubwikunde bw'abantu ku giti cyabo, ubw'inganda,
n'ubwa politiki, amarangamutima akomeye aterwa
n'ibitekerezo by'uko ubwoko bumwe buruta ubundi, ndetse
no gucuruza imyizerere n'amahame byose byateye
amacakubiri n'itandukaniro hagati y'abantu n'amoko, kandi
byashenye isi n'intambara. Ingaruka zabyo ni uko habaho
guseniyuka k'ubukungu, ubujiji mu by'umwuka, n'imibabaro
.rusange

Guteza imbere imico y'umwuka, gukoresha neza ibintu,
n'imico myiza ya muntu—ubwoko tubona mu buzima
bw'abantu batsinze—ni byo by'ingenzi mu mibereho
.ishimishije kandi bizabyara abantu beza cyane
Igihe icyo ari cyo cyose, aho ari ho hose
Tugomba gukurikiza amahame yo gutekereza neza,
.imyitwarire myiza, no kugaragariza abandi impuhwe z'ukuri
Koko rero, abantu bazamurwa binyuze mu butabera,
impuhwe, n'iterambere ringana kandi riringaniye ry'ibintu
bifatika

Imiterere y'ubwenge, umwuka, n'amahame
mbwirizamuco by'umuntu we
Intego nyamukuru y'abantu bose ni ukugira amahoro,
kunyurwa, umutekano, ubumenyi no kudapfa
Kandi muri iki cyifuzo cyo gutungana kwihishe muri twe
harimo ishusho y'Imana
Iyi shusho nziza igerageza kwigaragaza binyuze mu
bantu bahuje n'imiterere yabo yo hejuru
Ubunini ni itegeko rya kamere, kandi ubumwe buyobora
ku busesuye
Hamwe no gutandukana no gutandukana, isi ihinduka
nk'inkono ishyuha kandi yuzuye ububabare n'imibabaro
.kubera umuriro w'intambara n'urupfu
Ubuzima bwiza buhuza imitima, bugahuza imitima,
kandi bukayihuza n'ukuri
Ni inzira igana ku byishimo, amahoro n'iteka ryose

Nta kintu na kimwe gishobora kuduha ibyishimo no
guhanagura amarira y'umubabaro mu maso yacu uretse
Imana yonyine

Ubugingo bw'umuntu ni igice gitandukanye n'ikintu
cyose kandi bugomba gusubira muri cyo cyose kugira ngo
bube bwuzuye. Gushaka kwacu ibyishimo bigomba
.kutuyobora ku Mana, isoko y'ibyishimo byose
Inyota yacu yo kumenya igomba gukurwa mu masoko
y'ubwenge bw'Imana. Amahoro yacu azaba yuzuye gusa iyo
.ahujwe n'amahoro y'Imana atagereranywa
Kubaho kwacu gukeneye kubaho kw'Imana kugira ngo
tubeho iteka ryose, kandi ubwenge bwacu buzagenda
bwaguka kandi bugakwira nibukora ku mutima w'isi yose.
Ibyishimo byacu bizaba bitagira iherezaho kandi biziyongera
.incuro za miriyoni iyo bihujwe n'ibyishimo by'Imana
Inda yishwe n'umururumba

Igihe kimwe, umunyabwenge yariye n'umukunzi w'inda,
"maze umunyabwenge aravugaga ati: "Nkunda ibi biryo byiza
Ariko ntiyariye cyane. Ku bijyanye n'umururumba,
ntabwo yari yarigeze aya ifunguro ririyoshye nk'iryo mu
.buzima bwe bwose

Yakomeje kurya kugeza ubwo yuzuye maze arapfa
.kubera kurya cyane. Ubuzima bwawe burambye
Umuntu w'umunyabwenge kandi ukunda ibyo kurya
yakundaga, ariko nta buryarya bwangizaga umukunzi
w'umutindi. Umuntu w'umunyabwenge yari afite imbaraga
z'umwuka zigaragara zagaburiraga roho ye kandi zigatera
imbaraga uturemangingo tw'umubiri we, kandi iyo yaryaga,
yabikoraga mu rugero kugira ngo adabangamira cyangwa
ngo ahagarike urujya n'uruza rw'ingufu zo mu kirere yari azi
.neza ko zimugeraho

Si ngombwa kureka byose ngo ubeho ubuzima bugoye
kugira ngo ubeho mu buryo bw'umwuka, ahubwo ni
.ngombwa kwibuka ko umuntu adatungwa n'umugati gusa
Paradizo y'urukundo n'ijuru ry'ibyishimo

Mu mucyo wawe w'umucyo, ntura ubusabe bwanjye
Kandi ndagusaba kwakira igitambo cyoroheje
cy'umutima wanjye
Unshyire kure y'imyuka y'umwijima
Undebe uri mu maso y'ijuru
Biturutse mu mutima wanjye n'ibiyumvo byanjye
Nyereka mu rusengero urukundo rwanjye kuri wewe
Mpa umugisha kugira ngo mbone ibyiza
Ntekereza ku bintu byiza
Kandi gira inshuti n'abantu beza kandi b'imico myiza
Kandi kugira ngo nshobore kukwibuka
Wowe uri isoko y'ibyiza byose n'ubutungane
Ku bw'ubuntu bwawe, nzajugunywa hanze y'ubuturo
bwera bw'ubugingo bwanjye
Ibitekerezo byose bivuguruzanya
Kandi ndabyumva kubera ko uri mu bwiza muri njye
Nagira ngo mbashe kubaho muri paradizo y'ibyishimo
Ibitekerezo byiza kandi bihebuje biza kuri njye
Unsukeye impumuro nziza y'ibyishimo byawe
Urukundo rwawe rwera ruhore runyibundikira
Mpa umugisha kugira ngo mbashe kubaho muri
paradizo y'urukundo
Kwishimira kubaho kwawe kw'Imana
Kandi amahoro yawe yo mu ijuru
Kandi kugira ngo menye ko ndi roho idapfa
Kandi mbaho nkurikije umucyo wawe
Kandi mbayeho ku bw'umugisha wawe
Mana yanjye nkunda
Kuva mu busitani bwa mu gitondo
Nzagutora indabyo z'urumuri
Kubitanga nk'ituro ryoheje
Njyewe n'ibirenge byawe
Reka inyenyeri y'urukundo rwanjye ikubere inyenyeri
itoroshye
Itera imbere imbaraga ziyongera

Binyuze mu mwuka w'agatangaza
Kandi kwibagirwa kwanjye kuri wewe
Kandi ikuraho umwijima wayo
Ntunyibagirwe
Nubwo nakwibagirwa
Unyibuke
Nubwo ntavuze wowe
Imana ni yo kintu cy'agaciro kurusha ibindi byose mu
buzima bwanjye
Ni we ugenga umutimanama wanjye
Kandi amagambo y'ubwenge arampa imbaraga
Anyobora mu nzira ikwiye
Ibyo ngomba kwemera
Ubuzima burunganiye
Ibyo bireba amategeko yose y'Imana n'ay'ibidukikije
Ihuza ibikorwa n'ituze
Bizana ibyishimo kandi bigasohozza iherezo ry'umuntu
Inzu yuzuyemo amabuye y'agaciro ntishobora
kugaragara mu mwijima
Bityo, kubaho kw'Imana ntigushobora kumvikana
Igihe cyose ijoro ry'ubujiji rikomeje kwiganza
Niba gusobanukirwa Imana kwacu atari ukuri
Kugira ngo tudashobora kurangiza imirimo yacu ya buri
munsi tudafite
Birumvikana ko nta sano twari dufite hagati y'Imana
n'ubuzima
Iyo dufite intego yo gukorera abandi, tukayishyira ku
.mwanya wa mbere
Twifasha ubwacu mu gufasha abandi
Nyagasani
Hamwe n'ikwirakwira ry'izuba ry'ingenzi
Nzakwirakwiza imirasire y'ibyiringiro mu mitima
y'abakene n'abimuwe
Cana amatara yo kwiyeemeza no kwigirira icyizere
Mu mitima y'abibwira ko ari abananiwe

Iyo tumenye ko ubuzima ari ishuri ryo kwiga no
gusohoza inshingano
Muri icyo gihe, ni inzizi z'akanya gato
Ubwo ni bwo tuzamenya ko Imana iri kumwe natwe
Ubuzima bugomba gushingira ku gutanga serivisi
Hatabayeho icyo ntege nze
Ubwo Imana yahaye umuntu ntabwo izabugeraho
Intego yatumye ikorwa
Kugandukira Imana bituma umuntu abasha kurangiza
imirimo ye yose
N'ibyishimo n'ishimwe ku Mana
Ni mu kwitanga gusa dushobora kubona amahoro
Nzatwika intege nke zose zo mu mutwe no mu
by'umuco
Mu icuraburindi ry'igishushanyo mbonera
Kuko keretse niba ntakuyeho izo ntege nke
Sinzabasha kubona umuriro w'Imana
Nyagasani
Uyu muni niyemeje gusohoza ibintu byihariye
Hanyuma nkora ibyo nateganyije
Nzabanza nemeze neza ko icyo ngamije ari ukuri
Hanyuma nzongera kumva imbaraga zawe
Kandi ku bw'ubufasha bwawe n'umugisha wawe,
nzasohoza icyo nteganyaga gukora

Induru n'umuyaga mwinshi

Umwigisha Paramhansa Yogananda

Ubuhinduzi: Mahmoud Abbas Masoud

**Ubwibone buto bushobora kwihandagaza,
buvuga butewe ishema n'ubwibone buti: Ndi wowe!**

**Ariko nzashaka kumenya uwo ndi we nyawe,
ufite impumuro nziza n'indabyo z'ubwoko bwose
z'ubugwaneza n'ubwiyoroshye.**

**Mana, nyereka umwirondoro wanjye nyakuri,
kandi nyumve unyongorera mu mutima wanjye,**

umbwira uti: Ndi urugero rwawe kandi uri ishusho yanjye!

Mu busitani bw'inzozi za nijoro

**Mu busitani bw'inzozi zanjye za nijoro,
indabyo nyinshi zirakura: indabyo zidasanzwe zo
mu bitekerezo byanjye Aho, aho urumuri
rushyushye rw'umubumbe rumurikira, indabyo
z'ibyiringiro byo ku isi zirakura, zigatanga indabyo
z'ibyishimo n'ibyishimo.**

**Mu mucyo w'izo nzozi, mbona ibimenyetso
by'amasura y'abantu bakunda yibagiranye,
n'amarangamutima meza yashyinguwe kera mu
butaka bw'abatabizi—bose bazamuka bambaye
imyenda irabagirana. Kandi mu gusubiza
umuhamagaro w'abamarayika b'inzozi, mbona izuka
ry'ibigeragezo byose byahise.**

**Mwami, waduhaye umudendezo wo kwibagirwa
ibibazo byacu bya buri munsu dusura igihugu
cy'inzozi nijoro. Dufashe gukanguka tugukurikire
kandi duhunge burundu imibabaro y'abantu.**

Utegereje kugaruka kwanjye

**Ewe Buhungiro bw'Imana! Ndi mu nyanja
y'ubuzima, nshubijwe n'inkubi y'umuyaga ikomeye
y'ibibazo. Naba ndi kureremba ku miraba
y'ibyishimo cyangwa rimwe na rimwe nkinjira mu
gahinda gakomeye, ndifuza kuva muri ubu bubiri
nkigera ku nkombe zawe zihebuje kandi zitagira
iherezo. Mu kwinginga kwanjye kose, ndarushaho
kwegera wowe, ubuhungiro bwanjye bwonyine.**

**Sinzareka kugerageza kuko nzi ko
mushishikajwe no kuza kwanjye kandi ko
mutegereje kugaruka kwanjye!**

inyoni yo muri paradizo

**Ndi inyoni yo muri paradizo: inyoni yo mu ijuru
yakozwe n'amaboko yawe meza**

**Yanyambitse ubwiza n'amabara meza cyane:
afite ubworoherane n'ubwoya bw'izahabu
bw'indabyo zo mu buryo bw'umwuka**

**Nazamutse mu kirere cy'ubuzima cyijimye kandi
giteye ishozi nshaka paradizo y'ibyishimo, kandi
amababa yanjye meza yari yandujwe n'uduheri
twijimye tw'ibyihebe**

**Ngwino Mana yanjye, wogeshe inyoni yo muri
paradizo yawe imirasire y'ubwenge n'amazi meza
y'amahoro**

Umushushanyi w'Imana

**Buri gukubita k'umutima wanjye kube ijambo
rishya mu gisigo cy'urukundo rwanjye rudashira
kuri wewe**

**Buri jwi ryose iminwa yanjye ivuga rigaragaza
imitingito y'umugisha iva mu ijwi ryawe ryera**

**Ibitekerezo byanjye byose byuzure ibyishimo
byo kuba uriho**

**Ubushake bwanjye buhabwe imbaraga zawe
z'ubumana**

**Shyira ibitekerezo byanjye byose, imivugire
yanjye, n'ibyifuzo byanjye mu buntu bwawe**

**Yewe mushushanyi w'Imana wera cyane,
hindura ubuzima bwanjye uko ubyifuza, ukurikije
igishushanyo cyawe cyihariye**

Uri umurinzi wanjye

**Uwiteka, mfasha kutabyutsa inyamaswa
z'uburakari n'ishyaka mu mitima idatunganijwe.
Ariko nibanterara, nzahungira mu buvumo bw'urutare
bw'uburinzi bwawe mu bugingo bwanjye.**

**Mana Umurinzi! Ntawe ntazabona umutekano
cyangwa umutekano, ndetse no mu birindiro
bikomeye by'abantu, mbe igikingira cyanjye
n'ingabo yanjye ihamye yo kurwanisha ibisasu
biturika by'amakuba. Umpe umugisha, kugira ngo**

**nkize—binyuze mu kubagwa kwera—abarwaye
ibikomere n'ibisebe by'ubuzima bose
ibyishimo bitagatifu**

**Iyo abayoboke bawe bari mu isengesho,
nkoranya imirasire y'ibyishimo bitagatifu mu maso
yabo nkayivanga n'ishyaka ryanjye ryo mu mwuka
kugira ngo mbahe nk'ikinyobwa gihumura ku
bitekerezo byanjye by'inyota; kugira ngo banywe
kugeza igihe bashize, maze ububabare n'ubwoba
byabo bishire.**

**Kandi ku bashaka ihumure n'ihumure,
ndabahaye iki kinyobwa cy'amayobera mu bikombe
bibonerana by'ukuri n'imigambi myiza.**

**Buri wese unywa uyu muti w'uburozi
w'umugisha agire ibyishimo birambye, yibagirwe
ibibazo bye kandi abure ububabare bwe!**

**Unyeze mu itanura ry'ibyago
Icyuma cy'ubuzima bwanjye gishongeshejwe mu
itanura ry'ibyago n'ibigeragezo, kandi ibinyoma
byose bitunganywa mu muriro w'ibintu byera
n'ibyifuzo byanjye.**

**Muremyi w'Imana, nkiza intege nke za muntu
kandi umpe ubushake bukomeye nk'icyuma
n'ubushake bwo mu mwuka nk'icyuma gikomeye.
Mfasha kuvugurura kamere yanjye itunganijwe mo
ibikoresho byiza byo kwitoza no kwiyemeza
by'ukuri.**

**Kandi nkoresheje inkota y'ubwenge, nzarimbura
abanzi banjye b'imbere - ingeso zanjye zikomeye -
bantega amatwi kandi bagerageza kumbuza guhora
ntekereza kuri wowe wenyine.**

**Ba izuba ryanjye n'ukwezi kwanjye
Uwiteka, ohereza imirasire y'ubwenge bwawe
kugira ngo inyobore mu minsi yanjye y'ibyishimo
byo kugera ku ntego, n'umucyo w'ukwezi kwawe**

**kw'impuhwe kugira ngo umurikire inzira zanjye mu
ijoro ryanjye ry'umwijima ry'agahinda.**

Ngwino kuri njye

**Ese umuseke w'uwo munsu uzahita, igihe
nzavuga izina ryawe ry'icyubahiro, hazaza amarira
menshi azarenga inkombe z'ubujiji bwanjye kandi
anyogoshe umutima wanjye?**

**Hanyuma, mu kiyaga cy'amarira yanjye
yakusanyirijwe hamwe, indabyo z'ubwenge
bweranda zizamera, kandi urumuri rwazo
ruzakuraho umwijima wanjye iteka ryose.**

**Mubyeyi w'isi yose, wowe ugenga ubuzima
bwose, ngwino unsange, kuko nta kintu na kimwe
gishobora guhanagura agahinda kanjye no
gukuraho agahinda kanjye uretse isura y'imbabazi
zawe zose n'impuhwe zawe zitagira iherezo.**

Inkunga zidacika

**Uwiteka, nyigisha kubona ubumwe bwanjye
nawe mu mahoro yo mu mutima no mu rusaku
rw'isi. Ntacyo bivuze niba ndukijwe n'ituze cyangwa
urusaku, igihe cyose nshobora kumva ko uri hose
kandi igihe cyose.**

Reka rero nkore akazi kanjye nishimye

**Urakora cyane kandi uzana inseko ku mitima
y'abantu benshi bishimye. Mpa umugisha kugira
ngo ngire inseko idashira nkawe, nk'uko nkora mu
ruganda rw'ubuzima.**

**Imiraba y'imbaraga zawe ihore ibyinira ku ruzi
rw'ibikorwa byanjye bya buri munsu**

**Mubyeyi w'Imana, nk'uko wishimira
gushushanya atome, indabyo n'isi, nyigisha ibanga
ryo gukora no kurema ufite ubwenge burunganiye
n'ubugingo bunyuzwe**

Gukira mu mutwe, mu mutwe no mu mubiri

Dufashe, roho y'isi, gukiza umubiri ukoresheje imbaraga zawe z'isi, gukiza ubwenge bwawe n'ibyishimo n'ibitekerezo, no gukiza roho ikava mu mpamvu nyamukuru y'impamvu zose - ubujiji - ukoresheje umuti mwiza cyane: gutekereza ku Mana buri muni.

Kwemeza gukiza

Roho Mutagatifu, waremye umubiri wanjye, bityo ukaba muzima kandi ufite ubuzima bwiza kuko uhari muri wo. Uri intungane ubwayo, kandi naremwe mu ishusho yawe; bityo, ndi muzima kandi ndi mu mimerere myiza cyane!

Icyemezo cyo gukiza abandi

Uri ishusho y'Imana, kandi ubuzima bwayo buhoraho buri mu mubiri wawe. Umubiri wawe wose utera imbere mu Mana ye; ufite ubuzima bwiza ku bw'ubuntu bwayo.

Ba kapiteni w'ubwato bwanjye

Uwiteka, ba umuyobozi w'ubwato bw'ibikorwa byanjye bya buri muni, kandi ubuyobore ku nkombe yawe yera, ari yo hantu heza ho kuruhukira abananiwe

Inkongi z'ubupfapfa butari bwo

Mu ijoro ry'amakosa, twakurikiranye isura y'ibyishimo by'umubiri biyobya; kandi ubwo twavaga mu nzira y'iterambere ry'umwuka, twaguye mu bishanga by'amaganya no gutakaza.

Uwiteka, Wowe uhora uri maso kandi witonda, ntukemere ko umuriro w'ubupfapfa uzamuka hejuru y'amazi maremare y'irari n'amayobera ngo udukurure mu byondo n'imatego y'ibinezaza bidafite ishingiro.

Turi abana bawe, twifuza kugera mu rugo rwacu rwo mu ijuru. Duhe umugisha kugira ngo tugere ku ntego yacu dukurikiza urumuri rw'imbere

**rw'ubwenge bwa Mwuka, ari na rwo rumuri rwawe
rwera, rutuyobora kandi ruduhamagarira kugenda
twerekeza ku nkombe yawe nziza!**

Numvise ijwi ryawe

**Mu buzima bwinshi numvise ijwi ryawe
ryoroheje rivuga ngo: Taha!**

**Ariko byarazimye kandi birashira hagati
y'urusaku rw'ibyifuzo bitarahirwa**

**Naretse imirongo y'ibyifuzo byinshi kandi
nzagutumira mu bwiherero bw'umutima wanjye**

**Ese nicara ngo ntekereze kuri wowe, uzakuraho
ibishuko byo ku isi bikihishe mu mfuruka
z'urwibutso rwanjye?**

**Mu ituze ry'umutima wanjye, ndifuza cyane
kumva ijwi ryawe ry'umugisha**

Buji y'urwibutso

**Nshobora gutakaza inzira yanjye nkagenda mu
nzira z'umwijima n'amabara yijimye, ariko mama wo
mu ijuru, rinda urumuri rwo kwibuka kugira ngo
imiyaga yo gushidikanya no kudasobanukirwa
itakuzimya.**

**Nasabye ibintu byose byo ku isi ariko
amaherezo nsanga ndagushaka wenyine, Mama!
Ngwino ntunsige!**

Umwijima urashira mbere y'urumuri rwawe

**Mwigisha w'Imana, reka menye ko nubwo
umwijima w'ubujiji bwanjye waba ushaje nk'igihe
ubwacyo, hamwe n'umuseke w'urumuri rwawe
umwijima uzashira nk'aho utigeze ubaho!**

Curanga umwirongi w'ubuzima bwanjye

**Mwami ukunda, fasha abana bawe n'amaboko
yanjye**

**Vuga n'ijwi ryanjye, kandi ukoreshe ubwenge
bwanjye mu gutera abandi inkunga**

Humeka n'umwuka wanjye, kuko ari wowe wenyine ushobora gucuranga indirimbo zawe z'iteka ku mwirongi w'ubuzima bwanjye

Ndi ikibatsi cy'umuriro wawe w'ikirere

Mu ntangiriro y'irema, igihe ibishashi by'irema byavaga mu gituzo cyawe gishyushye, naririmbye hamwe n'itsinda ry'abakora ibishushanyo by'imibumbe byamamazaga inkuru nziza y'ivuka ry'isi yawe.

Ndi ikibatsi cy'umuriro wawe w'isi kidashira

Mutima w'Imana wuje urukundo kandi wihangana! Mfasha kuvugurura—binyuze mu gutekereza—isezerano ry'urukundo n'ubusabane hagati yacu Reka menye ko mu rugendo rwanjye rw'umugisha rugana kwaguka kwera—ubuzima nyuma y'ubuzima—wowe n'umuyobozi wanjye wo mu mwuka mwabaye, kandi muzahora muri bo, inshuti zanjye z'iteka ryose kandi z'iteka ryose.

Kumenya ibyishimo

Birumvikana ko iyo mvuze ko Imana ari ibyishimo, mba nshaka kuvuga ko ihoraho iteka ryose kandi izi neza ko ari yo ifite umugisha. Kandi iyo twifuza kugira ibyishimo by'iteka ryose cyangwa kubaho kw'Imana, tuba twifuza kubaho iteka ryose, kudahinduka no guhora tumenya cyangwa twumva ibyo byishimo.

Mu nyigisho zabanje, twagaragaje binyuze mu bitekerezo bifatika, ko twese - kuva ku bo hejuru kugeza ku bo hasi - dushaka ibyishimo, kandi iki kibazo cyabaye ukuri kwemerwa iyo urebye ibikorwa n'impamvu z'abantu.

Reka twongere dusubiremo iyi ngingo gato: Tuvuge ko ikiremwa cyo hejuru cyaje aho turi kikabwira abantu bose bo ku isi kiti: "Yemwe bantu,

nzabaha imibabaro ihoraho n'ububabare budashira hamwe n'ubuzima buhoraho. Muzabyemera?"

Birumvikana ko nta muntu n'umwe wakwemera icyo cyifuzo, kuko buri wese yifuza ibyishimo bihoraho hamwe n'ubuzima buhoraho. Urebye impamvu z'abantu, bigaragaza ko buri muntu wese yifuza kugira ibyishimo.

Mu buryo nk'ubwo, nta muntu wifuza kurimbuka cyangwa kwiambura, kuko no kubivuga gusa bitera ubwoba n'ubwoba. Buri wese yifuza kuramba, ariko iyo bitanzwe kubaho iteka ryose nta kumenya cyangwa kumenya ko kubaho, twabyanga. Nta muntu wifuza kubaho nta kumenya. Twese twifuza kubaho nta kuzuyaza.

None se, Imana ni iki? Iyo Imana iba ari ikindi kintu kitari ibyishimo cyangwa ibyishimo bihebuje, iyo gusabana na yo bitatuzanira ibyishimo, cyangwa se iyo bitatugabanyiriza ububabare, ntitwari kuyifuza, cyangwa ngo tuyihindukirire Iyo Imana yaba ari ikintu kidafite akamaro kuri twe, ntitwari kwishimira kuyegera? Ni iki gituma tubona Umwami tutamumenya, uwo tudashobora kumva imbere ye cyangwa mu bice bimwe na bimwe by'ubuzima bwacu?

Uko igitekerezo cyacu cy'ubwenge ku Mana cyaba kiri kose, nko: (Iri hejuru cyangwa ibaho muri twe no hafi yacu), icyo gitekerezo kiguma gikikijwe kandi gipfukiranywe n'amayobera keretse iyo natwe twumva ko iriho.

Kubera uru rujijo n'ubujiji mu gusobanukirwa Imana no kuyimenya, dusanga tudashobora gusobanukirwa akamaro kayo kuri twe n'akamaro kayo ku idini. Iyi myumvire idasobanutse neza ntitumara ukwemera guhagije muri twe, bityo ntihindura ubuzima bwacu cyangwa ngo igire

ingaruka ku myitwarire yacu, cyangwa ngo idutere imbaraga zo gukoresha imbaraga zikenewe kugira ngo tumenye Imana.

Kandi se idini ry'isi yose rivuga iki ku Mana? Rivuga ko igihamya cy'uko Imana iriho kiri muri twe. Ni ubunararibonye bw'imbere. Ugomba kwibuka nibura igihe kimwe mu buzima bwawe, mu isengesho cyangwa mu kwinginga, igihe wumvaga ko intege nke n'inzitizi byashize cyangwa hafi ya byose, kandi ko urukundo n'urwango, ibyishimo n'ububabare byose byagabanutse mu bitekerezo byawe, kandi ibyishimo n'amahoro biva mu mutima wawe, kandi wishimiye ituze ritahungabanyijwe n'ibyishimo n'ibyishimo.

Nubwo uburambe bwiza nk'ubwo budasanzwe bukunze guhabwa buri wese, nta gushidikanya ko buri wese muri twe, mu gihe runaka, haba mu isengesho, mu gusenga, cyangwa mu gutekereza cyane, yigeze agira akanya gato k'ibyishimo byo mu mwuka n'amahoro meza. Ese iki si gihamya cy'uko Imana ibaho? Ni ikihe gihamya cy'uko Imana ibaho n'imiterere yayo uretse ibyishimo byuzuye twumva muri twe mu gihe cy'isengesho rivuye ku mutima cyangwa mu gusenga ku mutima?

Nubwo hariho ibimenyetso by'isi bigaragaza ko Imana iriho—kuva ku ngaruka kugeza ku mpamvu, kuva ku isi kugeza ku Muremyi w'isi—hari kandi ingingo ya teolojiya (ijyanye no gushakisha intego y'ibidukikije), kuva ku migambi y'isi no guhuza n'iyo migambi kugeza ku Buhanga bw'Isi Yose, umuremyi w'imigambi yose n'uburyo ihinduka Hari kandi ingingo y'amahame: kuva ku mutimanama no kumva ko dutunganye kugeza ku Kiremwa kidahinduka imbere yacu, tubazwa inshingano zacu n'inshingano zacu. Ariko, tugomba kwemera ko izi ngingo ari umusaruro w'ibitekerezo by'ubwenge, bitandukanye

mu rugero, kuko tudashobora kugira ubumenyi bwuzuye cyangwa butaziguye ku Mana binyuze mu mbaraga nke z'ubwenge.

Ubushobozi bwo gutekereza, cyangwa ubwenge, butanga uburyo bwo kubona ibintu mu buryo butari bwo kandi butaziguye. Kubona ikintu mu buryo bw'ubwenge bivuze kutakibona mu gihe uhujwe na cyo, ahubwo kukibona mu gihe utandukanye na cyo. Ariko, ubushishozi ni bwo buryo butaziguye bwo kubona ukuri. Binyuze muri ubu buryo bwo kwiyumvisha ibintu, umuntu ashobora kugera ku bwenge bwiza cyangwa ubumenyi bw'Imana.

Nta kutumvikana kuriho ku bijyanye no kubaho burundu kw'ubwenge bw'ibyishimo n'ubwenge bw'Imana, kuko iyo dufite ubwenge bw'ibyishimo, twumva ko imiterere yacu cyangwa kamere yacu ifite aho igarukira yahinduwe kandi yahinduwe, kandi ko twarenze ububiri bw'urukundo n'urwango, ibyishimo n'ububabare, tugera ku rwego aho imiterere y'ubwenge busanzwe igaragara neza. Nanone tubona kwaguka imbere no kugira impuhwe zisesuye kuri byose. Muri iyi mimerere, urusaku rw'isi rurashira, ibyishimo birashira, kandi muri twe havukamo kumva ubumwe bw'ubuzima n'icyerekezo gisobanutse cy'urumuri rw'isi. Imyanda yose n'ibinyuranyo byose birashonga bikaba ubusa, kandi twumva nk'aho twimukiye mu yindi si: ku isoko y'ibyishimo bihoraho n'iteka ryose ry'ibyishimo bitagira iherezo. None se, ubwenge bw'ibyishimo si bwo bwenge bw'Imana bunyuramo iyo imiterere yose y'ubumenyi yavuzwe haruguru igaragarira?

Birumvikana rero ko Imana ishobora gufatwa nk'ibyishimo gusa iyo tuyizanye mu buzima bw'abantu bw'amahoro n'ibyishimo. Hanyuma Imana ntizongera kuba igitekerezo gusa gishingiye ku bitekerezo

by'ubwenge. Ese iki gitekerezo cy'Imana ntikirenze ibindi byose? Yiyerekana mu mitima yacu nk'ibyishimo byo gutekereza, mu isengesho rikomeye no gusenga by'ukuri. Hahirwa ufite umutima utuje!

Niba dusobanukiwe Imana muri ubu buryo—ni ukuvuga nk'icyitegererezo cy'ibyishimo—icyo gihe dushobora gutuma idini riba ikintu cy'ingenzi ku isi yose, kuko ntawe uhakana ko yifuza kugera ku byishimo. Kandi niba umuntu yifuza kubigeraho binyuze mu buryo bukwiye, afatwa nk'umunyedini bitewe no kuba yegereye Imana no kuyimenya, nk'uko twasobanuye ko Imana iri hafi y'umutima mu cyitegererezo cy'ibyishimo.

Iki cyizere cy'ibyishimo, cyangwa kumenya Imana, gishobora kwinjira mu bikorwa byacu byose no mu mico yacu niba tubibemereye. Kandi niba dushobora kubigumana, dushobora gucira urubanza agaciro k'idini k'ibikorwa n'imigambi ya buri muntu kuri iyi si.

Iyo tuza kumenya, ndetse rimwe gusa, ko kugera ku bwenge bwiza ari idini ryacu, intego yacu, n'intego yacu y'ibanze, noneho gushidikanya kose ku bisobanuro by'inyigisho zitandukanye, inama, n'ibibujijwe by'amadini atandukanye yo ku isi byashira. Byose byasobanurwa hakurikijwe intambwe y'iterambere izo nyigisho zashyiriweho kandi zigashyirwaho. Umucyo w'ukuri wamurikira, amabanga yo kubaho yahishurwa, kandi amakuru arambuye ku buzima bwacu, hamwe n'ibikorwa n'impamvu zitandukanye, yamurikirwa.

Twashoboraga gutandukanya ukuri n'ubuswa, kuba maso n'inzosi. Twashoboraga kandi kubona ubusa bw'imigenzo n'imigenzo byakunze kuyobya abantu kandi bigashyiraho inzitizi hagati y'abantu. Byongeye kandi, iyo idini ritahurwa muri ubu buryo, nta muntu n'umwe muri iyi si - muto cyangwa mukuru -

washoboraga kuryishyiramo, yaba ari umunyeshuri, umukozi, umunyamategeko, umuganga, injeniyeri, umubaji, umwarimu, umukozi, umugiraneza, cyangwa undi mwanya uwo ari wo wose mu buzima bwe.

Niba idini ari ukwikuramo kumva ko hari icyo umuntu akeneye no kugera ku byishimo, none se ni nde utakwifuza kuba umunyedini, cyangwa se ni nde utagomba kwihatira kuba umunyedini ku rugero runini aramutse amenyeshejwe uburyo n'inzira bikwiye?

Kandi ntabwo icyibandwaho hano ni ubwinshi bw'amadini Buri wese ku isi ashobora kuba umunyedini mu buryo bwe, kandi ashobora kubikora neza akoresheje uburyo bufatika. Aha, nta vangura rishingiye ku cyiciro cyangwa imyizerere, agatsiko cyangwa idini, imyambarire cyangwa ikirere, imyaka cyangwa igitsina, umwuga cyangwa urwego, kuko iri ni idini rusange. Nk'uko Imana ari inkingi y'ibanze y'amadini yose n'imyizerere, kuyimenya mu byishimo ni ikintu gihuriweho n'abahanuzi b'amadini yose. Ntibikwiye gufatwa ko iki gitekerezo cy'Imana ari ikintu kidafatika cyangwa kidafite aho gihuriye n'ibyiringiro byacu byo mu mwuka n'ibyifuzo byacu.

Imana si ikiremwa nkatwe, gifite imiterere yacu iciriritse n'icyerekezo cy'abantu gifite iherezo Kubaho kwacu, ubwenge bwacu, amarangamutima yacu, n'ubushobozi bwacu bwo guhanga ni igicucu cy'ubwenge bwe n'ibyishimo bye. Ni ukubaho kwuzuye kandi kurenze urugero, mu gihe kubaho kwacu, ubwenge bwacu, n'amarangamutima yacu bifite iherezo kandi bisanzwe. Ibi bintu nta mupaka biri mu kubaho kw'Imana; mu by'ukuri, birarenze kandi nta mupaka

Tubona Imana mu mahoro atagira inenge, kandi tukayimenya binyuze mu kumenya neza Ni ikihe

gihamya cy'uko ibaho? Muri ubu buryo bw'ibyishimo, ibyiringiro byacu byo mu mwuka n'ibyifuzo byacu biragerwaho kandi bigashyirwa mu bikorwa mu Mana, nk'uko ibyifuzo byacu bigeraho ikintu cyangwa ikintu cyo gusengwa.

Mu gihe twiyumvamo ibyishimo, turenga ibyishimo n'agahinda byo ku isi, ariko ntiturenga ibisabwa byo gusohoza inshingano zacu n'inshingano zacu.

Umuntu uzi kwimenya azi neza ko Imana ari yo yonyine ibaho, kuko imbaraga zose zo kugera ku ntego zituruka kuri yo. Iyo dukomeje kwitandukanya, ubwirasi buke burashira bukagabanuka, kandi twumva ko turimo gukora imirimo twahawe ku rubyiniro rw'isi tudahuye n'ibintu byiza cyangwa bibi, urukundo cyangwa urwango rujyanye n'iyi mirimo. Iyi mikino y'ubuzima ntabwo ifite intangiriro cyangwa iherezo. Buri wese muri twe agomba kugira uruhare twahawe n'Umuyobozi Mukuru w'Urubyiniro nta kwinubira cyangwa kurakara, kubera urukundo dukunda umukino no kubaha Umuyobozi. Abagera ku ntego z'ibyishimo bazumva ko isi ari urubyiniro kandi bazakora inshingano zabo uko bashoboye kose n'ubuhanga bwabo mu buhanzi, bahora bibuka ko bakora bayobowe n'Umuyobozi Mukuru w'Urubyiniro: Imana Ishoborabyose, isoko y'ibyiza byose n'ibyishimo biriho.

Amahoro abe kuri mwe

Incamake y'ubwenge bw'ikirere

Umuntu asa n'umunyamahanga uagenda wenyine muri

iyi si

Abantu abona ko ari abe si bo mu by'ukuri

Ingendo zacu zigena inzira za buri wese muri twe, kandi
nta muntu ushobora kugenzura cyangwa gutunga undi
muntu

Nubwo bimeze bityo ariko, ntabwo turi twenyine muri iyi
si, kuko hari imibanire ya hafi ifite imizi miremire kandi
.irambye, aho dukura inkunga n'ibyishimo
?Aba bantu ba hafi yacu ni bande

Ntabwo buri gihe ari abagize umuryango wacu, ahubwo
.ni abo twumva dufitanye ubucuti bukomeye

Urugero, hari abantu amahame nemera yakuriyemo
kandi bakuze. Barankunda, kandi mbagaragariza urukundo
rwabo n'icyubahiro, kandi numva ko imirunga myiza iduhuza
.mu byiza, urukundo n'amahoro

Umugabo n'umugore bahuza ubuzima bwabo kugira ngo
bafashanye kandi bashishikarize abandi indangagaciro
n'amahame meza bubakira ishyingiranwa ryabo ku rufatiro
.rw'urukundo rutagira icyo rushingiyeho

Guteza imbere urukundo rutunganye kandi rudashingiye
ku byifuzo hagati y'umugabo n'umugore, ababyeyi n'abana,
inshuti n'inshuti, twebwe ubwacu n'abandi bose ni isomo
.twaje muri iyi si kugira ngo twige

Ishyingiranwa ry'ukuri ni laboratwari aho uburozi
bw'ubwikunde, uburakari bubi, n'imyitwarire mibi bisukwa
mu muyoboro w'igerageza ry'ukwihangana kugira ngo
bihagarike kandi bihindure iyo mibabaro binyuze mu
mbaraga zitera imbaraga z'urukundo n'umuhate uhoraho wo
.gukorana icyubahiro n'icyubahiro

Niba hari ikintu runaka mu mufatanyabikorwa (A) gitera
ikintu kidakwiye mu mufatanyabikorwa (B), uwo
mufatanyabikorwa (B) agomba kumenya ko hari impamvu
yabyo, ari yo kugaragaza uburozi bwihishe muri we kugira
ngo abumenye kandi abukureho, bityo asukure imico ye na
.kamere ye

Ikintu gikomeye umugabo n'umugore bashobora
kwifurizanya ni ugufunguka mu buryo bw'umwuka, ibyo

bikaba bizana imico myiza yo gusobanukirwa, kwihangana,
.kwitanaho no gukundana

Ariko bagomba kuzirikana ko gukura mu mwuka
bidashobora gushyirwa ku ngufu ku wundi
Iyo umuntu agize urukundo muri we akaruhindura mu
mvugo y'ibikorwa bye, abo akunda bazumva ingaruka ze
nziza kandi bazamugaragariza urukundo n'icyubahiro mu
.buryo bumwe

Iyo abashakanye batasobanukiwe intego yo hejuru
y'ishyingiranwa, bashobora kutagira ubuzima bwiza mu
ishyingiranwa ryabo

Imibonano mpuzabitsina ikabije, kumenyana cyane,
gukomeretsa, gukeka nabi, amagambo n'ibikorwa bitukana,
gutongana imbere y'abana, gusesagura uburakari, no
gushinja ibibazo undi mukundana ibi ni ibintu bidakwiye
.kwemererwa gusenya ishingiro ry'ishyingiranwa
Umugabo n'umugore bagomba kuba indahemuka kuri
buri wese kandi buri wese agomba gukora uko ashoboye
kose kugira ngo ashimishe mugenzi we mu buryo bwose
.bushoboka

Abakundana mu buzima bwabo ntibagomba gutererana
kubera ko umwe mu bashakanye adafite ubushake bwo
gukunda Imana, ahubwo buri wese agomba kugira ingaruka
.nziza ku wundi igihe cyose gishoboka
Ishyingiranwa ni laboratwari nziza yo guteza imbere
amarangamutima y'urukundo n'ubwubahane
Ni ishuri kandi ryo guteza imbere ubushake bwiza,
gusukura urukundo kuva ku bihumanya, no kwigomwa
ibitekerezo by'ubwikunde kugira ngo dukorere abandi kandi
.tubashimishe

Mu buzima bw'abashakanye, ni ngombwa kubaha
igitekerezo cy'undi muntu no kwirinda gutongana no
gutongana ku bintu bidafite akamaro Kubahana bitanga
ibyishimo, mu gihe gupfobya igitekerezo cy'undi muntu

bitera guhangayika mu buryo bw'amarangamutima, inzika
.no kwangiza ikirere

Ishyingiranwa ryiza rishingiye ku mico yo mu mwuka no
mu bwenge nko gukundana, kugira neza, kwihanganirana,
kwishyira mu mwanya w'abandi, kumvana neza, kugira
.ibitekerezo bifunguye, n'amarangamutima meza
Abagabo n'abagore bagomba kumva urukundo hagati
yabo kandi ntibagomba kugabanya iyo mitekerereze mu
bihe bimwe na bimwe, bitabaye ibyo bazisanga berekeza ku
ntege nke, inzika, cyangwa urwango hagati yabo ndetse
.wenda no gutandukana

Urukundo rurakomeye kuruta intege nke z'umubiri
cyangwa iz'ubwenge, bityo ntirugomba kugengwa n'ibintu
Urukundo ntirushobora kwamburwa undi muntu ku
ngufu, ahubwo rushobora kwemerwa gusa nk'impano
iturutse ku mutima ku mutima

Urukundo rurakura kandi rugakura mu muryango
w'ubworoherane n'ukwizerana, kandi rupfa mu mwuka
w'ishyari n'ishyari

Urukundo rubaho mu buryo bwa hafi - kuba kure kandi
rupfa mu buryo butari bwo

Kandi mu bimenyetso bye ni uko yabaremeye muri mwe
bombi inshuti kugira ngo mubone ituze muri bo, kandi
yashyize hagati yanyu urukundo n'imbabazi. Mu by'ukuri
.muri ibyo harimo ibimenyetso ku bantu batekereza
{kandi bombi bazaba umubiri umwe}

Ikintu cya mbere kandi cy'ingenzi gisabwa kugira ngo
abashakanye babeho mu buryo burangwa n'ibyishimo ni
ubumwe bw'umwuka - gusa mu miterere n'intego
by'umwuka, n'icyifuzo nyacyo cyo kugera kuri izo ntego
.binyuze mu kwiga, gushyiraho imihati no kwitoza
Abashakanye bahuje umwuka bazashobora gutuma
ishyingiranwa ryabo rigira icyo rigeraho nubwo nta bindi
bintu bihari

Icy a kabiri gisabwa kugira ngo ishyingiranwa rigire
intsinzi ni ukugereranya inyungu z'ubwenge, imibereho,
ibidukikije n'izindi
Igisabwa cya gatatu kandi kitari ingenzi cyane, nubwo
akenshi gifatwa nk'ikintu cya mbere mu bantu batabifitiye
.ubumenyi, ni ukubera ko umuntu akunda ibintu bifatika
Gukurura umubiri vuba bitakaza ubwiza n'imbaraga
byabyo iyo icya mbere cyangwa icya kabiri kidakurikijwe
* * *

Tugomba kugira uruhare muri iyi si, kandi tugakora
imirimo y'ingirakamaro kandi yubaka
Ariko iyo turangije imirimo yacu, twagombye kuruhuka
no gushaka ituze muri twe ubwacu
Tugomba kandi kwibuka ko imitsi yacu ikeneye
kuruhuka no gutuza kugira ngo tugarure ubuzima kandi
twongere imbaraga
Niba dufite uburyo bwo gutuza bw'imitsi, tuzatsinda mu
byo dukora byose, kandi byongeye kandi, tuzaba duhuje
.natwe ubwacu kandi duhuje n'Imana
* * *

:Yabwiye itsinda ry'abamukurikira ati
Igikombe cy'ubuzima bwawe kirimo kuzura kandi
cyuzuyemo ubuturo bw'Imana, ariko kubera kutita ku byo
.ukora ntukumva ubwo bwiza
Iyo urimo ukurikirana ibiganiro bya radiyo, uba wumva
ko uri mu mibanire ya hafi n'Imana
Iyo wujuje icupa amazi yo mu nyanja, ukayifunga neza
ukoresheje ikizingo, hanyuma ukayijugunya mu nyanja,
amazi ari mu icupa n'amazi yo mu nyanja ntazavanga. Ariko,
.iyo ukuyemo ikizingo, bizahita bivanga
Bityo rero, tugomba gukuraho umugozi wo kutita ku
bintu no kutita ku byo twibwira mu icupa ry'ubwenge bwacu
.mbere yuko dukora ku Mana
Urufunguzo rwa Paradizo n'ibyishimo

Ku bw'amahirwe, dushobora gutangira igihe icyo ari cyo
cyose n'aho ari ho hose twibanda ku guteza imbere imico
myiza tudafite

Niba tudafite ubushake, reka twibande ku gukemura
icyo kibazo, kandi binyuze mu mbaraga dushyizeho
umutima, tuzashobora gukomeza ubushake bwacu
.tubifashijwemo n'Imana

Niba dushaka kwibohora ubwoba, tugomba gutekerezaza
ku butwari, kandi igihe kizagera aho tuzabohoka ku nkota
.y'ubwoba

Mu magambo make, icyo dukeneye gukora ni
ugusimbuza ibitekerezo biduhangayikishije dushaka
gukuraho n'iby'ingirakamaro. Iki ni cyo kintu cy'ingenzi
kigera kuri paradizo y'ibyishimo n'intsinzi, kandi kiraboneka
.ku muntu wese ushaka kugikoresha

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Bamwe bashobora gutekerezaza ko bidashoboka
kugerageza gutsinda urwango no gushishikariza abantu
urukundo rw'Imana abanyabwenge babonye kandi
batangaza, ariko hari akamaro gakomeye ko guhindura
.icyerekezo no gusimbuza urwango urukundo
Ingengabitekerezo z'abatemera Imana zirwanya
amategeko yo mu ijuru kandi zigerageza kwirukana
ibitekerezo by'umwuka mu mitima y'abantu, maze isi iri
.kwihuta cyane igana ahantu hatazwi

Mu kugerageza guhagarika inkubi y'umuyaga ikomeye,
rimwe na rimwe dushobora kumera nk'udukoko duto twoga
mu nyanja, ariko ntitugomba gupfobya imbaraga z'ibyiza
Imana yashyize mu muntu, cyangwa ngo dupfobye ibyo
.dushobora gukora

Ikintu kimwe rukumbi kizakuraho imibabaro y'isi—
kurusha amafaranga cyangwa ubundi buryo ubwo aribwo
bwose bw'umubiri—ni ugutekerezaza no kohereza amababa
.y'ubumenyi bw'umwuka abumva mu gutekerezaza cyane

Tugomba gukwirakwiza ubutumwa bw'ubugiraneza
n'ubugiraneza ku isi, tukagerageza gusobanukirwa
umugambi w'Imana ku bantu, kandi tugakorana mu buryo
.buhuje n'ubushake bwayo bw'ubwenge ku isi yose

"Namubwiye nti: "Haguruka

Nunyura mu byo wanyuzemo byose useka kandi
wiringira Imana, nta gushidikanya bikugeraho mu bwenge
.bwawe, uzabona uburyo amategeko y'Imana akora
ubwo nateguraga urugendo rwo ,[Mu myaka ya 1920]
gutanga ikiganiro i San Francisco, nari mfite \$200 gusa muri
banki, bitari bihagije kugira ngo ntangire urugendo, kandi
:hari fagitire nini zo kwishyura, nuko ndavuga nti
Imana iri kumwe nanjye yampaye inshingano kandi"
izamfasha kuyisohozza, kuko akazi nkora ari ukubera Yo kandi
".izamfasha rwose kandi ikorohereze ibintu

Nubwo isi yose yagutererana, kandi ukaba uzi neza ko
Imana iri kumwe nawe, amategeko yayo azagukorera
ibitangaza

Ubwo umunyamabanga wanjye yazaga aho ndi
nkamubwira amafaranga nari mfite muri banki, yaratangaye
cyane maze koko yikubita hasi

"Namubwiye nti: "Haguruka

Yasubije ahinda umushyitsi ati: "Tuzajya muri gereza

"!kuko tudashobora kwishyura fagitire dufitiye
Naravuze nti "Ntitugiye muri gereza mu minsi irindwi
tuzaba dufite amafaranga yose dukeneye muri uru rugendo
"rw'inyigisho

Ugushidikanya kwari kwaramwibasira, mu gihe ukwizera

kwanjye kwakomeje gukomera

Ntabwo nari nkeneye amafaranga kugira ngo ngire
inyungu zanjye bwite cyangwa intego, ahubwo nagombaga
gukwirakwiza ubutumwa bw'Imana. Nubwo nari mfite
ingorane nyinshi, ubwoba ntibwanyinjiriye mu mutima, kandi
.nshobora kuvuga ko ubwoba buntera ubwoba

Utinya iki? Nta kintu na kimwe gikwiye kugutera
ubwoba. Hurana n'ibibazo byose ufite ukwizera gukomeye
.mu Mana, kandi intsinzi izaba iyawe
Iyo umutima wuzuye mu Mana, umuntu ashobora
gutsinda inzitizi zose n'imbogamizi abifashijwemo n'Imana
.n'imigisha yayo
Muri icyo cyumweru, ubwo nagendaga imbere ya Palace
Hotel, hari umukecuru wanyegereye arambwira ati "Ese
"?nshobora kuvugana nawe
Twaganiriye amagambo make, maze nta nteruro
"?aravuga ati: "Mfite amafaranga menshi, ese nagufasha
Naramusubije nti "Sinkeneye amafaranga yawe, kandi
"?kuki umpa amafaranga kandi utanzi
"Yasubije ati "Ariko ndakuzi, numvise byinshi kuri wowe
Nahise nandika sheki ya \$27.000 (amafaranga menshi
cyane muri icyo gihe), maze mbona ukuboko kw'Imana
inyuma yayo

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Keretse umuntu agize ubushobozi bwo gusobanukirwa
cyangwa ubushobozi bwo gusobanukirwa, azafata ibyemezo
bibwiye, ahitemo abafatanyabikorwa mu bucuruzi badakwiriye,
.kandi agire uruhare mu mibanire mibi hagati ye n'abandi
Kubera ko gusuzuma uburyo umuntu abona ibintu
bishingiye ahanini ku makuru yakirwa n'ubwenge binyuze
mu buryo butuma umuntu yumva ibintu, iyo ubwenge
bushutswe n'isura, umuntu ashobora kwizera ko umuntu ari
.umuntu mwiza atazi ibirimo
Cyangwa ashobora gutekereza ko yabonye uwo
bazabana - cyangwa uwo bazabana - maze agatangira
umubano w'abashakanye ushobora gutuma babaho mu
.buzima bubi cyangwa bagatandukana
Ariko ubushishozi ntibukora amakosa nk'ayo; ntibureba
imbaraga za rukuruzi mu maso cyangwa isura nziza
y'umuntu, ahubwo busobanukirwa neza kandi bukamenya
.mu mutima imiterere nyakuri y'uwo muntu

Guteza imbere intego y'iby'umwuka
Sinzibagirwa amagambo nabwiwe n'umucuruzi mu iduka
.rinini aho nagiye kugura ikoti ryanjye bwite
Yaravuze ati: "Nyakubahwa, sinshaka kukugurisha ikintu
icyo ari cyo cyose, ndimo kugerageza kumenya neza icyo
"ukeneye

Uwo mugabo w'umugwaneza ntiyagerageje kugurisha
ikoti rye rihenze cyane, ahubwo yanyeretse ikoti rihendutse
.kandi rinkwiriye mu buryo bwose
Narishimye cyane kubona ibyo nari nkeneye ku giciro
cyiza

Mu kubikora, yankoreye umukiriya uhoraho w'ikigo cye
Abantu bagomba kwinjiza ikintu cy'umwuka mu byo
bifuza gukora no gutekereza gutanga serivisi zikwiye ku byo
.bagenzi babo bakeneye

Ntabwo bihagije ko umuntu abona amafaranga binyuze
mu gutanga serivisi no kwakira amafaranga mu buryo
butunguranye, ahubwo ni ugukora kugira ngo abone
amafaranga kandi ayakoreshe mu gushyiraho ibikoreshe
.n'inzego bifasha abaturage

Iyo umuntu yungutse amafaranga menshi kandi
agafasha abafatanyabikorwa be n'abakozi be, ubutunzi bwe
n'iterambere bye biriyongera, bityo agakoresha ubutunzi
bwe mu gufasha abandi kugira ngo nabo bashobore
kwifasha. Ibi nibyo nise "gushyira imbere ubushake mu
"by'umwuka

Ababyeyi b'abakire basigira abana babo amafaranga
menshi babangamira iterambere ryabo rishingiye ku ntsinzi
bihaye kandi bakababuza kwiyizera no kwishimira ibyo
.bagezeho

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Imana yahishuye ukuri kwayo mu buryo butandukanye
.mu mico, amoko, n'imatekerereze y'abantu ku giti cyabo
Binyuze muri ubu bwoko bwinshi butandukanye, Imana
yadushyiriyeho ishusho ihinduka kandi itandukanye

y'ubushobozi bw'umuntu buhishe, kandi ni inshingano
y'umuntu gukura muri ubwo bwoko bwinshi imico myiza
kandi ihebuje no kuyishyira muri we ubwe, mu gihugu cy'e no
.mu isi ye

Ibyo ni byo abantu bafite ubumenyi bakora igihe cyose
n'ahantu hose

Bari imbere y'igihe cyabo imyaka amagana, kandi
binyuze mu bitekerezaho byabo bifunguye no kumenya kwabo
kwiyoungera, bagaragaza ishingiro ry'ukuri rusange, rihoraho
.kandi rihoraho

Aya mahame ni yo shingiro ry'ubuhanzi nyakuri
bw'ubuzima bwiza. Ni amahame y'ingenzi, akoresheye, kandi
y'ingenzi kugira ngo buri muntu wese agire icyo ageraho
.kandi agire ibyishimo

Itandukaniro riri hagati y'abantu, ibihugu, amoko
n'inyigisho zitandukanye ntirikwiye gukomeza amacakubiri
mu bantu, ahubwo rigomba kuba icyitegererezo cy'ibanze
cyo kugereranya no guhitamo imiterere n'uburyo bwiza
.bufasha mu iterambere ry'umuntu n'umuryango mwiza

Ubuhanga bwo kwigirira icyizere

Ni bake bashobora kugira ibyishimo badafite ibyo
batunze, cyangwa nibura badafite amafaranga n'ubuzima
.buhagije

Abantu benshi bakeneye ibintu bimwe na bimwe kugira
ngo bumve bishimye, kandi ibyishimo byabo biterwa
n'imimerere yo hanze kuko ubwenge bwabo butaratozwa
.kwishimira ibyishimo byo mu mutima bitagira icyo bitanga
Umuntu ashobora gutekereza ko azishima—Imana iguhe
umugisha—niba abonye byose yibwira ko akeneye. Ariko
icyifuzo kibyara icyifuzo, kandi uwo ari we wese ukomeza
kwigwizaho ibyifuzo bye azabona ibyishimo nk'uko Pleiades
.ziri kure y'isi

Mbere yo kugura ikintu, wumva ko udashobora kubaho
udafite icyo kintu kandi ko ugomba kugihabwa, uko igiciro
cyacyo cyaba kiri kose. Ariko iyo ukiguze, icyifuzo cyawe cyo

kugihabwa kiragabanuka buhoro buhoro, maze ugatangira
.gutekereza ku kintu cyiza kurushaho, n'ibindi
Intsinzi ni ubuhanga bwo kwishimisha: Shaka icyo
ukeneye by'ukuri hanyuma unyurwe n'ibyo ufite
Abakozi benshi n'abakozi bamara amafaranga yabo mu
bintu bitari ngombwa, bityo bakaba barimo kwibira mu
myenda

Nari nzi umugabo n'umugore we babaga mu nzu nziza
mu muji. Igihe cyose babonye ikintu bifuzaga, bahitaga
bakigura , ndetse no mu byiciro. Ariko amaherezo, inzu yabo
.nziza yabaye isoko y'ubwoba kuri bo
Ntibashoboye kwishyura ibice by'ibintu byari byuzuye
mu nzu yabo, nuko ndababwira nti: "Ibi bintu si ibyanyu
kandi ntabwo ari ibyanyu, mwarabiguze mu byiciro None se
kuki mworoshya ubuzima bwanyu mudafite iyi mihangayiko
"?ihoraho isenya amahoro n'ibyishimo byose mufite
Kubera imyenda bari barafashe, amaherezo batakaje
byose, bibasaba gusubira mu buzima bworoshye no
gutangira bundi bushya

Hari ibyifuzo bizima n'ibyifuzo bitagira umumaro
Ibyifuzo bizima kandi by'agaciro bimeze nk'ifarashi y'ubwoko
bwose, aho kukujyana mu kibaya cy'umwijima, ikakujyana
mu mucyo w'ibyishimo no kunyurwa. Ni inshingano y'umuntu
gusesengura ibyifuzo kugira ngo amenye niba bizamura
.ibyishimo cyangwa bizagira uruhare mu kubigeraho
Ikintu cyose kikuvana mu butunzi bw'ibintu kandi
kikakuzanira ibyishimo nyakuri ni icyifuzo cyiza Menya ko
intsinzi nyakuri iterwa no kugira ibyifuzo byiza, atari ukugura
.ibintu ku gihombo cy'abandi

Ubutunzi buboneka binyuze mu buryo bubi bushobora
kugaragara nk'aho bugira icyo bugeraho ku mugaragararo,
ariko ubwo butunzi buzenze urugero bubabaza roho kandi
bukayibuza amahoro. Umutimanama utekanye—tubabarire
iyo mvugo—ni nk'inkweto ifunze ishobora kugaragara neza
ariko igafata ikirenge muri buri ntambwe

Umuntu ufite umutimanama ukeye aba afite amahoro
kuri we ubwe, kuri bagenzi be, no kuri Imana. Niba
umutimanama wawe ukeye, ushobora guhangana
n'ibitekerezo bya rubanda ku isi, kandi uko umwijima
ukukikije waba umeze kose, ku bufasha bw'Imana,
uzashobora gucisha mu mwijima ukoresheje urumuri
.rw'umutimanama wawe ukeye

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Ntidukeneye icyubahiro n'ishimwe by'abantu kuko
kamere muntu ihindagurika kandi kwibuka kwa muntu ni
.igihe gito

Gushima no kwemerwa n'Imana nibyo tugomba
guharanira no gushaka cyane, kuko agaciro k'umuntu
gashingiye ku kwemerwa ahabwa n'usuzuma imitima
.n'umenya amabanga

Niba turi abera kandi turi intungane mu maso y'Imana,
icyo nicyo cy'ingenzi kurusha ibindi
Iyo dukora ibikorwa byiza, hari igihe tuba tugomba
kubabara, ariko umunaniro, kumererwa nabi, kwitonda, no
gutozwa ubwenge ntacyo bitwaye ugereraniye n'ibyishimo
byo mu mwuka nta bwiza bwo ku isi bushobora
.kugereranywa na byo

Ibyishimo by'abahageze ni byinshi kandi bishya, kandi
intego y'ubuzima ni ukugera kuri ubwo bwiza bw'iteka ryose
kandi igitekerezo cyose cyiza kitwegereza intambwe imwe
.kugera ku ntego yacu y'ibanze

Ibitekerezo nk'ibyo bimeze nk'uruzi rugana mu nyanja
y'ubugingo, aho hari amahoro, kunyurwa, n'ibyishimo byo
.mu mutima

iterambere

Nanyuze mu ishyamba ry'ubujiji bukabije

Kandi nacukuye inzira y'urumuri muri yo

Nabanje kugaragaza intege nke zimwe na zimwe

n'intege nke zimwe na zimwe

Nayikurikiye n'ibihuru by'umuheto w'icyifuzo cy'amahwa

Umuriro warushijeho kwi Yongera
Umuriro warazamutse
Kandi byakomeje kugeza ku gutsemba ubwibone
bw'ubwibone
N'ubujiji bugaragara
Kandi inyamaswa z'irari zisharira kandi z'inkazi
zaratwitswe
Ubwo ndimo ndakomeza inzira yanjye
Hagati y'ivu ry'amakosa ya muntu ashaje
Nzategurira inzira abantu bose bifuza kwambuka
ishyamba ry'ubujiji
* * *

Mu mibanire yacu n'abandi, ni ingenzi cyane kubona no
.kwishimira imico y'ibanze bakuye mu buzima bwabo
Iyo wize abandi ufite umutima ufungutse, uzabasha
kubasobanukirwa no kubana neza na bo, kandi uzabasha
.kumenya uwo uri kumwe nawe n'uko wakwitwara
Ntukaganire n'umuhanga mu bya filozofiya ku birebana
n'amasiganwa y'amafarasi, cyangwa ngo uganire
n'umuhanga mu bya siyansi ku bijyanye no kwita ku rugo
Tugomba kumenya icy'ingenzi ku wundi muntu no
.kukiganiraho, atari ngombwa ko tunganira kuri twe ubwacu
Irushanwa hagati y'abagabo n'abagore
Bisa nkaho guhiganwa kwabayeho hagati y'abagabo
n'abagore, ariko mu by'ukuri barangana, kandi nta n'umwe
.muri bo uruta undi
Umuntu agomba kwishimira agaciro ke bwite, imbaraga
.ze mu by'umuco n'imico y'ingenzi Imana yamushyizemo
Umugabo avuga ko abagore bafite amarangamutima
kandi bahubuka kandi ko badashobora guhangana n'ibintu
bafite ubwenge n'ubwenge
Umugore yitotomba ko umugabo adashobora kumva no
kwishimira ibyiyumvo bye

Ariko abagore bashoboye gutekereza neza, nubwo
amarangamutima ari yo mbaraga ikomeye muri kamere
.yabo

Kandi umugabo ashobora kumva nubwo ubwenge ari
bwo bwiganje mu buzima bwe
Intego ni ugushyiraho uburinganire hagati y'ubwenge
n'amarangamutima kugira ngo hatagira urusha undi
.ububasha cyangwa ngo agire uruhare mu byo akora
Ubu burunganire bushobora kugerwaho ibitsina byombi
.byigiranaho binyuze mu bucuti no kumvikana
Mu bantu bafite ubumenyi, tubonamo uruvange rwiza
rw'imico ya kigabo n'iy'abagore. Kandi iyo tugeze ku rwego
rwo kuringaniza neza ibitekerezo n'amarangamutima, tuba
.twize amasomo akomeye yatumye tuza kuri iyi si

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Ibitekerezo by'umwuka
Ndi urumuri rw'ikirere
Ubumuntu bwanjye bw'ingenzi si amaraso n'amagufwa
Ahubwo, ni urumuri rw'izuba ry'Imana
Nzateza imbere ubushobozi bwo gushyira ubwenge ku
murongo

Nzasoma ibitabo n'ibikoresho byiza
Kandi nzacengera mu bitekerezo cyane
Kandi hejuru ya byose
Nzagwa mu nyanja y'ubugingo bwanjye
Kandi ntekereza ku mabanga Imana yashyize muri yo
Ndagusabye, Nyagasani
Kugira ngo nshake ibitekerezo mu gikorwa cyanjye
Kandi igikorwa cyo gutekereza kwanjye
Kugira ngo ubuzima bwanjye bwose
Impano y'urukundo n'ubudahemuka kuri wewe
?Nakubonera
?Uretse mu rusengero rw'umutima wanjye
Nzatera indabyo z'urukundo rwa kivandimwe
Mu butaka bw'ubucuti n'ubudahemuka

Uwiteka, tubyuke mu bitotsi byacu bikomeye
Reka tumenye ko uhari ugaragarira mu mucyo
w'ubwenge

Kandi bikarabagirana mu matara y'ubwenge
Nzakonja mu kidendezi cy'urukundo rw'Imana
Ihishe inyuma y'inkuta z'ibitekerezo
?Ni iki kizima kinyura mu mitsi yanjye
?Ese biremewe ko nta soko ifite iy'Imana
Igitekerezo cy'ibyuka bihumanya ikirere
!Igitekerezo nta mipaka cyangwa iherezo gifite
Ijambo ryose ryiza rigaragaza igitekerezo cy'imiterere
rusange, kuko amagambo meza n'ibitekerezo biboneye bifite
isoko y'Imana

Hari ibitekerezo byinshi byiza bibyina ku gituzo
cy'inyanja y'ukuri

Imvugo zacu z'ubwenge zigaragaza ubwumvikane ni
imiraba iri mu nyanja y'ubumenyi n'ubumenyi

?Ni iki gisobanuro cya emanation
Ni ukuvugurura ubuzima no kuzamuka ku rwego rwo
hejuru

?Ni iki gishyirwa hejuru kandi gishyirwa hejuru gute
Tugomba gusobanukirwa icyo ubuzima busobanura.

Ikintu cyose kiriho kinyura mu nzira y'impinduka
.n'impinduka

Izi mpinduka zishobora kwangiza cyangwa kugirira
akamaro ikintu kirimo guhindurwa

Urugero, nimfata ikirahure cyanduye nkagikubita hasi
?cyane, kizahinduka, si byo se

Ariko impinduka nk'iyi ntacyo imaze; ahubwo irimo
kwangiza ikintu cyangiritse

Ariko niba wogeje ikirahuri ukagishyira ahagaragara
.kandi kikabengerana, icyo gihinduka kizaba ingirakamaro
Bityo rero, guhinduka bivuze impinduka iyo ari yo yose
y'ingirakamaro, yaba ku bintu bifatika cyangwa ku bantu
igikorwa cyo guhanga

Hari ibyiciro bitatu by'abantu bafite umwuka wo

:guhanga

Icyiciro kidasanzwe - kidasanzwe

abantu bo mu rwego rwo hagati

n'icyiciro gisanzwe

Hari benshi batagwa muri kimwe muri ibi byiciro

:Umuntu akunda kwibaza ati

Ese nagerageje guhanga ikintu gishya kandi"

kidasanzwe, ikintu cyagirira akamaro nje ubwanjye

"?n'abandi

Iyo ni yo ntandaro yo kwitabira ibikorwa byo guhanga

udushya

Niba atarabitekerejeho, ni umwe mu bemera ko badafite

ubushobozi bwo guhanga udushya nubwo bafite ibice

byabwo, ariko ibitekerezo byabinjiriyemo bivuye mu

bitekerezo byabo byabemereye ko hari intera nini hagati

.yabo n'ubuhanga

Unyura mu buzima nk'umuntu ugenda asinziriye

:agomba kwikangura, akiyemeza ati

Mfite impano ikomeye kurusha izindi zose z'abantu,"

"umwuka wo guhanga udushya

Buri muntu afite ubushobozi n'ubushobozi bwo gukora

ibintu, bigatuma abasha guhanga ikintu kidasanzwe. Ariko,

ingaruka z'ibidukikije ni nk'ubuhanga bwo gutitira, kandi

ubwenge bw'umuntu buciriritse bushobora gushukwa

byoroshye iyo umuntu atitonze kandi agakomeza guhangana

.n'ingaruka mbi ku bidukikije

Umuntu wese wibwira ati "Imihanda yose iranyuramo

abantu benshi kandi yuzuyemo abantu benshi, none se

kugerageza bimaze iki?" yemera kugwa mu mutego

w'ubwenge bw'isi bubuza umuntu kwiyezeza, ibi bikaba

bisobanura impamvu abantu benshi badatsinda mu bice

byose by'ubuzima kuko badafite umwuka wo guhanga

.udushya

Umuntu agomba kumenyera ubuzima bwe hakurikijwe
ibyo umutimanama we umutegeka n'ibyo umutima we
.umubwira, kandi ntakore atabanje gutekereza neza
Umuntu wese ufite ukwizera gukomeye imbere muri we,
Imana imwongerera ukwizera, imbaraga, n'umurava wo
.kugera ku cyo yifuza mu buzima
Mfite icyizere gikomeye mu Mana kandi nizera cyane
ubufasha bwayo, bityo yampaye umugisha wo mu mwuka,
imbaraga z'ubushake zidashira zahoraga zimpa amahirwe,
zikingura amarembo, kandi zintegurira inzira zitabarika, ku
.bw'ubuntu bwayo
Ibyishimo nyakuri kandi birambye biri mu Mana yonyine
Ubumenyi bw'Imana ni ubutunzi; uwo ari we wese
ububonye nta kindi yifuza
Mu Mana, nta handi hantu na hamwe, niho hari
umutekano, ni We buhungiro bwonyine n'uburyo bwo
.guhunga ubwoba n'imihangayiko byose
Bitabaye ibyo, nta mutekano nyakuri ubaho muri iyi si
Bityo rero, tugomba gushyiraho imihati yose kugira ngo
tumumenye kandi tuvugane na we mu gitondo na nijoro, no
.mu mirimo yose dukora n'inshingano dukora
Aho Imana iri hose, nta bwoba cyangwa agahinda
bibaho
Abamuzi ntibahungabanywa n'ibintu biba ku isi cyangwa
ngo bahungabane n'ibyago bitandukanye, kuko bafite
umutekano n'umutekano bitewe n'uko Imana iri kumwe na
.bo no kubarinda
Kwinginga
Nyagasani
Nubwo urumuri rw'urukundo rwawe rimwe na rimwe
rugabanuka bitewe n'ibibi by'isi
Ariko turimo gukora cyane kugira ngo tugaragaze
urumuri rwawe
Umucyo wawe w'umugisha ukomeze gutemba
Irabagirana mu mwijima kandi irayikuraho burundu

Numva imbaraga zawe z'icyubahiro zinyinjiramo
Babifashijwemo n'imigisha yawe, abakunda ibyiza
bashobora
Gutsinda ibibi by'isi
Kandi urukundo rwawe ruguma ari rwo mbaraga
zikomeye cyane
Ibyo bigomba kwinjizwa mu bwenge no mu mitima
Kugira ngo haveho intambara
Ihungabana n'imvururu
Numva ububabare bw'abantu
Ndashaka gukora ibishoboka byose kugira ngo
ngabanya imibabaro iterwa n'abantu
Uwiteka, duhe umugisha kugira ngo tuzamure imuri
z'urukundo rwawe n'urumuri rwawe
Aho twerekeza hose n'aho tujya hose
Ndashaka kubana n'abagukunda
Kandi ndashaka kwishimira kumva izina ryawe ryera
cyane
Uri urukundo rwa mbere n'urwa nyuma mu mutima
wanjye
Ha umugisha abantu bose kugira ngo bumve urukundo
rwawe n'icyubahiro cyawe
Nimureke imigambi idafite akamaro n'inzozi
z'amayobera
Twuzuye urukundo rwawe rutangaje
Ndashaka kubwira abandi iby'urukundo rwawe
n'ibitangaza byawe
Dushyiremo ubumenyi buhoraho bw'urukundo rwawe
Kandi icyifuzo cyihutirwa cyo gukora ku kuboneka
kwawe kw'Imana
Reka tureke ibintu byose bitwirukana kandi bikaturinda
kuba kure yawe
Ni wowe wenyine uri ukuri kw'iteka ryose, kw'iteka
ryose, kandi kwuzuye
Nta buzima bubaho udafite wowe

Bohora abantu bose nk'uko wambohoye
Kandi ndagushimira mbikuye mu mutima wanjye
Kugira ngo mpereye iyi mahirwe meza
Ibyo bimperekeza ku manywa na nijoro
Ibikorwa by'ituze n'ituze ry'ibikorwa
Umuntu ntagomba kumara umwanya we mu gushaka
amafaranga gusa, ahubwo agomba no kumara igihe cye mu
myitozo ngororamubiri, gusoma, gutekereza ku byo akora,
gukunda Imana no kwitwara neza mu buryo butuje kandi
.butajegajega
Tugomba kwiga uburyo bwo gukora bucece no gukora
bucece, no gushyira mu bikorwa byacu bya buri munsu ituze
.dukesha gutekereza ku Mana no kwisuzuma
Tugomba gusohozwa umurimo wacu dukunda inshingano
zacu, kandi tukakira umusaruro dufite uburimbane mu
mutwe, tudahatiwe gupfobya intsinzi cyangwa ngo ducike
.intege no gutsindwa
Turagusaba, Mwami, ngo udufashe kubaho mu mahoro
mu isi aho ukuri kwawe ari wo muyobozi wacu, umuyobozi
n'umujyanama, kugira ngo tubashe kubaho mu rukundo rwa
kivandimwe kandi dukuze imibiri yacu, ubwenge bwacu,
n'ubugingo bwacu mu buryo buringaniye, kugira ngo
amahoro yawe yo mu ijuru agaragare binyuze mu buzima
.bwacu n'ibikorwa byacu bya buri munsu
Dufite ubuzima bwiza, ubushobozi, imikorere myiza
n'ubwenge, reka dutere imbaraga bagenzi bacu kugira ngo
.bagaragaze kamere zabo nziza n'imico myiza
Umucyo w'urukundo rwawe urabagirane ku gicaniro
cy'inyota yacu yo kukwishimira
Kandi duhe ubushobozi bwo gukangura urukundo rwawe
mu mitima yose

* * *

Umwe mu bigishwa yabajije uburyo bwiza bwo kugera
:ku mahoro yo mu mutima, maze umwarimu aravuga ati

Kora ku gutuza ibitekerezo bihangayikishije bisohoka
vuba kandi ushyire igitekerezo imbere
Kora ibishoboka byose kugira ngo uhuze ibitekerezo
byawe n'ibyifuzo byawe n'ukuri guhagije kandi kwuzuye kuri
.muri wowe

Hanyuma uzumva ubumwe bwiza bukwirakwira mu
.buzima bwawe no mu bidukikije byose
Niba ibyiringiro byawe n'ibyo witeze bihuye n'ubu
bumwe karemano, uzagenda mu nzira z'ubuzima neza kandi
.byoroshye kandi uzazamuka ku mababa y'amahoro
Kandi muri ibi niho hari ubwiza n'ubunini bw'ubuzima
bw'ubugingo

* * *

Hari igihe ibitekerezo bigira akamaro kurusha
amagambo
Ubwenge bw'umuntu ni bwo butuma umuntu arushaho
kwakira no gutanga amakuru
Iyo uhora utangaza ibitekerezo byiza kandi ukabitera
imbaraga z'urukundo, ibyo bitekerezo bizasiga abandi
.babyishimiye

Mu buryo nk'ubwo, niba urekuye ibitekerezo birimo
ishyari cyangwa urwango, abandi bazakira ibyo bitekerezo
.kandi babisubizeho ibitekerezo nk'ibyo
Ndasaba Imana ngo igushyigikire imbaraga n'imigisha
byawe

Urugero, niba umugabo arimo guta inzira nziza,
umugore agomba gusaba Imana ngo ifashe umugabo we
kandi imukureho amarangamutima y'ishyari n'inzika mu
mutima, kandi itume umugabo we abona ikosa rye maze
.agaruke mu nzira nziza
Iyo isengesho rivuye ku mutima kandi imigambi ikaba
iboneye, impinduka yifuzwa izabaho ku bufasha bw'Imana

* * *

Nakunze gukoresha ubushake kugira ngo ntsinde ingeso
yageragezaga kunyigarurira

Igihe naryaga ubwoko bumwe na bumwe bw'ibiryo maze
nkisanga mfite ubushake bwo kurya ibyo biryo, nabyirinze
.kugeza ubwo ubushake bwo kubirya bushize
Ubwo najyaga muri Singapuru, nahasanze imbuto nziza
cyane, ariko nitonze kugira ngo ntazitera kwifuza, kuko
nabonye ko keretse nitaye ku byo nshaka kandi nkirinda,
nasangaga nshaka kuzishaka mu gitondo, saa sita na nijoro,
.kandi muri ubwo buryo twiyima
Nubwo naryohewe cyane n'imbuto uwo muni,
sinayibuze kandi sinigeze nicuza ko itabonetse umunsi
.wakurikiyeho
Niba twibanda ku bintu twishimira, nta cyo tugomba
gutinya Tugomba gukomeza umudendezo wacu kuruta ibindi
byose
Iyo mvuze ko ntazakora ikintu runaka, icyemezo ni
?ntakuka kandi ntigisubirwaho. Ubwo si ubwisanzure
Mbega ukuntu ari byiza gukora ibintu bidaturutse ku
kamenyero cyangwa ku gusubiza abandi bagera
kutwemeza, ahubwo kubera ko ubwenge ari bwo
!bubitegeka
Iyo ubwenge butwemeza gukora ikintu runaka, nta kintu
na kimwe cyagombye kutubuza kugikora, mu gihe tuyobowe
n'ubwenge
Ingeso nziza ishobora gushyirwaho binyuze mu bushake
n'ubwenge. Mfite ubushobozi bwo gushyigikira ubwenge
.ubwo aribwo bwose
Imiterere cyangwa imiterere y'umwimerere y'abantu
benshi yarahindutse cyane ku buryo badashobora
kuyihindura, ariko abakomeza ibitekerezo byabo
bihindagurika binyuze mu kinyabupfura no kwifata
.bashobora guhinduka byoroshye bakarushaho kuba beza
Ubwenge bugomba kuba bworoshye kumera nk'uko
ibumba ry'ubwenge ritanga ubwo buryo bworoshye, kandi
.ubwo ni bwo bwigenge nifuza ko abandi bagira

Iyo umuntu abohowe mu bubata bw'ingeso mbi,
azabona ko nta byishimo biruta gukora ibintu akurikije
.uburenganzira bwe bwo guhitamo no kwiyeemeza
Umuntu ntagomba kwemera ko ibintu bimukubita no
kumukubita no kumutsinda, ahubwo agomba gukora uko
ashoboye kose kugira ngo atsinde ibintu
Umuntu wese ufite ubushake bukomeye azatsinda
ingorane zose abifashijwemo n'Imana

* * *

Igikorwa cyose cy'umubiri gifite aho gihuriye n'icyo mu
mutwe

Dukoresha imbaraga zacu z'umubiri kugira ngo dukore
ibikorwa bimwe na bimwe, ariko ibikorwa bifite aho
bikomoka mu bitekerezo, kandi biyoborwa n'umuyobozi wo
mu mutwe

Ubujura ni bubi; ariko ikibi gikomeye ni ubujura bwo mu
mutwe, butanga inzira yo kwiba ku mubiri, kuko ubwenge ari
bwo buhanga nyakuri

Igikorwa kibi cyose umuntu yifuza kwirinda kigomba
kubanza kwirukanwa mu mutwe we
Iyo wibanda ku bikorwa by'umubiri gusa, biragoye cyane
kubyigenzura

Icyibandwaho kigomba kuba ku bitekerezo no gukosora
imyumvire itari yo, hanyuma igikorwa kikazakemurwa mu
.buryo bwikora kandi neza kandi neza

* * *

Iyo wumva ufite amahoro
Muri buri gikorwa cyose
Kuva ku ngendo z'umubiri wawe
Kandi wumva amahoro mu bitekerezo byawe
Kandi mu bushake bwawe
Kandi mu rukundo rwawe
Kandi yumva afite amahoro
Kandi mu maso y'Imana
Mu migambi yawe

Wibuke ko wowe
Ubuzima bwawe bwageze ku Mana
Gushima, kunenga no gushimagiza
Gushyenga bishobora kuba byiza iyo bishishikariza
umuntu gukora icyiza, ariko ni bibi iyo bikoreshejwe mu
guhisha ibikomere byo mu mwuka, bigatuma bikura bityo
.bigatera uburozi mu mutima indwara yo kutamenya
Abantu benshi bakunda gushimagiza, nk'uko benshi
bakunda kurya ubuki batazi ko bumwe muri bwo bushobora
kuba butera uburozi
Uretse amagambo yo gushyeshya y'abandi, ibitekerezo
byacu akenshi bishyigikira inenge zacu mbi kandi bigahisha
ibibyimba bikomeye byo mu mutwe bishobora guturika no
.kwangiza ubuzima bwose bw'umwuka bw'umuntu
Bityo, gushimwa n'abandi n'ibitekerezo byacu
bidushimisha bishimisha kumva, kandi ubwenge bwacu
.bugwa mu maboko y'amagambo y'uburozi yo gushimwa
Hari benshi bapfusha ubusa amafaranga, igihe,
ubuzima, ndetse n'amahame mbwirizamuco ku bushake
kandi babigambiriye kubera amagambo y'uburiganya
.aturuka ku nshuti z'ibinyoma
Abantu benshi barangiritse kubera ko banze kumvira
inama z'ubwenge no kubera ko baguye mu gishuko
.cy'amagambo meza arimo uburiganya n'ubugome
Kubana mu muriro w'iteka n'umuntu umwe
w'inyangamugayo kandi ugororotse biruta kubana muri
paradizo n'abantu icumi bavuga neza kandi badafite intego
nziza Abavuga nabi bahindura ijuru ikuzimu, mu gihe inshuti
nziza kandi z'indahemuka zihindura ikuzimu ijuru
Tugomba guhora tuvuga ukuri, kandi icyo gihe tugomba
kwirinda gukomeretsa abandi dukoresheje amagambo
ashobora kuba ari ukuri ariko akarishye kandi adatanga
.umusaruro mwiza
Urugero, niba ubwiye impumyi uti "Wa mpumyi we,"
ibyo uvuga bishobora kuba ari ukuri, ariko ubwo bwoko

bw'imvugo ntibukwiye kandi butera gukomeretsa, bityo rero
.imvugo nk'iyi ibabaza igomba kwirindwa
Ntabwo ari byiza kunenga umuntu udashaka kunengwa,
ariko ni byiza kumva unengwa mu buryo bwiza, kandi ni
byiza kwemera kunengwa mu buryo bukarishye ariko
bukwiye, umwenyura kandi ukamushimira mu buryo bwuje
.urugwiro

Umugabo w'umunyabwenge yari afite inshuti ye
yamunengaga cyane, kandi abayoboke b'uwo munyabwenge
bararakajwe n'uko kunengwa Umunsi umwe, umwe mu
bigishwa yaje ku mwarimu we yishimye aramubwira ati:
"Ishime, mwarimu, kuko umwanzi wawe, umushakisha
"amakosa, yapfuye

Umugabo w'umunyabwenge yararize cyane aravuga ati
"Mbega igihombo gikomeye! Umusesenguzi wanjye
w'iyobokamana yarapfuye, kandi numva umutima wanjye
"wacitse intege

Abantu benshi ntibakunda kunenga bubaka kandi bafite
ubwenge, ahubwo bahitamo kwigomwa byose kugira ngo
bashimishe abandi, maze bakanga amagambo
.y'abanyabwenge n'ubushishozi bwabo
:Rimwe na rimwe umuntu agomba kwibaza ati
Ese nashutswe n'amagambo meza maze ndeka"
amaboko yo kwishimagura abuza ubwenge bwanjye kandi
"?agahuma ubwenge bwanjye

Inkuru y'Umutagatifu n'Umuzimu w'Indwara y'Intuntu
Ubwo umwe mu bera b'Imana bakiranuka yari arimo
atekereza nijoro, igicucu giteye ubwoba cya smallpox
cyamubonekeye yinjira mu mudugudu yari atuyemo, nuko
:arataka ati

Guma aho uri, muzimu, subira aho waturutse."
".Ntukagire nabi abaturage b'umujiyi nsengeramo Imana
Umuzimu yaramusubije ati: "Nzatwara abantu batatu
gusa, nta bandi, hakurikijwe itegeko rya karma no gusohoza
"inshingano zanjye zo mu isanzure

Umurinzi yemeye ibisobanuro atabishaka
Bukeye bwaho abantu batatu barapfuye bazize indwara
y'ingutu, ku munsu wa gatatu abandi benshi barapfa, kandi
buri munsu bamwe mu baturage bagwa mu mutego w'iyi
.ndwara iteye ubwoba

Kubera ko yizeraga ko yaguye mu bushukanyi
bukomeye, uwo mutagatifu yatekereje cyane maze
ahamagara umuzimu Ubwo wagaragaraga, uwo mutagatifu
:yarawucyashye, agira ati

Waranyobeje, Roho, kandi ntabwo wavuze ukuri igihe"

"wambwiraga ko uzatwara abantu batatu gusa
Umuzimu aramusubiza ati: "Ndahiye ku bw'Umwuka

"Wera ko navuze ukuri

Umurinzi yaravuze ati: "Wansezeranyije ko uzatwara

"abantu batatu, ariko indwara yahitanye abantu benshi

Umuzimu aramusubiza ati: "Yewe nshuti y'Imana,

"nafashe batatu gusa, abandi bapfuye kubera ubwoba

Menya, nshuti zanjye - Imana ikongerere ubumenyi - ko

ubwoba butera umuntu kunyeganyega mu buryo bumwe

cyangwa ubundi, bumupfuka mu migozi itagaragara bigoye

kuyikuraho, kandi bugatuma ashobora kwakira ibintu byose

.bibi mu bandi bamukikije, bityo agakikizwa n'imiraba mibi

Muri icyo gihe, yikururira indwara, gucika intege,

kwiheba, gushidikanya, imibabaro, agahinda, ndetse wenda

.n'urupfu

Ubushake: Umukozi w'Ijuru

Ingendo zose mu mubiri zisobanura ingendo y'ubushake

Binyuze muri sisitemu y'imbaraga z'ubushake, ingufu

zoherezwa mu mubiri mu buryo butarimo insinga

hakoreshejwe ingufu zibitswe mu bwonko n'imbaraga

.z'ubwenge zikikije umubiri

Iyo unaniwe, ushobora guha umubiri imbaraga urya,

uhumeka umwuka wa ogisijeni, unywa amazi cyangwa ibindi

.bintu binyobwa

Ariko iyo ufashe amaboko yawe n'umubiri wawe kugira
ngo uterure umutwaro uremereye, uba winjiye mu mubiri
.wawe binyuze mu bushake butagaragara
Iyo ukomeje umubiri wawe wibanze ku kintu runaka
(kugeza igihe unyeganyega nta guhangayika), uba ukora ku
mbaraga z'Imana zo mu kirere zahawe ubwenge
Uku ni ko dushobora kurema ingufu cyangwa ibikorwa
mu mubiri, tudaturutse ku bintu biri hanze y'umubiri,
ahubwo duturutse ku isoko y'Imana ihishe kandi iri imbere
.n'inyuma y'umubiri

Kugira ngo umuntu agere ku ngufu zo mu kirere kandi
yungukiremo, agomba kubanza gushaka isano ibura hagati
y'ubwenge n'ibintu, hagati y'umubiri na roho. Iyi sano
iboneka mu kwibanda, gutekereza, no gusobanukirwa
imiterere nyayo y'umuntu n'isano ifitanye n'ubwenge
.bw'Imana

Ubuzima ni nk'imodoka itwara imizigo
Benshi mu bari kumwe natwe umwaka ushize ntibari
kumwe natwe ubu, kandi ni nde uzi abazaba bari hano
?umwaka utaha

Ubwo ni bwo buzima, kandi urugendo rwabwo
rurakomeje. Ni imodoka dutwaramo igihe gito
Bamwe muri bagenzi bacu baguye mu rwobo
rw'igihombo, ariko iyo imibabaro bahura nayo izabarenze,
bazatangira gushaka ubuyobozi n'ubuyobozi kuri Nyagasani
.w'abashyitsi, ari na we Mwami w'iyi si: Imana Ishoborabyose
Nubwo twatandukanye muri iyi karavani, kandi
amayobera akikije intangiriro n'iherezo, ubuzima buracyafite
ibisobanuro bikomeye: bitwibutsa akamaro ko gushaka
Imana cyane

:Iyi si ishobora kandi kugereranywa n'ikinamico

Ubu buzima ni inkuru ivugwa n'umuntu, ijoro ni"

"igipfukisho naho umunsi ni ikibuga cy'imikino

Abakinnyi ntibakomoka ku busa Hariho inyuma
y'urubyiniro, kandi iyo imirimo yabo irangiye, abakinnyi

ntibahwema kubaho, ahubwo babura inyuma y'umwenda
.w'izuba bashaka kuruhuka

Turi hano dukurikije gahunda y'Umuyobozi wa Divine
Theatre yo gukina inshingano zacu igihe gito muri uru rwego
.rw'ubuzima hanyuma tukava aho hantu

Ntabwo dupfa mu buryo gakondo bw'urupfu, ahubwo
turazimira inyuma y'igihe, dukurikije ubuyobozi
.bw'umuyobozi w'ikinamico y'isi

Tuzagaragara ku rubyiniro rw'ubuzima bwacu igihe
kirekire kugeza igihe tuzaba tuzi neza ibitaramo kandi
.tugakora inshingano zacu neza nk'uko Imana ishaka
Iyo tunoze imikorere yacu kandi tugakurikiza ubushake
bw'Umuyobozi Mukuru n'Umugenamigambi tudatakaje
ubutwari cyangwa ngo twivange mu buryo burambuye
bw'umugambi washyizweho n'Imana, ntituzongera
kugerageza ukundi, ahubwo tuzaba inkingi zidapfa mu
miterere y'ubuzima bw'iteka, abaturage bahoraho mu Bwami
.bw'Ijuru

Bazayibamo iteka ryose
Uzatsinda wese, nzamugira inkingi mu rusengero}
{rwanjye rw'Imana, kandi ntazongera gusohoka ukundi

* * *

Mbere nabanje gutinya kuba umwarimu, kuko ibisabwa
n'ingaruka binini kandi biteye ubwoba, kubera ko umwarimu
agomba kuba umuntu ufata ibintu mu buryo butunguranye,
kandi igihe cyose agize ikibazo kandi akabura icyo akora,
.ntashobora gufasha abamusabye ubufasha

Umwarimu nyawe agomba gukunda buri wese,
gusobanukirwa ikiremhamuntu, no kumenya Imana
Ubwo mwarimu wanjye (Sri Yuktiswar) yambwiraga ko
uruhare rwanjye muri ubu buzima ari urw'umwarimu
w'umwuka, nasabye imbaraga zitagira iherezo z'Imana
.kunshyigikira

Ubwo natangiraga gutanga ibiganiro, nagambiriye
kuvuga ntabihereye ku bumenyi bw'ibitabo biva mu nyigisho

z'imitekerereze, ahubwo nabihereye ku guhumekwa imbere
mu mutima, nzi neza ko imbaraga zo guhanga zitigera
zishira kandi isoko yazo idashira ziri inyuma y'amagambo
.yanjye yose

Ubwo bubasha bwakoreshejwe no mu bindi bice kugira
ngo bufashe abandi mu kazi kabo no mu buryo
butandukanye

Nakoresheje ubwenge bw'umuntu kugira ngo ngaragaze
ukudapfa

Sinavuze nti “Bikore ku bwanjye, Mwami,” ahubwo
naravuze nti “Ndashaka kubikora, Mwami, kandi ndagusaba
”kunyobora, kumpa imbaraga, no kumfata ukuboko
Umuntu ashobora gukora utuntu duto mu buryo
budasanzwe

Agomba kuba umuhanga mu kazi ke, kandi ntareke ngo
.ubuzima bwe bukomeze mu buryo busanzwe

No kugera ku kintu cy'ingirakamaro kitari cyarigeze
gikorwa mbere y'uko kigera ku isi

No kwerekana ko ikintu cy'Imana gihanga kandi gishya
gikora binyuze muri we kandi kikamubera

Umuntu agomba kugira ubushake buhamye n'umurava
wo kugendera mu nzira z'ubuzima adategereje ko
ibitekerezo byo gutsindwa n'amakosa ya kera bimubera
.inzitizi mu nzira

Ubuzima bushobora kuba bwijimye, ingorane zishobora
kuza n'amahirwe ashobora gutakaza adafatiriwe, ariko
umwigishwa ntakwiye kwibwira ati: "Imana yarantaye kandi
"iherezo ryanjye rirafunze

?Ni nde ushobora gufasha umuntu nk'uyu

Umuryango w'umuntu ushobora kumwanga, amahirwe
ashobora kumutererana – akurikije uko abibona – kandi
imbaraga z'abantu n'izisanzwe zishobora kumugambanira,
ariko ashobora, ku bw'ubuntu bw'Imana n'umwuka wo
guhanga udushya muri we, kwirukana ibitero byose

bimurwanya no kugenda atsinze ajya muri paradizo y'ibyo
.yagezeho by'ukuri

Nubwo watsindwa incuro ijana, fata umwanzuro ko
uzatsinda ingorane kandi utsindire ikamba ry'icyubahiro
Gucika intege ntibihoraho iteka ryose, kandi gucika
intege ni ikizamini cy'igihe gito

Imana ishaka ko tuba abatsinzi mu buzima no
kugaragaza imbaraga zose ziri muri twe, kugira ngo tubashe
gusohoza neza inshingano zacu z'ikirenga ku rubyiniro
.rw'ubuzima

Mu kuzimu hamwe n'umunyabwenge
Kera cyane, habaga umuntu witangaga ku nkengero
z'uruzi rwiza. Yamaze imyaka myinshi y'ubuzima bwe
atekereza cyane, ariko ikibabaje ni uko imbaraga ze
zitavuyemo umusaruro, kandi ntiyishimiye gusarura
umusaruro mwinshi w'amahoro, nubwo yashyizeho imihati
yo gushakisha no gushakisha amabanga y'ubuzima
.n'amasoko y'ibyishimo

Nubwo inshuti yacu yahoraga ikikijwe n'ikirere cyo mu
ijuru mu bijyanye n'ahantu nyaburanga heza, imitima myiza,
ibitabo by'agaciro, n'imizingo myiza yo kwibuka, ariko
ubwenge bwe bwakomeje gutekereza ku buryo bukwiye bwo
.kwiba abantu no kubagirira nabi

Ibyo bitekerezo byari birenze ubushobozi bwe kandi
byasaga n'aho bikomoka ku mpamvu za kera za karmic. Uko
yagendaga agerageza kwirukana ibyo bitekerezo bitari
byiza, ni ko byarushagaho kwinjira mu bwenge bwe,
.bikamubuza amahoro kandi bikamubuza amahoro
Amaherezo, yiyemereye ubwe, agira ati: "Nzakomeza
gusenga no kwinginga, kandi sinzahagarara kugeza igihe
nzaba nkibohoye ibi bitekerezo bimpagaritse umutima
"bintera amahoro mu gihe cyo gutekereza kwanjye
Isaha imwe yarashize, hanyuma ibiri, maze ibitekerezo
bibimubuza mu mutwe nk'inkubi y'umuyaga, bikubita ku
.nyubako y'ibitekerezo bye biyitigisa cyane

Amaherezo, nyuma y'amasaha atatu y'umuhate
ukomeye, ibitekerezo bimubangamiye byahise bishira mu
mutwe we, maze mu mwanya wabyo, abona mu iyerekwa
ryiza cyane umwera w'Imana ahagaze imbere ye yambaye
.umubiri n'amaraso

Uwo mutagatifu w'umurabyo ntiyagaragaye gusa ari
:muzima, ahubwo yanavuze n'ubugwaneza bwinshi, agira ati

Mwana wanjye, mu kwigira umuntu wa kera wari"

umujura w'umwuga nta kindi wahangayikishijwe uretse
gutega abandi no kubambura imitungo yabo. Ariko mbere
gato y'urupfu rwawe, umutimanama wawe warabyutse maze
wiyezeza kwikosora kandi wizeza ko uzakhindura imyitwarire

yawe iteye isoni ugakurikira inzira y'ineza. Kubera iyo

mpamvu wavukiye muri ubu buzima ufite icyemezo
gikomeye cyo kuba umuntu mwiza, ariko nubwo bimeze

bityo wazanye n'ibitekerezo bibi byari byo byibanze ku

"buzima bwawe mu kwigira umuntu wa mbere

Birababaje mwana wanjye, kuba ubaho muri ibi bihe"

byiza, ukikijwe n'inshuti nziza, uruziga rw'ibibukwa
n'ibitekerezo, nyamara nubwo bimeze bityo, ubaho mu gihe

cy'imihangayiko yo mu mutwe n'ibitekerezo bibi kandi

"bihungabanya ubuzima

Nyuma y'akanya gato k'agacece, umurinzi yakomeje

:ijambo rye ati

Kubera iyo mpamvu, dukurikije amategeko rusange,"

kandi kubera ko utakoze uko ushoboye kose ngo ukoreshe
amahirwe yo mu mwuka uhari muri ubu buzima, keretse

wongeye imbaraga zawe zo gutekereza ubu, mu gihe

:cy'urupfu uzagomba guhitamo hagati y'ibintu bibiri

Kuba mu ijuru n'abapfapfa icumi cyangwa kuba mu"

muriro w'ikuzimu n'umunyabwenge umwe, ni ikihe

"?wakwifuza

:Uwo mwigishwa yasubije adashidikanya ati

Yewe nshuti y'Imana, nkunda kubana mu muriro"

n'umunyabwenge umwe kuko nzi neza ko abapfapfa icumi

bava mu muriro bagana mu ijuru, mu gihe nizera mu mutima
wanjye kandi nzi neza ko ninjya kubana n'umunyabwenge
umwe, ndetse no mu nsi y'ikuzimu azamfasha guhindura
"ikuzimu paradizo

Ubwisanzure bwo kwihitiramo

Benshi bumva ko bagomba kurya inyama gatatu ku
munsi, abandi bakaba bemeza ko bagomba kurya imboga
n'imbuto gusa kandi ko bazarwara nibahindura imirire yabo
!gato

Imyizerere nk'iyo ni ubwoko bw'ubucakara. Umuntu
ntagomba kwemera ko hari ingeso iyo ari yo yose mu
buzima imubuza, ahubwo agomba kugira ubushobozi bwo
guhindura ingeso ze akurikije ubwenge bumutanga n'ibyo
.gukiranuka kumusaba

Tugomba kwiga kubaho mu buryo butunganye,
dukoresheje imbaraga zo guhitamo, duyobowe kandi
tuyobowe n'ubumenyi nyakuri
Umuntu agomba kuba ashobora kuryama kuri matelas
yoroshye ijoro rimwe, no kuryama hasi ijoro rindi, afite
.ihumure nk'iryo

Ubwo buryo bwiza bwo guhunga imipaka y'ingeso ni
bwo bwenge busaba kwibohora

Hari abantu bizera ko ubwisanzure ari ugukora icyo
umuntu akunda gukora cyose, kandi ibi nibyo nise
ubwisanzure bwo kwihitiramo no kwifuza

Kubera ko ababyeyi bamwe batekereza nabi ku bijyanye
n'uko umudendezo ari wo uteye, bashyira abana babo mu
bucakara bw'ingeso zabo binyuze mu kumvira ibyifuzo
.byabo nta bushishozi

Muri ubu buryo, umwana akura yizeye ko igihe cyose
ibyifuzo bye birangiye, azakomeza kugira ibyishimo kandi ko
.intego y'ubuzima ari uguhaza ibyifuzo

Ariko nyuma aza kubona ko yashutswe. Isi yo hanze
y'urugo itandukanye rwose n'iyo yabonye kandi
.yamenyereye imbere mu rugo

Ntibyoroshye guhaza buri kintu cyose mu buzima!
Abandi bashobora kumuca iruhande mu gihe bagerageza
kubona icyo ashaka, maze na we agacika intege, akagira
umutima unangiye kugira ngo asohoze ibyifuzo bye kandi
agere ku byo yifuza, yizera ko gusohoza ibyifuzo by'umubiri
ari yo ntego nyamukuru y'umuntu, yizeye neza ko iyi si ari
.yose muri byose

Ababyeyi bagomba guha abana babo ubushake
bukomeye n'ubushishozi buhamye kugira ngo babashe
.kwitwara neza mu isi badatwarwa n'ingeso mbi zayo

* * *

Dushima kandi tugashimira Imana ku bw'impano ya buri
mwaka mushya no ku bw'ibyiringiro n'amasezerano yo
kuzuzura biduha

Nta mbaraga ziruta ubusabe buvuye ku mutima bwo
gusaba Imana, kuzana impinduka nziza mu buzima
bw'abantu ku giti cyabo no mu bihe by'isi, no kugera ku
.mahoro n'ubuvandimwe bw'abantu

Dusenga Imana ngo amasengesho y'umuntu ku giti cye,
ibitekerezo byera, n'ubumenyi bukura bihinduke imbaraga
.z'umwuka zihesha Imana impinduka nyazo ku isi
Uwiteka, duhe umugisha kugira ngo tuyoborerwe
n'urumuri rwawe n'amatara amurikira inzira, kandi kugira
ngo tukangure urukundo rwawe mu mitima yacu no mu
mitima y'abandi, kandi dutware amatara y'urumuri ruzima
kandi dukoreshe impano zacu mu byo ukunda kandi bigirire
.akamaro abantu

Dufashe kwiyubakira imiyoboro imbaraga zawe zo mu
isanzure n'urumuri ruyobora bishobora gutemberamo kugira
ngo bifashe abandi kandi bigabanye imibabaro n'imibabaro
yabo, kuko tubikesha wowe dufite imbaraga zo gufasha
.abantu ndetse natwe ubwacu

Twahawe umugisha kugira ngo tubashe kwishyira mu
mwanya w'abababaye

Dukwirakwiza ibitekerezo n'imigambi myiza ku isi yose

Amahoro n'ubuvandimwe bibe uburambe bw'ubuzima

Kuva mu mvugo z'umwarimu Paramhansa

Yogananda

Abantu binubira igitekerezo cyo guhara ibintu bimwe na
bimwe mu buzima, nubwo mu by'ukuri bahara ibintu byinshi
by'agaciro, cyane cyane amahoro yo mu mutima, ndetse
rimwe na rimwe bakitanga kubera amafaranga, ibyo bikaba
.bishobora kwangirika no guhomba

Mujye muyoboka Imana, muzabona ko ubuzima bwanyu
bwahindutse nk'indirimo nziza kandi ishyushye

Hindura ibitekerezo byawe uva kuri iyi si ujye mu bwami
bunini bw'Imana buri muri wowe

Mu bwato bw'ituze ushobora kuja muri iyo si irenze
inzosi zacu aho isoko y'Imana itemba idahwema kuva mu
.bwiwaho bw'umutima n'ubugingo

Mwami, mfasha kugira uruhare rwanjye mu gukina
ubuzima mu buryo bugushimisha, naba mfite intege nke
cyangwa mfite imbaraga, ndwaye cyangwa mfite ubuzima
bwiza, icyamamare cyangwa kitazwi, umukire cyangwa
.umukene, nzi ko unkunda kandi ko utazigera untererana

Ubutunzi bushobora kwamburwa umuntu, cyangwa
bugakurwamo, ubwo yavaga muri iyi si, kandi ntibashobora
kubujyana. Agaciro kabwo nyakuri kari mu kubukoresha mu
bikorwa by'ingirakamaro no mu kuzanira umuntu ibyishimo
no kuzana ku bandi mu buryo bushimisha Imana
.n'umutimanama we

Abatekereza gusa ku mutekano wabo n'ihumure ryabo,
bakibagirwa cyangwa bakirengagiza ibyo abandi bakeneye,
mu by'ukuri baba bishakira ubukene buzababera
umwihariko. Abakomeza ubutunzi bwabo aho kubukoresha
mu bikorwa byiza ntibizanira ubukire mu buzima bwabo bwa
nyuma y'urupfu ahubwo bavuka ari abakene, bafite ibyifuzo
n'irari by'abakire. Ariko abasangira ubukire bwabo
n'ubutunzi bwabo n'abandi bakurura ibyiza n'ubukire aho
.bajya hose

Iyo uhayeho ababikwiye ku bushake, uzasanga Imana
ihora iri kumwe nawe kandi ntizigera igusiga kandi ntacyo
uzakenera. Ntitugomba kwibagirwa ko ubuzima bwacu
bushyigikirwa n'Imana mu buryo butaziguye, kandi iyo
tumenye ko ubwenge bwacu, ubushake bwacu n'ibikorwa
byacu byose bishingiye ku Mana kandi bikayihira imbaraga,
icyo gihe tuzabona ubuyobozi buturutse kuri Yo kandi
tuzamenya ko ubuzima bwacu ari bumwe n'ubuzima bwayo
.butagira iherezo

Gutekereza ku bintu bitanga igihamba cy'uko Imana
ibaho Iyo imiraba y'amarangamutima ivuye mu kidendezi
cy'ubwenge, ibyishimo by'Imana biva mu bugingo. Ibi
.byishimo biba biri mu bugingo, ariko biratwikiriwe
Nyagasani Nzakoresha ubushake bwanjye n'ubwenge
bwanjye mbere na mbere kugira ngo ngere ku bintu bito
hanyuma nkomeze kugera ku bintu binini
Nubwo ibyifuzo byose by'ubutunzi byagerwaho, ariko
bitanga ibyishimo bidasesuye - kandi mu gushaka Imana
nzavumbura ibigega by'ibyishimo bidashira kandi
ntibihwema gutemba no gutemba Mu busitani no mu nzuri
.z'ubugingo

Inzu: Victory Square

Iyo umuntu amara ubuzima bwe akurikirana ibintu
bishimishije, ntazigera amenya uburyohe bw'ibyishimo
nyakuri. Umuntu agomba kubaho mu buryo bworoshye kandi

akitwara mu buzima bworoshye. Ni byiza ko umuntu amara
igihe ari wenyine, agatekereza ku bikorwa bye rimwe na
rimwe, kandi agashyira mu bikorwa amahoro yo mu mutima,
.akizana gukira, kugarura imbaraga no kongera imbaraga
Iyo ibintu bihora bibangamira abandi kandi ibindi bintu
bikangiza ibyumviro, imitsi izababara, imbaraga nyinshi
z'ubuzima zizapfa ubusa, kandi roho izumva ihangayitse
kandi ibabaye. Byongeye kandi, umuntu ntagomba
guhangayikishwa cyane no gukosora abandi; ahubwo
.agomba kwikosora mbere yo kugerageza gukosora abandi
Bimenyekane ko urugo ari rwo kibuga cy'intambara
gikomeye. Umuntu uri marayika mu rugo rwe azaba
.marayika aho ari ho hose
Uburyohe bw'ijwi n'amahoro bigaragazwa n'imyitwarire
.myiza birakenewe cyane mu rugo kuruta ahandi hose
Nk'uko umwijima udashobora kuguma aho umucyo
umurikira, ni ko n'umwijima w'indwara ugomba gucika iyo
umucyo w'Imana umurikira mu turemangingo tw'umubiri,
.kandi ni bake bamenya uku kuri
Iyo abantu bumvise bifuza cyane gukira, basenga bafite
imitima ibabaye Cyangwa bumva bihebye, bakeka ko Imana
itazumva amasengesho yabo Cyangwa bagasenga ariko
ntibategereze Kugira ngo bamenye niba amasengesho yabo
.yageze ku Mana
Nk'uko umuntu adashobora kumva umuziki unyura mu
kirere akoresheje icyuma gitanga amakuru kidakora neza, ni
ko umuntu adashobora kumva imivuduko y'ubuzima,
imbaraga n'ubwenge biva ku Mana hamwe n'igikoreshe
cy'ubwenge kidakora neza gifite ubwoba, imihangayiko,
n'ubwoko bwose bw'imihangayiko, gushidikanya, no
.kutizera

Reka tukwibuke kandi tugushimire, Mwami, mu bihe
by'ubukene n'uburumbuke, mu ndwara n'ubuzima bwiza, mu
mwijima no mu mucyo, no mu bihe byose Reka twibuke
twishimye iminsi y'imibereho myiza waduhaye Dufashe

gufungura amaso y'ukwizera kugira ngo tubone urumuri
rwawe rwiza, rukiza indwara zose n'indwara
Ndi kapiteni w'ubwato bwanjye bw'ibitekerezo byiza,
ubushake bwanjye bwiza, kandi igikorwa cyanjye
cy'ingirakamaro kizabyara umusaruro. Nzayobora ubwato
bw'ubuzima bwanjye, iteka nkomeza guhanga amaso ku
mubumbe w'amahoro ugaragara mu kirere cy'ibitekerezo
.byanjye byimbitse

Nzakoresha ubuhanga bwanjye bwo gutekereza neza
kugira ngo ngere ku ntsinzi muri byose nkora Imana
izamfasha ningerageza kwifasha

Uyu muni nzahinga ubusitani bw'ubuzima nshyizeho
imbaraga nshya kandi mbutere imbuto z'ubwenge, ubuzima
bwiza, kunyurwa, n'ibyishimo. Nzahira imbuto n'ukwizera no
kwiyizera, kandi nzategereza umugisha w'Imana
Ishoborabyose wo kumpa umusaruro ukwiye. Nubwo
ntasarura umusaruro niteze, nzakomeza gushima no
gushimira amahoro yo mu mutima aturuka mu kwihatira
.gukora uko nshoboye kose

Nzashimira Imana ko nshoboye gukomeza kugerageza
kugeza igihe nzatsindira, ku bw'ubuntu bwayo kandi
nzayishimira nigera ku cyifuzo cy'umutima wanjye,
nzaharanira gukora ibikorwa byiza kandi bikwiye gusa,
.nshaka ibyo Imana ishaka

Isi yuzuyemo inkubi z'umuyaga zisanzwe n'iz'abantu,
kandi Imana ni yo ngabo ikomeye n'ubuhungiro bukingira
inkubi z'umuyaga, inkubi z'umuyaga n'ibibi byo muri iyi si.

Aho Imana iri hose, nta bwoba cyangwa agahinda biba.
Umwizera nyakuri ahagarara ashikamye kandi atewe ishema
n'intambara y'ubuzima n'intambara y'ibintu, yizeye ko Imana
iri kumwe na we, imurinda ibyago kandi ntizamutererana na
gato. Bityo, ubwoba burashira mu mutima we kandi icyizere
.kiramufata, uburinzi budashobora gushyirwaho

Kudatinya bivuze kwizera Imana n'uburinzi bwayo, no
kwizera ubutabera bwayo, ubwenge bwayo, imbabazi zayo,
.urukundo rwayo, no kuba hose kwayo

Ubwoba butuma umuntu atakaza imbaraga ze zo mu
mutwe, bugapfukirana ubwenge bwe, kandi bugatuma
umutima we uhora uhindagurika. Byongeye kandi, ubwoba
bushobora gutera ibibazo by'umubiri n'indwara zo mu
mutwe. Aho kugira ngo umuntu agire imihangayiko no
kwifungirana mu mutwe, agomba kwiyezwe ko arinzwe
n'Imana, Ibona Byose, Iyumva Byose, Ifite umutekano mu
gihome cyayo kidacika, kandi ikikijwe n'imbabazi zayo
.n'ubwitonzi bwayo

Haba mu ishyamba rya Afurika, ku rugamba, urwaye
cyangwa ukennye, umuntu agomba kwemeza ko ukuboko
kw'Imana gukomeye kurusha akaga ako ari ko kose kandi ko
gushobora kurinda abashaka kuyihungiraho Nta bundi buryo
bwiza bwo kuyirinda buhari Birumvikana ko umuntu agomba
gukoresha ubwenge mu guhangana n'ibintu mu gihe ari
nako yizeye ubufasha bw'Imana mu buryo bwuzuye Kwizera
ntibivuze kuba umuntu utagira icyo akora cyangwa ngo
akore ibidakwiriye mu gihe cy'amakuba. Ahubwo, uko byaba
bimeze kose, umuntu agomba kwemeza ko Imana yonyine
ari yo ishobora gufasha mu bihe bigoye kandi bigoye iyo
umuntu ayihindukiriye n'umutima we wose, ubugingo bwe
.bwose, n'ibyumviro bye byose

Iyo ingorane zije nk'inkubi y'umuyaga, ntitugomba
kuzireka ngo ziduce intege cyangwa ngo zitwibagize
icyerekezo cyacu gisobanutse neza n'uburyo bwacu bwo
gutekereza neza. Ahubwo, tugomba gukomeza kwizera
Imana no kumva neza icyiza n'ikibi, kandi tugaharanira
gushaka inzira yo kubivamo. Dufashijwe n'Imana,
tuzabibona. Amaherezo, ibintu bizagenda neza kuko
imbaraga n'ibitangaza by'Imana byihishe inyuma

y'ivuguruzanya ry'ubuzima bw'abantu. Abatemera ko ibintu bidashoboka, ahubwo bakagerageza kwinjira mu ruzitiro bakoresheje ubwenge bwabo n'ukwizera kwabo, bazasanga urugi rubakinguriwe—urugi buri wese uwizera akomanzeho

Ubuzima buri mu mwijima, kandi rimwe na rimwe turagwa tugatinda kuja imbere Tugomba kureka umucyo w'Imana ukaba itara rituyobora mu gihe tunyura mu nzira z'umwijima z'ubuzima. Imana ni ukwezi kuzuye mu ijoro ry'ubujiji n'umwijima, ni izuba ry'urumuri mu masaha yo gukanguka, urumuri rw'ubuyobozi, n'inyenyeri iyobora abanyura mu nyanja z'ubuzima bw'isi, bumara igihe gito

Ibibazo bizakomeza kubaho mu isi, none se umuntu ashobora kwerekeza he kugira ngo ahabwe ubuyobozi n'icyerekezo? Ibitekerezo bye, bigizweho ingaruka n'imyitwarire, ivangura, ivangura, n'ubufana, ntacyo bimaze, kandi ingaruka z'ibidukikije bye, umuryango we, igihugu cye, cyangwa isi ye ntizishobora gutanga ubuyobozi nyakuri. Bityo rero, umuntu agomba guhindukirira Imana no kumva ijwi rituje, rituje riva mu mutima we, ijwi rihuye n'ukuri

Itandukaniro riri hagati yo gutekereza mu bwenge no kwisuzuma mu buryo bw'umwuka

Iyo umuntu yishyize hamwe n'ubumenyi bw'imitekerereze, aba ameze nk'umwanditsi ugenda asubiramo imigani n'amagambo meza, abandi bakabifata nk'ababyize kandi bafite ubumenyi. Ariko ubwo bumenyi ntibukomezwa no kubona ukuri mu buryo butaziguye, cyangwa ngo buhuzwe no kugera ku byo mu mwuka. Ubwo bwoko bw'ubwenge cyangwa ubumenyi butuma "umuntu" yihambira ku bwenge bw'ibyumviro, ubwabwo bugamirwa n'ibyumviro by'umubiri. Ubumenyi bw'imitekerereze ntibushobora kubona ubumenyi bw'Imana, kandi ni byiza kudapfusha ubusa igihe cy'agaciro ku bitekerezo bidashobora gukoreshwa mu by'ukuri, kugira ngo umuntu

asange yazimiye mu ishyamba ry'ubwenge rinini,
.adashobora kurenga inyigisho

Iyi gahunda ntabwo izayobora ku kumenya ukuri kuko
ukuri kurenze ibitekerezo n'inyigisho, kandi benshi mu
.bakurikiza ubu buryo bagengwa n'imyanzuro yabo bwite

Iyo umuntu akoresha ubushobozi bwe bwo gutekereza
gusa kugira ngo abone amafaranga n'ibintu bifatika,
ubwenge bwe buzakururwa n'isi y'ibintu bifatika kandi
bugafatwa n'ibintu bigoye bitagira iherezo. Bityo, abantu
b'abanyabwenge bavuga ko umuntu adakwiye kwiyegegurira
ubushobozi bwose bw'ubwenge Imana yamuhaye kugira ngo
akurikirane ibintu by'akanya gato, kugira ngo atazimira mu
buryo bw'ibintu bidasanzwe kandi yirememo inzitizi
n'imipaka bitari ngombwa. Ahubwo, bagomba gukoresha
ubushobozi bwabo bwo gutekereza kugira ngo babone
ibikenewe mu buzima kandi baharanire guteza imbere
ubushobozi bwabo bwo mu rwego rw'umuco kugira ngo
batandukane hagati y'icyiza n'ikibi, n'icyangiza n'icyagirira
akamaro Iyo bakuze ubwenge bwabo bwo mu mwuka,
bazashobora kumva Imana muri bo no kumenya ukuri
kw'umwuka kwihishe inyuma y'udupfundikizo tw'ibintu
bifatika. Iyi mimerere yitwa kwisuzuma mu buryo
.bw'umwuka

Uko impungenge zacu zaba ziri kose, Imana igomba
guhora ifata umwanya wa mbere mu buzima bwacu Kimwe
mu bintu by'ingenzi mu gukura mu mwuka ni uguhorana
umubano uhoraho n'Imana, aho uzabona impinduka nziza
.kandi nziza zizagutangaza cyane

Iyo umuntu ashaka kureba igitaramo, cyangwa kugura
imyenda mishya cyangwa imodoka nshya, si ukuri ko
ubwenge bwe buhora buhugiyemo? Ku bijyanye n'ibyo bintu
n'uburyo bwo kubigeraho cyangwa kubibona? Ntazaruhuka

kugeza igihe asohoje ibyifuzo bye, kandi azakomeza gukora
.cyane kugira ngo agere kuri ibyo byifuzo

Bityo, ubwenge bw'umuntu bugomba kwibanda ku
gutekereza ku Mana, hanyuma ibyifuzo byose bito bito
bizahinduka bibe icyifuzo gikomeye cyo kumva Imana no
.kuvugana na yo

Iyo ubwenge bubwira Imana ijwi rivuye ku mutima kandi
rishyushye rituruka mu mutima w'umutima urarikiye

Umuhamagaro w'ubugingo uzagera ku mutima w'isi
yose, kandi igisubizo kizaza, kizana ibyishimo byinshi

Gusuhuza mu bitekerezo bitera imbaraga zo gukora
ubushake, kugeza igihe uzaba ufite imbaraga zihagije zo
.kugera ku ntego wifuza

Iyo ubwenge bw'umuntu n'ubushake bwe bihuye
n'Imana, aba afite imbaraga zitagira imipaka, ku buryo
gutekereza ku kintu gusa biba bihagije kugira ngo kibeho,
kuko amategeko y'Imana akorera ku bw'abemeranya
.n'ubushake buhebuje

Ibintu byose bitangaje nagezeho mu buzima bwanjye
byagezweho binyuze mu mbaraga z'ubwenge buhuje
n'Imana. Iyo igikoreshe cy'Imana kirimo gukora, icyo nifuza
cyose kirasohora nta gutandukana, kibanza gufata ishusho
nk'igishushanyo kitagaragara, gishingiye ku bushobozi
hanyuma kikagaragara mu by'ukuri n'imbaraga
.zidasubirwaho

Ibanga ryo gukura

Dukura mu bunararibonye bwose tunyuramo, igihe
cyose tuzi neza ko dushobora kubigiramo amasomo
y'ingirakamaro. Kuko buri bubabare n'imibabaro duhura na
.byo bifite icyo bisobanuye n'icyo bigamije

Nubwo ibigeragezo bikomeye, bimeze nk'umuriro
ushongesha amabuye y'icyuma, ukayahindura icyuma cyiza,
gikomeye, kandi gikoreshwa mu buryo butandukanye.
Ubwenge dukoresha mu muriro utwika w'uburambe ni ikintu
gitangaje. Ubuzima buradutunganya, bugahindura kamere
zacu z'ibanze mo ibintu by'agaciro, butuma tubana
n'ubugingo butunganye nk'amabuye y'agaciro, bukomeye
nk'icyuma, ariko bugahinduka kandi bugakomeza gukomera,
.butinyutse mu gihe cy'ibibazo n'ingorane

Iyo tubonye amasura yahinduwe nabi n'uburakari, afite
inkovu z'ubugome, amaso yabo atuma twifuza kwirukana
ububi mu mitima yacu—ubugingo butagizweho ingaruka
n'imigambi mibi n'inzika zikomeye zihishe ishusho nziza
y'Imana iri muri twe, nk'uko ivu rihumanya indorerwamo.
Ibikorwa bibabaza by'abandi bigomba kubyutsa muri twe
icyifuzo cyo kunoza imyitwarire yacu no kwifata, kugira ngo
tube abagenga b'irari ryacu ritagengwa, aho kuba imbata
.zaryo

Amagambo meza ni umuti utangaje w'indwara nyinshi,
afite imbaraga zikomeye, hafi ya za gihanga, zikurura
imigisha myinshi n'ubutunzi ku bavuga. Abakoresha
amagambo ahumuriza kandi yoroshya bumva umugezi
utemba muri bo nta nkomyi, wuzuyemo ituze ryinshi. Ibi
biterwa nuko uwo mugezi uhujwe n'isoko yawo yo hejuru,
ihora itemba kandi ihora igera ku bantu mu buryo buhuje
nayo. Hanyuma bazashobora kohereza uyu mugezi
.w'ibyishimo ku bantu bifuzaga amahoro

Buri muni, umuntu yireba mu ndorerwamo kugira ngo
arebe isura ye kuko ashaka kugaragara neza imbere
y'abandi. Mbega ukuntu ari ingenzi cyane ko ahagarara buri
muni ari kumwe na we ubwe, akareba mu ndorerwamo
y'isesengura ry'imbere kugirango avumbure ibiri muni
y'ubuso burabagirana! Kuko ikintu cyose gikurura inyuma

gikurura umuntu imbere kandi nta kintu na kimwe cyanduza
indorerwamo y'ubugingo nk'ihindagurika ry'imitekerereze
nk'uburakari, inzika, ishyari, n'urwango Umuntu wese
uharanira kwibohora kuri ibi bintu, bidasanze ku miterere
y'umwuka, azatuma urumuri rw'ubwiza bw'imbere ruturuka
imbere

Mu isesengura, twasanze ibibazo by'abantu ari bitatu:

hari ibibazo n'ibibazo byibasira umubiri w'umuntu, ibindi
byibasira ubwonko, n'icyiciro cya gatatu gifunga inzira
.z'ubugingo

Indwara, ubusaza, n'urupfu ni ingorane n'inzitizi umubiri
uhura nazo. Indwara zo mu mutwe, ariko, zinjira mu bwenge
binyuze mu gahinda, ubwoba, uburakari, ibyifuzo
bihagaritswe, inzika, urwango, gutwarwa
n'amarangamutima, gushyuha gukabije kw'imitsi, na kanseri
yo mu mutwe igabanya ubushobozi bwo mu mutwe. Ariko,
indwara iteje akaga cyane ni indwara y'ubugingo, igaragarira
.mu bujiji, aho izindi ndwara zose zikomoka zikanakwirakwira

Hari icyiza kiruta ikibi ku isi

Iyo gushidikanya kujegajega, twagombye kwibuka
ubuzima bw'abantu bakomeye. Nibyo koko turi abantu, ariko
Imana yaduhaye imbaraga zidasanzwe tudakunze
gukoresha. None se kuki dutinya gusaza, indwara
n'agahinda? Tugomba gukora uko dushoboye kose kugira
ngo twite ku mibiri yacu, ariko ntidukwiye kugwa mu bwoba
.cyangwa ngo twihishe mu mirundo y'ubujiji

Umubiri si umuntu wese

Icyiza kiruta ikibi muri iyi si kuko Imana ari yo mbaraga
z'ikirenga. Ariko iyo ikibi kidugezeho, twibwira ko nta
.bubasha dufite bwo kukigenzura cyangwa kukivamo

Inkubi z'ibibi zizapfa, ariko dushobora gutsinda ingaruka
.zabyo no kuzitsinda

Ntabwo twahawe ubuzima ngo tuburimbure, ahubwo
twahawe kugira ngo dusobanukirwe iby'iteka ryose, kandi
tugomba kwibuka uku kuri

Udafite ubwisanzure bwo gutekereza, umuntu
ntashobora kwigaragaza mu buryo buboneye, butunguranye,
kandi busanzwe. Wibuke ko ufite umudendezo w'ibanze.
.Imbaraga z'ubushake zihora zigenga

Iyo ukoresheje ubushake bwawe neza, bizaguha karma
nziza, ariko abantu benshi ntibashaka guhinduka kandi
ntibashaka gushyiraho imihati, bityo bagwa mu bibazo kandi
.ntibashobore guhangana n'ibibazo

Gukora icyo umuntu ashaka cyose si ubwigenge, kuko
abantu bayobowe n'ibyifuzo byabo, bityo ibikorwa byabo
ntibishobora kwitwa ubwigenge na gato. Ubwigenge nyakuri
busobanura gukora byose ufite ubushake buyobowe
n'ubwenge. Umuntu ashobora kugenzura ingaruka z'ibikorwa
bye bya kera, bizabikurikira nta kabuza, niba abyutsa
ubushake bwe akabukoresha mu bikorwa byiza kandi
by'ingirakamaro. Iyo ukora ibikorwa byawe ufite ubwenge
n'imbaraga, imbaraga z'ibikorwa byawe bibi bya kera
zizagabanuka kandi ingeso zikomoka ku bikorwa byawe
.byiza zizakomera

Duhora twifuza ibyo tubura kandi tugakunda ibintu bitari
ngombwa Iyo ikintu kidufashe, dutakaza uburenganzira
bwacu bw'agateganyo Nk'uko Abanyaburasirazuba
bakoreshwa n'imigenzo ya kera, ni ko Abanyaburasirazuba
bakoreshwa n'iyo muri iki gihe. Twihangira iherezo ryacu
.kandi tukarihambiraho

Kuki umwana umwe avukira mu muryango mubi undi
akavukira mu muryango mwiza? Buri wese muri bo
yakoresheje umudendezo we kugira ngo abeho mu buryo
runaka mu gihe cyashize (mu buzima bwabanye) bityo
.yishyira mu mimerere nk'iyi muri ubu buzima

Nta mudendezo nyakuri ubaho udafite Imana Tugomba
kuyitekerezaho buri gihe Uko impungenge zacu n'ibitekerezo
byacu byaba biri kose, Imana igomba gufata umwanya wa
mbere mu mitima yacu, kandi niduhuza nayo by'ukuri,
tuzahabwa ubushobozi bwo gusohoza ibyo tugomba, igihe
.icyo ari cyo cyose, tubifashijwemo n'Imana

Inama ku mwigishwa

Umwe mu banyeshuri yasabye mwarimu Paramhansa
inama zo kwiteza imbere, aramubwira ati: Niba ushaka
gukundwa Tangira ukunda abandi bakeneye urukundo
rwawe

Kandi niba utegereje ku bandi, babere indahemuka
kandi ube indahemuka kuri bo kugira ngo bakubere
.indahemuka

Niba wifuza gukumira abandi gukora nabi no mu buryo
bw'uburiganya, ntukemere ko uburiganya bwinjira mu
.bitekerezo byawe, kandi ntugakore ibintu byangiza abandi

Niba ushaka ko abandi bakwishyira mu mwanya wawe,
tangira ubereka impuhwe kuri bo, cyane cyane ku bo
.bagukikije

Niba ushaka ko abandi bakubaha, ugomba kubaha
.abato n'abakuru

Niba ushaka amahoro ku bandi, ugomba kubaho mu
bwumvikane

Niba ushaka ko abantu baba abanyadini, ba umuntu w'umwuka kandi ureke abandi bumve ko uri icyitegererezo .cyiza kandi ko bashobora kukwiringira no kukwizera

Muri make, icyo ushaka ko abandi bagaragaza Kimwe mu byiza ni ukubanza kubyerekana mu buzima bwawe, .kandi uzabona ko abantu bazakwitwaraho kimwe

Niba ushobora kumenya ahantu mu buzima bwawe hakenewe kunozwa udacitse intege cyangwa ngo ugire ikibazo cyo kwiyoroshya, kandi niba uhora ukora ibishoboka byose kugira ngo wongere imico yawe, igihe umara kuri ibi kizaba cyiza cyane kuruta uko wapfusha ubusa icyifuzo cyawe cyo kwiyoroshya. Urugero rwawe rwiza n'imyitwarire myiza bifite imbaraga zo guhindura abandi kuruta ibyifuzo .byawe, uburakari, n'amagambo gusa

Uwiteka, uri isoko y'ibyiza byose n'inkomoko y'imbaraga zose. Duhe umugisha kugira ngo tugaragaze imigisha yawe kuri twe mu buzima bwacu, mu byifuzo byacu by'ubwenge, no mu miterere yacu y'umwuka. Uri urumuri mu nyenyeri, imbaraga mu matome, ineza mu mitima, n'ubwiza mu kuri. Dufashe kuzura imbaraga zawe zihebuje, ubwenge bwawe .butagira imipaka, n'ukuri kwawe kutagira imipaka

Mwami, tumenye ko uri isoko y'ubuzima, inyanja y'ubuzima, n'isoko y'ubwenge bwose n'ubumenyi. Utubohore mu bujiji n'ingaruka zabwo, mu bwoba n'imihangayiko, kandi ureke ubwenge bwawe bukureho imyanda yose n'ibisigazwa .mu buzima bwacu

Kuraho, Nyagasani, imyenda itwikiriye isura yawe, tukubone nk'urumuri rumurika cyane, nk'izuba ritabarika riri mu iherezho ry'ubuzima bwacu, tukumve nk'imbaraga ihora ivugurura ihumeka ibitekerezo byacu, igatunga roho zacu, .igashyigikira imibiri yacu, kandi igasohozza inzozo zacu

Amina

Abantu benshi ntibazi impamvu Kuva aho bari ku isi,
bizera ko intego y'ubuzima ari ugusohozza ibyifuzo byabo,
kubona ibya ngombwa mu buzima, gushaka ibinezeza no
.gukundwa n'abantu, hanyuma bakiyegurira uwa nyuma

Abantu batangira ubuzima bwabo Abategura
porogaramu bafite ibyifuzo n'ibyifuzo byihariye
bitaragezweho mu bihe byashize Kandi bagerageza -
bakoresheje ubushake buke basigaranye - Bigana ibyifuzo
n'ibikorwa by'abandi, niba bifatanya n'abacuruzi, bifuza
kumera nka bo, kandi niba bifatanya n'abahanzi, ubuhanzi
buba byose kuri bo

Imana ishaka ko tuba abantu bashyira mu gaciro muri
iyi si Yaduhaye inzara idusaba gukora kugira ngo tuyihaze,
ariko gushaka ibiryo, aho kuba, amafaranga n'ibintu gusa
.bivuze ko umuntu yibagirwa isoko y'ibyishimo bye

Nibyo koko tugomba gukora kugira ngo tugere ku byo
dukeneye kandi duharanira kugera ku ntego zacu zemewe,
ariko mbere ya byose, tugomba gukingurira Imana imitima
yacu no gushaka ubuyobozi bwayo no kwemerwa nayo mu
byo dukora byose. Hanyuma tuzatsinda mu ishuri
ry'ubuzima, kuko tuzahabwa ubuyobozi n'Umuyobozi Mukuru
akaba n'Umutanga uzi ibyo dukeneye n'ibidukwiriye. Bityo
rero, tugomba kuyiringira no kuyigandukira mu bushake
.bwayo bw'ubwenge

Kuva mu biganiro byatanzwe n'umwarimu

Paramahansa

Iyo ibyishimo by'imbere mu mutima bipfukiranywe
n'uruhererekane rw'ibinezeza by'igihe gito, urumuri
rw'izahabu rw'umwuka ruragabanuka, kandi ubushobozi
bw'umutima bugaragara bwihishe inyuma y'ubucucike

bw'ibintu Iyo ubwenge bw'umuntu bukururwa n'ishyari
n'ishyari, kandi bugatwikirwa n'ibicu by'ubwoba
n'impungenge, aba umunyamubabaro, umunyamubabaro,
kandi agatsindwa Ariko iyo umuntu yerekeje ibitekerezo
bimwe ku rukundo, amahoro n'ubwumvikane, agira
.ibyishimo bikomeye

Roho yumva ibyishimo iyo ivuye ku byifuzo by'umubiri
bivanze n'imibabaro n'agahinda ikajya ku mico igaragara
.y'umwuka, yuzuyemo ibyishimo bihebuje

Iyo roho yinjiriye mu byishimo bikomeye byo mu isi, iba
itagishishikajwe no gukurikirana ibyishimo byo hejuru kandi
ikaba itabasha kubona ibyishimo byo mu buryo bw'umwuka.
Benshi bashobora kuvuga ko kureka ibinezeza byo mu buryo
bw'umubiri bisa nkaho bidashoboka muri iyi si cyangwa mu
gihe babana n'abantu ibitekerezo byabo bishingiye gusa ku
bintu by'umubiri. Ariko, ntabwo ari ngombwa ko umuntu
usanzwe areka isi agasubira mu misozi no mu mashyamba
kugira ngo abone ituze n'amahoro. Ahubwo, bagomba
kuguma muri iyi si badaretse ngo imigezi yayo ikomeye
.ibakureho, kugira ngo barengerwe n'imiraba y'ubu buzima

Umuntu ntagomba kuba umuntu urangwa n'ibitekerezo
bibu ku bimukikije, kandi icyo gihe ntagomba kwemera ko
ibintu by'umubiri bimuhuma amaso, kugira ngo atazatakaza
kamere ye y'umwuka maze ntashobore kuryohereza
.n'ibyishimo no kubona urumuri rw'Imana
Ubuzima, hamwe n'ishingiro ryabwo, ibice byabwo,
n'intego zabwo, ni ikibazo kigoye kumva ariko ntabwo
kidashoboka kugikemura, kandi hamwe n'imatekerereze yacu
igenda itera imbere, dukemura amabanga amwe n'amwe
.buri muni

Ibikoreshe bishingiye ku mahame ya siyansi nyayo muri
iki gihe biratangaje rwose, kandi ibyo siyansi izana biduha
ishusho isobanutse neza y'uburyo ubuzima bushobora

kunozwa. Nubwo hari ibikoreshe byose, ibihangano,
n'ingamba dufite, turacyasa nkaho turi nk'ibipupe biri mu
maboko y'amateka, kandi inzira iracyari ndende Mbere yuko
.tubahohotewe kuyoborwa n'ibidukikije

Nta gushidikanya, kubaho dukurikije kamere si
ubwisanzure. Ubwenge bwacu bushishikaye burarengerwa
kandi bugafungwa n'ibiyumvo byo kutagira icyo dukora iyo
twumva ko turi abagwiririwe n'imyuzure, inkubi y'umuyaga,
cyangwa imitingito, cyangwa iyo ibintu bitubayeho - nta
mpamvu yumvikana - abacu dukunda hafi y'imitima yacu.
Hanyuma tukamenya ko tutageze ku ntsinzi nyinshi, kandi
ko tutashoboye gutsinda ibintu bibi. Nubwo twashyizeho
imihati yose kugira ngo ubuzima bube uko tubyifuza, hari
ibintu bimwe na bimwe bizahora bigaragara kuri uru rwego
rwo ku isi, n'ibintu biyobowe n'ubwenge bukomeye tutazi
byinshi, bukora butishingikirije ku bitekerezaho byacu
n'ubushake bwacu. icyiza dushobora gukora ni ugukora no
.kunoza bimwe na bimwe

Duhinga ingano tugakora ifu, ariko se ni nde waremye
imbuto ya mbere? Turya umugati ukozwe mu ifu, ariko ni
nde wahaye imibiri yacu ubushobozi bwo kuyisya? Kandi se
?twahindura dute ibiryo mo intungamubiri

Mu mfuruka zose z'ubuzima Hagaragara ko hari
ukuboko kw'Imana gukenewe cyane. Ntidushobora gucunga
imirimo yacu tudafite, kandi dufite icyizere cyose. Ntituzi
igihe umutima uzakagarara gukora. Bityo rero ni ngombwa
kwishingikiriza ku mbaraga z'Imana zihebuje no
kwishingikiriza ku muntu wacu wo hejuru, ukomoka kuri
.ubwo bubasha bwose dukurikiza

Tugomba kugira ukwizera kuzira ubwibone, kandi
tukagenda mu nzira z'ubuzima dufite icyizere

Nta bwoba n'umushyitsi, nta mibabaro n'ifungwa

Kurwanya allergie

Gutsinda uburyo bwo kumva ibintu neza ni ubuhanga
buhambaye, kandi kugenzura uburyo umuntu yihutira
gusubiza ni ingenzi kugira ngo umuntu agire imico iboneye
.kandi yuzuye

Ubwibone buturuka ku kutumvikana, kwisuzugura,
ubwibone bukabije, n'ubwikunde bukabije

Iyo umuntu atekereje ko ibyiyumvo bye byamubabaje,
icyo gitekerezo gishinga imizi mu mutwe we, kikangura
imitsi ye, hanyuma ikagira intege nke maze ikarakaza.
Uburakari bugatangira mu mutima we bitewe
n'amarangamutima yakomeretse. Ariko, hari abantu bafite
ubushobozi bwo kugenzura amarangamutima yabo, bityo
ibimenyetso byabo byo hanze ntibigaragare nubwo hari
uburakari bwinshi bubarimo. Abandi bagaragaza uburakari
bwabo binyuze mu buryo bwihuse, bugaragara mu mitsi
y'amaso yabo no mu maso, ndetse no mu buryo
.butunguranye, butanga amakuru

Amarangamutima akabije agira ingaruka zikomeye;
arushaho kugorana kandi agatera ubwumvikane buke bugira
ingaruka mbi ku bandi

Hagomba gushyirwaho imbaraga zo kwifata no gutuza,
bigatera imbere ikirere cy'ubwumvikane n'ubwumvikane
bitera amahoro aho kugira imihangayiko no kwirukana
umwuka w'imihangayiko Abazabikora bazaba abahanga mu
by'ejo hazaza habo kandi bazahembwa icyubahiro n'ishimwe
.n'icyubahiro n'ababakikije

Ubwibone bukabije ni ikintu abantu benshi bahuriyeho,
kandi iyo iki kinyabupfura kidasobanutse kigurumana,
gihuma amaso y'ubwenge kandi kigapfukirana amaso
y'ubwenge. Ikirenze ibyo, umuntu ufite ubwitonzi bukabije

yibwira ko atekereza, yumva kandi akora neza, mu gihe mu
!by'ukuri imyitwarire ye ishobora kuba itari yo rwose

Abantu benshi bizera ko bagomba kwigirira impuhwe iyo
banenzwe, kandi ko kwigirira impuhwe bibaha ihumure.
Ariko kimwe n'abasinzi b'ibiyobyabwenge, uko barushaho
.kubiyihanganira, niko ubusinzi bwabo burushaho gukomera

Umuntu ufite ibyiyumvo bikomeye akunze kubabara
bitari ngombwa Akenshi nta muntu uzi icyamuteye
akababaro cyangwa imiterere y'akababaro ke, bigatuma
agira agahinda kenshi mu kwishyira mu kato. Nta kintu na
kimwe gishobora kugerwaho mu kwibanda ku bitutsi
cyangwa kunengwa bucece. Ni byiza cyane gukemura
impamvu nyamukuru z'ubwo burwayi binyuze mu
.gusesengura no kwifata

Ubwo bwoko bw'allergie idafite akamaro bugira ingaruka
zikomeye; burya umutima nk'umuriro kandi bugasenya
ingingo z'amahoro. Bityo, bugomba gukemurwa mu buryo
bw'ubwenge, mu buryo bwumvikana, kandi bufite ubushake
.buhamye

Nkora cyane kugira ngo nkorere buri wese, ariko iyo
nisubiye inyuma kugira ngo ntekereze, sinshobora
kwemerera umuntu uwo ari we wese kubangamira
ibitekerezo byanjye. Ibindi bintu bishobora gutegereza, ariko
gahunda yanjye ya buri munsu n'Imana ntigomba
.kwirengagizwa cyangwa ngo yirengagizwe

Mbere yo gukora ikintu icyo ari cyo cyose, hagarara gato
utekereze witonze ku ngaruka n'ingaruka zabyo ku bwenge
bwawe, umubiri wawe, na roho yawe. Ibikorwa biyobowe
n'agahato si ukwibohora, kuko ibikorwa binyuranyije
n'amategeko y'ubwumvikane n'iterambere bizabangamira

umuntu. Ibinyuranye n'ibyo, ibikorwa byemejwe
n'ubushishozi kandi bikurikije umutimanama w'umuntu ni
.byiza kandi bitanga umudendezo

Iyo uhisemo gukora ikintu cyiza, cyangwa kwirinda
gukora ikintu kibi, kandi ugakomera kuri icyo cyemezo kandi
ugakora ibikwiye, menya ko umugabane wawe
.w'ubwisanzure ari mwinshi

Imana ishaka ko dukoresha uburenganzira bwo
guhitemo twahawe kugira ngo tuyishakishe kandi tuyibone,
ariko ntishaka kutwishyiramo

Icyifuzo cyo kwegera Imana no kuyimenya ntikiza
ubwacyo, ahubwo kigomba gushyirwamo imbaraga no
gukuzwa. Nta cyifuzo icyo ari cyo cyose, ubuzima nta gaciro
.cyangwa uburyohe buba bufite

Reka ubushishozi bwawe bwo mu mwuka buyobore
imitekerereze yawe kandi intsinzi izagukurikira aho ujya
hose

Nyeguriye Imana ijwi ryanjye, amaboko yanjye, ibirenge
byanjye, umutima wanjye, umubiri wanjye,
amarangamutima yanjye, ubushake bwanjye na byose

Urukundo ni intwari y'umwuka irangiza intambara zose

Hirya y'iyi si hari isi itagira imipaka aho tuzongera
.guhura n'abo twibwiraga ko badusize burundu

Ubu buzima bwo ku isi buhora buhinduka agahinda
gakurikira agahinda, amayobera ku mayobera. Iki
kimenyetso kigaragara mu butayu bw'ubwenge bwacu
kigomba kuvaho, kandi tugomba gukangura twebwe ubwacu
.kuva muni y'umwenda munini w'ibintu

Ntugerageze gushingira ibyiringiro byawe kuri ubu
buzima Ingwate yawe iri he? Uba ufite umutekano gusa iyo
uhungiye mu bumenyi bw'Imana

Ishingiro ry'ubugingo rimeze nk'izahabu ya kera
yahishwe muni y'ubutaka lyo ubutaka bukuwe muri zahabu
bukagezwa n'amazi yo gutekerezwa, bucya bugashya kandi
.bukagira isuku n'ubuziranenge

Uwiteka, reka turebe ibyiza, dutekereze ibitekerezo
bizima, kandi twifatanye n'abafite imico myiza. Dufashe
kugutekerezwa no kugutekerezaho, wowe soko y'ubutungane
.bwose n'inkomoko y'ibyiza byose

Ubwigenge ku ntege nke

Uburyo bwiza bwo gutsinda intege nke ni ukureka
kuzitekerezaho; bitabaye ibyo, igitekerezo cy'intege nke
kizarenga ubwenge bwawe kandi kigenge imbere yawe lyo
twinjije umucyo muri twe, umwijima uzashira nk'aho utigeze
.ubaho

Icyo gitekerezo kimpa imbaraga zidasanzwe
Iyo urumuri rwinjijwe mu buvumo bwari bumaze imyaka
ibihumbi butwikiriwe n'umwijima, umwijima uhita ushira. Mu
buryo nk'ubwo, intege nke n'amakosa birashira iyo
twemereye urumuri rw'Imana kwinjira mu bwenge bwacu,
kandi umwijima w'ubujiji ntushobora kugumaho. Iyi ni
.filozofiya tugomba kubahomo

Gutinda ntacyo bimaze Uruziga rw'ubuzima
ntiruhagarara, kandi iminsi y'ubuzima bwacu ihita vuba Buri
munota dukoresha dutekereza neza kandi dukora neza ni
.ishoramari ryiza kandi ryunguka mu byishimo byacu

Abantu benshi bamara ubuzima bwabo bwose
batekerezwa ku mafaranga, igitsina, n'icyamamare, kandi

ntibakunze kwibanda ku bintu by'ingenzi bibazanira amahoro
yo mu mutima no kuzamura ubumenyi bwabo ku rwego rwo
.hejuru

Uko uruhare rw'umuntu rwaba ruciriritse kose, afatwa
nk'uwatsinze mu maso y'Imana iyo azi gukoresha umwanya
we neza no kwerekeza ibitekerezo bye mu cyerekezo
.gikwiye

Iyo umucyo w'Imana umurikiye umuntu, ntabwo yumva
ko hari icyo akeneye kuko ibyishimo bimurenze bisohoza
inzosi ze zose kandi bigatuma yumva mu mutima we ko ari
we mukire ukize kurusha abandi kandi ko ari we wishimye
.kurusha abandi bese muri ubu buzima

Umuyoboro w'urumuri

Abo ubwenge bwabo mu by'umwuka bukangurirwa
n'ibitekerezo biboneye, ibikorwa byiza, amarangamutima
meza, no gutekereza cyane bashobora kumva ko bavuye mu
mubiri mu gihe cya nyuma cyo kuva binyuze mu jisho
ry'umwuka. Mu gihe cy'urugendo rwabo rwo ku isi, yoga
ikora imyitozo yo kubona inzira y'ijisho ry'umwuka ku
mupaka uri hagati y'ibintu n'umwuka, kandi mu gihe cyo
kuva ku isi, bashobora kwinjira muri iyi nzira imurika bakava
muri iyi si bakajya mu bwami bw'Imana butagira akagero
.bw'umucyo, ibyishimo, amahoro, n'ubwisanzure busesuye

{Umucyo ku wundi}

Itara ry'umubiri ni ijisho [ry'umwuka]

Niba ijisho ryawe ari rimwe

Ubwo rero umubiri wawe wose uzuzura urumuri

Kandi umucyo uca mu mwijima, ariko umwijima}

{ntiwawumenya

Kwita ku bandi ni ukumva agahinda k'abandi, kubegera,
kuvugana na bo, kugerageza by'ukuri kubahumuriza mu
byago byabo, kwishimira ibyishimo byabo, no gukora uko
dushoboye kose kugira ngo tubakureho ubwoba, ubukene
.n'imihangayiko

Umuntu ufite umutima wo gufasha abandi ntakora
akurikije imibare n'ibyo yiteze, ahubwo akoresha ubushishozi
bwe n'ubushishozi bwe kandi agafasha abandi, ashimira
Imana ku bw'intsinzi yagezeho. Iyo ananiwe rimwe cyangwa
inshuro nyinshi, ntabwo yumva acitse intege, ahubwo
arushaho kwiyeemeza, akongera imbaraga ze agasubiramo,
agashakisha ibitekerezo bishya n'inzira, ayobowe n'umucyo
w'ubwenge, kandi agashaka ubufasha bw'Imana kugeza
igihe agereye ku ntogo ye kandi akagera ku mugambi we
.mwiza

Ukora kugira ngo abandi bagire ibyishimo Imana imuha
ibyishimo afite ihumure ryo mu mutima. Kandi iyo abuze
ikintu ku bw'abo agerageza gufasha, ntakibona nk'igihombo
kuko ku bw'ibyo abona ibyishimo by'Imana n'amahoro yo mu
mutima. Abaho kugira ngo akunde, akore, atange, kandi
.abiba imbuto z'ineza n'amahoro mu mirima y'abantu

Umuntu wese urenga isi ye bwite mu bitekerezo bye
n'amarangamutima ye yongera ubumenyi bwe, yongera
impuhwe ze, kandi yumva ko isi ari urugo rwe kandi ko
ubumuntu ari umuryango we. Amenya ko intego yo kubaho
kwe kuri iyi si ari ukwivugurura mbere yo kugerageza
kuvugurura abandi, kuko umuntu wese wivugurura afasha
abandi kwivugurura binyuze mu rugero rw'ubuzima bwe.
Ibikorwa bigira ingaruka zikomeye kandi bigira ingaruka
.zikomeye ku bugingo bw'abandi kuruta amagambo

Ahantu hagufi ho guhagarara

:Ubwiza bw'ukuri

Hari abantu bageraze guhunga ibibazo byabo baseka,
ariko ubwo bwoko bwo guhunga busaba umutimanama
ukeye, udafite uburyarya n'uburiganya Iyo umuntu yitayeho
ubwe no ku bandi, kandi agakora ibintu mu buryo
bw'icyubahiro no mu bunyangamugayo, amaso ye
arahumura, kandi akabona urumuri rudasanze—urumuri
rw'ukuri rudashidikanywaho

:Ubunyangamugayo

Hari abantu bavugaga ibintu byinshi bitwaje ko ari
inyangamugayo, ariko ntushobora kubwira buri wese ibintu
byose Iyo utanze inama n'ubuyobozi, hari abantu bumva
nabi amagambo yawe kandi ntacyo bungukira ku byo uvugaga;
iki ni igikorwa cy'ubusa kandi ni igikorwa kidashimwe
Guceceka muri bene ibyo bihe ni byiza, ariko ibi
ntibisobanura guceceka ku makosa

:Kwishyira hamwe

Kwishyira hamwe ni byiza cyane Abantu benshi bazi
ukuntu bigoye kuba mu bwumvikane n'abandi, ariko se
wigeze utekereza kuba mu bwumvikane n'abandi? Biragoye
cyane, ariko birashoboka Iyo wisesenguye, uzabona ko uhora
uhanganye nawe Niba utikunda, ntuzakunda undi muntu
Kandi niba umuntu adahuye nawe, ni gute ashobora kuba mu
?bwumvikane n'abandi

Kwishyira hamwe ni ingenzi kugira ngo umuntu agire
ubumwe n'isi Bityo rero, ni ngombwa kwiha agaciro no
kwikunda, kuko ukwiriye urwo rukundo Umuntu agomba
kwikunda kuko Imana yaturemye ikaduha ubushobozi bwiza
Gukunda uyu muntu w'imbere, uyu mwuka wuzuyemo imico
myiza, bitera imbaraga zo kugira imyitwarire myiza kandi
bigasukura ubwenge ku byanduza n'umutima ku bubi
.n'inzi

:Gupima icyerekezo cy'ubuvanganzo

Umuntu ntashobora gushuka umutimanama we,
gushingira ku makosa ye, cyangwa guhunga ingaruka
z'imyitwarire mibi, kabone n'iyo yaba agiye mu wundi
mubumbe. Ingaruka z'ibikorwa bye zirajyana na we, kandi
umuntu agomba gukosora inzira ye no gukosora umurongo
ngenderwaho w'umuco kugira ngo urushinge rwayo ruhore
.rwerekeza mu cyerekezo gikwiye

Hari abantu baba mu mimerere mibi cyane nyamara
bakaba biyumvamo neza, abandi bakaba bafite amahirwe
yose n'ibyo bakeneye byose ariko bakaba bahora
bahanganye na bo. Bityo rero, umuntu ntagomba
gutegereza ko ibintu bihinduka. Yemeze ko umeze neza
.nubwo ibidukikije byaba bitandukanye n'ibyo wifuza

Umuntu wese wishyira mu maboko y'ibintu, ategereza
ko ibintu bihinduka, kandi gutegereza kwe kuzamara igihe
.kirekire

Bivugwa ko umugabo yavugaga indimi cumi n'umunani
neza, nyamara yari umukene cyane ku buryo atashoboraga
kubona itara ryo gusoma. Yajyaga mu mfuruka akicara
muni y'urumuri rwo ku muhanda kugira ngo asome. Mu
by'ukuri, ubushake butanga uburyo, bugatanga amahirwe,
bukongera icyizere, bugasohozza imirimo, kandi bugasohozza
.ibyifuzo n'inzozi

Gushyikirana nyabyo n'abazi Imana bishobora gukorwa
binyuze mu kubana nabo ubwabo, gusoma inyandiko zabo
mu buryo bwimbitse, cyangwa kubatekerezaho mu buryo
bwimbitse kandi burangwa n'ubucuti Ingingo y'ingenzi yo
kwibuka Ijyanye n'ubwenge bwabo, bujyanye n'Imana

Iyo duhuje ubwenge bwacu n'ubugingo bukomeye
bukunda Imana, ubwo bwumvikane buhindura ubuzima

bwacu buhoro buhoro mu buryo butangaje cyane. Ubwo
bwumvikane ntibushyira ubushake mu bucakara ahubwo
bwagura ubushobozi bwabwo kandi bugakomeza imbaraga
zabwo. Iri ni itandukaniro riri hagati yo kuba mu bwumvikane
n'abantu buzuye ubwikunde kandi bashishikajwe n'ibyo
bashobora kunguka, no kuba mu bwumvikane n'abakunzi
b'Imana n'abantu bagamiye gutanga no gukangura urukundo
rw'Imana mu mitima y'abahuje nabo. Ubuhanga bw'aba
bantu b'imigisha butuma tugirana isano ya bugufi
.n'ubuhanga bw'Imana

Tugomba kuzirikana ko nubwo duharanira guhaza ibyo
dukeneye, tugomba no gufasha abandi kubona ibyo
bakeneye no gusangira n'abatishoboye ibyiza byo mu
buzima bidutegereje. Twibuke ko turi igice cy'ingenzi
cy'umuryango mpuzamahanga kandi ko tudashobora kubaho
.tudafite uyu muryango mugari

Ubuzima bwaba bumeze bute hatabayeho ababaji,
abavumbuzi, abahinzi, n'abandi? Binyuze mu gutanga no
kwakira, no guhana serivisi, Imana ishaka ko dutekereza ku
bandi kandi tukabagirira impuhwe. Ni ikosa rikomeye kubaho
ku giti cyacu gusa tuatekereza ku bandi. Iyo dutekereje ku
byishimo byacu, tugomba no gutekereza ku byishimo
by'abandi. Ntidusabwa gutanga ibyo dufite byose kugira ngo
umuryango w'isi yose ubeho neza, kuko ibyo bidashoboka.
Ahubwo, tugomba kugirira impuhwe abandi kandi tugakora
uko dushoboye kose kugira ngo tubafashe kandi
.tubagabanyirize imitwaro

Hari isano iri hagati y'intsinzi no hagati y'ibyishimo
.by'umutima, mu rwego rw'ibidukikije umuntu abamo

Intsinzi nyakuri ni umusaruro w'imyitwarire ijyanye
n'amahame yo gukiranuka, kandi irimo ibyishimo
n'imibereho myiza y'abandi nk'igice cy'ingenzi cyo kunyurwa
ku giti cyabo. Umuntu wese ushyira mu bikorwa iri hame mu

buzima bwe bw'umubiri, mu bwenge, mu by'umuco no mu
by'umwuka azasanga ubu busobanuro bw'intsinzi ari
.bwuzuye kandi bwuzuye

Abantu batekereza ku ntsinzi mu buryo butandukanye
bitewe n'intego zabo mu buzima. Hari igihe bamwe
bayigereranya n'ubujura, bavuga ibintu nk'ibi ngo "Ni
umujura watsinze!" Ibi bigaragaza ko atari ko gutsinda kose
.ari ingenzi; gutsinda kwacu ntikugomba kwangiza abandi

Ikindi kintu cy'ingenzi kugira ngo umuntu agire icyo
ageraho ni ukuzana ubwumvikane n'umusaruro mwiza, atari
kuri twe ubwacu gusa, ahubwo tugomba no gusangira ibyo
.byiza n'abandi

Kugera ku ntsinzi mu by'imari ntibisobanura gusa
kwishimira ibyo dukwiriye; bivuze kandi kugira inshingano
nziza zo gufasha abandi kwihangira ubuzima bwiza Umuntu
wese ufite ubwenge ashobora kubona amafaranga, ariko
niba afite urukundo mu mutima we, ntabwo azashobora
kuyakoresha mu buryo bw'ubwikunde; ahubwo, azasangira
.n'abandi ibyo afite

Amafaranga aba umuvumo mu maboko y'abantu
b'abanyanteye nke n'abanyamahane, ariko ni umugisha
.n'impano ku bafite amaboko meza n'imitima myiza

Roho nziza zikurura imitima myiza kandi zikayikurura

Tugomba kwigira gukunda bagenzi bacu nk'uko twikunda
no kwibuka ko turi hano muri ubu buzima igihe gito,
hanyuma tukajya mu yindi si, aho urwego rwayo rushingiye
ku rwego rw'imitekerereze yacu n'ubwiza bw'ibikorwa byacu
.muri iki gihe cyo ku isi

Abo dusangiye umuryango nyakuri ni bande? Ku muntu
w'umunyabwenge, buri wese ni umuvandimwe, kandi buri
wese ni "umuturanyi" Birumvikana ko umuntu

w'umunyabwenge ashobora gushishoza kandi akumva ko
nubwo izuba rimurikira akarabyo k'amakara na diyama,
diyama, itandukanye n'amakara, ifite ubushobozi bwihariye
bwo kwakira no kugaragaza urumuri neza. Umuntu agomba
gushaka incuti z'abantu bafite ibitekerezo
n'amarangamutima bisa n'amakara kandi bagomba guha
umwanya wo gushaka inshuti z'ukuri. Ababaho ubuzima
buzira umuze kandi bw'inyangamugayo bazakurura inshuti
zirangwa n'isuku n'ubunyangamugayo, mu gihe ababaho ku
bw'imitekerereze mibi badafite ubushishozi bazakurura
.inshuti zimeze nk'izo

Niba uha agaciro amahame meza n'amahame meza, ni
byiza kwirinda kwifatanya n'abantu batemera ayo mahame
n'amahame kandi bavanga ibitekerezo kandi bakabangamira
ibyiyumvo, kugira ngo imitingito yabo idagabanya urugero
rw'imitingito yawe. Ariko kandi, ntugakure umuntu uwo ari
.we wese mu rukundo rwawe

Byongeye kandi, umuntu ntagomba gutanga urukundo
gusa, ahubwo agomba no kugira amahoro, kugira ngo aho
agiye hose, areme ubwumvikane n'ituze, ahumurize abari
hafi ye kubera ubuntu bwe Nta muntu ushaka kwegera
inzoka ihumura nabi—mumbabarire iyo mvugo—buri wese
abyirinda. Mu buryo nk'ubwo, umuntu ufite ubwoba,
uhubuka, kandi ukunda impaka ararakaza kandi akabuza
abandi. Twifuza kumera nk'indabyo z'indabyo zitanga
impumuro nziza ishimisha umutima. Nimureke dukore
ibishoboka byose kugira ngo dukwirakwize impumuro
.y'amahoro n'imiyaga myiza aho tujya n'aho tuba

Ubwami bw'Imana ntiburi mu bicu cyangwa ahantu
runaka mu kirere. Buri hirya y'umwijima tubona iyo dufunze
amaso, kandi iyo dutekereje kandi tugasenga, ijisho
ry'umwuka riri mu gahanga rirakinguka muri twe, maze
tukabona umucyo mwiza kandi tukumva ibyishimo

bikwirakwira muri buri karemangingo k'umubiri, maze
tukumva ko umwenda ukuweho kandi ko urugi rwihishe
.rufunguye mu bwami bw'Imana

Imana ni ibyishimo bihora bishya, ibyishimo bikubiyemo
byose Tugomba kumva turi kumwe n'ibyo byishimo biba
.muri twe kandi bikikije ubuziraherezo

Hirya y'imbibi z'ibintu birebire, hari ubwenge butagira
umupaka, bukubiyemo byose, burenze ibisobanuro mu bwiza
bwabwo bwose, ubunini, n'ubudashyikirwa. Ubu ni ubwami
bw'ijuru, ibyishimo by'iteka, bitagira umupaka kandi bitagira
.iherezo

Iyo ibyo umutima utekerezaga byagutse, kandi ukumva ko
uhari hose, noneho wifatanya n'umwuka w'Imana

Icyubahiro kibe ku Mana Itagira Umupaka, yicaye ku
isanzure, aho ijuru rihurira n'inyanja, n'icyubahiro kibe ku
Mana Itagira Umupaka, yicaye ku mahoro ari muri twe;
twibanda ku Mana Itagira Umupaka iri imbere, dushobora
.kubona imbaraga zayo zitagira umupaka

Ubumenyi buboneka mu kwiga ibitabo cyangwa ku
bantu ni ubumenyi buke, mu gihe ubumenyi buboneka
buturutse ku Mana butanga imbaraga z'ubwenge, ubwiza
.bw'icyizere, ituze ry'umutima, n'amahoro y'umutima

Mwami, nyigisha gusenga nshyizeho umutima cyane no
kuvanga gutekerezaga cyane n'ibyo nshaka bivuye ku mutima,
kandi umutima wanjye wezwe buri munsu n'urukundo
.rwanjye rutunganye nkunda wowe

Kwibohora ku nzitizi za karma

byaba ibyo mu mutwe cyangwa ku mubiri, ibyo ,
umuntu azi cyangwa ibyo atazi, bigira ingaruka ku buzima
bwe Ibikorwa bya kera si ibyakozwe mu minsi, amezi,

cyangwa imyaka ishize gusa, ahubwo ni n'ibikorwa byo mu
.buzima bwa kera

Wari warapfuye, kandi yaguhaye ubuzima; hanyuma
azabatera gupfa, hanyuma azabaha ubuzima bundi bushya;
hanyuma muzasubizwa kuri we

Ingaruka nziza n'ibibi by'ibikorwa by'umuntu Mu buzima
bwe bwa none, ibi bimenyetso biguma bibitswe mu buryo
budafite icyo buvuze cyangwa mu buryo busobanutse, kandi
ingaruka umuntu afite (cyangwa roho ye) zo mu buzima bwe
bwa kera ziba zisinziye nk'imbutu mu buryo budafite icyo
buvuze, zitegereje imimerere ikwiye yo kumera no gukura
mu gihe runaka cya karmic Itegeko rya karma, rihuza ibintu,
rikubiyemo ibikorwa n'ingaruka, impamvu n'ingaruka, kubiba
no gusarura

Buri muntu ashyiraho iherezo rye binyuze mu bitekerezo
bye n'ibikorwa bye, kandi imbaraga asohora, zaba ari
iz'ubwenge cyangwa iz'ubupfapfa, nta kabuza ziragaruka
nk'aho ari ho ahera, nk'uko uruziga rwiuzura neza [Ikibazo
ni] ugomba guhangana n'ingaruka zitazibagirana z'ibikorwa
bye bya kera, cyangwa ni iki cyitwa gushingira ku mateka
y'igihe kizaza? Igisubizo ni oya Imana ni itegeko n'urukundo,
kandi umuntu uyishaka ayihindukirira afite icyifuzo cyuzuye
n'ukwizera, agahuza ibikorwa bye n'amategeko y'Imana,
kandi agashaka urukundo rw'Imana rutagira icyo
rushingiyeho nta kabuza azahabwa umugisha w'Imana
.woroshya imitwaro iremereye kandi ukanoza imimerere

Imana yadushyize muri iyi si yuzuyemo ibihimbano,
kandi izi imibabaro yacu n'ibigeragezo n'amakuba duhura na
byo Abantu barushaho kwijima mu mwijima w'ubujiji bwo mu
mwuka iyo bibwira ko barohama mu cyaha kandi badafite
imbaraga zo kuva mu bwigunge bwacyo. Ni byiza ko
baharanira kwikosora, bagashaka ubufasha n'impuhwe

bivuye mu mutima w'imbabazi z'Imana, biringira imbabazi
ziturutse ku Mana yuje urukundo, impuhwe n'imbabazi

Iyo tumenye isano ya hafi dufitanye n'Imana, ni iyihe
karma ishobora kuduha? Ntukemere ko hagira umuntu
ukubwira ko ububabare bwawe n'ingorane zawe ari ingaruka
za karma yawe. Nk'umwuka uri mu shingiro ryawe, nta
karma ufite. Ahubwo, ugomba kumenya uku kuri wiyemerera
ko uri umwe n'ishingiro ry'ubuzima, urumuri, n'imbaraga zo
mu kirere. Niba usobanukiwe n'uku kuri, nta cyo ugomba
gutinya, kandi Imana izagukingurira imiryango myinshi kandi
.iguhe amahirwe menshi

Niba utanyuzwe n'uko ubuzima bwawe buri kugenda,
hindura imitekerereze yawe hanyuma ushyire imbaraga
nziza mu bwenge bwawe maze nawe ubwawe uzumva
.itandukaniro

Nta mpamvu y'uko abantu barira kandi bakababazwa
n'ibyo babuze, cyangwa ngo bashyire imimerere mibi yabo
mu makosa bakoze muri ubu buzima cyangwa mu bihe
byashize, kuko ubu ni uburyo bwo kwirengagiza ibintu mu
buryo bw'umwuka. Bagomba gukora no kurandura ibyatsi
bibu mu busitani bw'ubuzima, hanyuma indabyo nziza kandi
ziryoshye cyane zizarabya kandi zere imbuto nziza kandi
.zifuzwa cyane. Ku bw'ubuntu bwe, Usumbabyose

Kugandukira Imana ntibisobanura kudakoresha
ubushake bwacu kugira ngo tunoze ibintu byacu no
gutegereza ko Imana ikemura ibibazo byacu nta mbaraga
.dufite, kuko Imana ifasha abifasha ubwabo

Ingingo ni uko twiga uburyo bwo kujya ku Mana kugira
ngo iyobore ubushake bwacu kandi ihe umugisha kandi
ikomeze imbaraga zacu. Iyo tunesheje inzitizi zo kutiyemeza
kwitanga, tubona mu Mana uburinzi nta muntu n'umwe muri

iyi si ushobora kuduha, kandi tunabona imbaraga nta
.kigeragezo gishobora gutsinda

Buri wese ashobora gushinga umubano wihariye
n'Imana niba azi uburyo bwo gukingurira Imana umutima we
kandi akifuza ko Imana ibaho, ibyo bikaba bizana ibyishimo
.n'icyizere

Iyo umuntu yumvise akeneye Imana cyane, azi ko
adashobora kubaho atayifite, azabona ko Imana imusubiza
mu buryo bumwe cyangwa ubundi. Ariko agomba kubanza
gukuza iyo mitekerereze ikomeye, kuko igisubizo kitazaza
.mu buryo butunguranye

Nitudaha Imana umwanya wa mbere mu buzima bwacu,
ubwenge bwacu buzahora buhangayika kandi bugatera
urujijo, kandi ntituzashobora guhangana n'ibibazo bitagira
.ingano by'ubuzima

Kandi ni ubuhe buryo bwo guteza imbere icyo cyifuzo?
Igihe cyose duhuye n'ibyago cyangwa ingorane, kandi igihe
cyose twumva ibintu biremereye mu mitima yacu, tugomba
guhindukirira Imana tukayisaba ubufasha, tuzi ko umuntu
wese ukunda Imana Kandi ikayibika mu bwenge bwe no mu
mutima we. Imiterere ye izarushaho kuba myiza. Imiterere
.ye irahinduka ikarushaho kuba myiza

Iyo dukoresheje amasengesho yacu aturutse ku mutima
n'ubusabe bwacu buvuye ku mutima, tuzakuramo ishingiro
.ry'igisubizo cy'Imana kirimo ibiryo, gukira, n'ibyishimo

Ku bantu bifuza ifunguro ry'umwuka, gucika intege no
gutsindwa byahise ntacyo bitwaye Amasomo ashobora
kwigirwamo, kandi umuntu ashobora kongera kugerageza,
akongera kugerageza kuva mu ntangiriro. Intsinzi
izagerwaho, ku bufasha bw'Imana, ku bantu bose badacika
intege no gutsindwa, bafite icyemezo kidacika intege kubera

ibyago, kandi bizera bafite ukwizera kutajegajega ko Imana
ishyigikira abihangana Abari mu nzira nziza, kandi ikabaha
ibyiringiro, imbaraga, n'icyizere, kugeza bageze ku ntego
.yabo ya nyuma no kugera ku ntego y'ubuzima

Igitekerezo ni imbaraga nk'amashanyarazi, kandi ni
imiterere y'imatekerereze. Gisubira mu bitekerezo n'uburyo
bwo gutekereza

Amashanyarazi ni ingirakamaro kandi ni mabi;
uyakoresha neza uyashyira mu bikorwa bye. Bitabaye ibyo,
ashobora kumukomeretsa. Ni ko n'ibitekerezo
byatekerejweho. Iyo ayobowe mu nzira nziza, azanira
.nyirawo ibyishimo, bitabaye ibyo akamuteza ibibazo

Igitekerezo ni nk'ifarashi yo mu gasozi, ariko kuyitoza
ntabwo ari ikintu kidashoboka, kandi gutekereza neza ni
bumwe mu buryo bwo kugenzura ibitekerezo

Gutekereza neza ni inshuti magara Kandi ubwenge
burwaye ni umwanzi uhoraho

Gutekereza neza bikurura amahoro n'umutekano, mu
gihe gutekereza nabi bitera imyambi yica isubira kuri nyirayo
inshuro ebyiri. Ni yo mpamvu havugwamo ngo "Ingororano
ni imwe n'igikorwa" Igihe cyose umuntu yohereje imigambi
myiza, ibitekerezo bye bizahinduka amatara, bimurikira
ibyumba by'ubugingo kandi bikirukana umwijima mwinshi,
ku buryo yumva ihumure rikomeye, kandi amaso ye
akarabagirana n'inseko yo kunyurwa! Inseko ikomeze mu
.maso yawe kandi amahoro abe kuri wewe

Ubuzima ni nk'urusyo rusya imbuto z'igerageza
n'igerageza ry'imbuto, kugira ngo rukore umugati w'ubuzima
Ni nk'umuhanda uzunguruka, ufite indabyo nziza ku mpande
zombi z'ibinyugunyugu bitangaje N'ibiti bifite imbuto nziza
ku mashami yabyo, nyamara gake duhagarara Reka

twishimire kubibona no kwishimira uburyohe bwabyo; mu
by'ukuri, akenshi tuba turi ku nkengero z'amazi Kugira ngo
tugere mu turere twagutse, dutekereza ko hari ahantu heza
ho kureba kurusha uko twabonye Ariko uko tugenda buhoro
buhoro Ku nzira z'indabyo, zera imbuto, dusanga ibiti
byijimye kurusha bishya, hanyuma indabyo zikabura. Hamwe
nabyo, ibinyugunyugu n'imbuto, hanyuma tukaza kwisanga
.mu butayu bw'imburamukoro

Ubuzima bw'umuntu bumeze nk'amazi yo mu nyanja,
asukurwa agahinduka mashya lyo uzamutse mu kirere cyo
hejuru. Ni nk'inzizi za mu gitondo, zigenda zirushaho kuba
nziza uko imyaka igenda ishira, kuko ibintu bisa
n'ibisobanutse neza kandi bisobanutse neza. Ni nk'urugendo
aho imiterere ihinduka uko tugenda intera ndende. Hanyuma
.imiterere imwe irahinduka uko tugenda tuyigeramo, n'ibindi

Ubuzima ntibutenguha abanyabwenge, kuko
babukorana ubuhanga kandi bakabwishimira Bataretse ngo
bubayobore kandi bababuze umudendezo wabo Urugero,
bishimira amazi Bakayanywa kandi bakayayuhagira, ariko
ntibemera kuyarohama Bakunda imyenda bakunda
Batabanje gukurikiza amategeko n'imigenzo ifatwa
nk'iy'ibanze Bakunda kurya badasabye uburibwe kubarya,
kuko kurya cyane bigabanya imbaraga z'umubiri Kandi birya
imyumvire Kandi azayirimbura burundu. Bityo rero, umuntu
agomba kwishimira ubuzima Ariko adakoresheje ubwenge
binyuze mu kwibiza

Kubana neza n'abandi Ntibivuze kwemeranya na bo kuri
buri kintu cyose, cyangwa kwigomwa amahame ku bwabo,
kuko ubu buryo bwo gukurikiza ibintu budakwiye kandi
ntibujoyanye n'ukuri Abavuguruye n'abantu bakomeye
ntibahuje ibitekerezo n'abantu benshi bari babakikiye, ariko
bakomeje intego yabo, kuko babonye ko ibyo bakoraga byari
ukuri rwose

Mbere na mbere, umuntu agomba kuba mu buryo
buhuje n'Imana, hanyuma akabikorana n'umutimanama we,
.hanyuma akabikorana n'abantu

Iri hame ntirigomba kwangizwa kandi ntirigomba
gukoresha impamvu zihishe kugira ngo rigere ku ntego
runaka, kuko ibyo bidakwiye abantu bafite amahame

Ni nde ushobora kubaho mu buryo bushimisha Imana?

Ntugagirire nabi abandi, kuko ntacyo bafite cyo gutinya.
Niba ubu buryo budashimisha abandi, birahagije ko umuntu
yumva amerewe neza imbere ye kandi akumva afite
.amahoro yo mu mutima amutandukanya n'abandi

Imbaraga n'icyifuzo by'ubugingo Mu guhindukirira Imana
byitwa rukuruzi y'umwuka Kandi hamwe n'iyi rukuruzi,
ubugingo bwikurura imigisha n'imitingito myiza n'ibintu
.byose byiza bya muntu, bibutsa ibyiza n'ubutungane

imbaraga zo mu mwuka. Ni imbaraga zikurura umuntu
kandi zikamukurura. Inshuti nziza n'ibintu by'ingenzi
n'ingenzi. No gusobanukirwa ibintu mu buryo bwumvikana.
.Izi mbaraga ziva mu mbaraga z'Imana zikurura

Buji y'amahoro

Fata ikintu cyogutekerezaho mu mutwe. Uzuza
amahoro yawe

Fata icupa ry'amarangamutima yanjye, Uryuzuzemo
imbabazi zawe

Fata agaseke kanjye k'ubugingo karimo ubusa,
wuzuzemo imbuto z'ubwenge bwawe

Suka amazi y'urukundo rwawe mu bugingo bwanjye
Nzayasuka mu bikombe by'ubugingo bufite inyota

Senya inkuta z'ubwikunde. Nyinjiza mu maso yawe yose

Umurasire w'urukundo rutunguranye
Nimureke arebe mu mutima wanjye
Binyibutsa urumuri rw'izuba rw'urukundo rwawe
Gukwirakwira mu kirere cy'ubuzima bwanjye
Umucyo w'urukundo rwawe waramurikiye
Kuri njye ubwanjye, maze ndabona urumuri
Umucyo wawe wuzuye umwanya wanjye wo mu mwuka
Uri ubuzima bukomeza umubiri wanjye
Kandi ubwenge butuma ibitekerezo byanjye bihinduka
Kandi ubwenge bukuraho ubujiji bwanjye
Ndacana buji nto y'urukundo rwanjye
Gusoma igitabo cya zahabu
Yabitswe muri njye kuva kera
Urukundo rwawe rwariho kandi ruracyariho
Itara ry'amahoro ritagaragara
Ibyo bikuraho umwijima bikanyereka ubutumwa bwawe
Blog iri ku mapaji y'imitima
Ikuzo ryawe rigaragare, Nyagasani
Umucyo w'ubwenge bwawe ushireho
Ubujiji, amakimbirane, n'ishyari
Kuva ku nkombe z'isi iteka ryose
Hindura intege nke zacu mo imbaraga

Kandi twagize intege nke mu gufata icyemezo
Shyira umubiri wacu umuriro w'amashanyarazi w'ingenzi
Kandi wuzuze ubwenge n'ubugingo bwawe urumuri
rwawe rukiza
Dufate ukuboko kwacu kugira ngo tudapfa mu mazi yo
kutita ku bwawe, kandi wuzuze ubuzima bwacu urukundo
rwawe n'ubwenge bwawe. Twumve ko turi hafi yawe cyane
.kandi ko izuba ry'imbabazi zawe ritumurikira buri gihe
Ndashyira indabyo z'ibitekerezo byanjye bishyushye
kandi bizima

Mu miterere y'ituze
Impumuro ye ituje iraririmba
Kandi aririmba iby'icyubahiro cyawe
Kandi hamwe n'urumuri rwawe rwera
Ndabona ubwiza bw'ubuzima bwawe
Inzosi zanjye nziza zirasohoye
Iyo urumuri rwawe rucanye mu mutima wanjye
Udupfundikizo turaka umuriro w'ubwenge
Ndabona ubwiza bwawe, kandi ibyishimo byanjye
biriyongera

Imana iguhe urumuri rwayo
Kandi ndagusuhuza umutima wawe
Hari byinshi isi idusaba kandi ikatwemeza ko ari ingenzi
cyane kandi ko kubaho tudafite ibyo bintu bidashoboka
cyangwa kuba twabishobora. Ariko ikintu cy'ibanze gisabwa
ni ukugira ngo tubone amahoro y'Imana, aho amasoko yayo

adakama kandi isoko yayo idakama, kandi igaha buri kintu
.cyose mu buzima uburyohe n'igisobanuro

Twibuke ko Imana ari yo kamere yacu, kandi ko
urukundo ari ryo dirishya tunyuramo turebera mu maso he
h'icyubahiro. Umuntu wese wifuza kumva ubuturo bw'Imana
no kurera icyo cyifuzo gikomeye mu bitekerezo no mu
bikorwa, Imana izamuha ibyo asabye kandi imufashe
.gusenya imyenda imubuza kubona urumuri rw'Imana

Umuntu wese wiyemeje gukomeza inzira ntazacibwa
intege n'ikintu icyo ari cyo cyose, kandi nta n'imbogamizi
izamubangamira kugeza igihe azagera ku ntego ye kandi
.akagera ku cyifuzo cy'umutima we

Amasaro n'amabuye y'agaciro yo mu buryo bw'umwuka

Abagaragaza intege nke z'abandi bakabatera isoni
n'umujinya bari kure y'ubwenge n'ubushishozi. Tugomba
kwanga icyaha, ntabwo ari umunyabyaha, kuko ari
umuvandimwe wacu mu mwuka, nubwo ari umwijima
w'ubujiji umukikije kandi umukikije. Intego yo guciraho iteka
igomba kuba gukiza, ntabwo ari ukwishima no gukomeretsa.
Tugomba gufata umuvandimwe wacu w'umunyabyaha
nk'uko twifuzaga gufatwa iyo tuba turi mu mwanya we no
.mu mimerere ye

Umuntu wese uhisha amakosa ya mwene se muri iyi si,
Imana izahisha amakosa ye ku munsu w'imperuka

Nk'uko ducira abandi imanza, amategeko y'umwuka na
yo araducira urubanza ku rugero rumwe. Ntitugomba
kwitega byinshi ku bandi, kandi ntitugomba guhora twitega
umusaruro mwiza ku muntu uwo ari we wese, kabone n'iyo
.yaba akora uko ashoboye kose

Umuntu ashobora kugwa agasitara, ariko azakomeza
kugira umutekano igihe cyose akora uko ashoboye kose
kugira ngo yongere kuzamuka urwego rw'imico myiza
.n'ubutungane

Buri munsu tugomba kugerageza guhumuriza umurwayi
mu buryo bw'umubiri, mu mitekerereze, cyangwa mu buryo
bw'umwuka mu dukikije, nk'uko twifasha ubwacu cyangwa
.abagize umuryango wacu

Umuntu wese kuva uyu munsu ugerageza kubaho
akurikije amategeko y'Imana - aho kubaho ubuzima bwa
kera bw'ubwikunde buzana ingorane n'amakuba - azasanga
ko nubwo yaba afite uruhare ruciriritse mu buzima,
rukomeza kuba ingenzi mu gihe cyose asohozwa inshingano
ze mu buryo bwuzuye hakurikijwe ubuyobozi bw'umuyobozi
w'ikinamico y'isi n'umuyobozi w'ibihe byose by'iherezaho
.ryacu: Imana Ishoborabyose

Iyo dufitanye umubano n'abandi mu buryo bw'ukuri,
urukundo nyakuri, no kwita ku byiyumviro, tuzazana inshuti
nziza mu buzima bwacu nta nyungu zacu bwite cyangwa
imibare y'ubwikunde ifite icyo itekerezaho na gito; bitabaye
.ibyo, ntabwo tuzabasha kumenya inshuti zacu nyakuri

Ni ngombwa kwikuramo uburyarya n'uburyarya, no
gukora ibintu bitabangamiye abandi nkana

Inshuti ntizigomba kurakara, gusuzugurwa, cyangwa
ngo zigire inzika, kandi ntizigomba guhabwa impamvu yo
kutwiyumvamo nabi Inshuti ntizigomba gufatwa nabi,
gukoreshwa nabi, cyangwa ngo zihabwe inama zitasabwe
keretse iyo zisabwe Iyo hasabwe inama, zigomba gutangwa
zivuye ku mutima kandi mu bugwaneza, nta gutinya
ingaruka Inshuti zirafashanya binyuze mu kunenga kwubaka
.no mu buryo bwa kivandimwe

Ibintu bigoye biduca intege mu buzima ntibituma
tudahakomeza ubushake bwacu no kudutsinda, ahubwo
bizanatuma dukomeza icyizere cyacu no kwizera Imana no
kwigirira icyizere. Hari abantu bibeshya ko ibi bintu n'ibibazo
ari imbaraga zidashobora gutsindwa, bityo bakareka.
Imitekerereze myiza ni ingenzi kugira ngo dukore imbaraga
zacu zo mu mutima kugira ngo duhangane neza n'ubuzima
.n'ibigeragezo byabwo

Iyo umuntu adahanganye n'umuntu umurusha
imbaraga, ntabwo azakomera. Mu buryo nk'ubwo, iyo
duhanganye n'ibibazo byacu dufite ubutwari n'imbaraga zo
mu mutwe, tuba dufite imbaraga kandi turushaho
.kwihangana

Ubwenge bwacu ni igice cy'ingenzi cy'ubwenge
bw'Imana butuje. Minsi y'umuraba w'ubwenge bwacu hari
inyanja y'ubwenge bwayo butagira iherezo. Iyo umuraba
wibagiwe ko ari igice cy'inyanja nini, witandukanya n'izo
mbaraga zo mu nyanja. Ingaruka zabyo ni uko ubwenge
bw'abantu bucika intege kubera ubushobozi bw'ibintu kandi
ntibuba bugishoboye gukora imirimo myiza no gutanga
umusaruro mwinshi. Iyo ubwenge bukuye umukungugu
w'ubujiji bukaca iminyururu iboshye imbaraga zabo, buzaba
bufite ubushobozi bwo guhanga no kugirana imikoranire
.myiza n'ubuzima

Iyo ukomeje igitekerezo runaka ukagishyiramo
ubushake bukomaye, icyo gitekerezo gihinduka imbaraga
zihinduka. Iyo igitekerezo kibaye imbaraga, gishobora
guhanga ibidukikije bikwiye kugira ngo ugire icyo ugeraho,
hakurikijwe ikarita itagaragara yashushanyijwe mu
.bitekerezo

Abantu baratsindwa kuko bishora mu bihe bigoye
by'ubuzima batabirwanya, aho kubirwanya batabishyigikiye

Ni ngombwa gukora imyitozo no gukoresha ubushake

Abinjira mu buturo bw'amahoro bashobora kuvugana
mu buryo bw'umwuka n'abandi bantu bakunda Imana, kandi
.bashobora kumva ururimi rw'indabyo n'ibinyabuzima byose

Uwiteka, ba Umwami wenyine wimitswe ku rukundo
rwanjye n'icyifuzo cyanjye

Abatekereza bakumva bafite amahoro akomeye, kandi
aya mahoro yo mu mutima agomba kubungabungwa ndetse
no mu gihe bari kumwe n'abandi. Ibyo umuntu yiga mu
gutekereza bigomba gukorwa mu bikorwa bya buri munsu no
mu mibanire ye n'abandi, nta muntu n'umwe wemerera
.guhungabanya amahoro cyangwa ituze rye

Iyo ushaka kugira ingeso nziza cyangwa gukuraho
ingeso mbi, shyira imbaraga mu ngirabuzimafatizo
.z'ubwonko aho imikorere y'ingeso zitandukanye iherereye

Kugira ngo ugire ingeso nziza, banza wicare utuje
utekereze, ushaka ubufasha bw'Imana. Shyira ubwenge
bwawe ku mutima w'ubushake, uri mu gahanga hagati
y'amaso yawe, kandi wemeze neza ingeso wifuza gushyira
mu bwonko bwawe. Iyo ushaka gukuraho ingeso mbi, shyira
kandi ibitekerezo byawe kuri uyu mutima w'ubushake kandi
wemeze neza ko inzira zose aho izo ngeso zishinze imizi
zirimo gusibangana. Ukoresheje imbaraga n'ubushake,
ushobora gusiba ndetse n'imizingo yimbitse y'ingeso za kera
zashinze imizi. Wiyizere kenshi ko ufite imbaraga zihagije zo
.kurandura ingeso mbi mu bwonko

Igihe gikwiye cyo kwemeza nk'uko ni mu gitondo cya
kare iyo ubushake n'ubwitonzi biba biri maso

Komeza wiyemeze ko udafite amategeko yose kandi
umunsi umwe uzabona ko - Imana igufashije - wamaze
.kwibohora ku ngeso wifuzaga kwikuramo

Icyo utinya cyose, shyira ibitekerezo byawe kuri cyo
kandi ubirekere Imana. Komeza ukwizera kwawe mu Mana
.kandi wizere ko ishobora kugufasha

Imibabaro myinshi iterwa no guhangayika no
guhangayika Kuki wagombye kubabara kandi ibyo utinya
bitaraba? Tekereza urumuri rw'Imana rurinda rukukikije
impande zose, maze uzumva uburinzi bwayo butangaje

Kubera ko impungenge nyinshi duterwa n'ubwoba,
nituvanaho ubwoba mu buzima bwacu, tuzumva dufite
umudendezo kandi gukira bizahita. Buri joro, mbere yo
kuryama, menya neza ko Imana iri kumwe nawe, ikurinda
.kandi ikurinda

Muri iyi nkuru y'isi, abantu b'amoko yose bakina inkuru
y'ubuzima ku rubyiniro rw'igihe Tugomba gusobanukirwa
icyo ubuzima busobanura tudahugiye cyane ku nshingano
zacu z'igihe gito cyangwa ngo duhangayikishwe cyane
.n'inshingano zacu z'igihe gito

Uko tubona ubuzima akenshi biragoramyeye kandi
birahindagurika kuko tureba n'amaso y'ubwikunde n'aho
ibintu bigarukira Iyo tureba n'amaso y'ubugingo, twabona
ibintu mu buryo butandukanye rwose

Iyo dufunguye ijisho ry'ubwenge, tubona urumuri
rw'Imana rukikije byose, kandi muri urwo mucyo tubona
kamere yacu y'umwuka, ikaba ari ishusho y'imiterere
.y'ubwenge bw'isi yose bukwirakwira mu bice byose by'isi

Ukuri kw'umwuka kuradukikije, gukomanga ku nzugi
z'amaso yacu afunze, kudushishikariza kubona umucyo aho
kubona umwijima, gukorana ubwenge aho gukorana ubujiji,
kuzuza imitima yacu urukundo aho kuba urwango, no
gufatanya mu gushyiraho amahoro no kuzana uburumbuke
n'umutekano ku isi yacu Iyo tubikoze, ubujiji buzashira,

itandukaniro riri hagati y'imimerere rizashira, tuzabona
ubumwe mu ibarura, kandi tuzarushaho guhuza n'ubushake
.bw'Imana

Isano yacu n'Imana si iy'ubukonje cyangwa idafite
urukundo, nk'iyi hagati y'umukoresha n'umukozi. Turi
umuryango wayo, itwitaho iteka, kandi idutega amatwi buri
gihe. Turi igice cy'ingenzi cy'ubugingo bwayo, kandi
.umubano wacu nayo ni muzima kandi urangwa n'imbaraga

Umuremyi wacu yaduhaye ubutunzi butagira iherezo
bw'urukundo, ubushishozi, ubushishozi, ubushake bwiza,
n'imbaraga zo mu mwuka, nyamara abenshi muri twe
twapfushije ubusa ubwo butunzi ku kintu Imana ishaka ko
tubaho mu mutekano, mu mahoro, no mu bufatanye bwiza,
nk'uko bikwiye umuryango mwiza kandi urangwa
n'urukundo, ariko umururumba n'imitekerereze y'ubwikunde
byashinze imizi mu mitima yacu kandi bibiba amakimbirane
.hagati yacu

Imana ishaka ko tuba abategetsu, ariko twahisemo kuba
abagaragu

Umuntu yavuye kure y'aho yari atuye mu ijuru kandi
yatakaje paradizo yo kumva yegereye Imana n'Imana
yegereye, kandi ntazashobora kongera kuyigarura nta
.mbaraga ze bwite

Imana yaturemye mu ishusho yayo, ariko uku kuri
kwaratuvuye mu bitekerezaho. Twatsinzwe n'ibitekerezaho
by'uko iherezo ryacu ari ingorane kandi ko iherezo ryacu ari
ukurimbuka. Tugomba gukuraho umwenda w'ibitekerezaho
by'ibinyoma dukoresheje inkota y'ubwenge kugira ngo
.turebe ukuri gukomeye inyuma yayo

?Turi bande kandi ni iyihe kamere yacu nyakuri

Abantu bafite itandukaniro rigaragara, haba mu miterere yabo y'imitekerereze cyangwa amarangamutima, inshingano zabo mu buzima, akazi n'ibikorwa bakurikirana, cyangwa ibyifuzo byabo. Ariko munsu y'ibi byose bitandukanye hari ibintu bibiri buri muntu wese yifuza kandi akeneye nta kurobanura. Kimwe ni ukubohoka ku bwoko bwose bw'ububabare n'ibyo yifuza. Ikindi ni ibyishimo byuzuye kandi birambye—kunyurwa byuzuye, aho amahoro, .urukundo, ubwenge n'ibyishimo biba

Mu by'ukuri, icyo abantu baharanira kugeraho ni Imana, baba bakoresha iryo zina cyangwa batakoresha. Abanyabwenge bavuga ko Imana ari yo shingiro ry'ibyishimo n'umwuka w'ibyishimo. Kandi umuntu ntazanyurwa byuzuye keretse akuye mu isoko y'isi. Iyi ni ingingo y'ingenzi yo .gusobanukirwa imimerere y'umuntu

?Ariko se abantu bashakira he icyo bashakira

Babishakisha gusa mu bintu by'isi: mu mutungo, mu miterere yo hanze, no mu mibanire n'abandi bantu. Ariko ntibishoboka kubisanga mu kintu icyo ari cyo cyose, uwo ari we wese, cyangwa mu mimerere iyo ari yo yose muri iyi si, .bitewe n'imitere y'irema

Irema rishingiye ku ihame ry'ubumwe. Ntibishoboka kugira ishusho mu ibara rimwe gusa, kuko nta buryo bwo kubaho udafite ikinyuranyo cyaryo. Mu buryo nk'ubwo, ntibishoboka ko ikintu icyo ari cyo cyose cyo kubaho kibaho ukwacyo. Ariko, iyo dusuzumye ibyifuzo bitera abantu imbaraga, dusanga buri wese muri twe yifuza ibintu byiza gusa, bishimishije, byiza, kandi byiza, nta byifuzo na bike byo guhangana n'ikintu icyo ari cyo cyose kidashimishije .cyangwa kitifuzwa. Ariko ibyo ntibishoboka

Muri iyi si y'abantu babiri, nta byishimo bitabaho nta bubabare, nta mucyo utabaho nta mwijima, nta cyiza

kitabaho nta kibi, nta buzima butabaho nta rupfu Impande
zombi z'igiceri ntizitandukana Ibi bivuze ko icyo twifuza
cyane muri twe kidashobora kuboneka muri iyi si

Abantu barashakisha—yego, barashakisha n'imbaraga
zabo zose—ariko ntibabasha kubona icyo bashaka, ibyo
bigatera kwiheba no kubura ibyiringiro. Ibi ntibitera kwiheba
gusa ahubwo binatera inzika nini n'uburakari bwinshi, bityo
bigatera ibikorwa by'urugomo. Ibi byose bibaho kuko
badashakisha icyo bashaka ahantu heza, kandi kubera iyo
.mpamvu, ntibabone icyo imitima yabo yifuza

Abantu bo muri iki gihe cyacu ntibazi byinshi ku
byerekeye icyo ubuzima buvuze n'intego yabwo, bityo
.bakaba bafite urujijo no guhangayika

Muri kamere, abantu ni ibiremwa bifite intego. Iyo
badafite intego mu buzima, kandi niba ubwenge bwabo,
imbaraga zabo, ubushake bwabo, n'amarangamutima yabo
bitagenzuwe mu buryo bwiza kandi bwubaka,
bazahindukirira inzira zisenya nko gukoresha inzoga
n'ibiyobyabwenge nabi, gukoresha urugomo, n'ibindi. Intego
nyamukuru y'ubuzima ni ukumenya Imana kandi ni
inshingano ku bantu guhuza inshingano zabo n'ibikorwa
byabo byo hanze binyuze mu bikorwa bikiranuka, ibitekerezo
bizima, imyumvire myiza, no gushyira mu bikorwa
.amarangamutima yabo mu buryo bwiza

Ibi bice bibiri bya kamere yacu—imbere cyangwa mu
mwuka n'inyuma—ntibivuguruzanya iyo byumvwa neza.
Ahubwo, birashyigikirana kandi bidufasha guteza imbere no
kongera ubushobozi bwacu bw'umubiri, mu mitekerereze,
.mu byiyumvo no mu mwuka

Abantu baba mu mwanya utagira icyo bageraho mu
bwenge cyangwa mu mitekerereze. Bumva barambiwe
kubera kutagira intego no kutagira ikintu icyo ari cyo cyose

cyatuma ubuzima bwabo bugira agaciro n'icyo buvuze.

Umuntu usanzwe ashobora kuba ashobora gukora no
kwitwara nk'aho afite ubuzima bwiza mu mitekerereze no
?mu mutwe, ariko se aba yishimye

Intego y'ibanze y'ubuzima ni ukumenya abo turi bo
n'uko turi imiterere nyayo. Iyo duha ibintu byimbitse
by'ubuzima ubwitonzi bikwiye, nta kabuza tuzumva dufite
ibyishimo, kuko ibyishimo by'umuntu bifitanye isano no
kwihuza n'umuntu mu by'umwuka, udafite ibyo nta kubaho
.cyangwa kubaho

Ubwoba bwo gutsindwa cyangwa indwara buterwa no
kubitekerezaho buri gihe kugeza igihe igitekerezo cyo
gutsindwa kiva mu bwenge bw'umuntu kijya mu bwenge
bw'umuntu butiyumvisha maze amaherezo kikagera mu
bwenge bwo hejuru. Hanyuma, ubwoba, bushinze imizi mu
bwenge bw'umuntu butiyumvisha kandi bwo hejuru,
butangira kwiyongera no gukura kugeza igihe bwuzuze
ubwenge bw'umuntu utiyumvisha ibyatsi by'ubwoba
bitarangizwa byoroshye nk'uko igitekerezo cya mbere
kimera. Ibi byatsi bibi amaherezo bigira imbuto z'uburozi
n'iz'urupfu. Ku bw'amahirwe, imizi yabyo ishobora
kurandurwa imbere binyuze mu kwibanda cyane ku butwari
no gushyira mu gaciro kwizera Imana byuzuye kandi ko
.ishoboye gufasha abashaka kwifasha no kubarinda ibyago

Kera cyane, agahu gato karerembaga hejuru y'inyanja,
gafite ubwoba bw'inkubi z'umuyaga n'imirabyo, ubwo
yumvaga ijwi rimwongorera riti: "Gahu gato k'ubuzima,
"?ikibazo cyawe ni iki

Ntuzi ko uri igice cy'inyanja y'ubuzima? Aka gasatsi gato
karebye hirya no hino maze kamenya icyo kintu

Ubwenge bw'umuntu burareremba nk'agahu gato Ku
buso bw'inyanja y'ubwenge bw'isi, utekereza ko ari agahu

k'igihe gito, uhinda umushyitsi kubera ubwoba bw'indwara, ubukene, n'urupfu. Ese agahu, utinya inyanja? Reba hiryana no hino witegereze witonze Hindura uko ubona ibintu uva ku bidukikije bikwegereye ujye mu bwami bw'Imana butagira iherezo. Suzuma cyane, wagure ubumenyi bwawe, kugira ngo umenye kandi umenye neza ko uri umwe n'inyanja ye nini, kandi ko Imana iri kumwe nawe. Irakurinda, .iragukomeza, ubu n'iteka ryose

Kwirinda imitego n'imitego

Igihe cyose wumva icyifuzo gikomeye mu mutima wawe kigushishikariza kugikora, koresha ubushishozi wibaze uti "Ese iki ni icyifuzo cyiza gishobora gusohozwa, cyangwa ni icyifuzo kibi kidakwiye kubahwa?" Ibyifuzo bibi by'ibintu bitera ingeso mbi zacu binyuze mu kuduha ibyiringiro bitari byo n'ibyishimo by'impimbano. Muri ibyo bihe, imbaraga z'ubushishozi zigomba gukoreshwa kugira ngo hagaragazwe ukuri. Ingeso mbi amaherezo zitera kutagira ibyishimo. Iyo kamere yazo nyayo ishyizwe ahagaragara, ziba zidafite imbaraga zo gufata umuntu mu mitego y'imibabaro .n'imitego y'umubabaro

Ibitekerezo n'inkuru

Mu buzima no mu rupfu, mu bubabare no mu byago, ukwizera kwanjye kuri wowe, Mwami, gukomeza gukomera no kudahungabana, gukomera no kutanyeganyega

Buri mwuka wanjye wose w'icyifuzo n'ubusabane bifungura imiryango n'amadirishya mu mutima wanjye aho nnyura ngo ngere ku byishimo by'Imana

Nk'uko izuba rika ahantu hahurira abantu benshi cyane, ni ko nzabona imirasire y'urukundo rw'Imana mu bice byose .by'ubuzima bwanjye n'ibikorwa byanjye bya buri muni

Uwiteka, mpa umugisha kugira ngo nkangure roho
yanjye mu gitondo maze nkayigeza ku muryango wawe
w'umugisha

Inkuru y'impongo zo musk

Umuse ni ikintu cy'agaciro gifite impumuro nziza,
kiboneka mu kanwa k'impongo zo mu bwoko bwa musk ziba
mu misozi miremire ya Himalaya

Iyo impala imaze kugera ku myaka runaka, ifuro rikurura
abantu ritangira gusohoka mu ibanga mu nda yayo, maze
impala igahangayikishwa n'iyi mpumuro nziza maze
igatangira kubyina no gushaka aho iyi mpumuro nziza
.ituruka

Igenda iva ahantu hamwe ijya ahandi, ihuha hagati
y'amabuye no munsu y'ibiti, ishakisha ahantu hose isoko
y'iyi mpumuro ishimishije

Amaherezo, ararakara cyane kandi arushaho
guhangayika iyi abuze icyo avuga kandi adashobora kubona
.icyo ashaka afite inyota n'ishyamba

Mu kugerageza kwa nyuma kugera aho iyi miski
ituruka, isimbuka iva mu bitare birebire by'amabuye ijya mu
kibaya kirekire kugira ngo ihangane n'ibyayibayeho kandi
ihure n'urupfu rwayo, aho abahigi baba bashobora kuyifata
.no kuyikuramo agasaho cyangwa agahu kayo

Muri urwo rwego, umwe mu basizi b'abahanga yavuze
:ikintu cyagize ingaruka kuri ibi

!Wa mpfizi we, wa musk

?Kuki ubabara? Kuki udasinzira

Iyi musk iraboneka

!Ufite agafuka k'inda yawe, wa muswa we

Nubwo waba warakoze ku mazuru yawe

Impumuro y'ibanga ituruka kuri wowe

Wari gutsinda icyo wari witeze

Kandi wabayeho nta mafaranga ukoresha

Ese, nshuti zanjye, ntimutekerezaza ko abantu benshi
bitwara nk'impala zo musk? Bahora bashakisha ibyishimo
.ahantu hose hanze yabo

Yego, bashaka ibyishimo mu mukino, kandi bakishora
mu mananiza n'irari. Bazamuka mu nzira z'ubutunzi
zinyerera kugeza ubwo amaherezo basimbuka bava mu
bitare by'ibyiringiro bikomeye bakajya mu bitare byo gucika
intege no gutsindwa igihe badashobora kubona ibyishimo
.nyakuri bibitswe mu mfuruka z'imitima yabo

Nidushyira ibitekerezo byacu imbere, tukabitekerezaho
cyane, tuzabona mu ituze ry'umutima isoko y'ibyishimo
nyakuri kandi birambye dushaka

Ntitugomba kumera nk'impongo, iri kurimbuka ishaka
ibyishimo ahantu hadakwiriye. Ahubwo tugomba kuba maso
kandi tukagerageza gushaka ibyishimo muri twe ubwacu,
.atari hanze yacu

Inkuru y'akabuto

Hari umugabo waje kumbwira ko arwaye indwara
:y'umutima idakira, maze yongeraho ati

Nagerageje ibintu byinshi, ariko sinshobora kwikuramo"
"agahinda gakomeye

Nyuma yo gutekerezaza neza, namusabye kunzanira
:imikasi. Yarandebye ahinda umushyitsi maze arambwira ati

"?Ese uragira ngo unkure umutima, bwana"

Narasetse maze ndasubiza nti "Sindi umuganga. Wigeze
"!wumva umuntu ukoresha imikasi kugira ngo abage

Amaherezo, yazanye imikasi atabishaka, nuko ncamo
kamwe mu tubuto tw'ikoti rye ndamubwira ko atagomba
kudoda akandi kabuto mu mwanya wako, kandi ko
atagomba gushyira ikiganza cye aho akabuto kabuze.
Namubwiye kandi ko azagaruka aho ndi nyuma y'ibyumweru
.bibiri, kandi niteze ko azakira muri icyo gihe

Umugabo yarasetse maze aravuga ati "Nzakora uko
wansabye kuko ndakwizera, ariko ndatekereza ko ari wo
"!muti udasanzwe nigeze nhabwa

Nyuma y'ibyumweru bibiri yaje yiruka aho ndi
:arambwira, atangaye ati

Inzobere zanyemereye ko nakize indwara z'umutima."

None se, ku bw'Imana, wakoze iki? Wakuyemo genie mu
"?kabuto

Nasubije nsekera nti: "Yego! Ukuboko kwawe kwahoraga
"gukinisha akabuto, kandi akabuto kari gahuje n'umutima

Urwo rubuto ni rwo rwari ruteye ububabare mu mutima
wawe. Naciye urwo rubuto ndakubwira ngo ntugasimbuze
cyangwa ngo ushyire ikiganza cyawe ku mutima wawe. Muri
ubwo buryo, umutima wawe warorohewe n'igitutu kandi
!ureka kugukomeretsa

Ibintu byose biri kugenda vuba, kandi abantu bahugiye
mu bintu byinshi. Birumvikana ko ari byiza gusarura ibyiza
by'isi kuruta gupfusha ubusa igihe, ukareka ibihe
bikakunyura ukarangiza ubusa. Ariko icyo umuntu agomba
gusarura ni umusaruro mwiza cyane mu buzima: kwegera
Imana no kuyimenya Uburyo bwonyine bwo kugera ku
byishimo nyakuri ni ukugira icyo ugeraho muri iyi si no
.kugera ku ntsinzi yo mu buryo bw'umwuka

Abazi Imana ntibatangira imirimo yabo ya buri munsu
mbere yo kubanza gutekereza ku Mana no gushyira
.imbaraga z'Imana mu bwenge bwabo no mu mibiri yabo

Ibintu byinshi isi isaba bishobora gutuma abantu
bashaka intego zabo zo mu buryo bw'umwuka bava mu nzira
bahisemo. Ariko abafite icyemezo kidakuka ntibemera ko
ikintu icyo ari cyo cyose kibaca mu nzira; bakomeza
.kwiyeze nubu baba mu bihe bigoye cyangwa bibi

Uko isi yaduha kose, ntabwo izaduhaza ibyifuzo
by'imitima yacu, yifuza ikintu gihamye, gikomeye, kandi
gifite agaciro kurusha byose ubutunzi n'ubutunzi by'isi
.birimo

Iyo umuntu apfuye—urabeho igihe kirekire—nta
mbaraga ku isi zishobora kumukorera ikintu icyo ari cyo
cyose Ni nde wadufasha nyuma yo kuva kuri iyi si? Mana
Bityo rero, tugomba guhora twibuka ko iyi si ari ahantu ho
guhagarara by'agateganyo mu rugendo rwacu rugana mu
rugo rwacu rwo mu ijuru, aho tuzaba iteka ryose imbere
y'Impuhwe nyinshi

Ubukire burenze urugero ntibwizeza ubuzima bwiza,
amahoro n'umusaruro, ariko kugera ku mahoro n'umusaruro
bizatuma umuntu agira intsinzi iringaniye haba mu buryo
.bw'umwuka no mu buryo bw'umubiri

Abantu benshi bakura ubushobozi bwo gutekereza
kugira ngo bagere ku ntsinzi y'ibintu gusa. Ariko iyo umuntu
yigize umutware, agacunga imbaraga ze zo mu mutwe kandi
agakora ibihuje n'umugambi w'Imana, ubuzima bwe
buzahirwa, kandi azaryohereza n'umutobe w'umwuka akiri
kuri iyi si. Ntazaba akiri imbohe y'ingeso n'ibyifuzo, ahubwo
ubwenge bwe buzahinduka umutima w'Imana, kandi
.azaturayo yishimira ibyishimo bishya bitavugwa

Umubiri ni farumasi ikomeye cyane

Abashakashatsi mu by'ubuvuzi bavumbuye ko iyo dufite ibyishimo byinshi, umubiri ukora imiti igabanya imihangayiko n'ibindi bintu bigabanya imihangayiko bifite imbaraga kandi bikora neza nk'ibyo abaganga batanze. Umubiri ni farumasi ikomeye ku Isi, ishobora gukora ikintu gikwiye mu gihe gikwiye iyo duhuje n'uburinganire bw'umwuka Imana .yadushyizemo

Si stress zose zishobora kwangiza; stress ikangura imbaraga z'ingenzi zinyura mu mibiri yacu kandi ikarushaho gutera imbaraga no gukora ingendo Ubushakashatsi bwagaragaje ko stress nyinshi ari ingirakamaro

Ariko ikibazo kivuka iyo stress irenze urugero rwiza

Buri wese muri twe afite aho agarukira ku muhangayiko, kandi iyo uwo mupaka urenze, duhangayika cyane kurusha uko bikwiye, kandi dushobora kutabimenya kugeza igihe ibibazo bitangiye kugaragara mu mubiri, mu byiyumvo no .mu bwenge

Ubuzima hamwe n'Imana ni ibyishimo n'ibyishimo, mu gihe hatari Imana hari imihangayiko, imvururu, ingorane, ndetse n'ibyago None se twabona dute amahoro n'ituze mu buzima bwiganjemo ibyago n'amakuba, kandi tukazana ?ibyishimo kuri iyi si

Igisabwa cya mbere ni ukumenya imihangayiko y'ubuzima iyo turi muni y'uburemere bwayo

Imana ni Umunyebwenge Byose kandi izi Byose, kandi yahaye imibiri yacu ibimenyetso nko kwihumuriza, kumererwa nabi, gutuza, no guhangayika, kandi tugomba kwita kuri ibi bimenyetso Hari ubwenge bw'Imana mu mibiri yacu bugerageza kutubwira ikintu, kandi tugomba kumva ubwo butumwa mu bihe by'imihangayiko cyangwa kuruhuka

Iyo wumva ufite imihangayiko, shyira ubwenge bwawe ku gice cy'umubiri wawe kirimo imihangayiko, hanyuma uhumeke umwuka mwinshi, kandi icyarimwe, ushyireho buhoro kugeza igihe kinyeganyega. Hanyuma uruhuke kandi urekure imihangayiko. Ibi bizafasha kugumana imbaraga n'ubuzima bwiza mu mubiri no kuwurinda ingaruka mbi .z'imihangayiko

Dushobora kandi gucunga imihangayiko y'amarangamutima binyuze mu guhumeka Iyo wumva ubwoba cyangwa ikindi kintu cyose kibi kigutera, humeka buhoro buhoro, cyane, kandi mu buryo butunguranye inshuro nyinshi, wemerera umubiri wawe kuruhuka buri gihe uhumeka. Ibi bizagufasha kugabanya umutima wawe utera cyane, gusubiza amaraso mu buryo busanzwe, koroshya urujya n'uruza rw'ingufu mu mitsi yawe, kandi bigufashe .gutuza ubwenge bwawe no gukosora ibitekerezo byawe

Ubuzima si ibintu byihutirwa; ni ishusho nziza y'Imana, kandi twagombye kuyishimira. Twibuke ko inseko ari imbaraga; iyo tutayikoresheje, tuba dutakaje igice cy'ingenzi .cy'ubuzima

Abantu ni roho zifite amarangamutima n'ibyiyumvo, kandi bafite umubiri bambara nk'umwenda cyangwa ikoti ryo hanze. Ariko igihe cyose tubaho ku rwego rw'umubiri n'amarangamutima gusa, tuzagwa mu ngaruka mbi .z'imihangayiko n'ihungabana

Iyo duhuje kamere yacu y'ingenzi, ari yo mwuka, ibyishimo by'umwuka bitera mu mutima bigahinduka urukundo. Kumva uru rukundo, rufitanye isano n'amahoro n'ituze by'ubugingo, kandi rugakora kandi rukagirana imikoranire myiza, ni bwo buryo bwiza bwo kubaho mu buryo busanzwe mu isi yuzuyemo amakimbirane n'impaka. Guhuza .n'iyi byishimo ni igisubizo cy'ibibazo by'ubuzima

Icyitonderwa: Ku bijyanye n'imvugo igira iti: "Umubiri ukora umuti ugabanya imihangayiko n'ibindi bintu bigabanya imihangayiko, bidafite imbaraga kandi bigira ingaruka nziza nk'ibyo abaganga bagutegetse," iyi si inama yo kureka inama n'imiti ya muganga, bityo hakaba hakenewe .ibisobanuro birambuye

Ibigereranyo bya rukuruzi

Umuntu ufite umutima mwiza kandi ufite imyifatire mibi
+ umuntu w'umutima mwiza ariko ufite intege nke = ikibi
gikunda ineza

Umuntu ufite intege nke ufite ubushake bubi + umuntu
ufite ubushake bukomeye ufite ubushake bwiza = imbaraga
nziza zitsinda ikibi

Ubukuru bw'umwuka budafite imbaraga + ubukuru
bw'ibinyabuzima = ubukuru bw'ikibi bukomeye

Imbaraga zikomeye mu by'umuco + imbaraga nke mu
by'umuco = imbaraga nyinshi mu by'umuco

Umuntu ufite uburakari n'urugomo + umuntu
w'umunyabuntu kandi w'umurava = imbaraga z'uburakari
ziruta iz'ubwitonzi

Imiterere ikomeye, iringaniye, kandi ituje + imico rimwe
na rimwe ituma umuntu atanyurwa = imbaraga zo gutuza
ziraganza

Kunanirwa guhoroaho + kunanirwa guke = imbaraga
zikomeye zo gukurura

Intsinzi ikomeye kandi nziza cyane = intsinzi irushijeho
kwi Yongera

Guhungabana gukomeye kw'inanirwa + guhungabana
gukomeye kw'intsinzi = kuba imbaraga zikomeye z'ingufu

cyangwa imbaraga zikomeye z'ingufu, bitewe n'ibidukikije
.n'imimerere

Ubwenge bukomeye kandi buzima + ubujiji bwuzuye =
ubwenge n'ubuhanga cyangwa ubujiji n'ubupfapfa

Imbaraga z'umwuka zidasanzwe + imbaraga zidasanzwe
zifatika = Gukurura umwuka - imbaraga zidasanzwe zifatika

Iyo abantu babona ibiremwa byinshi byo mu isi
bibakikije, wenda bamwe bagerageza gushaka abakunzi
babo bapfuye Imana yanfunguye amaso yo mu buryo
bw'umwuka, kandi mbona benshi muri abo bantu bavuye mu
isi. Binyuze mu kwibanda cyane ku jisho ry'umwuka (hagati
y'uruhanga), umuntu ashobora kubona imbere isi
irabagirana ituwe n'abantu bose beza bazamutse mu buryo
.bw'umwuka bagana imbere y'Impuhwe nyinshi

Mu bantu, umutima ukora nk'icyuma gifata umugozi
n'ijisho ry'umwuka nk'igikoresho cyo kohereza. Nubwo
udashobora kubona abacu bapfuye, iyo ushyize
amarangamutima yawe mu mutima utuje, ushobora kumva
ko hari abagukunda baba mu mibiri y'umubiri, bishimira
amahoro n'umutekano by'Imana kandi bishimira
umudendezo wabo ku nzitizi z'umubiri, bityo ukumva
ihumure mu mahoro yabo kandi umutima wawe ukumva
.uhumurijwe nabo

Iyo mvuze izina ry'Imana, ubuzima bwanjye bwose
buhinduka ibyishimo bihebuje. Ariko iyi mimerere yaje
nyuma y'umuhate ukomeye. Mbere na mbere, sinari umuntu
ukunda kwishimira cyane, kuko ubwonko bwanjye bwari
bwaragiye. Ariko ubu, iyo nshyize ibitekerezo byanjye
n'ubwenge bwanjye ku gice cy'umwuka - umwanya uri
hagati y'amaso - ibitekerezo byose birashira, guhumeka
birahagarara ubwabyo, umutima urahagarara, imivurungano
y'ubwenge iragabanuka, kandi imimerere yo kumanukira ku

bugingo, ku buryo numva ibyishimo byo mu mwuka kandi
.nkikijwe n'ibyishimo by'Imana

Amagambo y'izahabu

Ibyishimo ni uburenganzira bwanjye, umurage wanjye,
n'ubutunzi bwanjye buhishwe bw'Imana. Nyobora kubona
.muri njye ubutunzi buruta inzozo z'abami

* * *

Ubuzima ni urugendo rw'ubwenge rufite umuvuduko
uhoraho. Rwishushanya mu bintu bidafite ubuzima, cyangwa
rikagira ishusho nzima kandi igenda. Ubuzima buri muri
.byose kandi bukwirakwira muri byose

* * *

Wowe mukunzi ukomeye, uri ubuzima, uri intego yanjye
n'icyifuzo cyanjye

* * *

Umpe indabyo z'indabyo mu busitani bwawe bwo mu
ijuru, cyangwa isaro ribengerana mu ijosi ryawe ry'urukundo
rirabagirana, cyangwa umpe icyubahiro gikomeye: ahantu
hato mu mutima wawe

* * *

Aho abandi bashima imbaraga zanjye mu gukora ibyiza,
niho nshobora gutanga serivisi nziza cyane

* * *

Reka dukore tapi ya zahabu y'inzozo irimo imigozi
y'ubudodo bwiza n'ibitekerezo binoze

* * *

Urukundo ni nk'impapuro zitunganya ubwenge kandi
zigakuraho ubukana mu mico

* * *

Icyorezo, ibyago, n'impinduka zikomeye mu bidukikije
zizana kwangirika, gusenya, no kwangiza ibintu byose si "
amabwiriza y'Imana" Ibi biza bikomoka ku bitekerezo
n'ibikorwa bya muntu Aho isi yose ihurirana neza n'ikibi
bitewe n'imiraba mibi n'ihindagurika ry'ibintu biterwa

n'imigambi mibi n'ibibi bya muntu, akajagari karakomeza
.kandi hagakurikiraho kwangiza ibintu byose

* * *

Nzafata ibyiza bya buri muntu, kandi nzubahiriza imico
.myiza y'ibihugu byose nta kwibanda ku nenge zabyo

* * *

Nk'uko twita ku ntungamubiri ziboneka mu byo kurya
bya buri munsu, tugomba no kwita ku ntungamubiri zo mu
.mutwe dutanga mu bwenge bwacu buri munsu

* * *

Amagambo meza ni umuti utangaje w'indwara nyinshi,
afite imbaraga zikomeye, hafi ya za gihanga, zikurura
imigisha myinshi n'ubutunzi ku bavuga. Abakoresha
amagambo ahumuriza kandi yoroshya bumva umugezi
utemba muri bo nta nkomyi, wuzuyemo ituze rikomeye. Ibi
biterwa nuko uyu mugezi ufitanye isano n'isoko yawo yo
hejuru, umugezi uhoraho ugera ku mitima ihuje n'iyo soko,
.ukabashoboza kohereza ibyishimo ku bifuzwa amahoro

* * *

Mbega amagambo menshi meza aturutse mu mutima
yakuyeho agahinda kenshi, kandi ese amajwi menshi
y'abanyabwenge yamurikiye inzira z'umwijima amatara
!y'ibyishimo n'ituze

* * *

Dukura mu bunararibonye bwose tunyuramo, igihe
cyose tuzi neza ko dushobora kubigiramo amasomo
y'ingirakamaro. Kuko buri bubabare n'imibabaro duhura na
.byo bifite icyo bisobanuye n'icyo bigamije

* * *

Nubwo igerageza rikaze, ni nk'umuriro ushongesha
amabuye y'icyuma kugira ngo ayahindure icyuma cyiza,
.kiramba kandi gifite ubushobozi bwo gukora ibintu byinshi

* * *

Ibintu byose bitangaje nagezeho mu buzima bwanjye
byagezweho binyuze mu mbaraga z'ubwenge buhuje

n'Imana. Iyo igikoreshe cy'Imana kirimo gukora, icyo nifuza
cyose kirasohora nta gutandukana, kibanza gufata ishusho
nk'igishushanyo kitagaragara, gishingiye ku bushobozi
hanyuma kikagaragara mu by'ukuri n'imbaraga
.zidasubirwaho

* * *

Iyo ubwenge bubwiye Imana ijwi rivuye ku mutima kandi
rishyushye riturutse mu mutima w'umuntu ufite icyifuzo
gikomeye, umuhamagararo w'umwuka uzagera ku mutima
w'abantu bose, maze igisubizo kizaza, kizana ibyishimo
byinshi. Iri jambo rivuye ku mutima ritera imbaraga kugeza
ubwo rigira imbaraga zikenewe kugira ngo rigere ku ntego
.ryifuzwa

* * *

Iyo ubwenge bw'umuntu n'ubushake bwe bihuye
n'Imana, aba afite imbaraga zitagira imipaka, ku buryo
gutekereza ku kintu gusa bihagije kugira ngo akigereho,
kuko amategeko y'Imana akorera ku bw'abahuje n'ubushake
.buhebuje

* * *

Umuntu ntagomba kwiyegegurira ubushobozi bwe bwose
bw'ubwenge Imana yamuhaye mu gukurikirana ibintu
by'akanya gato, kugira ngo atazimira mu buryo
butunguranye bw'ibintu by'umubiri maze akiremamo inzitizi
n'imipaka bitari ngombwa. Ahubwo, agomba gukoresha
imbaraga ze z'ubwenge kugira ngo abone ibyo akeneye mu
buzima kandi agaharanira guteza imbere ubushobozi bwe
bw'umuco kugira ngo amenye itandukaniro riri hagati
.y'icyiza n'ikibi, n'icyangiza n'icyagirira akamaro

* * *

Ukuri kurenze ibitekerezo n'inyigisho, kandi benshi
.bafata ubu buryo bagengwa n'imyanzuro yabo bwite

* * *

Mwami, fungura amarembo y'amahoro kandi urinde
ubuturo bw'ibitekerezo byanjye byo mu mwuka ibitero

by'amajwi mabi. Reka indabyo z'ibyo nifuza zishime mu
.busitani bw'umutima wanjye mu gihe ntegereje ko uzaza

* * *

Ubumenyi bw'inyigisho ntibushobora kubona ubumenyi
bw'Imana, kandi ni byiza kudakoresha umwanya wawe
w'agaciro ku nyigisho zidashobora gukoreshwa mu by'ukuri,
bitabaye ibyo uzisanga uri mu mashyamba y'ubwenge
.menshi kandi udashobora kurenga inyigisho z'inyigisho

* * *

Ibyishimo ni imbuto yo gutsinda mu mitekerereze mu
bihe bigoye by'ubuzima

* * *

Uwo Imana izi ashobora kuba atazwi n'isi

* * *

Iyo umuntu yishyize hamwe n'ubumenyi
bw'imitekerereze [atapimye], azaba nk'igikoreshe gifata
amajwi gisubiramo imigani kandi kigasubiramo amagambo
akomeye, abandi bakamufata nk'umuhanga mu
by'ubumenyi, ariko ubwo bumenyi ntibukomezwa no kubona
ukuri mu buryo butaziguye, cyangwa ngo buhuzwe no
.kugera ku byo mu buryo bw'umwuka

* * *

Ibibazo bizakomeza kubaho mu isi, none se umuntu
ashobora kwerekeza he kugira ngo ahabwe ubuyobozi
n'icyerekezo? Ibitekerezo bye, bigizweho ingaruka
n'imyitwarire, ivangura, ivangura, n'ubufana, ntacyo bimaze,
kandi ingaruka z'ibidukikije bye, umuryango we, igihugu cye,
cyangwa isi ye ntizishobora gutanga ubuyobozi nyakuri.
Bityo rero, umuntu agomba guhindukirira Imana no kumva
.ijwi rituje, rituje riva mu mutima we, ijwi rihuye n'ukuri

* * *

Mukingurire imitima yanyu ku isuka ry'Imana kugira ngo
risendere muri mwe kandi ryuzuze ubuzima bwanyu imigisha
n'ineza byo mu mwuka

* * *

Akazi kose ukora n'ibyo wageraho byose, ibuka ko
Imana ari yo soko iguha imbaraga zose ukeneye kugira ngo
.ukore kandi ugere ku byo wagezeho

* * *

Reka nkwibuke, Mwami, mu bukene no mu buhire, mu
ndwara no mu buzima bwiza, mu bujiji no mu bwenge, kandi
reka ndebe urumuri rwawe rwiza rutanga ubuzima bwiza no
.gukira mu kanya gato

* * *

Mu bitekerezo byanjye byonyine, ndifuza kumva ijwi
ryawe ry'umugisha. Nkuramo amajwi akaze yo mu isi ahishe
mu byibutso byanjye. Ndashaka kumva ijwi ryawe rituje
.kandi riryoshye iteka ryose mu ituze ry'umutima wanjye

* * *

Ubuzima buri mu mwijima, kandi rimwe na rimwe
turagwa tugatinda kuja imbere Tugomba kureka umucyo
w'Imana ukaba itara rituyobora mu gihe tunyura mu nzira
z'umwijima z'ubuzima. Ni ukwezi kuzuye mu ijoro ry'ubujiji
n'umwijima, ni izuba ry'urumuri mu masaha yo gukanguka,
urumuri rw'ubuyobozi, akaba n'inyenyeri iyobora abanyura
.mu nyanja z'ubuzima bw'isi, bumara igihe gito

* * *

Igihe kirageze ngo umuntu akanguke ubwenge bwe ava mu
bitotsi byo kwibagirwa akagera ku gukanguka k'umwuka

* * *

Turagusaba, Mwami, kuzamura ubumenyi bwacu tuva
mu bujiji n'ibitekerezo bito, bigarukira ku ntego z'amahoro,
.urumuri, urukundo, n'impuhwe za muntu ku isi yose

* * *

Ibintu bizagenda neza kuko imbaraga n'ibitangaza
by'Imana byihishe inyuma y'ivuguruzanya ry'ubuzima
bw'abantu, kandi uwo ari we wese utemera ko ibintu
bidashoboka kandi akagerageza kwinjira mu bwenge bwe no
mu kwizera kwe ku biri hirya y'igitambaro azakingurirwa
urugi [rukometse na buri wese wizera]

* * *

Kwizera ntibivuze kuba umuntu utagira icyo akora
cyangwa kudafatana ubushishozi n'ibintu. Ahubwo, uko
byagenda kose, umuntu agomba kwiyezera ko Imana
yonyine ari yo ishobora kumushyigikira mu bihe bigoye kandi
bitoroshye niba ayihindukiriye n'umutima we wose, ubugingo
.bwe bwose, n'amarangamutima ye yose

* * *

Iyo ibyumviro byacu bitwereka ukuri kose, twabona Isi
nk'imigezi ya electron, kandi twabona agace kose
.k'umukungugu nk'urumuri ruzenguruka

* * *

Abinjira mu bwenge bwabo kuva ku bintu kugeza ku
mwuka basobanukiwe imiterere y'ubuyobe kandi bazi
.ishingiro ry'ukuri

* * *

Umuntu yaba ari mu mashyamba ya Afurika, ari ku
rugamba, arwaye cyangwa afite ubukene, agomba kwemeza
ko ukuboko kw'Imana gukomeye kuruta akaga kandi ko
.gushobora kurinda abamuhungiraho

Nta bundi buryo bwiza bwo kwirinda. Birumvikana ko
umuntu agomba gukoresha ubwenge mu guhangana n'ibintu
.bibaho kandi akizera ubufasha bw'Imana mu buryo bwuzuye

* * *

Urukundo rutuye mu mitima y'ibiremwa byose—
urukundo rw'ababyeyi bose, ba se, inshuti n'abakunzi—
rukomoka ku rukundo rw'Imana

* * *

Hagomba gutandukana inshingano zikomeye n'izito,
hagashyirwa imbere iz'ingenzi kurusha iz'ingenzi gusa.
Byongeye kandi, nta nshingano igomba kuvuguruza indi.
Ibyanditswe bitubwira ko iyo inshingano imwe igongana
.n'indi, ari ikimenyetso cy'uko atari inshingano nyakuri

* * *

Uko imirasire y'izuba ikomeza gukwirakwira,
nzakwirakwiza imirasire y'ibyiringiro mu mitima y'abakene
n'abatereranywe [abo umuryango watereranye], kandi
nzashyiramo ubushake bushya mu mitima y'abibwira ko ari
.abananiwe

* * *

Umwarimu Paramahansa yabwiye umwe mu bigishwa
be ati: "Ntugakure umuntu uwo ari we wese mu rukundo
rwawe. Komeza buri wese mu mutima wawe, na we
".azagukomeza mu we

* * *

Uwiteka, mfasha gukoresha ubushake bwanjye buri gihe
kugira ngo nkore ibikorwa byiza kandi by'ingirakamaro
Mfasha gukurikiza ubushake bwawe kugira ngo
ibitekerezo byanjye byose bihuze n'imigambi yawe kandi
bihuze n'ubushake bwawe
Yamfashije gukangura imbaraga zihishe kandi
z'umugisha ziri muri njye kugira ngo mbashe gutsinda
ingorane n'ibigeragezo byose

* * *

Kanguka ugire uwo muco wo mu mwuka w'ubutwari
n'ubwiyoroshye - uhuza imbaraga z'intare n'ubwitonzi
bw'inuma

* * *

Sinzahangayikishwa n'ibitutsi bikaze, cyangwa gushima
no gushimwa cyane. icyifuzo cyanjye ni ugukora ibyo
.ushaka, Mwami, no kubona ubutoni bwawe

* * *

Ntushobora kwiyumvisha ibyishimo byinshi bizakuzura
igihe wumvise ubuturo bw'Imana. Ubwo rero ubugingo
bwawe buzasindishwa n'urukundo rw'Imana rutagira
imipaka. Ni urukundo ruruta urukundo rw'umuntu urwo ari
rwo rwose incuro miliyoni—urukundo rusohoza ibyifuzo

byawe byose kandi rwuzuza umutima wawe ibyishimo
.n'ibyishimo

* * *

Binyuze mu kwibanda imbere, ushobora kwibonera
ibyishimo byo mu mwuka muri wowe no hafi yawe. Iyo
ubyibushye, imico yawe izakura neza, kandi uzagira
.imbaraga zo gukurura abantu n'ibindi biremwa

* * *

Umurinzi Mukuru, ntabwo nitaye ku byo natakaje byose
kubera iherezo ryanjye, ari naryo nishyiriyeho, ariko
ndagusaba, wowe buhungiro bwanjye bwonyine, kurinda
urumuri rw'urukundo rwanjye kuri wewe imiyaga yo kutita ku
.byo nshaka no kwibagirwa

* * *

Nimuze tunywe amazi meza y'amahoro ahumura
aturuka mu masoko y'ibihe byiza, dukomezwa n'icyemezo
cyacu gikomeye cyo gutekereza neza no kugira icyerekezo
.cyiza

* * *

Umutimanama ni uburyo bwo kumva ibintu buhishura
kamere nyayo y'umuntu n'impamvu ze Iyo umutimanama
wawe ugororotse, kandi ukaba uzi neza ko ukora ibikwiye,
ntacyo ugomba gutinya. Umutimanama ugororotse ni
igihamba cy'imyitwarire myiza ituruka ku Mana. Kuba
umwere mu rukiko rw'umutimanama bivuze kugira ibyishimo
.no kwakira imigisha y'Imana

* * *

Gerageza gukora ibintu bishimishije kandi by'ubutwari
abantu benshi badakora, kandi uhe urukundo n'amahoro abo
abandi bitaho

* * *

Umwarimu Paramahansa yabwiye umwe mu bigishwa

:be ati

Niba udamara umwanya uHINGA ubwenge, nta"
burumbuke bw'ibintu bushobora kugushimisha. Ubu buhinzi

si ukwica urubozo ahubwo ni ukwitoza ubwenge kugira ngo
".bugaburire ibitekerezo n'ibikorwa bijyana ku byishimo

Ibyishimo byawe ni intsinzi yawe, bityo ntukemere ko
hagira ubikwiba. Irinde abagerageza kukubangamira. Nkiri
muto, nakundaga kubura kwihangana igihe cyose abantu
bakwirakwizaga ibihuha by'ibinyoma kuri njye. Nyuma, naje
kubona ko amahoro yanjye yo mu mutima ari yo y'ingenzi
.kuruta kwemerwa n'abantu cyangwa gushimwa nabo

* * *

Iyaba wari uzi inkuru y'urukundo rw'Imana bamwe mu
bayisenga bahura na yo! Nta bundi bunararibonye mu
buzima bwagereranywa n'ubwo bwishimo nari nzi
umutagatifu wahoraga yinjijwe mu rukundo rw'Imana, kandi
isura ye irabagirana urukundo rwera Ijisho ry'Imana rihora
.rireba abayikunda, kandi ntabwo ibatererana na gato

* * *

Abashishikajwe no guteza imbere imbaraga zabo zo mu
mutwe no mu mwuka ni bake cyane

* * *

Ntukemere ko winjira mu gihe cyo gutinda. Haguruka
uve mu bitotsi by'ukuri kurambiranye kandi ujye mu
migambi y'ubuzima bwiza aho hari ibyo ugeraho, ibyishimo
.n'amahoro

* * *

Muri wowe hari ubushobozi bunini butegereje
gushorwamo, kandi ni wowe wenyine ushobora kubukoresha
.no kububya umusaruro

* * *

Kudakurikiza amabwiriza y'ingeso mbi n'irari ribi bizana
ibyishimo byinshi kuruta intsinzi mu by'umubiri
Intsinzi mu buvanganzo izana ibyishimo byo mu mutwe
ibintu byo hanze bidashobora kugutwara

* * *

Ushobora kumara igihe cyawe cyose ukusanya amafaranga, ariko ayo mafaranga ntabwo azaguha amahoro n'umutekano urambye ushaka. Ahubwo, azagutera agahinda kenshi kuko ibyishimo n'amahoro biba mu bitekerezo, .ntabwo biba mu bintu ubwabyo

* * *

Ntukemere ko intege nke zinjira mu mutwe wawe, kandi witondere iyo wifatanya n'abantu bafite ibitekerezo bibi n'ibitekerezo bibi, kugira ngo ibitekerezo byabo by'intege nke bitakwinjira mu mutwe wawe, keretse ubwonko bwawe bugeze ku rwego rwo hejuru ku buryo ibitekerezo by'abandi bitashobora kubuca intege, ahubwo, ahubwo, bushobora .gukomeza ibitekerezo by'abandi no kongera icyizere cyabo

* * *

Imana ni yo iza mbere, kandi ntidukwiye gutangira cyangwa kurangiza umunsi wacu tutayitekerejeho. Tugomba kwibuka ko tudafite imbaraga n'imbaraga duhabwa n'Imana, tudashobora gusohoza inshingano zacu zose. Iyi ni yo .nshingano yacu ikomeye kuri yo

* * *

Hari uburyo bwo gusuzuma no gucira imanza imigenzo n'imigenzo Mbere na mbere, buri muco wari ufite impamvu. Niba dusanze impamvu ifatika ikiri ukuri, uwo muco ufite icyo uvuze n'inyungu zawo. Ariko, si byiza gukurikiza imigenzo mu buryo buhumyi. Tugomba kumenya icyiza no kugikurikiza, tugasobanukirwa icyatuzanira ibyishimo .hanyuma tukagishyira mu bikorwa

* * *

Iyo ubona abantu benshi badafite ibyishimo cyangwa intsinzi, ntugatekereze ko ari yo ntego yabo. Ushobora kwigira icyo ushaka kuba cyo cyose. Intsinzi yawe y'imbere .niyo iguhesha intsinzi by'ukuri

* * *

Niba ntacyo ufite muri wowe ubwawe, ntuzishima Ariko niba ntacyo ufite iruhande rwawe kandi ukaba wishimye

muri wowe, nta gushidikanya ko uba ufite icyo ugeraho
Bityo, ntibishoboka gucira abantu urubanza ukurikije
.imimerere yabo yo hanze

* * *

Mu mbaga nyamwinshi y'abantu, hashobora kuba hari
umuntu wageze ku rwego rwo hejuru mu buryo bw'umwuka
kandi akaba afite amahoro yo mu mutima n'ibyishimo byo
.mu buryo bw'umwuka bihebuje

* * *

Ndazi neza ko ibyo nkeneye byose bizangeraho, bityo
sinhangayikishwa n'ibyo ejo hazaza habitse. Ibi si ukwirata
cyangwa kwiyitirira, kuko nabonye umurimo n'ubushobozi
.bw'izo mbaraga nziza mu buzima bwanjye inshuro nyinshi

* * *

Naba ndimo ndemba hejuru y'ubuzima cyangwa ndimo
nrohama mu nyanja, nzi ko ndi kumwe n'Imana kandi ko iri
kumwe nanjye, kandi ko nta kintu na kimwe gishobora
kungirira nabi. Ubwo bumenyi bwampaye ibyishimo
.bitavugwa kandi byimbitse

* * *

Nta gushidikanya ko kugura ikintu gishya ari ibintu
bishimishije Ariko nyuma y'igihe runaka, icyo cyizere
cy'ibyishimo kirashira buhoro buhoro, ndetse ushobora no
kutakigiraho uruhare rwose, ukibagirwa ikindi kintu. Ariko,
fagitire y'icyo kintu ntizibagirana, cyane cyane niba
!wagiguze mu byiciro

* * *

Umuntu agomba kugenzura ubuzima bwe no
kubworoshya uko bishoboka kose. Agomba kuzigama
amafaranga yo gukoresha mu bintu by'ingenzi n'ibyihutirwa,
gushyira imbere kuzigama amafaranga kuruta kuyakoresha
mu bintu by'agaciro, no gufasha abandi uko ashoboye kose.
Iyo ufashije abandi, ubufasha buzakugeraho mu buryo

bumwe cyangwa ubundi, kandi ntacyo uzabura kandi
.ntuzabura icyo wakenera

* * *

Mu byishimo by'imitima yose, numva ijwi ry'ibyishimo
byawe, Mwami, kandi mu bucuti bw'abizera bose, numva
urukundo rwawe ndishima kandi umutima wanjye wishimira
intsinzi n'iterambere ry'inshuti zanjye, nk'uko nishimira
imibereho myiza yanjye n'uburyohe bwanjye Uko nshyira
ubwenge mu bandi, ngwiza ubutunzi bw'ubwenge bwanjye,
kandi mu byishimo bya bose, mbona ubwanjye

* * *

Umwanzi ukomeye w'ibyishimo ni uguza amafaranga
kugira ngo ugure ibintu by'akataraboneka Abantu bibeshya
ko badashobora kugira ibyishimo keretse babonye ikintu
cyihariye Aiko nubwo bamaze kubona icyo kintu,
ntibazabona ibyishimo nyakuri, nubwo bizana ibyishimo
by'igihe gito. Ni iki gituma umuntu yiruka inyuma y'ibyishimo
byo mu isi bisezeranya guseniyuka gusa? Abantu bagomba
kubaho mu buryo bworoshye, badakeneye ubutunzi bwinshi
.busaba kwitabwaho buri gihe

* * *

Paradizo yanjye iri muri njye Uko nishimira imigisha
y'Imana, ndayishimira, kandi ibyishimo byanjye byo mu
mutima bikura Nta byishimo byo mu mutima, ndetse
n'ibinezeza n'ibyishimo byo mu isi biba ikuzimu Naje kubona
ko iyo nta byishimo byo mu mutima, umutwaro w'inshingano
nahawe wari kunyambura amahoro yanjye kandi ukambuza
.ibyishimo byanjye

* * *

Niba ubutunzi bujyanye n'indwara n'ibibazo, ingaruka
zizaba nyinshi Isuku n'ubuvuzi biri mu mbaraga
z'Uburengerazuba Udukoko twangiza n'udukoko twica
bigenzurwa neza mu bihugu byateye imbere, mu gihe ari
twinshi mu bindi. Aiko gukuraho utwo dukoko si cyo kintu
cy'ingenzi cyagezweho, kuko hari izindi ngorane mu bihugu

byateye imbere, nko kwishyura fagitire bigoye no kubura
amafaranga bitewe na sisitemu zo kugura mu byiciro—
ibibazo bibangamira ibitotsi no kugabanya amahoro yo mu
.mutima

* * *

Turi igice cy'ingenzi cy'ubwenge bumwe iyi si ikomeye
yaturutsemo

* * *

Ese wigeze ubona umukumbi w'intama? Iyo imwe muri
zo isimbutse, izindi mukumbi ziwugana nta gushidikanya
Abantu benshi bameze batyo Umuntu ashobora kuzana
igitekerezo cyangwa akazana ikintu gishya, abandi bagahita
bagifata nk'uko bisanzwe. Iki gishushanyo cyakomeje
kubaho mu bisekuruza bitandukanye Buri gihugu gifite
imigenzo yacyo, kandi ntitwavuga ko yose ari ukuri cyangwa
ari ukuri. Ariko se ni nde ubizi? Ahari imwe muri iyo migenzo
n'imigenzo ntacyo ivuze kandi ntacyo imaze

* * *

Iyo inkubi y'umuyaga y'ibitekerezo igabanutse, twinjira
mu bwami bw'amahoro kandi tugakora ku kuboneka
kw'Imana

* * *

Tekereza ku Mana, cyangwa ahantu heza hatera
amahoro, cyangwa uburambe bushimishije kandi
bushimishije. Igikorwa cyiza kandi gituje cyo mu mutwe
.kirakomeza kandi kigarura ubuyanja

* * *

Tuba mu isi irimo akajagari n'imidugararo Ushobora
gutekereza ko amafaranga asobanura ibyishimo, ariko iyo
uyabonye, ugasanga uracyari mubi Ushobora kubona
ubutunzi kandi—Imana irinde—ukabura ubuzima bwawe
Cyangwa ushobora kugira ubuzima bwiza no kubura
amafaranga yawe Cyangwa ushobora kugira ubutunzi
n'ubuzima bwiza ariko ugahura n'ibibazo byinshi hamwe
n'abandi, utanga ubuntu ariko ugahura n'inzika n'urwango

mu buryo bw'ukuri Udafite Imana, nta kintu na kimwe muri
ubu buzima gishobora kukunezeza by'ukuri

* * *

Isi ihinduka icyumba cy'imibabaro ku bantu babaho
batazi gahunda y'Imana. Ariko iyo ubona ibibera mu buzima
nk'abarimu bawe kandi ukabyigiraho imiterere nyayo y'iyi si
n'uruhare wahawe mu isi, ibyo bibera urumuri rw'agaciro mu
.nzira igana ku kunyurwa no ku byishimo birambye

* * *

Aho ngaho, inyuma y'umwijima utari wijimye, ituze
ritagira amajwi, n'ubusa butararemwa, hari ikintu cy'iteka
ryose, ari cyo nkomoko y'ubuzima n'isoko y'imbaraga zose
.n'ibiremwa, ibiboneka n'ibitagaragara

* * *

Imana ntiyaturemeye iyi si kugira ngo turye, dusinze
kandi dupfe gusa, ahubwo yaturemeye kugira ngo tumenye
ubushake bwayo kandi dusobanukirwe intego yo kubaho
kwacu. Abantu bake b'abanyabwenge basobanukiwe icyo
gahunda y'isi isobanura, ariko abantu benshi ni impumyi
.kandi ntibazi iyo ntego

* * *

Amafaranga ntabwo yari intego yanjye mu buzima;
intego yanjye kwari ugukorera abavandimwe banjye bo mu
buntu. Bityo, Imana yamfunguriye imiryango myinshi
.y'amahirwe yo kwibeshaho no gusohoza inshingano zanjye

* * *

Imana yaremeye iyi si kugira ngo ikore ikurikije itegeko
rihoraho kandi ridahinduka Iyo turenze kuri rimwe muri aya
mategeko rusange, tuba twihaniye Umuntu usimbuka ava ku
gisenge cy'inyubako ndende azavuna amagufwa ye. Bityo
rero, ntidushobora kwirengagiza itegeko ry'imbaraga
.rukuruzi tutagize ingaruka mbi

* * *

Iyo twitegereje mu buryo bwimbitse imico y'isi kandi
tugasuzuma amabanga yihishe y'imico ya kera, ishusho nini

igaragara, ifite imirongo ifatanye, ibice bitandukanye,
n'ibisobanuro birambuye, maze tugasanga umuntu ari
.umuntu ku giti cye kandi ari n'umubano icyarimwe

* * *

Iyo Imana ishaka ko tubaho mu buryo bwo kumenya
ibintu gusa, twari kunyurwa byuzuye n'ibintu bifatika kandi
.tukanyurwa n'inzira z'isi

* * *

Imirasire y'ubuziranenge, amahoro, n'ibyishimo birenze
inzizi irabengerana kandi irabyina mu bwigunge bwacu
bw'ingenzi

* * *

Muri buri bunararibonye bugaragara mu kirere
cy'ubuzima bwacu muri uru rugendo rwacu rwo ku isi,
tugomba kwiga uburyo bwo kwagura ubumenyi bwacu
n'uburyo bwo gusobanukirwa neza imimerere ituzengurutse
cyangwa iyo tunyuramo, hanyuma tuzabashe kubaho mu
bwumvikane bwiza no kubana neza n'abantu n'ubuzima mu
.buryo butekanye kandi butekanye

* * *

Abantu benshi bigana abandiri. Umuntu agomba kuba
umwimerere kandi agahanga udushya, kandi akaba
.umuhanga mu byo akora byose

Mu Burasirazuba, intego nyamukuru yari iyo guteza
imbere ibyishimo byo mu buryo bw'umwuka, mu gihe ibintu
by'umubiri mu buzima byakunze kwirengagizwa. Mu
Burengerazuba, hari ibintu bimwe na bimwe byo kwishimisha
mu buryo bw'umubiri ariko ibyishimo byo mu mutwe ni bike
cyane. Igikenewe ni uburinganire hagati y'ibyo byombi, kuko
kwibanda ku kintu kimwe gusa cy'ubuzima bitera
ubusumbane no kunanirwa guhangana n'ibyo umuntu
.akeneye mu buryo bushyize mu gaciro

* * *

Ibyishimo bikomeye - nyuma y'ibyishimo by'Imana - ni
uko umuntu abana amahoro n'abavandimwe be ba hafi
.bagomba kubana nabo buri munsu w'umwaka

* * *

Abantu batakaza umwanya munini bihuta kandi bakora
ibintu bahubutse ariko ntibagere ku ntego zabo. Bake
bahagarara gato kugira ngo batekereze kandi bagerageze
.gusobanukirwa icyo ubuzima butanga

* * *

Tugomba gukora kugira ngo twubake inyubako
z'ubwenge mu busitani bw'amahoro bukura kandi
bukarabagirana indabyo nyinshi z'imico myiza y'umwuka

* * *

Ubwumvikane bw'imbere ni isoko ikomeye y'imbaraga
kandi butanga ingufu zishobora kuvugururwa

* * *

Urebye ubuzima, umuntu asanga gutsinda atari
byoroshye Ubuzima akenshi buragoye kandi ntibubabarira,
kandi tugomba kurwana no kubona imibereho Tekereza
imbaraga zisabwa kugira ngo umubiri wawe ukomeze
kubaho neza kandi utagira indwara! Nubwo wabigeraho, iyo
ntsinzi ni iy'igihe gito. Umubiri - urambe igihe kirekire -
amaherezo uzashyirwa mu gihirahiro. Ibisabwa ni ukurwanya
imbaraga nyinshi, haba iz'imbere n'iz'inyuma, kugira ngo
ugere ku ntsinzi wifuza. Izi mbaraga zikora cyane kugira ngo
.zikubuze kugerwaho n'ibintu by'ingenzi

* * *

Gerageza gutuza mu bihe byose, kandi ureke imbuto
y'amahoro yawe ishime mu byishimo no mu nseko
.z'ibyishimo

* * *

Ndetse n'abera bakomeye ntibabona agakiza kuzuye
keretse gusangira intsinzi yabo n'abandi, ni ukuvuga
ubunararibonye bwabo mu by'umwuka n'ubumenyi bwo
.hejuru, mu kubafasha kugera ku bumenyi bweranda

* * *

Kubera iyo mpamvu, abagera kuri izo ntambwe
bakagera kuri izo ntambwe baba bateguye gutanga
ubumenyi ku babukeneye. Niba wifuza kugera ku ntsinzi
nyayo, ntuzakwizeza ibyishimo byawe bwite gusa, ahubwo
.uzanabikesha abandi

* * *

Umuntu wese ufite ubwenge ashobora kubona
amafaranga Ariko niba afite urukundo mu mutima we,
ntabwo azigera ayakoresha mu nyungu ze bwite; ahubwo
azayasangira n'abandi Amafaranga ni umuvumo n'ibyago
biri mu maboko y'abikunda n'abanyanteye nke, kandi ni
umugisha n'impano biri mu maboko y'abafite imitima myiza
.n'imitima itanga ubuntu

* * *

Umuntu ashobora guhitamo guceceka igihe kirekire,
yanga kuvugana n'abagize umuryango we muri icyo gihe.
Nubwo uyu muntu ashobora kugira amahoro yo mu mutima,
imytwarire ye ni ubwikunde kandi ikabangamira ibyishimo
by'umuryango we. Ntabwo bashobora gufatwa nk'abatsinze
by'ukuri keretse abakunzi babo nabo bungukiye ku byo
.bagezeho

* * *

Mu buryo nk'ubwo, kugera ku ntsinzi mu by'umubiri si
uburenganzira bwacu bwo kugira imibereho myiza gusa,
ahubwo ni n'inshingano zacu mu by'umuco ku bandi mu
bijyanye no kubafasha kunoza imiterere yabo y'umubiri
.n'imibereho yabo

* * *

Ndinzwe n'umutimanama wanjye ukeye. Natwitse
.amateka mabi kandi ndahangayikishijwe n'uyu muni gusa

* * *

Uyu muni ndabona ko ndi umwe mu bafite urumuri
rw'ibyiza bihebuje kandi ko ndi urumuri rw'abarwana
n'imiraba y'inyanja y'umubabaro

* * *

Abantu bafite ibitekerezo n'ibitekerezo bitandukanye ku
bijyanye n'intsinzi, bitewe n'ibyo bifuza mu buzima. Ni
ibisanzwe kumva bamwe bagereranya intsinzi n'ubujura,
bavuga ibintu nk'ibi ngo "Yari umujura watsinze!" Ibi
bigaragaza ko intsinzi mu buryo bwose n'ubwoko bwayo ari
nziza kandi irashakishwa. Ariko, intsinzi yacu ntigomba
.kwangiza abandi

* * *

Hariho kandi ikindi gipimo cyo gutsinda: iyo dushoboye
kuzana umusaruro uhuye kandi w'ingirakamaro kuri twe
ubwacu, twagombye no gushyira abandi mu ntsinzi yacu no
.gusangira nabo imbuto zayo

* * *

Intsinzi bivuze kunyurwa n'ibyishimo by'umuntu mu
bidukikije. Intsinzi nyakuri ni umusaruro w'ibikorwa
bishingiye ku mahame yo gukiranuka, kandi ikubiyemo
ibyishimo n'imibereho myiza y'abandi nk'igice cy'ingenzi
cy'ibyishimo bye. Iyo dushyize mu bikorwa iri hame mu
buzima bwacu bw'umubiri, mu bwenge, mu by'umuco no mu
by'umwuka, tuzagira ibisobanuro byuzuye kandi byuzuye
.by'intsinzi

* * *

Aha muri iyi si nto, tubona uburebure, ubugari,
n'ubucucike, ariko hari urundi rwego aho ingano zitabaho;
byose birasobanutse kandi bisobanutse—byose ni ubwenge
n'ubushishozi. Uburyo bwo kumva uburyohe ni uburyo bwo
kumva, kimwe n'uburyo bwo guhumurirwa.
Amarangamutima yacu, ibitekerezo byacu, n'imibiri yacu ni
imiterere y'ubwenge. Nk'uko dushobora kubona, kumva,
guhumurirwa, kuryohereza, no gukoraho mu nzizi, ni ko
bimeze no kuri urwo rwego rwo hejuru, ese tugerwaho n'ibi
?byose binyuze mu bwenge busanzwe

* * *

Uwiteka, duhe ibyishimo wumva ko uri hafi yawe,
udukure mu ngoyi z'ibyifuzo, kandi uduhe ibyishimo byo mu
mutima bitagizweho ingaruka n'ibyo ubuzima buhura na byo
.n'ibintu bihinduka

* * *

Iyo ubwenge bwacu buhuje n'ibitekerezo byo hejuru,
ubwenge bw'umwuka burabyuka muri twe maze tukabona
ibitangaza bitangaje by'ubwenge n'urukundo by'Imana

* * *

Nidukunda Imana byuzuye kandi tukayihindukirira
n'ibitekerezo byacu byose n'imitima yacu yose, tuzumva turi
hafi yayo kandi tuzasanga ari yo buhungiro bukomeye
.bw'umutekano mu buzima

* * *

Mu mwanya usa n'aho uri ubusa kandi urimo ubusa, hari
isano iri hagati y'isi n'ubuzima bw'iteka buduhuza n'ibintu
byose bifite ubuzima n'ibidafite ubuzima mu isanzure,
umuraba w'ubuzima bukomeye unyura mu bintu byose
.biriho

* * *

Ubuziraherezo ni bwo buturo bwacu nyakuri n'ubuturo
buhoraho, kandi kubaho kwacu muri iyi mibiri ni ukubaho
by'igihe gito, nk'ikiruhuko gito ku modoka igenda mu butayu

* * *

Iyo twishyize hamwe n'imbaraga z'umwuka zirema,
tuzahuza n'ubwenge bw'isi yose kandi butagira iherezo
bushobora kutuyobora no gukemura ibibazo byacu.
Imbaraga zo guhanga zizatugeraho nta nkomyi ziva ku isoko
ikomeye y'ubugingo bwacu, zidushoboza kugera ku ntsinzi
.mu bikorwa byacu byose

* * *

Urukundo rukura kandi rugakura mu muryango
w'abizerana, kwihanganirana no kubahana

* * *

Uwiteka, duhe umugisha umucyo w'ibitekerezo
bitunganye n'ingeso nziza, kugira ngo umwijima w'ingeso
mbi n'ibitekerezo bibi bitugeraho, uzahita uvanwaho.
Udufashe kugukunda urukundo rwimbitse ku buryo ibishuko
by'umubiri cyangwa ibishuko by'isi bitashobora kutugusha
.mu mutego cyangwa ngo bifate ubwenge n'imitima yacu

* * *

Ibintu biboneka byoroshye ntabwo ari ingenzi cyane. Ibi
tubizi mu kwigira ubuzima bw'abagabo n'abagore bakomeye
n'uburyo babaye indashyikirwa binyuze mu guteza imbere
impano zabo, gusohoza inshingano zabo, kubaka
indangagaciro zabo z'umuco, kwigira byimbitse, no kwirinda
ubwikunde. Ariko umusaruro bagezeho n'ibyo bagezeho
.byari biruta cyane imbaraga bakoresheje

* * *

Ubwisanzure nyakuri buri mu bwigenge bwo guhitamo
buyobowe n'ubwenge kandi bugashyigikirwa n'ubushishozi,
ubunyangamugayo, n'ubushake buhamye

* * *

Iyo ukanguye ubushake bwawe, icyemezo cyawe,
n'ubushishozi bwawe, imbaraga zitagaragara zirekurwa mu
bwenge bwo hejuru—binyuze mu bwenge bw'ubugingo—
kugira ngo zigufashe kandi zimurikire inzira zigana ku
.ihumure n'ibyishimo byo mu mutwe, ubifashijwemo n'Imana

* * *

Umuntu agomba gufungura imiyoboro y'ubugingo bwe
binyuze mu mbaraga ze Ntawe uhitamo ku bushake
imibabaro n'agahinda kuruta amahoro n'ibyishimo Ubujiji ni
umuzi w'imibabaro n'imbogamizi igomba gukurwaho no
kuvanwaho Ubujiji ni icyatsi kibi, gishinze imizi cyane,
gikurira mu busitani bw'abantu kandi kigatera ibimera byiza
kandi by'ingirakamaro

* * *

Ubujiji bugomba kuneshwa n'ubushake budacogora
n'ubushake buhamye. Ubutaka bw'ubwenge bugomba

guhingwa hibandwa ku bintu byiza, kandi imbuto nziza
zivomerwa n'amazi yo kwizera. Iyo imirasire y'urukundo
ishyushye kandi ikomeye irabagirana, imbuto y'ineza izakura
kandi itsinde ibyatsi bibi n'ibimera bitera indwara, kuko
.umwijima udashobora kubaho imbere y'umucyo

* * *

Ibinezeza by'ibintu bifatika birashira kandi bikayoyoka,
ariko ibyishimo by'Imana ntibizigera bishira. Ni ibyishimo
.by'Imana bitagira iherezo kandi bitavugwa

* * *

Ntitugomba gukoresha uburyo butari bwo kugira ngo
tugere ku byishimo, kandi ntitugomba kureka amahoro
n'ubutunzi bw'umwuka dufite imbere yacu dushakisha
ihumure ryihishe n'ubuzima bwiza bushobora kumanikwa
imbere yacu n'ibikorwa n'imyitwarire mibi bifite ingaruka
.mbi

* * *

Ubwiza ni kamera nziza yo gufata ishusho y'Imana.
Binyuze mu mucyo w'ituze ritunganye kandi ryimbitse neza,
.ishusho nziza izagaragara neza

* * *

Mu by'ukuri, ubwenge bwose buri muri wowe kandi icyo
ukeneye ni ukubimenya neza

* * *

Kunyurwa nyakuri biri mu kwiteza imbere, kugira ngo
abandi bagushake aho kubashaka. Urukundo n'ubucuti
bigomba gutangwa ku buntu, nta cyizere cyangwa icyifuzo.
Kwitega gusa bitera imibabaro n'agahinda. Nubwo umuntu
aharanira kwiteza imbere, agomba kwihagararaho wenyine,
afite umutekano kandi afite amahoro mu gihome cy'imico
.myiza n'agaciro ke

* * *

Amasumo y'ibyishimo n'icyizere ahora aturuka mu
mutima wanjye, kandi amasumo yabo ahumura akore ku bo
.nhura nabo bose

* * *

Ibyishimo byo mu mwuka bitera mu mutima icyifuzo cyo
gufasha abandi mu buryo bwose, kandi bigateza imbere
ubushobozi bwo kwishimira ibinezeza by'umuco bitanga
ibyishimo, bityo bigabanye ubushake bwo gushaka ibinezeza
.bidafite akamaro

* * *

Uko uruhare rwawe rwaba ruto kose, ruracyari ingenzi
kimwe n'inshingano zikomeye mu bijyanye no kugira
uruhare mu gutsinda kw'ikinamico y'isi roho zikina ku
.rubyiniro rw'ubuzima

* * *

Ubwenge bwose ni ubwenge bwuzuye kandi butagira
iherezo, buhora bwivugurura kandi guhanga kwabwo
ntigushira, kandi binyuze muri wowe bugerageza
.kugaragaza ikintu cyihariye cyabwo

* * *

Nuryohereza n'urukundo rw'Imana nubwo rwaba rimwe
gusa, ntuzigera urureka kuko nta kindi kintu gisa narwo mu
.isi yose

* * *

Abazi Imana bageze ku ntera zikomeye cyane mu
by'umwuka, ku buryo batanyurwa no guha abanyabyaha
inama zo mu buryo bw'umwuka gusa, ahubwo bashobora -
ku bw'ubuntu n'ubufasha bw'Imana - kubaha imbaraga
.z'umwuka zibakura mu ngaruka z'ibikorwa byabo by'icyaha

* * *

Ibikorwa byose byiza n'ibibi biba byihishe mu
ngirabuzimafatizo z'ubwonko kandi bigaragara nk'ingeso
.nziza cyangwa mbi cyangwa ingeso mbi mu bitekerezo

* * *

Umuntu ufite ingeso mbi bitewe n'uko uturemangingo
tw'ubwonko bwe dufite imbaraga z'izo ngeso ashobora
kwibohora binyuze mu mbaraga z'ubushake, gutekereza,
gusenga bivuye ku mutima, no gukomeza kwemeza ibintu
neza kugeza igihe ingeso ze zose zidashimishije zihindutse
ingeso nziza z'amahoro n'ituze. Ibi bibaho iyo imbaraga
z'ubuzima ziyobowe neza zikora kugira ngo zihindure
imiterere idasanzwe y'uturemangingo tw'ubwonko, bityo
utwo turemangingo twuzure ibintu byose byiza, byiza,
.n'ubwiza

* * *

Gusobanukirwa ni ijisho ry'imbere, kureba roho, na
telesikope y'umutima. Ni uburinganire hagati y'ituze
.ry'ubwenge n'ubugwaneza bw'umutimanama

* * *

Buri muni tubona ahantu hatandukanye, kandi buri
muni uzana isomo rishya ryo kwigira. Biteganiye ko
umuntu aziga isomo yibanda ku ntego nyamukuru yo kubaho
kwe: kumenya isoko y'ubuzima bwe n'ishingiro ry'ubuzima
.bwe

* * *

Dukore twibagirwe imibabaro yo mu bihe byashize kandi
twiyemeze kutabitekerezaho. Dufite umurava udacogora
n'ubushake bufatika, tuvugurure ubuzima bwacu, twongere
.intsinzi zacu, kandi twizigamire imico myiza n'imico myiza

* * *

Umuntu wese ugaragaza intege nke z'abandi akabatera
isoni n'umujinya, aba kure y'ubwenge n'ubushishozi
.bukwiye

* * *

Amagambo y'ibihe byose n'ahantu hose

Abahuje n'Imana babona ubwiza butangaje kandi
bakaryohereza n'uburyohe budasanzwe budashobora
.kubonwa mu bundi buryo ubwo aribwo bwose

Ubwo roho yanjye yaguhamagaraga, ibicu by'ituze
ryawe byarasenye, Mana, maze imvura y'imbabazi zawe
iragwa cyane kugeza ubwo ibaye umwuzure wuzuye
w'ubuntu bwawe. Uruzi rwawe rw'umugisha rwarenze
inkombe z'ubugingo bwanjye, maze roho yanjye yiroha mu
mazi y'iteka ryose, maze umuyoboro w'ubuzima bwanjye
.buto ushonga mu nyanja y'ubuzima bwawe bwose
Umujyanama wanjye yanyigishije uburyo bwo gukoresha
ubwenge kugira ngo niyubakire urusengero rukwiriye kubaho
kw'Imana

Niba ushaka kugera ku ntego nziza, tangira ushyiraho
icyitegererezo cyo kuyigiraho. Ubu ushobora gushyiraho
icyerekezo icyo ari cyo cyose mu bwenge bwawe niba
ushyize igitekerezo gikomeye mu bwenge bwawe; noneho
umubiri wawe wose uzakurikiza icyo gitekerezo, kandi
.ibikorwa byawe bizajyana na cyo
Iyo ukoze ku mutima w'Imana, ibibazo byawe bizashira,
urukundo ruzuzura umutima wawe, kandi ubunararibonye
bwiza bwo mu mwuka buzabyina nk'amasoko meza mu
.busitani bw'ubwenge bwawe
Ibicu byinshi bigerageza kuguhisha no kuguhisha, ariko
binyuze mu kime cy'amarira yo kwifuza, izina ryawe
ry'icyubahiro rigaragara kuri njye rimurika mu nyuguti
.z'izahabu ziturutse inyuma y'amarido n'amatwikirizo yose

Umutimanama uboneye bivuze gukoresha ukuri mu
buryo bugaragara
Hari ibintu by'ingenzi n'ibyo bamwe bita "ibikenewe" mu
by'ukuri bitari ngombwa kandi bitari ngombwa Ubuzima
bugomba koroshywa hibandwa ku bintu by'ibanze no
gukuraho ibintu by'agaciro bitari ngombwa
Mbega ukuntu uri hejuru, yewe nshuti, kandi mbega
ukuntu ubutaka bwawe buruta kandi butagatifu! Urukundo ni
.ibiryo byawe n'ubudahemuka bwawe

Iyo abantu babiri bagendera mu bwumvikane
n'ubwumvikane nubwo batandukaniye ku bintu
bitandukanye, bahuzwa n'intego imwe: kubona amahoro
n'ituze mu mutima mu rukundo rutunganye no mu
budahemuka, aho ukunda adashaka ibyishimo ku giciro
cy'uwo akunda, hanyuma mu busitani bw'ubwitange,
indabyo z'impumuro nziza z'ubucuti zirakura kandi
.zigakwirakwiza impumuro nziza yazo
Isi itoza ubwenge bwacu mu buryo butandukanye,
ikatumenyereza ibintu byinshi ku buryo dutangira
gutekereza ko ibyishimo bitagerwaho tudafite ibyo bintu.
Ariko ubuzima, by'umwihariko ubuzima bw'abana, bugomba
koroshywa; bitabaye ibyo, ubuzima buzabigisha mu bihe
.bigoye

Ukuri ni ukuri kandi ni ukuri kuruta ibitekerezo cyangwa
ibitekerezo gusa, ariko ibyo dutekereza cyangwa dutekereza
rimwe na rimwe bishobora kuba impamo
Gutekereza ni ikintu cy'ingenzi mu buryo bwo
gutekereza ku guhanga udushya. Ariko, gutekereza bigomba
gukura no guhinduka ukwemera guhamye, kandi ibi
.ntibishoboka hatabayeho ubushake bukomeye
Iyo utekereje ikintu ukoresheje ubushake bwawe bwose,
ibitekerezo byawe bizahinduka ukwemera kwawe bwite,
kandi igihe ushobora gukomeza kwemera
Nubwo hari ibitekerezo bivuguruzanya, ukwemera
kwawe kuzagaragara mu by'ukuri
Umuntu agomba kwiga kwihagararaho, ashyigikiwe
n'imico myiza ye n'agaciro ke
Ibyishimo byo mu mwuka ni ibyishimo bishya kandi
birushaho kugaragara mu batekereza cyane ku Mana. Ni
ibyishimo bifasha mu gufata ibyemezo bikwiye no gukora
ibintu byiza, kandi iyo bibonetse, ibyifuzo n'irari bibi
birashira kuko bitakaza ubwiza bwabyo ugereranije
.n'ibyishimo byo mu mwuka

Umuremyi wacu Ushoborabyose yaduhaye ubuzima,
imbaraga, n'ubwenge, kandi ni inshingano zacu kumuha
ubwitonzi bwacu no kumuzamurira imitima yacu mu rukundo,
.mu gushimira, no mu kwemera ubuntu bwe n'ineza ye
Mana yanjye, mfashe kutakongeza umuriro w'uburakari,
ngo ntazatwika n'umuriro w'uburakari, amazi y'amahoro ari
muri njye no mu bandi, mfashe kuzimya umuriro w'uburakari
.n'imvura ihora itemba y'urukundo rwanjye
Ikiyaga cy'ubugwaneza bwanjye n'amahoro yanjye
bikomeze gutuza no gutuza, bitabangamiwe n'inkubi
.y'umuyaga yo kutishima izana imibabaro gusa
Gukora ibikorwa ubikesha kumva ko uri mu nshingano,
cyangwa kwigomwa ibyifuzo byawe bwite mu gukorera undi
muntu no mu rukundo, ni byiza cyane kuruta kubikora
kubera ubwoba
Nubwo umuntu yareka kurenga ku mategeko y'Imana,
agomba kubikora abitewe n'urukundo akunda Imana, atari
.ugutinya igihano cyayo
Icyo utinya cyose, kuraho ibitekerezo byawe ku kintu
icyo ari cyo cyose. Kirekere Imana kandi wongere icyizere
.cyawe muri yo
Ubwoba buhora buri mu muntu, kandi kubukuraho
birashoboka iyo utekereje ku Mana kandi ukumva ko iriho
Bishobora kugorana mu ntangiriro kugendera mu nzira
z'imico myiza, ariko ni inzira nziza ziganisha ku mahoro yo
.mu mutima n'ibyishimo nyakuri
Ikuzo ry'Imana rirabagirane mu mfuruka zose z'ubuzima
bwacu, urukundo rwayo rube mu mitima yacu, kandi urumuri
rwayo rwuzure ubwenge bwacu
Mana yanjye mukunzi, indabyo zirakura kandi ibihe
birahinduka, kandi byose birakuvuga. Ukwezi kuzuye
kugaragaza imiterere y'inseko yawe, kandi izuba ritwara
itara ryawe ryo mu ijuru. Njyewe mu nyanja y'amarira
menshi, yuzuye inyota yo kukwifuzza. Mu mababi y'ibiti
n'imitsi y'abantu ubuzima bwawe n'imbaraga zawe

biratembera, kandi numva umutima wawe w'isi yose utera mu
mutima wanjye

Iyo numvise ko uriho, numva meze nk'aho ndi maso mu
yindi si, kandi rimwe na rimwe nrota iyi si n'uyu mubiri muto
—uwanjye ndi maso mu byishimo bidashira, kandi inzosi
zanjye z'ubuzima bwo ku manywa zuzuyemo impumuro
nziza z'ibihe nakangutse ndi kumwe nawe. Naranduye
ibyatsi bibi by'inzosi mbi mu busitani bw'inzosi zanjye kandi
mbitera mu mwanya wabyo indabyo z'amaroza yo
guhumekeza kwanjye, aho impumuro y'icyifuzo cyanjye
izagukurura, kandi uzaza kunjyana mu isanzure ry'ibyishimo
by'iteka ryose

Mana, ngira umucyo utunganye kandi utunganye kugira
ngo nzane umucyo wawe ukiza muri njye
Humura indorerwamo y'ubwenge bwanjye ihinda
umushyitsi kugira ngo igaragaze isura yawe itagira iherezo
Kingura amadirishya y'ukwizera kugira ngo mpumure
impumuro y'amahoro yawe

Wowe uri mu mwijima, Mwami udashobora gusobanura,
reba n'amaso yanjye akurariye, kugira ngo nta kindi kintu
kibaho uretse wowe

Inyuma y'ibintu byose n'isura y'ubuzima hari ijwi
ry'Imana rituje, rihora riduhamagara binyuze mu ndabyo,
ibitabo byera, imitimanama yacu, n'ibintu byose byiza
bituma ubuzima bugira agaciro

Imbaraga zose umuntu ugerageza kugera ku ndunduro
z'umwuka Imana imuha agaciro kandi ikamuha ibihembo
byiza kubera zo

Turagusaba, Mwami, ngo umurikire ubwenge bwacu
umucyo w'ukuri kwawe, utume imitima yacu ikubitana
n'urukundo rwawe, kandi wuzuze imitima yacu ibyishimo
byawe n'ubuntu bwawe bwinshi

Imana iva kuri icyo shusho iboneye ubwenge
budashobora kwinjiramo, isuka urumuri rwayo rw'iteka.
Kandi mu bwenge bw'isi yose havamo imbaraga zihebuje

n'imbaraga nziza, kandi ibikorwa byo guhanga bisunika mu
.bwenge bufunguye kandi buhuje
Iyo usanze roho yawe, umutima wawe, buri kirahuri
cy'umwuka, ikirere cy'ubururu, inyenyeri zirabagirana,
imisozi, isi, inyoni n'indabyo byose bihujwe n'umugozi umwe
w'uruhererekane rw'isi, ibyishimo byo mu mwuka, n'ubumwe
rusange, nibwo uzamenya ko byose ari imiraba iri ku gituza
.cy'inyanja y'Imana idafite inkombe

Nitwibagirwa Umuremyi wacu, dukwiye imibabaro
Tugomba kumenya ko Imana ari yo dukunda kandi idukunda,
kandi ubwo bumenyi buzatuvana mu bibazo n'imibabaro
.yacu

Umuntu ukunda Imana by'ukuri ntahwema kuyishaka,
nubwo yananiirwa kuyibona nyuma yo kugerageza kenshi.
Nk'uko umuraba ugomba kugaruka mu mutima w'inyanja
nyuma y'uko inkubi y'umuyaga igabanutse, ni ko n'umuntu
uyishaka cyane abigenza; afite icyizere cyuzuye cy'uko
inzitizi zizasenyuka kandi ko azahura n'inyanja y'isi vuba
cyangwa nyuma - inyanja itagira iherezo yaturutsemo kandi
.igarukamo

Iyo ubwenge buhora butekereza ku mukunzi w'Imana,
umutima uririmba indirimbo z'ibyishimo n'ibyishimo
Kuvuka mu mwuka ni ukuva mu byo ari ubu kugeza ku
.byo azaba mu gihe kizaza

Umuntu ntashobora guhisha abandi kamere ye nyayo,
guhindagurika kw'ibitekerezo bye bizagaragarira mu
.myitwarire ye kandi bizagaragarira mu bikorwa bye
Hari benshi bafite imyumvire idahwitse ku bwisanzure;
bafata ubwisanzure nk'ugukora icyo umuntu ashaka gukora
cyose, kandi ubu bwisanzure nbwita ubwisanzure bwo
kwihitiramo ibintu uko biri

Kubera kudasobanukirwa neza imiterere nyayo
y'ubwisanzure, bamwe mu babyeyi bashyira abana babo mu
bucakara bw'imigenzo binyuze mu guhita basohoza ibyifuzo
byabo. Umwana akura yizera ko igihe cyose ibyifuzo bye

bishyizwe mu bikorwa, aba yishimye, kandi ko intego y'ubuzima ari ugusohozza buri byifuzo. Ariko, nyuma baza gusanga baribeshye, kuko isi yo hanze itandukanye rwose n'ubuzima bwo mu rugo, kandi bakamenya ko gusohozza buri byifuzo atari byoroshye! Abandi bashobora kubirengagiza bakabikurikirana mu gukurikirana ibyifuzo byabo. Ingaruka zabyo ni uko umwana akomera kandi akaba umuntu utagira amarangamutima kubera icyifuzo gikomeye cyo guhaza ibyifuzo bye. Bityo rero, ababyeyi bagomba gufasha abana babo guteza imbere ubushake bwabo n'ubushishozi kugira ngo babashe kubaho mu isi badaguye mu mitego n'ibibazo .byayo

Umubyeyi aravuga ati "Mumwigishe urukundo"
Birumvikana ko gufata abana mu rukundo muri rusange ari byiza, ariko uburyohe bwinshi bwangiza amenyo, kandi nk'uko, kwita ku bana cyane byangiza amenyo. Kugira ubushake n'umurava ni ngombwa, ariko niba umwana afashwe kandi agahanwa bikomeye kubera ikosa, ingaruka zizaba mbi. Hakwiye kubaho uburinganire mu buryo abana bafatwa kandi bagafatwa; buri mubyeyi agomba kugabanya imiterere ye n'urukundo n'ubugwaneza, kandi buri mubyeyi .agomba gusiga urukundo rwe ubwenge n'ubwenge Umuntu agomba gukomeza kugira urukundo ruhamye no kwifuza Imana. Nagerageje imirimo myinshi, ariko uko akazi kanjye kaba kameze kose, ibitekerezo byanjye bihora .biri ku Mana

Twagombye kwishimira iki cyaremwe, ariko tutaretse ngo kitugire abacakara. Kandi ubunararibonye bwanyigishije ko ibyishimo byo kubona Imana ntagereranywa
Mbere yo gutangira imirimo ikomeye, umuntu agomba kwicara atuje, agatuza ibyumviro n'ibitekerezo, agatekereza cyane, kandi agashaka ubufasha bw'Imana kugira ngo abone .ubuyobozi bw'umwuka n'icyerekezo cyiza

Reka menye ko inseko iri ku maso y'umuseke, ku minwa
y'indabyo, no ku maso y'abagabo n'abagore
.b'abanyacyubahiro ari inseko yawe
Sinzagerwaho n'amashusho y'ibyago bikurikirana,
ibyago, indwara, cyangwa imbogamizi zitunguranye kuko nzi
neza ko ubwenge bufite gahunda bufitanye isano rya hafi
n'ubwenge bw'isi yose budahura n'ibibazo cyangwa
.imihangayiko mu buryo butunguranye
Ubwisanzure bivuze ubushobozi bwo gukora ibintu
ukurikije ubwenge, atari ibyo umuntu asabwa n'irari rye,
ingeso ze, n'ibyo ashaka. Kumvira ubwirasi bwe bijyana ku
bucakara, mu gihe kwemera ibyo umwuka umubwira bijyana
.ku kubohoka ku mbogamizi
Ntacyo bitwaye kuba mba mu ngoro nziza cyangwa mu
.kazu gaciriritse, igihe cyose Imana iri kumwe nanjye
Nzakoresha amafaranga yanjye nakoreye mu buryo
bw'ukuri kugira ngo mbeho mu buryo bworoshye, mbere
y'uko mbaho ubuzima burenze urugero
Binyuze mu kwizera Imana no gukoresha imbaraga
z'ubushake, umuntu ashobora gutsinda indwara, gutsindwa,
no kutamenya, igihe cyose uguhinda kw'ubushake
gukomeye kuruta uguhinda kw'indwara z'umubiri cyangwa
iz'imitekerereze. Uko indwara irushaho kuba ndende, niko
ubushake bugomba gukomera kandi buhamye, kandi
ukwizera kukaba kwimbitse no gukomera, kugira ngo agere
.ku musaruro wifuza
Nshyira imbaraga, Mwami, zo kwiringira wowe wenyine,
si uburyo bw'abantu bwo kurinda. Ntureke ubwoba
n'imihangayiko bimbuza imbaraga zanjye zitagira imipaka zo
guhangana n'ibigeragezo by'ubuzima. Ntureke ntekereza
impanuka, ibyago, n'ibyago kubera gutinya ko byagaragara
mu bitekerezo no mu bitekerezo. Kandi reka menye, Mwami,
ko naba ndi maso cyangwa nsinziriye, ndi maso cyangwa
nazimiye mu nzozi zo ku manywa, ndi muzima cyangwa ndi
.mu rupfu, uburinzi bwawe buracyankikije kandi buranyirinda

Abanyabwenge bavuga bati: Imbutu z'ibikorwa byiza
bisunitswe n'urukundo rw'Imana n'imico myiza ni
ubwumvikane n'ubuziranenge Imbutu z'ibikorwa bisunitswe
n'ibyifuzo n'ibyifuzo by'ubwikunde ni ububabare n'imibabaro

Imbutu z'ibikorwa bibi ni ubujiji n'ubupfapfa
Ibikorwa byiza bizana ibyishimo, mu gihe ibikorwa byo
mu isi biyobowe no kwikunda bitera imibabaro n'ububabare.

Ariko, ibikorwa bibi bikomeza byangiza ubushobozi
.bw'umuntu bwo gushishoza no gusobanukirwa
Niba wifuza kubaho mu mahoro no mu bwumvikane,
imigambi yawe igomba kuba myiza, kandi ugomba
gukwirakwiza ibitekerezo by'ubugwaneza
n'amarangamutima y'urukundo. Niba ubayeho ubuzima
bwiza, uzafasha abandi binyuze mu rugero rwawe
.n'imyitwarire myiza

Mu gihe numva mfite impungenge n'urujijo mu mutwe,
nzasubira mu mutuzo no gutekereza kugeza igihe nzagarura
ituze, kandi nzatangira buri munsu ntekereza ku Mana no
.kuyisaba ubufasha n'ubuyobozi

Iyemeze kutareka ibyatsi bibi by'urwango bikura
bikinjira mu busitani bw'ubuzima bwawe, ubusitani
bwuzuyemo imico myiza y'umwuka mwiza. Uko urushaho
kwihingamo iyi mico ihumura neza, isa n'iroza, ni ko Imana
izarushaho kuguhishurira ibanga rikomeye ry'ubuzima muri
.wowe

Intego y'ubuzima ni ukugira amahoro, kunyurwa,
kudapfa, umutekano, no kumenya ukuri, kandi mu mutima
w'ibyo byifuzo bidutera imbaraga, hari kamere y'Imana iri
.mu mutima wacu

Ese nshobora kubona umudendeze wanjye muri wowe,
Mwami, kandi nkamenya ko iwanjye nyakuri ari ukubaho
kwawe kose kandi ko ndi igice cy'ingenzi cy'ubwenge bwawe
bwo mu isanzure

Yewe nyanja nini, y'Imana, reka imigezi y'ibyifuzo
byanje, inyura mu butayu bw'inzitizi n'imbogamizi,
amaherezo yivange mu bwihisho bwawe bukomeye9
Mu gihome cy'Imana ni ho honyine tubona uburinzi
n'umutekano, kandi nta buhungiro butekanye kuruta kumva
twegerereye Imana no gukora ku ruhande rwayo
Kubera ko abantu bayoborwa n'ingeso zigena ibyo
bakunda, ibyo bakunda, imico yabo, n'ibyifuzo byabo, iyo izo
ngeso ari mbi, imico yabo iba mibi kandi ibikorwa bikaba
bibiri. Bityo rero, ni byiza gushyira imbere ingeso nziza, kuko
ziyobora ibikorwa byacu n'ibitekerezo byacu ku ntego nziza
.kandi zikatuzanira ubuzima bwiza n'ibyishimo
Aho hose hari imitima ibabaye n'ibabara, mbona
ihumure mu kuyikorera no kuyihumuriza. Nzakora uko
nshoboye kose kugira ngo nshimishe abandi kandi
.nzumvikana n'amarangamutima yabo nk'aho ari ayanje
Ubushobozi bwo mu mutwe buri mu bantu, ariko abantu
benshi ntibatera imbere neza, kandi kunanirwa gukuza ubwo
bushobozi bitera ingaruka mbi. Kimwe n'umubiri, ubwenge
bukeneye indyo yuzuye n'imyitozo ngororamubiri kugira ngo
.bugire ubuzima bwiza kandi bugire imbaraga
Diyama yakira kandi ikagaragaza urumuri, ndetse
n'ubugingo buboneye kandi bugaragara buzi Imana kandi
bukarabagirana hamwe no kuba iriho
Uwiteka, uri ubutunzi nyakuri mu buzima, kandi mu
kukubona mbere na mbere nzagushakiramo byose nkeneye
Abantu bakunze kwibanda ku biribwa, umwuka n'izuba
kugira ngo bagire ubuzima bwiza, ariko hashobora kuza igihe
ubuzima burushaho kuzamba nubwo hari byinshi byo hanze
y'ubuzima. icyo gihe ni bwo hakenewe kongera imbaraga
.umubiri ufite mu mubiri
Niba ubwato bw'ubwenge bwanjye bwegerereye ibitare
by'irari ry'umururumba birimo akaga n'ibyago, bitwarwa
n'inkubi y'umuyaga ikomeye y'ubujiji, Mana yanjye, ba

urumuri rwanjye kandi uhore unyobora ku nkombe
.z'ubutungane bwawe n'ineza yawe

Igitekerezo ni nk'urumuri rufite imbaraga nyinshi
zigomba gukoreshwa mu gutwika inzitizi zibuza kugera ku
ntego

Imana ishobora kuboneka binyuze mu rukundo rw'Imana
ruhoraho Iyo dukunda Imana kuruta impano zayo, izaza kuri
twe yaduhaye uburenganzira bwo guhitamo n'ubushobozi
bwo guhitamo kugira ngo dushobore gutandukanya impano
z'isi zihita n'izidafite akamaro n'impano yo kwegerana na yo
.n'ibyishimo byo kubana na yo mu buryo bwiza
Twahawe kwibuka kugira ngo tubashe kwitoza kwibuka
ibintu byiza kugeza igihe tuzabashe kwibuka ibyiza
bikomeye: Imana

Umuyaga w'urukundo rwawe urantereramo, Uwiteka!

Kandi amababi y'ubuzima bwanjye arabyina yishimye ubwo
uzaza. Ijwi ryabo ryiza rinyura mu kirere, ritumira abananiwe
.kuruhuka mu gicucu cy'amahoro yanjye yo mu mwuka
Ingorane zo mu buzima ntabwo zigamiye kutugirira nabi;
ahubwo ibibazo n'indwara biduha amasomo. Ibibabaza
duhura na byo ntabwo bigamiye kuturimbura, ahubwo
bigamiye kutweza no kwihutisha gusubira ku isoko yacu
iboneye—Imana—ikora mu buryo bwose kugira ngo idufashe
.kandi itugarure mu rugo rwacu rwo mu ijuru
Ubuziraherezo ni iwacu nyakuri, kandi urugendo rwacu
kuri iyi si no muri iyi mibiri y'umubiri ni nk'urugendo rwa viza
.rw'igihe gito

Mwami, nzi ko gushimwa bitanshyira hejuru, kandi
kunengwa ntibingabanya. Ndi uko ndi imbere
y'umutimanama wanjye kandi imbere yawe nzakomeza muri
iyi nzira, nkora uko nshoboye kose kugira ngo nkorere buri
wese kandi nharanira kubona ubutoni bwawe—ni muri ubwo
.buryo ibyishimo byanjye biri
Uri ikiremwa kidasanzwe kandi kamere yawe ni nziza
cyane, bityo menya uwo uri we by'ukuri

Mu gitondo cyo kuhagera kwawe, imbuto z'icyifuzo
cyanjye zizakuramo indabo zihumura neza kandi ziryoshye
Uwiteka, ihutishe ukuza k'uwo munsu ubwo nzaboha
umukufi w'izo ndabo z'ikime nkawushyira ku muryango
wawe w'umugisha

Aho guhora aharanira kwinezeza we wenyine, agomba
no kugerageza kuzanira abandi ibyishimo Iyo agerageje
gutanga ubufasha bw'umwuka, ubwenge, cyangwa ibintu
bifatika ku bandi, azabona ko ibyo akeneye ubwe
byagezweho kandi ko igikombe cy'ubuzima bwe cyuzuye
.ibyishimo

Abazatsinda umwijima ku isi bazagira umucyo w'ikuzo
nk'umugabane wabo kandi bazagira amahoro n'ibyishimo
.byo mu mutima

Uwiteka, komeza unyanyagize imbuto z'imigisha yawe
mu butaka bw'umutima wanjye, mbihinze mu gusaba, kugira
ngo zikure zivamo ibiti bicucumye amashami yabyo yera
.imbuto nziza kandi nziza cyane zo kumenya kwiwigira
Akenshi tuguma mu bubabare tudashyizeho imihati yo
guhinduka, niyo mpamvu tutabona amahoro n'ibyishimo
birambye Iyo twihanganye kandi tukagira imbaraga,
twashobora gutsinda ingorane zose. Tugomba kwihatira
kuva mu makuba tukajya mu byishimo, no kuva mu kwiheba
.tukajya mu butwari

O Mana Urukundo, huza urukundo rwanjye n'urukundo
rwawe, huza ubuzima bwanjye n'ibyishimo byawe, ubwenge
bwanjye n'ubwenge bwawe bw'isi, kandi ushire inyota yanjye
.mu isoko y'ibyishimo byawe by'iteka ryose

Umutima w'umuntu ushakisha by'ukuri uhora ununva
uti: "Mana yanjye kandi nkunda, sinshaka kwinjirira mu
muvurungano wo muri iyi si y'ibinyoma, kandi icyo nshaka ni
ukubyutsa urukundo rwawe mu mitima y'abantu. Umutima
wanjye, ubugingo bwanjye, umubiri wanjye, ubwenge
bwanjye, n'ibyo ntunze byose ni ibyawewe, Mwami." Uwo
muntu ushakisha agera ku Mana akayimenya

Nyagasani, duhe gusobanukirwa ubuvandimwe bushya
kandi by'ukuri. Duhe kureka intambara kandi dukize
ibikomere by'amahanga dukoresheje amavuta y'urukundo
.n'ihumure rirambye ry'ubwumvikane bw'impuhwe
Duhe umugisha kugira ngo tubashe kubohoka ku
bushotoranyi bw'umururumba, kwigarurira uburiganya, no
kugengwa n'amayeri, kandi udufashe kubaka isi nshya aho
indwara, ubujiji n'inzara ari inzosi gusa z'amateka mabi
.kandi ateye ubwoba

Dukemure ibibazo byose tudakoresheje ubwenge
bw'ishyamba, ahubwo dukoresheje gusobanukirwa, ukuri, no
kwizera kudacogora muri wowe no mu butabera bwawe
.bw'Imana

Ubuzima bwaduhuje hano igihe runaka, hanyuma
tukagenda mu nzira zacu zitandukanye. Ariko niba urukundo
rw'Imana rutuye muri twe, ntacyo bitwaye aho tujya, kuko
uko twagenda kose, tuzakomeza kuba mu ruziga
rw'urukundo rw'Imana kandi ntituzigera dutandukana
.by'ukuri

Mwami, ngira igisiga cy'iterambere mu buryo
bw'umwuka kiguruka hejuru y'inzira z'ibitekerezo bigufi
n'ubuhezanguni

Mumpamagare mu kirere cyo hejuru cyane, hirya
y'imitingito ikomeye y'isi n'ibicu bibuza urumuri rw'izuba
Reka mfate amababa yo kuringaniza kugira ngo mbeho
neza, kandi reka nje mu kirere kirekire hejuru y'inkubi
z'umuyaga n'inkubi z'umuyaga, aho hari isanzure rinini
.n'ibitekerezo bihebuje

Amahoro aza iyo dukinguye imitima yacu kugira ngo
dukunde kandi tube abantu beza. Abafite imitima ikunda
kandi bakora imirimo myiza bagira amahoro kuko aba muri
bo. Amahoro ni urusengero rw'ijuru kandi ni ishingiro
.ry'ubuzima bwiza

Tugomba guhora dutekereza ku bwiza bw'Imana buri
inyuma y'indabyo, urumuri rw'ikirere ruri inyuma y'izuba,
n'ubuzima bukomeye bugaragara mu maso ya buri wese
Iyo umuntu arangwa n'ineza by'ukuri kandi
akagaragariza abandi icyubahiro, kandi agashima abandi mu
.buryo bumwe, azahora ahabwa icyubahiro n'ishimwe
Nzakwirakwiza urukundo rwanjye ku bandi kugira ngo
mbashe gufungura irembo ry'urukundo rw'Imana ruze kuri
.njye kandi rube mu mutima wanjye
Mwami, reka mbe urumuri rw'abarohamye mu gahinda
kenshi. Mfasha kuzanira abandi ibyishimo mu gushimira
.ibyishimo byo mu mwuka wampaye
Nzashongesha urwango mu muriro w'urukundo rwanjye,
kandi nzababarira abandi kandi ntange urukundo ku mitima
yose ifite inyota
Urukundo nyakuri ni urukundo rwishimira ihumure
ry'uwo ukunda
Umucyo wawe utumurikire, Uwiteka, kandi urukundo
rwawe rwuzure imitima yacu iteka ryose
Kugira umutima wo kwihangira imirimo bivuze kugira
imbaraga zo guhanga udushya zituma umuntu abasha
guhanga ikintu kitari cyarigeze gikorwa mbere. Buri muntu
.avukana iyi mpano yahawe n'Imana
Urukundo ruhebuje ni urukundo rw'Imana, rutuma
ubuzima buba bwiza cyane bitavugwa Iyo wumva Imana iri
kumwe nawe, ije ikwakira aho uri hose ikayobora intambwe
.zawe, urukundo rw'Imana rutangira
Imbaraga z'ukuri zirwanya umuyaga
Mwami, iyo mpura n'ingorane z'igihe gito, reka nibuke
imigisha myinshi wampaye mu bihe byashize, nzi ko
ubufasha bwawe butajya bumva kandi ko ubwitonzi bwawe
buri kumwe nanjye kuri wowe, ndagushimira cyane kubera
imigisha yose unzanira iturutse mu kuboko kwawe gutanga
.ubuntu

Amatonyanga y'urukundo arabagirana mu mitima
myiza, kandi Imana iboneka gusa mu nyanja y'urukundo
Ubwenge ni itara rimurikira inzira y'umuntu kandi
rikamugeza ku ntsinzi

Mu mpeshyi, Imana irimbisha ibidukikije indabyo nziza
cyane n'indabyo, ikambara neza cyane n'amabara meza
.cyane

Amahoro ni we mutangabuhamya wa mbere utangaza
ko yegereye Imana. Nyuma yaho, amahoro ahinduka
.urumuri rurerure kurusha ibyishimo bitagira iherezo

Iyo ninjira mu nyanja yo gutekereza cyane, numva mfite
umugisha wo kunyeganyega mu mutima wanjye, numva ijwi
"rivuga riti "Ndi hafi

Umuntu agomba guhindukira imbere, aho roho
yigaragaza. Kuva mu nda y'ubugingo haturuka
.ubunararibonye bwose bw'ubuzima bw'imbere

Iyo roho yiyumvishije ifite ubwenge bw'Imana, yumva
ibyishimo byinshi kandi yaguka mu mwanya utagira imipaka

Nukoresha uburyo bwose bwo hanze n'umutungo
uboneka, uretse ubushobozi bwawe busanzwe, kugira ngo
utsinde inzitizi zose zishobora kukubangamira, uzateza
imbere imbaraga Imana yaguhaye: izo mbaraga zitagira
.imipaka zituruka mu bwihisho bwawe

Urukundo rugendera mu nzira y'izahabu igana ku Mana

Nzakwirakwiza urumuri rw'ibyifuzo byiza n'imigambi
myiza aho umwijima w'ubwumvikane buke winjiye hose
Iyo ingorane zikugarije, ariko ukanga kureka kugerageza
no gushyiraho imihati, nubwo hari inzitizi n'imbogamizi zose,
.Imana izagusubiza kandi iheshe imbaraga zawe intsinzi

Uwiteka, nzakura indabyo z'irari mu busitani
bw'umutima wanjye nzishyire nk'igitambo cy'urukundo ku
muryango wawe wera

Kubera ko ibitekerezo byacu n'amagambo yacu ari
imbuto zizatuzanira umusaruro w'ejo hazaza, ndatangira uyu

munsi kuzuza ubwenge bwanjye ibitekerezo byiza kandi
byiza

Ndaguruka kandi nkazamuka mu kirere cy'ubwenge
bwanjye hejuru no hasi, mu majyaruguru no iburyo, imbere
no hanze no ahantu hose kugira ngo nsange ko mu mfuruka
.zose z'ikirere nari ndi kandi nkiri imbere y'Imana
Baho buri kanya wibuka umubano wawe n'Imana itagira
iherezo. Nta iherezo ry'ubwenge bwawe, kandi ibintu byose
birabagirana kandi bikabengerana nk'inyenyeri mu kirere
.cy'ubugingo bwawe

Kwitandukanya, cyangwa kutabifatanya, ni inzira
y'ubwenge umuntu ushakisha anyuramo, abishaka
akazamuka hejuru y'ibintu bidafite akamaro kugira ngo
akunde ibikomeye. Ntiyihambira ku byishimo by'akanya gato
ashakisha ibyishimo bishya byo mu mutima. Kwitandukanya
ubwabyo si iherezo, ahubwo bitegura inzira yo kugaragara
.kw'imico myiza y'ubugingo n'imbaraga z'umwuka
Umutsinzi wo mu mwuka atera intambwe zikomeye mu
nzira z'ubuzima

Umuntu agomba gukoresha ubuzima bwe bwa none
neza, agakingura amadirishya y'umutima we, akangura
.kandi agasubiza imbaraga z'ubugingo bwe zisinziye
Inyuma y'isura y'impinduka n'impinduka hari ubuturo
bw'Imana. Kandi uwo ari we wese ushobora guhagarara
indorerwamo y'ubwenge bwe no kububuza kunyeganyega,
azabona muri iyo ndorerwamo isobanutse neza isura
.y'umuntu ukunda isanzure

Urukundo rurusha urupfu imbaraga n'ibyago by'igihe
Kwisuzuma ni ryo pfundo ry'intsinzi, kandi gutekereza ni
indorerwamo tubonamo impande z'imbere zitari kuba zihishe
amaso yacu. Tugomba gusuzuma intege nke zacu,
gutandukanya imyifatire myiza n'iy'ibibi, no kumenya inzitizi
.zituma tugera ku iterambere n'intsinzi

Mbega ukuntu uri mwiza cyane, wowe nshuti! Wowe
uvoma amazi y'ubwitonzi buzira uburyarya, kandi amababi

yawe aratoseshwa n'ikime cy'uburyohe bw'imbere n'inyuma
buturuka mu bwihisho bw'imitima y'ukuri kandi
y'indahemuka

Nigeze kubona ikinyoni gito kigerageza kuzamuka
ikirundo cy'umucanga, maze ndibwira nti: ikinyoni kigomba
kuba kirimo gutekereza ko kiri kuzamuka imisozi ya
Himalaya! Ikinyoni cy'umucanga gishobora kuba cyarasaga
n'ikinini kuri iki kinyoni, ariko siko bimeze ku maso yanjye.

Mu buryo nk'ubwo, imyaka ya za miriyoni y'izuba yacu
.ishobora kuba iri munsu y'umunota mu bitekerezo by'Imana
Tugomba kwitoza gutekereza ku bintu bikomeye

nk'ubuziraherezo n'ubuziraherezo

Nazengurutse isi y'ibihe bidashira kandi nibonera igihu
gikaka mu gihugu cy'umucyo, kandi muri ubwo mucyo
w'ubuzima nasomye ibisobanuro by'amabanga yanditse ku
.mapaji y'igihe

Iyo usinziriye, utekereza ibintu bitoroshye kandi bitagira
icyo bitwaye. Ariko iyo ucecetse ibitekerezo
n'amarangamutima binyuze mu gutekereza, ikintu cya
mbere ubona ni amahoro, kandi imitsi yo mu maso yawe
ikora inseko igaragaza amahoro yo mu mutima. Ariko
ugomba kureba hirya y'iyi mimerere y'amahoro kugira ngo
ubone ubuziranenge bw'ubugingo bwawe—ubuziranenge
butandujwe n'ibintu bitera kumva cyangwa uburyo bwo
kwihutira gutekereza ku bitekerezo bifitanye isano
n'amarangamutima. Imiterere uhura nayo ni iyo kwishima
.iteka ryose, guhora uvugururwa

Iyo ushyize igikombe cy'amazi munsu y'urumuri
rw'ukwezi hanyuma ukagikangura, uzaba ukoze ishusho
idahwitse y'ukwezi Iyo amazi aguye mu gikombe, ishusho iba
isobanutse neza. Igihe amazi ari mu gikombe aba atuje
kandi agaragaza isura y'ukwezi mu buryo busobanutse neza
gishobora kugereranywa n'imimerere y'amahoro yo
gutekereza no gutuza cyane. Mu mahoro yo gutekereza,
imiraba yose y'ibiyumvo n'ibitekerezo irahagarara kuva mu

bitekerezo. Kandi muri iyi mimerere y'amahoro yimbitse,
umuntu utekereza, muri iyo ituze, abona ukwezi kuzuye
.k'ubumwe bw'Imana kugaragarira mu kiyaga cy'ubugingo
Hari imiterere ine umuntu usanzwe azi: ibyishimo iyo
arangije icyifuzo cye, kubura ibyishimo iyo abihakanye,
kurambirwa iyo adafite ibyishimo cyangwa agahinda,
n'amahoro iyo atsinze ayo marangamutima cyangwa
imiterere yo mu mutwe y'ibyishimo, ububabare, no
.kurambirwa

Amahoro ni imimerere ishimishije cyane, ikomoka ku
kutagira agahinda n'ibyishimo, no kutagira irungu. Iyi
imiterere ihora ihindagurika kandi ikwirakwira ku buso
bw'ubugingo. Nyuma yo kugendera ku miraba y'ububabare
n'ibyishimo, harimo no kwiwira mu mibabaro myinshi, hari
ibyishimo mu kureremba mu nyanja ituje y'amahoro. Ariko
amahoro aruta ibyishimo byo mu mwuka - ibyishimo
by'ubugingo - ibyishimo by'ikirenga. Ni ibyishimo bidashira
ariko bigumana n'ubugingo iteka ryose. Ibi byishimo
by'ikirenga bishobora kugerwaho gusa binyuze mu kumenya
.ko Imana iriho

Inseko nyayo ni inseko y'ibyishimo byo mu mwuka
iboneka mu gutekereza no gutekereza ku Mana no kumva ko
.iraho

Inseko yanjye ituruka ku byishimo bikomeye biri muri
njye—ibyishimo bigera kuri bose. Ni nk'impumuro iva mu
mutima w'indabyo z'indabyo. Ibi byishimo bikomeye bitumira
.abandi kwibira mu mazi matagatifu y'ibyishimo

Mu mucyo w'imbabazi nziza, umwijima w'urwango
warundanyijwe mu myaka myinshi urashira
Imana ihita ihaza ibyo abayisenga bakeneye byose kuko
bibohoye ku mpamvu z'ubwikunde zibangamira imihati no
.gutesha agaciro ibyiringiro

Uwo Imana irinze, nta kintu na kimwe gishobora
kumurimbura

Ntituri twenyine muri iyi si, kuko Imana iri kumwe
natwe, kandi hari umubano urambye, wa bugufi, kandi
.w'inshuti utuma tuvamo inkunga n'ibyishimo
Yewe inyenyeri irabagirana y'ubuyobozi mu ijuru
ry'ubwenge, urumuri rwawe rutangaje runtumirira
gushakisha ahantu heza ho mu ijuru, maze inyoni yanjye
irarikira yihuta cyane, inyura mu kirere cyuzuyemo
umwijima, iyobowe no kukwifuza no kwishimira urumuri
.rwawe rwera cyane

Imiterere y'umuntu itangira gukura no gukura iyo
ashoboye kumva - binyuze mu byiyumvo by'imbere,
byumvikana - ko atari umubiri ukomeye w'umubiri ahubwo
.ari umuyoboro w'umwuka w'iteka mu mubiri
Iyo umutima w'umwigishwa wuzuye urukundo akunda
Imana, isura ye izabengerana inseko y'amahoro n'ubwenge,
kandi ibice by'ubujiji bitwikiriye ubugingo bwe bizasenyuka
.bishire burundu

Iyo urebye indabyo cyangwa igiti, umenya ko ibi
binyabuzima byiza bitabayeho ku giti cyabyo Imana ni yo
.yabirembye ikabiha impumuro nziza n'ubwiza buhebuje
Kora inshingano zawe zose, zaba iz'ingenzi cyangwa
iz'intoya, witonze cyane, wibuka ko Imana iyobora intambwe
zawe kandi igashimangira imbaraga zawe zo kugera ku
.byifuzo byawe byiza

Iyo umuntu ahujwe n'umwuka we, ibihe byashize
byibagiranye n'imbaraga zidapfa z'umwuka bigaruka mu
bwenge bwe. Mu gutekereza cyane, umuntu yibuka ko ari
.roho idapfa, atari umubiri upfa
Ahantu hose dusanga abantu, abeza n'ababi, bashaka
ibyishimo mu buryo bwabo Nta muntu ushaka kwigirira nabi
None se kuki bamwe bakora ibintu bibatera ububabare
n'agahinda? Kubera ko ibyo bikorwa biterwa no kutamenya
no kwibeshya

Turagusaba, Nyagasani, ngo udumurikire umucyo
w'ubwenge bwawe kandi udukuremo umwijima w'ubujiji
n'ubuyobe

Umuntu uzi ubwenge agomba kwitonda aho kugira
ubwoba, kandi agakwiye kwihingamo ubutwari nta kwitonda
no guhubuka kugira ngo adahura n'ibintu bishobora gutera
.ubwoba n'imihangayiko

Ubwenge ntibushingira ku kwinjiza amakuru aturutse
hanze, ahubwo bushingiye ku mbaraga zo kwakira imbere
mu muntu, ari na zo zigena ingano y'ubumenyi nyakuri
bushobora kuboneka n'umuvuduko ubwo bumenyi
.bushobora kugerwaho

Iyi si ni ahantu dukorera imirimo yacu tuyobowe
n'Umuyobozi w'Imana. Tugomba gukora neza tutitaye ku
miterere y'imirimo twahawe, twibuka buri gihe ko kamere
.yacu y'ingenzi ari ibyishimo bihoraho

Ubwenge buruta ubw'abandi bose ni uwifuza kumenya
.Imana, kandi uwishimira cyane ni uwiboneye Imana
Mana Nkunzi, gira umwanya wa mbere mu buzima
bwacu, urukundo rwawe rukiza rwuzure imitima yacu, kandi
urumuri rwawe rwiza rukureho umwijima w'imihangayiko mu
.mitima yacu

Ubwisanzure bivuze gukora ibintu hakurikijwe
umutimanama, atari ibyo umuntu asabwa n'akamenyero
n'ibyifuzo. Kumvira ubwirasi n'ibyo asabwa bibyara imipaka,
mu gihe kumvira ubwenge bitanga kubohoka kuri iyo
.mipaka

Amahoro yo mu mutima ashobora kuboneka binyuze mu
iterambere ry'imico myiza umuntu afite mu buryo
bw'ubwenge kandi bugambiriwe, iyo umuntu akuze neza,
adashobora kuyikuraho keretse ahisemo kuyireka ku
.bushake bwe

Abantu benshi bashaka ibyishimo bakoresheje uburyo
butari bwo. Bamwe bizera ko bashobora kwikuba kabiri
ibyishimo byabo binyuze mu gufata imyitwarire mibi

n'ibikorwa bibi bisa nkaho bitanga amasezerano meza
y'ibyishimo bikabije kandi birambye, kandi bashukwa n'ayo
masezerano y'ibinyoma, kuko uburyohe bw'ibyishimo
nyakuri budashobora kwishimirwa mu muriro w'ibinyoma
.n'ibikorwa bibi

Buri munota ni ubuziraherezo kuko ubuziraherezo
bushobora kugaragara muri uwo munota Iminsi, iminota,
n'amasaha ni amadirishya dushobora kubonamo
ubuziraherezo Ubuzima ni bugufi, ariko icyarimwe ni
budashira kandi nta mupaka. Ubugingo ntibupfa, kandi muri
iki gice kigufi cy'ubuzima bwa muntu, tugomba gukoresha
.neza ubushobozi bwose buhari n'amahirwe yose aboneka
Amagambo y'umwuka ni nk'imbuto zikenera ubutaka
bwiza kugira ngo zimere, zikure, zishishe, kandi zere imbuto
Gukura mu mwuka bisaba kwisuzuma, kuvugurura ibintu
by'ingenzi mu buzima, kumenya no gukuraho ingeso mbi, no
kubahiriza amategeko n'amategeko agenga ubuzima mu
buryo bujyanye n'iterambere ry'ubumenyi bw'umwuka no
.kwi Yongera kw'imbaraga zo mu mutwe
Iyo umwigishwa asogongeye ibyishimo by'Imana,
azasanga Imana imaze kumubera inyangamugayo kurusha
ikindi kintu cyose, kandi azamenya ko gukora ku Mana ari
ibyishimo bitagira icyo binganya n'ibyishimo
.by'amarangamutima

Imana ikora kugira ngo ikangure ubwenge bw'umuntu
mu by'umwuka kandi iyobore ubushake bwe mu cyerekezo
gikwiye binyuze mu bwiza bw'imico myiza, ubwiza
bw'ubworoherane, ubwiza bw'ubwenge, n'ubwiza
.bw'ibyishimo byo mu mwuka

Sinzafata abandi nk'abanyamahanga kuko numva ko
buri wese ari umuvandimwe wanjye cyangwa mushiki
wanjye. Nzatuma ubuzima bwanjye bugira icyo bugeraho
kandi bunyurwa kugira ngo nshobore gufasha abandi
gutsinda no kubigeraho. Nzagira impuhwe ku bandi kandi
mbagaragarize impuhwe uko nigaragaza. Nzakunda Imana

nk'uko abahanuzi n'abera bayikunze, kandi nzashyira
.ubwikunde mu iriba ry'urukundo rwanjye ku bandi
Inyuma y'ubu buzima bw'isi bw'igihe gito, bushobora
gupfa, hari ubuzima bw'iteka kandi budahinduka. Umubiri
ugizwe n'ibintu bya shimi bibora kandi bikarimbuka, ariko
inyuma y'ubu buzima bw'igihe gito hari ubuzima bw'iteka,
bwo mu ijuru mu maso y'Imana. Bityo rero, ntidukwiye
kwibanda ku mubiri udashira, kandi abawifuza bagomba
.kwihanganyira ibigerageze byawo no kuba abategetswe bawo
Uyu munsu nzagerageze gufasha abakene no gutanga
ibyo nshoboye ku bashonje

Ndi mu mutekano kandi mfite umutekano mu burinzi
bw'Imana kandi ndi inyuma y'inkuta z'umutimanama wanjye
ukeye, ndi umwe mu bafite umucyo w'ineza uyobora amato
y'ubugingo ahungabanyijwe n'imiraba y'agahinda mu nyanja
.y'urujijo n'imihangayiko

Uyu munsu numva Imana mu ituze rinyicamo kandi
rikankuramo imigozi y'umutima wanjye
Nzakora uko nshoboye kose kugira ngo nshimishe
abandi, nk'uko nihatira kwishimisha, kandi binyuze mu
byishimo byanjye byo mu mwuka nzakorera buri wese mu
nzu y'urukundo rw'Imana kandi nta kindi nzatinya uretse jye
.ubwanjye ningerageze kuyobya umutimanama wanjye

Kuva mu busitani bw'ubugingo

Ufite umugambi wo kuja ahantu runaka, kandi wihutira
kugerayo vuba. Uhageze, usanga utanyuzwe n'aho hantu
kubera ubushake, imihangayiko, ndetse wenda n'ibibazo
wumva. Ahubwo, gerageze gutuza, gutuza no gushyira mu
gaciro. Niba ibitekerezo byawe bigamije guhangayika no
guhangayika, komeza ubihagarareho kugeza igihe
.bizagarura ituze

Ibyishimo bigira ingaruka mbi ku burunganire bw'imitsi
kuko byohereza ingufu nyinshi mu bice bimwe na bimwe
by'umubiri mu gihe ibindi bibuza uruhare rwabyo rusanze.

Ubu busumbane mu mikoreshereze y'ingufu ni bwo butera
ubwoba Umubiri utuje kandi utuje uratuza imitsi kandi
.ugatera imbere mu mitekerereze

Mu buryo buhuje n'Imana, kureba imbere bitangira
kugenda buhoro buhoro Umuntu agomba kwizera byuzuye
ko Imana izasubiza isengesho ryose rivuye ku mutima.

Umuntu wese uyihindukirira ashaka kumurikirwa
azafungurwa iyerekwa rye kandi ubwenge bwe n'umutima
.we bimurikiwe

Iyo ubushishozi bufungutse, bugaragara nk'ibiyumvo
bisa n'aho biva mu mutima, ibiyumvo by'ubusobanuro
bwimbitse n'ubunyangamugayo. Binyuze muri iki gitekerezo,
umuntu ushakisha abona ukwemera guhamye n'ubuyobozi
bwiza bwo gukurikira inzira ikwiye, kandi buhoro buhoro
.akamenya kandi akizera iki kiyumviro

Ibi ntibivuze kureka gutekereza burundu; gutekereza
gutuza no kutabogama binatuma umuntu abona ibintu neza.
Gutekereza ku marangamutima, biyobowe no kwishyira
hejuru no kwishyira hejuru, bitera kutumvikana no gufata
.imyanzuro itari yo

Anga gushidikanya gusenya n'imyizerere y'ibinyoma
byimazeyo, kandi uhindure umutima wawe n'ubugingo
bwawe mu idini ry'ukwizera no kwiringira Imana byuzuye Mu
ituze ryo gutekereza, ubwenge bwawe buzashobora
kwibanda ku kuri no gusobanukirwa neza. Muri ubu
bunararibonye, ukwizera kurakura kandi kukagaragara,
kandi binyuze mu bwenge, uzabona ibyo ijisho ritigeze
ribona, ugutwi ntikumvise, cyangwa ubwenge bw'umuntu
.butigeze butekereza

Buri mwuka wanjye wose w'icyifuzo n'ubusabane
bifungura imiryango n'amadirishya mu mutima wanjye aho
nnyura ngo ngere ku byishimo by'Imana
Nk'uko izuba rica mu mihanda ihuze cyane, ni ko
nzabona imirasire y'urukundo rw'Imana ahantu hose
.hahurira abantu benshi mu bikorwa byanjye bya buri muni

Uwiteka, mpa umugisha kugira ngo nkangure roho
yanjye mu gitondo maze nkayigeza ku muryango wawe
w'umugisha

Uwiteka, mpa umutima wo gutanga kugira ngo
mbisangire n'abandi ibyo mfite, kandi umfashe kubona mu
kiyaga gituje cy'ubwenge bwanjye ishusho y'ukwezi
k'umutima wanjye kurabagirana n'urumuri rw'ubuhari
.bwawe

Uyu muni n'azacengera mu nyanja yo gutekerezwa no
gutekerezwa ku Mana kugeza igihe nzabonera amasaro
y'ubwenge n'ibyishimo by'Imana

Nzagukunda, Mwami, kurusha ikindi kintu cyose, kuko
ntari kumwe nawe ntashobora gukunda umuntu uwo ari we
wese cyangwa ikindi kintu icyo ari cyo cyose

Mu ndiba y'imisozi n'ikirere gituje, no mu nda y'umutima
wanjye no mu buvumo bw'ituze, numva Imana iriho kandi
numva ibyishimo byayo bihoraho, kandi nkanywa ku masoko
.yayo meza adashira cyangwa ngo yume iteka ryose

Ndagukunda kandi ndagusenga, Nyagasani, urukundo
rwawe ruganza mu moko yose n'umutima ukunda

Hari umuntu wasabye mwarimu Paramahansa

kumwereka uburyo bwo guteza imbere imico ishimishije
kandi ikurura abantu, maze aravuga ati: Ugomba kuba uriho
mu mutwe igihe uganira n'abandi kuko kuba utareba kure
byangiza imico y'umuntu kurusha ikindi kintu cyose.

Birumvikana ko ntavugaga kuba abantu bakomeye batareba
.kure, bakunze kwibanda ku bintu bikomeye

Buri gihe ujye uhora uri maso kandi umenye, maze
uzaba igikurura abantu

Nta muntu n'umwe ukunda kwirengagizwa Twese
twifuza ko amarangamutima yacu atekerezwaho kandi
akazirikanwa, kandi natwe tugomba kwita ku
marangamutima y'abandi no kubagaragariza ko tubitayeho
kugira ngo tugere ku bwumvikane n'ubwumvikane. Kugira

ngo ubigereho, ugomba kuba maso, ushishoza, kandi witaye
.ku bantu bose bakukikije
Abapfuye nta bubasha bafite bwo gutuka abandi, ariko
utabareba nta bubasha bafite
Iyo uri kumwe n'abandi, ganira nabo witonze, ubigiranye
imbaraga, kandi ushishikajwe, ariko wirinde kuvuga ibyawewe
bwite

Buri wese arashaka kwivugaho, ariko ni uburyo
budakomeye Reka abandi bivugeho niba bashaka; tega
amatwi icyo bavuga. Reka bavuge ibibazo byabo, ibyo
bagezeho, n'ibyo batekereza, ariko reka imbaraga zawe
zigukorere. Umucyo w'itara wivugire neza; reka imitingito
.yawewe ituje ikuvugire mu buryo busobanutse neza
Imana yanyeretse mu iyerekwa ko abapfira ku rugamba
barota urupfu nabi cyane, ariko abameze neza bakimara
kuzuka mu mubiri babyuka nk'aho bavuye mu nzosi mbi
.ziteye ubwoba kandi bishimira kuba barubohotsemo
Ibyo twanyuzemo byose mu buzima ni bimwe mu nzosi
zo mu isanzure. Abantu baremye inzosi mbi z'intambara,
ariko nyuma y'uko abaguye muri izi nzosi mbi bavuye mu
mibiri yabo, bamenya ko ari inzosi mbi cyane babyutse,
kandi basobanukiwe ko batarapfa. Uku ni ukuri gukomeye
.kw'ibintu bifatika

Iyo umuntu amenya ko arimo kurota, ntabwo yari
kubabazwa n'ibintu bimubabaza mu nzosi. Ariko iyo abonye
ibyo yishakiye mu nzosi maze umuntu akamutera urupfu,
urwo rupfu rw'inzosi rusa n'aho ari ikintu giteye ubwoba
.kugeza igihe azabyutse akamenya ko atari ukuri
Ibi kandi bireba imimerere nyuma y'urupfu Iyo tukimara
kuva mu mibiri yacu, tumenya ko ubwenge bwacu
butapfuye, ahubwo ko twabohowe mu mubiri n'ibiwurimo
n'aho bigarukira, kandi muri ubwo bwisanzure harimo
.ubwisanzure bukomeye
Ntitugomba gusaba urupfu, ahubwo tugomba gutegeka
ubwenge bwacu mu kuba mu bumwe n'Imana no

kuyitekerezaho, kugira ngo urupfu nirugera mu gihe cyarwo
.tuzarubone nk'inzosi gusa

Nshobora kubona imiterere y'ubuzima n'urupfu igihe
cyose nshakiye Kubwiby, ntabwo mpa agaciro gakomeye
uyu mubiri

Hari imiterere y'umwuka iri mu gice cy'imitsi ituma
abantu bagera ku ntera yo hejuru mu iterambere
.ry'ubwenge

Ubwonko bw'umuntu, bunini kurusha ubwonko
bw'inyamaswa nyinshi usibye inkende n'inzovu, buragoye
kandi bufite ubushobozi bwo gutekerezaho cyane. Ibi bituma
ubwonko bw'umuntu buba igikoreshe gikwiriye abantu,
bafite ubwenge buhanitse kurusha ibindi biremwa. Uburyo
ubwonko bugoye kandi bugoye butuma abantu bashobora
gutekerezaho byimbitse kandi byimbitse. Bityo rero, abantu ni
bo bonyine bashobora kugera ku rwego rwo hejuru
rw'ubushishozi, bityo bakamenya Umuremyi wabo. Umuntu
w'umunyabwenge ni we ukoreshe ubushobozi bwe
bw'ubwenge mu gukorera no kugirira akamaro abantu ku
.rwego rw'ibintu, ubwenge, n'umwuka

Ubukonje bwageze mu mwenda wakonje, wera, umeze
nk'uw'ilino

Ibyifuzo byanjye by'ibyishimo byo mu mpeshyi
byarazimye

Nabwiwe gushaka ubushyuhwe bw'umutima wawe mwiza
Kandi ubwo impeshyi yagaragaraga, babyina,
barimbishijwe indabyo z'ubwoko bwose
Nahumurijwe n'impumuro nziza y'imirima n'imisozi,
,Mana yanjye

Impeshyi irageze, iririmba indirimbo zayo z'icyatsi kibisi
mu mababi yoroheje, urusaku rw'ibiti by'imikindo, n'urusaku
rw'ibiti bya pinusi

Yakomeje kunsaba ko nkwiubutse
Ndetse n'ubutaka bworoshye kandi bworoshye
bwankoze ku birenge byanjye byihutaga

Kandi yabasabye kwegera ubuturo bwawe busanzwe
Impumuro nziza yambwiye gukurikiza inzira yayo
Ku rusengero rwawe rutagatifu ruri mu mutima
w'indabyo z'amaroza n'ibiti bya basil bizunguruka
Kandi inyoni zambwiye kukuririmbira nka zo
N'umuyaga uhuha hejuru y'imigezi n'imigezi
Nabyukije ibibyimba by'urukundo rwanjye kuri wewe,
maze bitangira kwishima hejuru y'igituza cyawe kinini
Kandi hamwe n'imigozi y'ibyatsi igoramyeye, nize uburyo
bwo kunama
Ndagupfukamira, Nyagasani
Kandi imibavu yambwiye n'impumuro nziza y'impumuro
yawe
Kandi nshobora gute kugumisha umutima wanjye
wuzuye impumuro yawe yera imbere y'intebe yawe itagira
?iherezo
Kandi amabuye mato, atuje kandi yihangana yambwiye
kugira ngo nshobore kukubona no mu bagerageza kunyiba
ibyishimo byanjye
Imyaka yibagiranye yansabye koherereza bagenzi
banjye ubutumwa bw'urukundo n'ubufasha buri munota
n'isegonda
Kandi igitekerezo cyose cyambwiye kugushakisha mu
mutima we
Urukundo rwanjye rwanteye gukunda byose biriho
binyuze kuri wowe
Kandi urukundo rwanjye rwambwiye ruti: "Nkunda
"n'imbaraga zanjye zose, Mana yanjye
Igihe kimwe naryamye ku buriri bw'ibyatsi n'indabyo
maze nrota ko byose biriho byari byiza kandi bishimishije
Umutwe wanjye wari uhagaze ku byatsi birebire,
by'icyatsi kibisi, kandi binini, byanjyanaga n'umuyaga urimo
impumuro nziza
Hanyuma nashishikarijwe gukora ku kiganza cyanjye no
ku mubiri wanjye, maze ntangazwa n'ubuhanga

bw'Umuremyi wacyo. Yego, natangajwe n'uko njye, nizeye
ukuri kw'umubiri wanjye, umunsi umwe nzawusiga ngo
uruhuke mu isi uyu mubiri uzakonja, uhinduke ibara, kandi
ntugire aho uhagarara mu gihe cy'urupfu, mu gihe ubu usa
n'aho urimo ubuzima kandi ufite amarangamutima
amagana, ibitekerezo bya za miriyoni, na za miliyari
.z'ibitekerezo n'ibitekerezo

Uyu mubiri ni wo mwanya ibice by'ubuzima biberaho,
aho imbuto z'inseko zikura, hanyuma hagakurikiraho urupfu
rukaza neza. Aha, hagati y'inyama, amagufwa, n'amaraso,
inyuma y'agapfukamunwa keza k'uruhu, hari impyisi
z'indwara n'inyamaswa z'irari. Kandi hano, munsi y'umubiri,
hari inzira y'ibanga igana mu bwami bw'umucyo. Uyu mubiri
uzashira kandi ushire igihe nyirawo—ubugingo—awuvuyemo
burundu. Kuki atari byo? Kuko iyo nyirawo w'ubuturo
busanzwe ananiwe no kuba mu nzu y'ibyondo, ishaje,
iboshywe n'imitsi isaba kwitabwaho buri gihe, abona
ihumure mu yindi nzu iri mu mfuruka y'isi y'Imana—mu yindi
mimerere y'ubuzima bwose aho impumuro y'ibyishimo ikwira
.hose kandi iteka ryose

Roho idapfa ikora nk'ubuzima n'urupfu iseka iteka ryose,
hanyuma ijya mu rugo rwayo rw'iteka
Ese abareba filime bagomba kuguma muri sinema
ubuziraherezo nyuma y'uko ikiganiro kirangiye? Ntabwo
rwose abantu bagomba gusubira mu rugo. Mu buryo
nk'ubwo, roho ziza hano kwishimira filime y'ubuzima,
hanyuma zigasubiraye zigasubiraye. Zikunda kureba filime
n'amakinamico, kandi iyo zirambiwe ibitaramo zarotaga,
kandi zikaba zaramenye amasomo Imana ishaka ko ziga,
.zigaruka burundu mu buturo bw'ibyishimo by'iteka ryose
Iyo indangagaciro zidashingiye ku butabera, icyuho
gifunguka aho imibabaro n'imibabaro binyura. Iyo
indangagaciro zishingiye ku bwikunde, amakimbirane yica,
n'irushanwa rikomeye, ingaruka zizahinduka kuko impamvu

ziba zihumanye, kandi amafaranga ntazahirwa muri icyo .gihe

Umuntu agomba gusukura umutimanama we ku bwikunde kandi ntagerageze kwigwizaho ubutunzi ku bandi.

Kunyurwa nyakuri ni iby'umwuka, si iby'umubiri, kandi inyungu nyayo mu buzima ni ukugira ubutunzi bw'ubwenge, .ubumenyi n'urukundo rw'Imana

Tugomba kubaho mu buryo bworoshye kandi tugaharanira buri gihe gufasha abandi no kunoza imimerere yabo uko bishoboka kose. Ariko iyi ntego nziza ntijyanye .n'ubwikunde n'umururumba tutitaye ku bandi

Abakunda iby'isi ntibaringaniye bityo ntibafatwa nk'abatsinze Ubuzima bworoshye kandi buringaniye ni ubuhanzi bwiza kandi ni ikimenyetso cy'intsinzi Abafite intego imwe gusa yo gushaka amafaranga ntibazabona ubutoni ku Mana

Ni ukuri ko Imana yadushyizemo ibyiyumvo byo gusanza kugira ngo dukore kandi twite ku mibiri yacu, ariko kwita ku mibiri si yo ntego yonyine y'ubuzima. Intego iruta kure ibyo umuntu yakwitaho mu buryo bw'umubiri cyangwa mu buryo bw'igihe gito, nubwo byaba ari byiza, bihebuje kandi .bitangaje gute

Umwe mu bigishwa yabajije Umwigisha Paramahansa uko yakwibonera ubuturo bw'Imana. Yasubije ati: "Buri joro, mbere yo kwishyira mu bitotsi, tekereza kugeza igihe wumva ubwenge bwawe bwageze mu isi y'ibitekerezo kandi bwinjiye mu rundi rwego. Ariko, ibi si byo gusa. Nyuma yo guhindura ibitekerezo imbere, icyifuzo kigomba kwiyongera, kandi ibyifuzo bigomba kwihuta nk'umwuzure werekeza ku Mana.

Iyo umwigishwa yiyeguriye Imana burundu, yumva ko yakoze ku bubasha bwayo kandi akayimenya. Azabona umucyo mwinshi w'umucyo udasanzwe, kandi ashobora kubona abamarayika n'ubugingo bwiza. Cyangwa ashobora kumva impumuro nziza y'ijuru, hanyuma azamenya ko Imana yamusubije, kandi ubwenge bwe buzakingurwa, kandi

Imana izamuhishurira amabanga y'ubuzima. Cyangwa
ashobora gupfukiranwa n'amahoro menshi mu gihe cyo
gutekereza. Niba akomeje gutekereza kandi Imana ikamuha
urukundo rwayo rukomeye, azumva ibyishimo by'Imana
bitagira uko bisobanurwa. Hahirwa uhawe ubu
".bunararibonye bwiza

Urukundo rw'Imana rufungura irembo ry'ijuru, aho
umuntu ushaka yinjirira mu maso y'Imana
Iyo umuntu asabye Imana, Nyir'ubuntu n'Ubwenge,
umugati w'ubugingo buhoraho, ntabwo izamuha ibuye
ry'ubujiji bw'ibintu. Iyo umuntu asenga ashaka ibyokurya
by'ubwenge, Imana ntizamuha inzoka y'uburiganya. Iyo
umuntu asenga Imana imusabye ikintu cy'ibyishimo
by'Imana bimara inyota yose, ntabwo izamuha nk'ikiyoka
cy'imihangayiko n'ihungabana ryo mu mutwe. Niba abantu
bayobejwe bazi guha abana babo impano nziza, Uwiteka we
soko y'ibyiza byose n'ibyishimo, azarushaho guha ubumenyi
!bw'umwuka n'urumuri ku bamukunda
Imana itanga ubwenge buhanitse n'ubumenyi buhanitse
ku babushaka, kandi yiha umuntu ubishaka cyane utemera
ikintu cyose. Ushaka Imana n'umutima we wose n'ubugingo
bwe bwose ni we munyabwenge kurusha abandi bose, kandi
ni we muntu ukundwa cyane n'Imana. Iyo usenga akomeje
kurarikira, abona igisubizo kidasanzwe kandi gikundwa
kivuye ku Mana kandi akagira ibyishimo bidasanzwe
.by'urukundo rubonwa n'abakunda Ukundwa
Umuntu w'umunyabwenge ukina muri iyi nzozo zo mu
isanzure, afite ubumenyi bw'umwuka n'icyifuzo cy'Imana
gikura, aba ari hafi y'Imana kandi ayikunda. Afite urukundo
rutunganye kandi akunda Imana nta mpamvu z'ubwikunde
cyangwa nta mpamvu zishingiyeho, urugero nko kuvuga ati,
“Mwami, nzagusenga mu gihe uzampa ubuzima bwiza,
”.amafaranga n'imibereho myiza
Hagati y'abanyabwenge n'Imana hari urukundo
rwimbitse, rutagira imipaka kandi rutagira iherezo Iyo

umuntu asabye Imana ikintu cyihariye, Imana izi neza ko
uwo muntu ashishikajwe cyane n'impano zayo kuruta uko
.ayishishikazwa na yo

Si bibi ko umuntu asenga kugira ngo ibyo akeneye
bibonerwe ibisubizo, ariko iyo asabye kumenya Imana no
kubona umucyo wo mu maso he h'icyubahiro, ntagomba
kwifuza inyungu ze bwite, cyangwa ngo ibitekerezo bye
bigarukira ku mpano ubwazo, ahubwo bigomba kugarukira
ku Mutanga ubwe Iyo umuntu ubishaka ashoboye kubikora
abikuye ku mutima, azahabwa izindi mpano zose ziturutse
.ku isoko y'ubuntu n'inyanja y'ubukire

Umwe mu bigishwa yabajije mwarimu Paramahansa
inama y'uko yakwitwara mu bihe bimwe na bimwe no
:guhangana n'abandi, maze aramubwira ati

Kurikira ukuri ntukuveho, kandi wirinde kuvuga ikintu
icyo ari cyo cyose cyakugirira nabi cyangwa cyagira ingaruka
mbi ku bandi, nubwo byaba ari ukuri, igihe cyose utava ku
mwuka w'ukuri. Ariko kandi, ntugomba kurenga urugero ngo
.ubeshye kugira ngo wirinde kuvuga ukuri kubabaza

Ba inyangamugayo kuri wowe ubwawe no ku bandi
utiriwe wibanda ku bintu bitari ngombwa. Vuga ukuri kandi
wirinde kuvuga ibintu bibabaza cyangwa byangiza uwo ari
we wese. Ntugahishure amabanga yawe yose mu izina
ry'ukuri no gukorera mu mucyo, kuko nushyira ahagaragara
intege nke zawe, bazagerageza kugukomeretsa cyangwa
kuguseka igihe cyose babyifuza. Kuki wabaha intwari
?bashobora gukoresha mu kukurwanya

Vuga kandi ukore ibintu mu buryo buzana ibyishimo

n'amahoro kuri wowe no ku bandi

Ni ngombwa guteza imbere ubushishozi bwo mu mwuka
kugira ngo umenye itandukaniro riri hagati y'ukuri kuzana
ibyiza no kuvuga ibintu mu buryo butandukanye utitaye ku
ngaruka zishobora guterwa nabyo, kuko ibintu bigenwa
n'iherezaho ryabyo. Ntibikwiye kuvuga ibyo uzi byose, kandi

ntibikwiye kwihisha no guhisha ibintu abandi bagomba
.kumenya ku bw'inyungu zabo
Iyo udafite ubushishozi bwuzuye, ni byiza kwitonda mu
mvugo kugeza igihe usobanukiwe neza ukuri kandi
.umusaruro ukwiye kuri bose
Komeza utekereze ku Mana kandi usabe ubufasha
n'ubuyobozi bwayo, maze ubushishozi bwawe buzafunguka
kugira ngo ubone ibintu neza hanyuma uzabashe
gutandukanya neza

Guha imbaraga uturemangingo tw'umubiri mu buto

Ingufu zo mu kirere zinjira mu mubiri buri gihe kandi nta
nkomyi, ariko abantu benshi ntibazi ubu buhanga bwinshi.
Ababyumva bahura n'imbaraga nyinshi mu turemangingo
.twabo n'umugezi ugarura ubuyanja ubaha imbaraga nshya
Ibyaremwe byose bipfukama bimwubaha Umwami w'Isi,
kandi imbaraga ze zinyura mu bantu Ikibazo kiri mu
kunanirwa gushimangira isano ikomeye hagati y'abantu
n'isoko y'imbaraga zose. Tubaho mu buryo butaziguye
n'imbaraga z'Imana, kandi izindi mbaraga zose ntacyo
.zimaze tudafite imbaraga zidushyigikira z'Imana
Ibiryo, ogisijeni, n'izuba—ibi bintu bishobora kuduha
ubuzima bwiza, ariko tugomba gusobanukirwa uburyo bwo
kubona ubuzima bwuzuye mu masoko y'ibikoreshe bitagira
iherezo bimeze nk'amabatiri mato ashira umuriro, mu gihe
isoko ritagira iherezo ari moteri ikomeye ifite imbaraga
zidashira, ikomeza guha ubugingo imbaraga, ibyishimo
n'imbaraga. Bityo rero, ni ingenzi cyane kwishingikiriza ku
.isoko ritagira iherezo uko bishoboka kose
Umuntu wifuza agomba kwiga uburyo bwiza bwo
kungukirwa n'iyo miyoboro y'ingenzi iturutse ku isoko yayo,
kandi agomba kumenya ko igitekerezo ari ukuri, kuko ibintu
byose bisanzwe ari ishusho y'ibitekerezo by'Imana kuko
.Imana yatekereje kuri iyi si mbere yo kuyirema

Benshi bemera ko igitekerezo ari umusaruro w'umubiri,
ariko imiterere y'umubiri neza cyane, hamwe n'imikoranire
itangaje hagati y'ibice byawo n'ingingo, bigaragaza neza ko
.umubiri ari wo waremwe n'ubwenge bw'isi buhebuje

Ubwenge ni cyo kintu cy'ingenzi kigenzura umubiri,

kandi ni ingenzi cyane ko umuntu yirinda ibitekerezo
by'intege nke z'abantu nk'uburwayi, intege nke, gusaza, no
kwiheba, kandi akiyemeza ko igikorwa kidashira kinyura
muri we, kandi iki gikorwa gihabwa ubwenge kandi
kikabasha guha uturemangingo tw'umubiri ubuzima bwiza
.n'imbaraga z'ubuto

Igitekerezo ni ubwonko, amarangamutima, n'ibiyumvo

bya buri ngirabuzimafatizo nzima; gifite ububasha bwo
gutuma umubiri ukora kandi ukaba maso cyangwa unaniwe
kandi udatekanye Igitekerezo ni cyo gitegeka, kandi
uturemangingo tw'umubiri ni two dukurikizwa, twumvira
amategeko n'ibibujijwe by'umutegetsu wabo mukuru:
igitekerezo

Twita cyane ku bwiza bw'ibiribwa turya buri munsu,

kandi mu buryo nk'ubwo twagombye kwita ku bwiza
bw'ibiryo byo mu mutwe no mu mitekerereze dutanga mu
.bwenge bwacu buri munsu

Umuhanga mu bya siyansi avuga ko umubiri atari
umuraba wa elegitoroniki ahubwo ari umuraba w'ubwenge
.ureremba mu nyanja y'ubwenge bw'Imana

Buri munsu tugomba gukomeza imbaraga zacu

z'umubiri, kongera imbaraga zacu zo mu mutwe, no

kumenya uko turi by'ukuri binyuze mu gutekereza,

gutekereza neza, n'umurimo mwiza kandi utanga umusaruro
.ugirira akamaro umubiri, ubwenge, n'umwuka hamwe

Imana yampaye umugisha wo kumpa ibyishimo muri iyi

myaka myinshi y'ubuzima bwanjye, abantu baba babona
inseko yo kunyurwa mu maso cyangwa batabona, ibyishimo
by'Imana bihora biri kumwe nanjye kandi ntibijya binsiga.

Uruzi runini rw'ibyishimo rutemba buri gihe munsu

y'umusenyi wo mu bwenge bwanjye kandi rukavubuka
nk'amasoko y'imigisha yuhira ubusitani bw'ubuzima
.bwanjye

Nta n'ubwo ari uguhindagurika gutunguranye mu
buzima bishobora kumbura amahoro, cyangwa ngo bikureho
.ibyishimo byo mu buryo bw'umwuka numva

Byari bigoye gutuma iyo mimerere ihoraho kandi
idahinduka, ariko imbuto z'umwuka ubu nishimira kandi
nkazisangiza abandi zari zikwiriye imihati yose nashyizeho
.muri yo

Ntekereza kandi nkora nyobowe n'umwuka w'Imana.
Amafaranga ntiyigeze aba intego yanjye mu buzima, ahubwo
ni ugukorera abavandimwe banjye mu bantu. Bityo, Imana
yamfunguriye imiryango myinshi y'ibyiza kugira ngo
nyibeshaho kandi nsohoze ubutumwa bwanjye. Igihe cyose
.nkeneye ubufasha, Imana ihita ibumpa ako kanya
Icyifuzo cyanjye cyonyine ni ugukorera wowe, niyo
mpamvu ndi hano

Imbaraga z'Imana zirimo gukorera mu buzima bwanyu.

Muzabyibonera ubwanyu uku kuri igihe ukwizera kwanyu
gukomeye kandi mugasobanukirwa ko ubutunzi nyakuri
budaturuka ku ntsinzi y'ibintu ahubwo buturuka ku
.Mushoborabyose

Nubwo ubuzima busa n'aho butari bwitezwe,
buhindagurika, kandi buyoberanye, bwuzuyemo
gushidikanya n'ibibazo bitandukanye n'imihindagurikire,
dukomeza kuba muni y'uburinzi bw'Imana. Ntitugomba
gukabya ibintu cyangwa ngo dutakaze ituze mu gihe
habayeho ibintu, kuko iyo twemeye ko ubwoba budutsinda,
tuba duha imbaraga ikibi kandi tugashimangira imizi yacyo,
.gikura kandi kigakura mu butaka bw'ubwoba n'imihangayiko

Ntidukwiye kwitega kubona ibyishimo n'amahoro
birambye mu bigeragezo by'ubuzima; ahubwo tugomba
kubishakisha no kubivumbura muri twe. Hanyuma, uko
twanyura mu bihe byose, tuzabyitwaramo nk'uko tureba ibyo

abandi banyuzemo muri filime, byaba byiza cyangwa
.bibabaza

Umuntu ashobora guhindura ibyamubayeho byose mo
ibigeragezo bibabaza kandi bibabaje iyo yemereye ubwenge
bwe kubikora. Ashobora kugira ubuzima bwiza ariko ntabone
agaciro kabwo. Ariko niba arwaye, azicisha bugufi kandi
yishimire umugisha wo kubaho neza. Tugomba kwemera
ubuntu bw'Imana no kuyishimira imigisha iduha tudategereje
.ko ibintu bibi bidutera gushima no kwemera ubuntu bwayo
Ubuzima bukwiye kuba uruvange rwo gutekereza no
gukora Iyo umuntu atakaje uburinganire bwe mu
mitekerereze, aba ashobora guhura n'ibibazo
by'imihangayiko, ibicu by'agahinda, n'ububabare. Kandi niba
agerageje kwica amategeko y'ubuzima, iterambere
.n'ubwenge, nta kabuza azahura n'indwara, ubukene n'ubujiji
Tugomba kugumana imigambi yacu iboneye, intego
zacu zisukuye, kandi tugakora ibintu biduhesha amahoro yo
mu mutima, kandi ntitureke ngo imimerere y'ubuzima
.iduhungabanye kandi isenye ibyishimo byacu
kandi dukomeze ubwenge bwacu kandi twange
umutwaro w'intege nke z'ubwenge n'iz'umuco twarazwe
n'ibisekuruza byinshi. Ibi bihumanya bigomba gutwikwa mu
muriro w'ubushake bushya n'ibikorwa bitanga umusaruro.
Dukoresheje ubu buryo bwubaka, umuntu wiyemeje by'ukuri
.ashobora kugera ku ntego yo kwibohora no kwisanzura

Amategeko y'iteka y'ibyishimo

Byavuzwe ko mu gihe cy'izahabu cy'umwe mu bategetsi
b'intungane bo mu Buhinde, nta kintu na kimwe cyabaye,
urupfu rw'imburagihe, cyangwa ibiza by'umwimerere
byabayeho byahungabanyije amahoro n'ubwumvikane
.bwuzuye mu bwami bwe
Iyo abagize umuryango babana mu bunyangamugayo,
buri rugo ruzagira ubwumvikane, ubuzima bwiza n'urukundo.
Ariko iyo abagize umuryango bagirirana ubwikunde bubi,
urugo ruzahita rwuzura amakimbirane n'urwango. Ibi

binareba ibihugu. Iyo abantu babana mu bunyangamugayo
no mu bunyangamugayo, bazabona Ubwami bw'Imana ku
.Isi

Igihe ni gito Uyu munsu turi hano, ejo tuzagenda
Gushaka Imana ni amahirwe akomeye cyane ku bantu
Tugomba gukoresha neza umudendezi Imana yaduhaye
muri ubu buzima kandi tukawukoresha neza kugira ngo
ubwacu tubone ukuri kw'iteka mu by'umwuka
Icyaha ni ikintu cyose gitera umuntu ububabare
n'imibabaro. Indangagaciro ni zo zimuhesha ibyishimo iteka
ryose. Iyo umuntu adafite ubumwe mu by'umwuka mu
bitekerezo bye no mu mahoro ye, inzu nshya, imodoka
nshya, cyangwa ikindi kintu cyose gishya ntabwo kizabasha
kuzana ibyishimo n'ituze mu bugingo bwe; ahubwo,
imibabaro ye yo mu mutima izakomeza no mu gihe yabonye
.ibyo bintu bishya n'ibindi byinshi
Ibyishimo nyakuri biri mu bushobozi bwo guhangana
n'imimerere no kwihanganira ibigerageze byose byo hanze.
Biboneka iyo ushobora kwihanganira ububabare bukabije
n'ingorane zikomeye ziterwa n'ivangura n'intego mbi
z'abandi zo kukugirira nabi no kugutega, kandi ugasubiza
ibicumuro byabo mu rukundo no kubabarira. Iyo ushoboye
kugumana amahoro yo mu mutima nubwo hari ibibabaza
.byo hanze, ni bwo uzagira icyo uryohereza n'ibyishimo
Ibyanditswe Byera bivugako abirengagiza amategeko
y'Imana bagakurikira ibyifuzo byabo by'ubupfu n'ibyo
bashakaga batazabona ibyishimo cyangwa ngo bagere ku
ntego yabo ya nyuma. Bishishikariza ushaka ukuri guhindura
Ibyanditswe Byera urumuri rwabo ruyobora n'umucamanza
mu kugena icyakorwa n'icyagombye kwirindwa, no
gusesengura ibintu no gukora ibihuje n'ubwenge
Abiyizera ni bo bakora ibintu mu buryo buboneye.
Ibyishimo bituruka gusa ku bitekerezo biboneye n'ibikorwa
bitunganye. Niba wishimye ubu, uzagira ibyishimo mu gihe
.kizaza, haba hano no mu isi itaha

(isoko y'akababaro

?zayo ziri he

.kandi itandujwe n'ubwirasi

n'inyungu nziza z'umuntu

mitima yabo

Nta kintu na kimwe mu buzima bw'umuntu gikwiye
gufatwa nk'ikintu cy'ingenzi kurusha Imana. Iyo umuntu yita
ku Mana by'ukuri kandi agasohozwa inshingano ze zo mu
buryo bw'umwuka kuri yo, imibereho ye izarushaho kuba
myiza, kandi azumva afite umutekano nubwo hari ibintu
.byose bimukikije

Iyo umuntu atangiye gusenga ubutunzi, amafaranga,
icyamamare, cyangwa ikindi kintu cyose kitari Imana,
agahinda kaba akabo Abashyira ibitekerezo byabo byose
kuri ibyo bintu mu by'ukuri baba babisenga, bityo
ntibabiyegereza ahubwo bakabivamo. Aiko abatekereza ku
Mana, bakayitekerezaho, kandi bakayibwira mu mitima yabo
barayegera kandi bakagira ibyishimo byo mu mutima mu
.busabane bwabo bucece na Yo

Imana yonyine ni yo ishoboye gusohozwa inzozo z'abantu
n'ibyiringiro byabo by'ibyishimo birambye. Bityo rero, nta
kintu na kimwe gikwiye kwemererwa gufata umwanya
w'Imana mu mutima

Hariho ibimenyetso byera bishobora gufasha uwifuza
kwibuka Imana no kuyegera. Aiko, iyo umuntu atangiye
gusenga ibyo bimenyetso, ingaruka zabyo zizaba nyinshi
kurusha inyungu ze. Gusenga bigomba kwerekezwa ku Mana
.gusa, kuko nta kindi gikwiye gusengwa

Uko ugusenga kw'imihango kwaba kumeze kose, Imana
irabikunda igihe cyose umuntu uyisenga ayikorera
asobanukiwe n'iby'umwuka kandi ayifuza. Nyamara, abantu
benshi ntibasobanukirwa ishingiro ryo gusenga, kandi
ibitekerezo byabo n'imitima yabo biva ku Mana bijya ku
.mihango, bityo ntibigire icyo yungukira mu gusenga kwabo
Abasenga by'ukuri ntibemera ko ubwenge bwabo
bugarukira ku ishusho cyangwa ishusho iyo ari yo yose,
ahubwo bibanda ku rukundo rwinshi no kwita ku mwuka
.w'Imana uri inyuma y'ishusho n'imiterere yose
Imana ni umwimerere kandi nta mupaka, kandi nta
shusho cyangwa igishushanyo bishobora kuyimushyiramo

Bishobora kuvugwa ko Imana yigaragariza muri buri wese uyikunda by'ukuri kandi ihuje na yo, kuko iba ahantu hose bityo ikaba ihari muri buri wese. Ariko, si buri wese ufite ubushobozi bwo kugaragaza ubumuntu bw'Imana. Izuba rirasira kimwe ku makara na diyama, ariko diyama yakira kandi ikagaragaza urumuri rw'izuba, mu gihe ikara ritabishobora. Mu buryo nk'ubwo, abantu bose binjira mu mucyo w'Imana, ariko bake gusa ni bo bashobora kwakira uwo mucyo no kuwugaragaza mu bitekerezo byabo no mu bikorwa byabo. Kugira ngo babigereho, bagomba kwisukura binyuze mu gutekereza no gukurikiza inyigisho n'amategeko .by'Imana

Iyo tuvuga izina ry'Imana, tugomba kumenya neza ibyo tuvuga. Iyo ushobora kubona ibitekerezo by'abantu mu gihe cy'amasengesho, wasanga abenshi batekereza ku bintu byose uretse Imana, nubwo bavuga izina ryayo! Isengesho .nk'iryo nta cyo rimaze kandi nta gaciro rifite Iyo dusenga, twagombye kwihatira kwerekeza ibitekerezo byacu byose ku Mana, aho gusubiramo izina ryayo ry'icyubahiro gusa mu gihe ibitekerezo byacu bizenguruka. Umwe muri ba masenge yakundaga kuvuga amasengesho ye ku masaro yo gusenga, atari menshi cyane. Ariko yanyemereye umunsi umwe ko nubwo yamaze imyaka mirongo ine akora uyu mucu wo gusenga, Imana ntiyasubije amasengesho ye. Ntabwo bitangaje! "Amasengesho" ye yari .akamenyero ko guhangayika gusa Iyo dusenga, nta kindi tugomba gutekerezaho uretse Imana. Tugomba kwihatira kuba inyangamugayo mu gusenga kwacu no kwitanga mu masengesho yacu. Gukoresha amasaro yo gusenga no guhora duhamagara izina ry'Imana byemewe neza iyo iyo migenzo iturutse ku mutima kandi igashyigikirwa n'ukuri n'ubwenge bwibanda ku ntego. Ariko, iyi migenzo ishobora guhinduka ikora uko igihe .kigenda gihita

Tugomba kuvuga izina ry'Imana mu mitima yacu, ku
ishapule y'irari ry'urukundo rw'Imana; uku ni ugusenga
kw'ukuri gukora ku mutima w'Imana. Guvuga izina ry'Imana
mu buryo butuje no mu bwenge butembera ni ugutuka
Imana no kuyisuzugura. Iyo umuntu asenga, umutima we
n'ubwenge bwe bigomba kuba byuzuyemo urukundo
rw'Imana. Kwitoza kwibanda ku bitekerezo binyuze mu
myitozo yo mu rwego rwo hejuru ya yoga bidufasha kwegera
Imana, isoko ihebuje y'icyubahiro n'ubwiza, kandi
.binadufasha kuyitekerezaho no kuyisabana nayo

Ni ngombwa guharira umunsi umwe mu cyumweru
kwiherera mu buryo bw'umwuka (niba bishoboka) kugira ngo
utekerezze ku Mana kandi ugire ituze, amahoro n'amahoro yo
mu mutima. Igihe umara muri ubu buryo kizaba umuti
uhumuriza w'ibibazo n'imihangayiko uhura na byo mu gihe
.gisigaye cy'icyumweru

Buri wese akeneye kumara umunsi umwe buri
cyumweru yiherereye cyangwa "kwiruhukira mu buryo
bw'umwuka" kugira ngo akize ibikomere n'ububabare bwe
mu byiyumvo. Iyo uwo munsi uzaba uw'amahoro, ibyishimo,
no kunyurwa, uzawutegerezanya amatsiko icyumweru ku
.kindi

Kwigunga ni igiciro cy'ubuhanga Uzatangazwa
n'ibisubizo byiza bizagerwaho ku bwenge bwawe, umubiri
wawe, n'ubugingo bwawe binyuze muri ubu bwiherero bwo
mu mwuka no guhuza umwuka wawe n'Imana. Niba wifuza
ibyishimo nyakuri, ugomba kwishyira mu nyanja y'amahoro
y'Imana kare mu gitondo ubyutse, ndetse na mbere yo
.kuryama nijoro

Abanyabwenge bo mu Buhinde ntibagira inama yo
kwiherera umunsi umwe gusa, ahubwo bashimangira ko ari
ngombwa gutekerezza mu buryo butuje mu bihe bine
byihariye buri munsi. Mu gitondo cya kare, mbere yo
kubyuka no kubona umuntu uwo ari we wese, umuntu
agomba kwishimira ituze no kumva afite amahoro. Mu

masaha ya saa sita, umuntu agomba gutuza ubwenge mbere
yo gufata ifunguro rya saa sita, kandi akongera akishimira
igihe cy'amahoro mbere yo gufata ifunguro rya nimugoroba.

Amaherezo, mbere yo kuryama nijoro, umuntu agomba
.kongera kwinjira mu ituze

Abareba neza ituze mu gihe bari bonyine no muri ibi
bihe bine bya buri muni, nta gushidikanya ko bumva bahuje
n'Imana. Abatabasha kubahiriza ibi bihe byose bagomba
kwiha nibura amasaha ya mu gitondo na nimugoroba.

Babikoze, ubuzima bwabo buzahinduka bwiza, kandi
bazagira ibyishimo; ubunararibonye ni cyo gihamya cyiza
.cyane

Nukomeza kwandika no gusinya sheki udashyizemo
amafaranga ahagije yo kwishyura konti yawe ya banki,
amafaranga azabura. Ni nako bigenda ku buzima bwawe. Iyo
udashyizemo amahoro buri gihe muri konti yawe y'ubuzima,
imbaraga zawe zizagabanuka, ituze ryawe rizashira, kandi
ibyishimo byawe bizashira. Muri make, amaherezo uzagira
ikibazo cyo guhomba mu buryo bw'amarangamutima, mu
mutwe, mu mubiri no mu mwuka. Ariko gutekereza cyane ku
.Mana buri muni bizakuraho intege nke mu bugingo bwawe

Umuntu ukunda Imana ahora atekereza buri muni,
avugana n'Imana n'urukundo rwose n'inyota mu mutima we,
ayisaba kuyigaragaza. Niba ukunda Imana kandi ukaba
wifuza kubona aho iri, ugomba kwinjiza ubwenge bwawe
n'umubiri wawe mu mahoro yayo, maze ubuzima
buzakuryohereza, kandi ibintu byawe bizagenda neza mu
buryo bwinshi. Umuntu utuje ntakunze gukora amakosa
.kandi agatsinda aho abantu ibihumbi bananirana

Abatekereza ku Mana cyangwa ngo bayiteho baracika
intege kandi bakababara. Bahinduka abarakaye,
.bagahinduka imashini zigenda n'amaguru
Izuba ry'ubwenge n'amahoro rizava mu kirere cy'ituze
kandi rizatwikira ubuzima bwawe n'imirasire yabwo ikiza

igihe cyose ushyizeho imihati yo mu mwuka kandi ugaha
.Imana umwanya wa mbere mu mutima wawe

Umunsi wo gutekereza ku byo wagombye kuba umunsi
wo kuruhuka mu mutwe no mu mubiri no gukuza amahoro
yo mu mutima. Igikorwa icyo ari cyo cyose gitanga ubwenge
.n'amahoro ni igikorwa cy'umugisha kuri uwo munsi
Ku bijyanye no kubaha ababyeyi, ibitabo byera byatanze
inama yo kubafata neza: "Wubahe so na nyoko" na "Ugirire
"neza ababyeyi

Ba se na ba nyina b'abantu bagomba kubahwa
nk'abahagarariye Imana, yabahaye impano yo kurema
abantu. Umubyeyi ni ishusho y'urukundo rw'Imana ruzira
inenge, kuko umubyeyi ukunda ababarira aho nta wundi
ubikora. Se ni ikimenyetso cy'ubwenge bw'Imana n'uburinzi
.bwayo ku bana bayo

Umuntu ntakwiye gukunda se na nyina atari Imana,
ahubwo agomba kuba ikimenyetso cy'urwo rukundo. Urinda
kandi akaba n'umunyabwenge. Umwuka w'Imana uhebuje
uba umubyeyi na nyina kugira ngo ufashe umwana, bityo
.ugomba kubahwa mu babyeyi

Ibyanditswe Byera binatugira inama yo kwirinda kwica
umuntu kubera kwica, kuko icyo gihe umuntu aba
umwicanyi. Umuntu ntagomba kwica undi mu gihe
cy'amarangamutima akomeye. Ariko, iyo abakunzi be
babangamiwe, agomba kurwana kugira ngo arinde abo
Imana yamushinze, kuko ari inshingano yera kurinda
.umuryango we n'igihugu cye

Ku bijyanye no kubuza ubusambanyi, intego nziza yo
guhuza ibitsina igomba kuba kubyara abana baremwe mu
ishusho y'Imana no kugaragaza urukundo rutunganye
rwumvwa n'abashakanye babona Imana muri bo. Ababaho
ku rwego rw'umubiri gusa, batitaye ku rukundo nyakuri
cyangwa intego yo hejuru yaremeweho irari ry'ibitsina,
barasambana nk'uko iri tegeko ribivuga. Muri iki gihe, ntaho

batandukaniye n'inyamaswa zihaza irari ryazo ry'ibitsina
 .hanyuma zigakomeza urugendo rwazo
 Imana yaremye iyi ntego yo guhanga udushya mu
 bagabo n'abagore yo kubyara no kugaragaza urukundo
nyakuri mu buzima bw'abashakanye, kandi ntabwo ikwiye
gukoreshwa nabi ukundi, ahubwo igomba guhindurwamo
 .igikorwa n'ubumenyi byera
Niba ushobora kugenzura no gukwirakwiza imbaraga
 z'imibonano mpuzabitsina mu mubiri wawe, uzabasha
guteza imbere ubushobozi bwo mu mutwe bwo kwandika,
 gushushanya, cyangwa kugaragaza impano zihishe mu
 .bundi buryo bwinshi
Kandi igihe uzaba ushoboye kugenzura no guhindura
 mu buryo bw'umwuka ibikorwa byo guhanga, uzagira
 amahoro menshi, urukundo rwinshi, n'ibyishimo byo mu
 .mwuka byiyongera
Abatagatifu n'abayobozi b'umwuka bahinduye ibikorwa
byabo by'imibonano mpuzabitsina mu buryo bw'umwuka ni
ibihangange bifite ubushobozi bwo gukora ibintu bitangaje
 kandi bitangaje ku isi no mu gushakisha ukuri mu buryo
 .budasanze
Bityo, uburyo bwo gukoresha imbaraga z'imibonano
mpuzabitsina cyane ni ukongera imbaraga zayo, ni ukuvuga
 kuyishyira mu ntego yo hejuru kugira ngo igaragaze
 ubwenge, ibitekerezo bihanitse, n'amahame y'umwuka.
 Umuntu ntagomba kwishimira ibitekerezo by'imibonano
 mpuzabitsina cyangwa kwifuza ibibujijwe. Iyo ubwo bwoko
 bw'ukwifata bugezweho, umuntu azaba afite ibitekerezo
 .bizima ku mibonano mpuzabitsina n'intego yayo yo hejuru
Kuba imbata y'ibintu biyanye n'imibonano mpuzabitsina
 bivuze gutakaza ubuzima bwiza, kwifata, n'amahoro yo mu
 mutwe, kandi muri make, ibintu byose by'ibyishimo umuntu
 akeneye
 Ibitabo byera kandi bidushishikariza kutiba Iyo itsinda
ry'abantu igihumbi rigirana ubujura, buri wese yagira abanzi

999. Bityo rero, umuntu ntagomba guhonyora uburenganzira bw'abandi, cyangwa ngo yigarurire ubutaka bwe, amahoro, urukundo, icyubahiro, cyangwa ikindi kintu cyose afite mu buryo bw'umubiri cyangwa mu buryo bw'umwuka. Niba utumvise icyifuzo cyo gufata ibitari ibyawwe, icyo ukeneye cyangwa wifuza kizakugeraho. Ubujura butangira mu bitekerezo igihe umuntu atangiye kugirira abandi ishyari. Imbuta z'irari ribi zigomba kurandurwa mu bitekerezo. Ubufasha mu by'umwuka ni bwo buryo. Hanyuma, umuntu azikurura ubukire, kandi imigisha izava kuri we iturutse ku masoko azi n'ayo atazi. Ni itegeko ry'Imana ridakuka. Ku bajura n'abantu bikunda, bamara ubuzima bwabo bakurikirana ubutunzi, amaso yabo ahora ku byo abandi .bafite, nubwo isanduku yabo yuzuye zahabu Isi ntishobora kumenya ibyishimo keretse iyo ubwikunde

bw'ibintu butereranywe

Ibyishimo bizanwa gusa n'ubufatanye mu by'umwuka.

Biza iyo umuntu yumva ibyo abandi bakeneye nk'aho ari .ibye bwite kandi agakorera abandi nk'uko yikorera ubwe Irindi tegeko ry'ingenzi ni ukwirinda guhamya ibinyoma Kwangiza umuntu uwo ari we wese ugoreka ukuri ni ubundi buryo bwo kwangiza ubwumvikane mu mibereho. Niba umuntu yifuza gufatwa neza, agomba gufata abandi uko .bikwiye

Ukuri gukwiye kuvugwa buri gihe, ariko hagomba gutandukana hagati yo kuvuga ukuri no kuvuga ibintu gusa. Gufata umuntu nk'ikimuga cyangwa impumyi birababaza kandi ntibifasha; umuntu agomba kwita ku byiyumvo by'abandi no kwirinda kumukoza isoni. Mu buryo nk'ubwo, kugaragaza ukuri gushobora guhemukira umuntu udafite intego nziza na byo ni bibi. Ku rundi ruhande, umuntu ntagomba kubeshya kugira ngo yirinde kuvuga ukuri; ahubwo, umuntu ashobora guceceka mu bihe bimwe na bimwe kugira ngo yirinde gutesha abandi agaciro cyangwa .kubagirira nabi

Umuntu agomba kwirinda ishyari, indwara isenya irya
amahoro y'umutima. Uko umuntu arushaho kwifuza
iby'abandi, ni ko agahinda n'imibabaro ye birushaho
kwi Yongera. Umuntu ufite ishyari abaho mu buzima bugoye,
atazi uburyohe bw'ituze. Ni byiza cyane ko yiyubaha,
akishingikiriza kuri we ubwe, kandi agashaka ubutunzi bwo
.mu mwuka bw'imbere

Icyubahiro cy'umuntu n'agaciro ke bwite biruta kure icyo
ari cyo cyose yifuza cyangwa yifuza kugira Imana igaragarira
muri buri muntu mu buryo butagaragara mu wundi muntu
uwo ari we wese. Isura yabo irasa n'iy'undi muntu uwo ari we
wese, kandi ubugingo bwabo ntibusa n'ubw'undi muntu uwo
ari we wese, kuko muri bo hari ubutunzi buruta ubw'ibindi
byose byaremwe—kandi ubwo butunzi buruta ubw'Imana
Ntabwo duhambiriwe n'ibyahise

Iyo umuntu afite ukwizera gukwiye kandi agakora
ibikwiye, aba yishimye kurusha abadafite ukwizera kandi
.badasohozza inshingano zabo mu ntambara y'ubuzima
Ukwizera guhamye n'ibikorwa bikiranuka (bishyigikiwe
n'impamvu nziza n'imigambi myiza) bihora biboneka aho
ibyishimo biba biri, kandi bikabura aho ibyishimo bitaba.
Muri ibi, dushobora kwemeza ko ari ibintu bibiri by'ingenzi
kugira ngo umuntu agire ibyishimo, bitagerwaho
hatabayeho. Abifuza ibyishimo bagomba kugira gusa ibi
.bintu bibiri by'ingenzi, ari byo inkingi n'inkingi byabyo
Abantu ntibashobora kugenzura—uko bishakiye—ibice
bitagira ingano by'isanzure, cyangwa ngo babihindure
cyangwa ngo babihanagure. Ibi bice bifatanye mu buryo
buhambaye n'imiterere y'ubuzima bw'umuntu, kandi abantu
ntibashobora gukora bonyine na byo. Ariko, bashobora
.kugenzura ubwenge bwabo kugira ngo buhuze n'ibi bice

Ntumugire icyo umutwara

Ba sogokuruza bacu bari bishimye kuturusha atari uko
bari bafite ibintu byinshi byo mu isi n'ibinezeza kurusha uko
tubifite ubu, cyangwa kuko batari bahura n'ibibazo byinshi

byo mu buzima, ahubwo ni uko bari bafite uburinganire mu mitekerereze bwabahaga ihumure, amahoro, kunyurwa, no .mu magambo make ibyishimo
Ntibari bishingikirije ku bintu byo hanze kugira ngo bibe ibyishimo, kandi ntibigeze batsindwa n'ibintu byo hanze byari kubabuza kubyumva. Ibiyumvo byabo byo kumererwa neza, amahoro, ibyishimo no kunyurwa byari bisanzwe, bisanzwe, bifite ubuzima bwiza kandi biramba. Natwe twagombye kwihingamo ibi byikumvo niba twifuza kugira ?ibyishimo. Kandi ni nde muri twe utabifite
Iherezo ni ingaruka z'ikoreshwa ry'ubushake cyangwa ubwisanzure bwo guhitamo twakoze kera. Binyuze mu myitwarire yacu ya kera y'ubushake, twizanye kandi dukomeje kwishyira hejuru y'ibyadutegereje n'ibyadutegereje. Ariko, ntabwo duhambiriwe n'ibyadukurikiye, kandi ntabwo duhora dutegereke n'ingaruka z'ibikorwa byacu. Dushobora gusenya ibyo twabibye no gusiba ibyo twanditse niba tubishatse kandi tugaharanira gukosora inzira yacu no kunoza ubwiza bw'umusaruro wacu. Niba turandura imbuto z'ibikorwa bibabaza kandi tukabiba imbuto zikwiriye kamere y'ubugingo, nta kabuza tuzasarura imbuto z'ibyishimo muri izo mbuto nziza zabibwe mu butaka bw'ubugingo. Tugomba gukoresha ubushake ubu, ubu ntabwo ari ejo, niba twifuza kugera ku byishimo byinshi cyangwa kugabanya imibabaro .n'ububabare

Bityo rero, ibintu biyana n'ibyishimo biri mu muntu, kandi icyo agomba gukora ni ugukora cyane kuri icyo kigereranyo kidakosa, kandi ibisubizo bizamugirira akamaro aramutse akoze isuzuma ryiza kandi akarikemura. Ariko umuntu ufite ubushake bukomeye aba ahuje n'Imana

Ingufu zo mu mutwe zishyize hamwe
Iyo ushyize urumuri rw'izuba ku kintu gito, bitanga ubushyuhe, kandi ubwo bushyuhe bushobora gutwika ibiti.

Imyenda, impapuro, n'ibindi. Mu buryo nk'ubwo, iyo wibanze
ku bwenge bwawe, imbaraga zabwo zishyize hamwe.
Gutwika ibibi n'imizi yo gushidikanya, impamvu y'ibinanirana
byose, no gutuma urumuri rw'ubwenge rumurika neza kandi
.rurabagirana

Iyo igitekerezo gihuye n'Imana, isoko y'ibyiza byose
n'inkomoko y'imbaraga zose z'umugisha, amenya ko Imana
ihari kandi akagira ibintu byose bigize intsinzi. Ibi bintu
bifitanye isano rya hafi n'imbaraga zikomeye z'Imana,
zishobora kurema impamvu nshya zo gutsinda mu rwego
.urwo arirwo rwose

Imana ihe intsinzi ku bikorwa byiza n'ibikorwa byiza
Ingorane n'ibibazo bivuka bitewe n'uko umuntu atazi
ibikorwa bye bya kera, byakozwe mu gihe runaka n'aho
byabereye Imibabaro ye y'ubu ituruka ku bitekerezo
n'ibikorwa yavugaga, byashinze imizi mu butaka
bw'ubwenge bwe, bigakura bikaba ikimera kandi byera
.imbuto zigaragaza imiterere y'ibyo bitekerezo n'ibikorwa
Iyo urebye izuba riri mu birometero byinshi mu kirere,
iyo nyenyeri nini cyane isa nkaho ari nto cyane ugereranyije
n'Isi yacu. Nyamara, umurambararo w'Isi ni hafi ibirometero
7.900, mu gihe umurambararo w'izuba ukubye inshuro ijana.
Iyo ushobora gushyira Isi yacu imbere y'izuba, yagaragara
nk'akadomo gato ugereraniye na ryo. Tekereza ikirere kinini
cy'izuba cyaguka kugeza ubwo uburemere bwaryo bunini
butwikira ikirere cyose cy'ubururu. Ijuru tubona ni agace
gato, agace gato, k'ikirere kitagira umupaka cyuzuye
isanzure. Nubwo izuba ryakomeza kwaguka mu buryo
butagira umupaka, ntirashoboraga kubamo iherezo. Iki
kinyoma cy'ubuto n'ubugari bugabanya ubushobozi
bw'ubwenge bwo gusobanukirwa ubwinshi bw'isanzure,
.inkomoko yaryo, n'imbibi zaryo

Udashingira ku bipimo n'ibipimo, utagira umupaka kandi
nta nkomoko, ni Imana, iri hose kandi ibaho mu isanzure rya
kure cyane. Iri mu nyenyeri za kure cyane, nk'uko iri muri

wowe no muri njye, kandi izi neza buri mwanya
iherereyemo. Byaba ari muto cyangwa munini. Kuva mu
"gitabo "Intego y'Umuntu

Gusaba

Nyagasani

Fata ukuboko kwanjye ukure mu mwijima ujye mu
mucyo

Yewe ituze ry'isi yose

Ndumva ijwi ryawe mu rusaku rw'imigezi no mu rusaku
rw'inkoko zo mu bwoko bwa nightingales

Mu mivurungano y'umuyaga, urusaku rw'imiraba,
n'inkuba y'imitingito

Nyagasani ukundwa

Sinkuramya mu magambo, ahubwo nkuramya umutima
ugurumana kandi uhora ukurarikiye

Reka ndebe ahantu heza cyane hawe

Uhora uhari inyuma ya byose

Wenda nzamenya ko ndi umwe mu bagize ubuzima

.bwawe budahinduka iteka ryose

Inyanja yuzuye

Iyaba imigezi y'ibyifuzo byanjye yashoboraga gutemba

mu butayu bw'imbogamizi n'imbogamizi

Amaherezo, imvururu zawe zikomeye zaravanze

Mfasha kumva ijwi ryawe, Mwami

Ijwi ry'ikirere ryaturutsemo gutigita kw'isanzure

Reka ndebe ko uriho binyuze mu ijwi ry'umugisha (Om -

Amen)

indirimbo Yera ku majwi yose y'abahire

Kwagura ubumenyi bwanjye mu gihe numva urusaku

rw'ubuzima

Reka numve nk'inyanja y'isi yose

Kandi imigendere y'umubiri irabyina ku gituza cye

Reka ijwi ryera cyane rivugike muri njye

Kwagura ubumenyi bwanjye kuva ku mubiri kugeza ku

isanzure

Ese nshobora kumva ibyishimo bihoraho, byose hamwe
Guturika mu nyanja y'urumuri rwinshi
O imbaraga zitagira iherezo
Yemwe bwenge buhoraho

Shyira imbaraga roho yanjye mu kunyura kwawe mu
mwuka

Ewe ijwi ry'ijambo ry'Imana rihebuje
Kosora amakosa yanjye
Nkeneye

Fata ukuboko kwanjye ukure mu mwijima ujye mu
mucyo

Igihe cyose nkwi butse, Mwami, umwuzure w'inyota
igurumana uvuka muri njye, uhinda amarangamutima yanjye
kandi ugatamba uva mu mutima wanjye ujya muri buri
karemangingo k'umubiri wanjye, ukawushyiramo urukundo
.rw'Imana

Icyifuzo cyanjye gikomeye ni ukugera ku mutima wawe
no kwishimira kuba uri kumwe nawe

Maze mu buryo butunguranye urugi rw'ubugingo
rurakinguka, maze ndasagwa n'ibyishimo byinshi iyo ndebye
!urumuri rwawe rumurika

Ibyahise ntibizwi n'abantu benshi, usibye abantu bake
batoranijwe bafite ubumenyi Nyamara, kutamenya ibyahise
nabyo ni inyungu kuri twe. Iyo tuza kuba tuzi ibyo twakoze
byose muri ubu buzima no mu buzima bwashize,
twarengerwa n'ubwinshi bw'ibikorwa byacu kandi
tugatangara rwose. Koko rero, ubushake bwacu bushobora
no guhungabana bitewe n'ihungabana, bigatuma
tudashobora gukomeza ibikorwa byacu kandi bikadusiga
twihebye. Nubwo muri ubu buzima bwo ku isi, kwibagirwa ni
umugisha uturuka ku Mana, ubuza kwibuka ibyahise, cyane
cyane ibibabaza kandi bibabaza, kwirenga ibitekerezo
.n'amarangamutima yacu

Ariko igishimishije ni uko urumuri rw'Imana ruri muri twe
ruhoro rumurikirana ibyiringiro n'icyifuzo cyo gukomeza

urugendo rudashira rw'ubuzima. Tugomba gushimira Imana
kuri iyi migisha ibiri: kwibagirwa ibyahise no kwiringira
.iby'ejo hazaza

Ntidukwiye gufata umwanzuro ko ibihe bizaza bitera
inzitizi mu buryo bwo kwihitiramo. Ariko, tugomba gukora
uko dushoboye kose kugira ngo turwanye ingaruka mbi
abantu benshi bavuga ko ziterwa n'ibihe bizaza n'ibizaba,
kandi tugakoresha uburenganzira bwacu bwo guhitamo
dukurikije ibyo twizera imbere, mu gihe ibyo byizere
bishingiye ku kwizera gukomeye kandi bishingiye ku
mategeko y'Imana, umuntu udafite ibyo adashobora
.kuryohereza n'ibyishimo nyakuri

Iyo dutangiye akazi, ntidukwiye guterwa ubwoba
n'ibintu bibi, ahubwo tugomba kugira icyizere ku rugero
runini, twizeye tudashidikanya ko nta kintu na kimwe
gishobora kubangamira gushyira mu bikorwa ubushake
bwacu no gushyira mu bikorwa ubwisanzure bwacu bwo
.guhita

Iyo tunaniwe kugera ku ntego yacu, ni byiza kwemera
tudashidikanya ko hari inzitizi twishyiriyeho zatubujije
kuzigeraho. Tugomba kwihangana no kongera imbaraga
zacu kugira ngo tugere ku ntego yacu. Tugomba kandi
kwiyeemeza ubwacu ko inzitizi n'ibibazo byaba bikomeye
kandi bikomeye, tugifite imbaraga zihagije zo kubikuraho no
kubitsinda. Nubwo twananiwe nubwo twagerageza byose,
nta mpamvu yo kwiheba no kwiheba, igihe cyose
dusobanukiwe ko ubushake bw'umuntu bukomaye kuruta
iherezo, ari ryo twakoze. Bityo, ntutugomba kureka
kugerageza, nubwo twatsindwa kangahe, kuko buri gihe
hariho imiryango ikinguye. Tugomba gukomeza guharanira
no gusubiramo kugeza igihe tuzabona intsinzi Imana izaduha
ubufasha igihe cyose tuyishingikirizaho kandi tugashyira
imbaraga zacu. Ugendera mu nzira azagera aho agana,
.kandi uwiringira Imana ntazatenguha

Iyo umuntu yifuza ikintu, kandi icyo cyifuzo kikaba
gikomeye kandi cyihutirwa, icyo cyifuzo ntikijya kiva mu
bwenge bwe, aho ajya hose n'aho agana hose, kandi uko
ibyoyitayeho byose n'ibyoyitayeho byaba biri kose. Binyuze
mu bikorwa byacyo bihoraho kandi bidashira, icyo cyifuzo
gifite umurava n'imbaraga bidasanze. Uku guhwihwisa mu
bwenge kurakomeye kandi bigira ingaruka nziza kuruta
kwinginga mu buryo bw'imyitozo, kudapfa kurenza
kunyeganyega iminwa. Ibi nibyo abakunzi b'Imana bakora;
bahwihwisa urukundo rwabo ku Mana ubudahwema, kandi
guhwiwisa kwabo ni ukwumvikana ku mutima kandi
ntikumvikana, mu bikorwa byabo byose bya buri muni. Uku
guhwiwisa ku mutima ntikubarangaza, cyangwa ngo
bihabanye n'indi mirimo yabo. Uko icyifuzo cyabo ku Mana
kigenda gikura, urukundo rwabo kuri Yo rurakomera kandi
rukarushaho kwiyongera, kugeza igihe bakora ku kuboneka
kwayo bakabona urumuri rwayo n'ijisho ry'ubugingo,
bakumva ibyishimo byinshi kandi bumva amahoro arenze
.ibisobanuro

Imana itwoherereza amasomo dukeneye mu buzima
kugira ngo tuyagiremo inyungu kandi tugire ubumenyi
n'uburambe. Umuntu wese wirinda ayo masomo azahatirwa
.kuyamenya uko byagenda kose

Ikizamini cyose ni inshuti iyo tucyigiyeho, kandi ni
igitugu cy'umunyagitugu iyo dupfushije ubusa amahirwe
tukayakoresha nabi twinubira, twinubira, kandi tugafata
.ibyemezo bidakwiye

Iyo dufite ubumenyi buhamye n'imyitwarire ikwiye ku
buzima, biba byiza cyane Kandi nta ngorane zibaho

ibibazo by'imitekerereze

Umuntu ntashobora kuguma atwarwa n'umuraba
w'ibyishimo iteka ryose, cyangwa ngo arohamane muni
y'amazi y'agahinda, cyangwa ngo arohamane mu bwigunge.
Muri iyi si irangwa n'ibintu bibiri bivuguruzanya, Umuntu
usanzwe ahura n'ibibazo bikomeye n'ibitotsi. Azamuka mu

byishimo maze akinjira mu bwigunge bw'ubwiyongere
bw'uburangare, kandi agasunikwa n'imiraba y'agahinda
gakomeye. Nta na rimwe azi ikindi kintu cyose cyo
gutekereza. Kwemerera ibintu kugutera gutekereza muri ubu
buryo. Bisobanura kwegurira ubushake bwawe iherezo
.ritunguranye kandi rihindagurika
Icyo umuntu akeneye kugira ngo agire ubuzima bwiza
kandi bushimishije ni ukwifata neza mu mutwe
Ibi bishobora kugerwaho gusa hibandwa ku bwenge.
.Kugenzura ubushobozi bwo mu mutwe
Ndetse n'agahinda gakomeye gakira uko igihe kigenda,
bityo nta mpamvu yo kwibanda ku gahinda buri muni
w'ubuzima bwacu. Guheranwa n'agahinda igihe kirekire ku
muntu wapfuye ntacyo bimufasha cyangwa ngo bidufashe,
kandi mu by'ukuri ntacyo bihindura. Guteza imbere ikibazo
cyo kwisuzugura cyangwa kwihanira Gukomeza gutekereza
ku makosa cyangwa ibyananiranye mu bihe byashize ntacyo
bimaze Bituma ubuzima buba bubi gusa kandi
bikabangamira ubushobozi bwo gutekereza
Ntitugomba kwemera kugwa mu mwobo w'ingeso mbi,
kuko iyo ari imimerere yo mu mutwe idashimishije na gato,
kuko ihangayikisha ubwenge kandi igatwika ubushobozi
.buhishe mu itanura ry'uburangare
Gutsindwa bigomba kurandurwa mu mizi yabyo, kandi
imirima y'ubuzima igomba guhingwana umwete n'ubwitange
no gutera imbuto z'ibyiza kugira ngo ubone umusaruro
.mwinshi ku bufasha bw'Imana
Icyuma muri Yubile y'ifeza
Hari igihe natumiwe mu birori bya yubile y'ifeza ku
bashakanye basaga n'aho ari bamwe mu bashakanye
bishimye cyane, ariko ubwo ninjiraga mu rugo rwabo
numvise hari ikintu kitagenda neza nasabye abanyeshuri
banjye babiri kureba uko bafatanaga nimugoroba, maze
nyuma bambwira bati: "Umugabo n'umugore baramwenyura
imbere y'abandi kandi bavugana amagambo meza cyane

nka “Yego, mukunzi wanjye” na “Birumvikana, mukunzi
wanjye,” n'andi magambo nk'aya y'inshuti. Ariko iyo
batekereje ko bari bonyine, baratongana kandi bakavugana
.amagambo ababaza

Navuganye nabo ndababwira nti: Mwantumiye mu birori
byanyu, ariko umwuka uragoye kandi numva hari
amakimbirane menshi muri iyi nzu, kandi kuri njye bisa
.nkaho hari ibyuma byinshi muri iyi yubile y'ifeza

Mbere na mbere, barababaye, ariko nyuma bemeye ko
nari mfite ukuri kandi bansaba imbabazi. Yakomeje agira ati:

?Ni iki wunguka mu gutongana no gutongana igihe cyose
Bisa nkaho mubana kugira ngo mugumane izina ryiza

nk'abashakanye, ariko mugomba kumera gutyo hagati
yanyu kandi mukabana mu mahoro no mu bwumvikane
.kugira ngo mugire ibyishimo n'amahoro yo mu mutima

Ibiryo by'amakuru

Iyo abantu bavuga ku biribwa cyangwa imirire, akenshi
baba bashaka kuvuga ibiryo bifatika bikoreshwa kugira ngo
umubiri ubeho. Ariko hari ubundi bwoko bw'intungamubiri

butari ingenzi cyane nk'ibiryo bifatika, kandi akenshi

burushaho kuba ingenzi, nko kugaburira mu bwenge

cyangwa mu mwuka. Ibikorwa byo mu mutwe cyangwa

.kwibanda ku bitekerezo, ubwenge n'ubushishozi mu mwuka

Ibiryo bifatika bikomeza uturemangingo tw'umubiri, mu

gihe ibiryo by'ubwenge byuzuza ubwenge ibitekerezo

bizima, kandi ibiryo by'ubwenge bikongera imbaraga

.z'ubugingo kandi bigateza imbere ubushobozi bwabwo

Ubusanzwe, indyo yuzuye mu bwenge igizwe

n'ibitekerezo umuntu atekereza n'ibyo yakira ku bandi

.binyuze mu kuvugana nabo no kubana nabo

Abantu bafite imico ituje n'imico myiza bafasha gutuma

ibitekerezo byacu birushaho kuba byiza kandi bikurura

.ubuzima

Ntabwo bigoye kumenya niba umuntu akuramo ibyo

akeneye mu bwenge bwe mu mutuzo cyangwa ahantu

hateye imvururu. Guhangayika, guhangayika no kwitiranya
ibintu byose bituruka ku kuba umuntu afitanye isano
n'abantu babi, baba inshuti cyangwa abavandimwe. Ibi
bitera ibitekerezo bihangayikishije n'umwuka mubi
Umubiri ukura imbaraga n'ubuhanga mu biribwa
bifatika, mu gihe ibiryo bikurura imbaraga bitanga umubiri
n'ubwenge imbaraga zoroshye kugogora kurusha ibiryo
bikomeye n'ibikomoka ku mazi, bidashobora guhinduka
.byoroshye imbaraga nzima
Iyo ushobora guhindura ubujiji mu ubwenge, intege nke
n'intege nke bikaba ubuzima bwiza n'imbaraga, kandi
ukagenda mu nzira z'ubuzima ufite icyizere n'ubutwari -
ndetse uri wenyine -, kandi ukagira ibyishimo byo mu
mutima mu kugira umutimanama muzima kandi uhamye, no
kwizera kudacogora mu butabera bw'Imana no gutsinda
.icyiza ku kibi n'ukuri ku bw'ubuyobe
Kandi iyo ugerageje buri munsu kurekura ibitekerezo
byawe ukabishyira ku rwego rwo hejuru kandi runoze, kandi
ukaba ufite umutima ukunda kandi ushimira, n'imigambi
myiza ku bandi, indyo yawe y'ubwenge izaba nziza cyane,
hanyuma uzikururira ibintu byose byiza kandi
by'ingirakamaro, uhereye ku bintu, abantu n'imimerere,
bikenewe kugira ngo ukomeze urugendo rugana ku nkombe
.z'umutekano n'umutekano
Iyo ushyizeho imbaraga kugira ngo ubone ibyo ukeneye,
kandi ukanyurwa n'ibyo Imana itanga, uzaba umukire mu
mutima kandi unyurwe kurusha abashishikajwe n'ubutunzi
.bw'isi kandi bararikira ibinezeza byayo by'akanya gato
Iyo umuntu ashaka Imana, yo nshuti nyayo yonyine,
kurusha inshuti zose, birashoboka gushinga ubucuti nyakuri
mu mibanire yose y'abantu: mu muryango, mu muryango,
.mu muryango no mu mwuka
Ubucuti ni ikintu cy'ingenzi mu mibanire y'abashakanye,
kandi hakwiye gushyirwa imbere kubana neza mu buryo
bw'ubwenge no mu marangamutima, kumva ko umuntu

akunzwe mu by'umuco, ndetse n'urukundo n'ubucuti
.nyakuri

Abadashobora gutandukanya urukundo nyakuri
n'ibikurura irari ry'umubiri bahora batengushywe igihe cyose
Iyo ishyingiranwa rishingiye ku ntego nziza no
kubahana, riba ubumwe bwiza kandi bugira ingaruka nziza
hagati y'abantu babiri bakundana. Bagafatanya mu koroshya
imitwaro y'ubuzima hagati yabo, no kwirukana imihangayiko
yo kubaho binyuze mu kugirana impuhwe no kumvikana
.neza

Nta muntu ushobora kuntegeka cyangwa ngo
anyambure ubushake bwanjye, keretse nemeye ko
ibitekerezo n'ibikorwa by'abandi bingiraho ingaruka
Mwami, ndabizi ko mfite amahirwe menshi imbere
yanjye yo gusuzuma ubushobozi bwanjye no kuvumbura
ubushobozi bwanjye bwo mu mwuka, nzasimbuza ibintu
by'umubiri n'ibyifuzo byo hejuru. Kandi nzamenya ko
umwuka w'ubudahemuka uhora uri kumwe nanjye
Uyu munsu nzakora ibintu byinshi bigaragaza icyizere,
nzakomeza kwitandukanya n'ibintu bibi, kandi nzakora
ibizabatunga umubiri, ubwenge n'umwuka mu buryo buri ku
.rugero kandi buhamye

Imbyino y'ubuzima n'urupfu ihora ihari, ariko nzakomeza
kwibohora iteka ryose nkirinda umwirondoro wanjye wo mu
mwuka. Kandi igihe inkubi y'umuyaga n'amakuba
bizangeraho, nzahaguruka mu bwato bw'ubugingo bwanjye
hakurya y'inyanja y'ubuzima Ngeze ku nkombe z'Imana
.zitekanye

Iyo nkora kandi nkarema, nibuka ko Imana ikorera muri
njye; ni Umwami w'isi yose kandi nshobora kwihuza na we
.mu kumutekerezaho cyane

Mana yanjye nkunda, ndabizi neza ko ibitekerezo
byanjye bizampa gutsindwa cyangwa gutsinda, bitewe
n'igitekerezo gikomeye mu buzima bwanjye. Bityo rero,

nzagerageza kwibuka ko umfasha kandi bikantegurira
.impamvu zo gutsinda
Iyo ibyago n'amakuba bimbayeho, nzashyira imbaraga
zanyje kandi nkomeze icyemezo cyanyje cyo kubitsinda.
Nzakoresha ukuri n'ubunyangamugayo mu mibanire yanyje
n'abantu bose, kandi nzashyira ibitekerezo by'urukundo
n'ibyifuzo byiza. Hanyuma Imana izanshyigikira ikoresheje
.imbaraga zayo n'ubwenge bwayo
Uwiteka, nzakoresha ubushake bwanjye n'ubwenge
bwanjye kugira ngo mbanze nkore ibintu bito, hanyuma
nkomeze ku bikorwa binini
Nubwo ibyifuzo byose by'ubutunzi byagerwaho,
bikomeza kuzana ibyishimo bidahagije, kandi kubona Imana
ni byo byishimo by'ukuri byonyine nzavumbura ibigega
by'ibyishimo bidashira Kandi ntibihwema gutemba no
gutembera, mu busitani bw'ubugingo n'ubwatsi bwabwo
.butoshye

Amagambo y'izahabu

Ibyishimo ni uburenganzira bwanjye, umurage wanjye,
n'ubutunzi bwanjye bw'Imana buhishe. Nyobora, Uwiteka,
kugira ngo mbone imbere yanjye ubutunzi buruta inzozu
.z'abami
* * *

Imana ituye mu mitima imurikira abigishwa bayo -
kubera imbabazi zayo n'impuhwe - amatara yaka y'ubwenge
yirukana umwijima w'ubujiji
* * *

Ubuzima ni urugendo rw'ubwenge rufite umuvuduko
uhoraho. Rwishushanya mu bintu bidafite ubuzima, cyangwa
rikagira ishusho nzima kandi igenda. Ubuzima buri muri
.byose kandi bukwirakwira muri byose
* * *

Wowe Mukunzi Ukomeye, Uri ubuzima ubwabwo Uri
intego yanjye n'icyifuzo cyanyje Umpe indabyo z'indabyo mu
busitani bwawe bwo mu ijuru, cyangwa isaro ribengerana mu

mukufi w'urukundo rwawe rubengerana, cyangwa umpe
icyubahiro gikomeye: ahantu hato mu mutima wawe

* * *

Aho abandi bashima imbaraga zanjye mu gukora ibyiza,
niho nshobora gutanga serivisi nziza cyane

* * *

Reka dukore tapi ya zahabu y'inzozi irimo imigozi
y'ubudodo bwiza n'ibitekerezo binoze

* * *

Ubwenge budafite icyo buvuze [budafite ibitekerezo
byiza kandi byubaka] ni uruganda rw'ibibazo, imihangayiko,
kwiheba, no kubura ibyiringiro

Niba urukundo rw'isi yose rugutuye mu mutima wawe,
ruzakuzanira ibyishimo birambye kandi bishya nta kindi
cyaguha

Indabo z'ubuzima zirimo kurabya mu busitani bw'isi ni
nziza cyane kandi zishimishije kuzireba. Ariko ikiruta byose
ni isoko y'ubwiza n'ubwenge iri ahantu runaka, aho
.twaturutse kandi tuzagaruka tukongera kwivanga

Igihe umwigishwa yabyukaga mu gitondo, yiyemerera
ati: "Sindi umubiri, ndi umwuka utagaragara... Ndi
ibyishimo... Ndi urumuri... Ndi ubwenge... Ndi urukundo
Nubwo mba muri uyu mubiri, umwuka wanjye ntupfa kandi
"ntukirangwa no kubora

Nk'uko amatonyanga y'ikime afasha indabyo kurabya no
gukura, ni ko n'ubuntu bukomeza ubucuti kandi bugatuma
bukura

* * *

Hari imiraba igaragara hejuru y'inyanja n'imiraba ishira
mu bwigunge bwayo; muri ibyo bihe byombi, iba iri mu

nyanja kandi ikaba imwe nayo. Mu buryo nk'ubwo, abantu
bareremba mu gihe cy' "ubuzima" ku buso bw'inyanja y'isi
cyangwa bashira muri yo mu " rupfu" baba bari mu nyanja
.y'iteka ryose

* * *

Ishusho y'ukwezi ntigaragara neza mu mazi ashyushye,
ariko iyo hejuru y'amazi hamaze gutuza, ishusho y'ukwezi
iba isobanutse neza. Ni ko bimeze no ku bwenge: iyo ituje,
ushobora kubona isura y'ubugingo bwawe mu buryo
.busobanutse neza kandi bunoze

Ohereza, Nyagasani, imirasire y'izuba ry'ubwenge
bwawe kugira ngo inyobore mu minsi yanjye y'ibyishimo byo
kugera ku ntego, n'umucyo w'ukwezi kuzuye kw'imbabazi
.zawe igihe nzanyura mu ijoro ryijimye ry'agahinda

Gutekereza ku bintu ni bwo buryo butuma uhuza
ubwenge bw'isi yose, kandi nuhuza n'ubwo bumenyi
butagira iherezaho uzabasha kumenya amabanga yose y'irema

Icyifuzo cyo kwegera Imana no kuyimenya ntikiza
ubwacyo, ahubwo kigomba guhingwa, kandi ubuzima ntacyo
bumara budafite icyo cyifuzo

Ubuzima bwo ku isi ni uguhagarara by'agateganyo,
kandi inshingano y'ibanze y'abantu ni ugusobanukirwa
intego n'intego by'uru rugendo. Iyo ntego ni ukumenya
Imana, kandi ntabwo ishobora kuba ikindi kintu icyo ari cyo
.cyose

Amahoro yawe ni ubutunzi bwawe bw'agaciro,
ntukemere ko hagira umuntu ugutwara ubwo butunzi

* * *

Menya kwihagararaho wenyine, utekanye kandi
utekanye mu gihome cy'imico myiza yawe n'agaciro kawe

* * *

Byose bihari kuko Imana ibaho Kandi kuko ibaho, nawe
uriho Kubera kubaho kwayo, wishimira ihumure n'ibyishimo
byo mu buzima. Bityo rero, gushimira Imana kwawe bigomba
.kuba byimbitse

Ibitabo byiza bishobora kuba inshuti zicetse, zifite
ikinyabupfura kandi ziyubaha. Ntugatererane ibi bitabo mu
bihe bikomeye, kuko bitazigera bigusiga, bitandukanye
.n'inshuti zisanzwe zishobora kugutererana

Umuntu wese ufite ubuzima bwiza, ubuzima bwiza,
n'ubushobozi bwo gutekereza buhebuje, ariko adafite
ibyishimo, ntaragera ku ntego mu buzima. Iyo ushobora
kuvuga by'ukuri uti "Ndishimye, kandi nta muntu ushobora
kuntwara ibyishimo," uba wabonye ishusho y'Imana muri
.wowe

Shimangira ituze n'amahoro, kandi wohereze ibitekerezo
by'urukundo n'imigambi myiza gusa niba wifuza kubaho mu
mahoro no mu bwumvikane. Ubeho ubuzima bushingiye ku
gukiranuka no kubaha Imana, kandi abo ubuzima bwabo
bwose bufitanye isano n'ubwawe bazakungukirwa no kuba
.uri kumwe nawe

Niba udafite inshuti, cyangwa niba inshuti zawe
zigupfusha ubusa, cyangwa niba utabanye neza nazo, reka
ibitabo [n'ibikoreshe] bifite ubwenge bibe inshuti zawe, kuko
ushobora kunyura mu mapaji yazo ukagera mu isi
.y'ibitekerezo bitangaje kandi bishimishije

Kubona Imana bivuze kubona ibyo umutima wifuza
byose, kandi kuba umuntu w'umwuka bivuze gufungura
.amarembo y'ubuzima bwiza, ibyishimo n'intsinzi

Muri twe hari urumuri rw'imbaraga z'Imana zirema kandi
zigashyigikira ubuzima bwose kandi zitegereje gushya

Gusoma ni igikorwa cy'ingirakamaro cyane mu mutwe;
bikoresha ubwenge kandi bibukomeza mu buryo bworoshye.

Isaha imwe cyangwa ebyiri zo gusoma buri munsi ziha
umuntu wese ubumenyi butandukanye mu myaka mike, mu
gihe ahisemo ibitabo bifite akamaro. Ntugapfushye ubusa
cyangwa ngo wangize ubushobozi bwawe bwo mu mutwe
usoma ibitabo bihendutse cyangwa ibitabo bidafite icyo
.bigamije cyangwa icyo bisobanuye

Abafite imitekerereze yo gusabana n'abandi bazabona
mu bitabo by'agaciro imbaraga nshya zo gufasha abantu
binyuze mu masomo ari mu bitabo byanditswe n'abagabo
.n'abagore b'abanyacyubahiro kandi bafite impano

* * *

Gusoma ni igikorwa cy'ingirakamaro cyane mu mutwe;
bikoresha ubwenge kandi bibukomeza mu buryo bworoshye.

Isaha imwe cyangwa ebyiri zo gusoma buri munsi ziha
umuntu wese ubumenyi butandukanye mu myaka mike, mu
gihe ahisemo ibitabo bifite akamaro. Ntugapfushye ubusa
cyangwa ngo wangize ubushobozi bwawe bwo mu mutwe
usoma ibitabo bihendutse cyangwa ibitabo bidafite icyo
.bigamije cyangwa icyo bisobanuye

* * *

Ubwibone n'ubwibone bigomba gukurwaho kuko ari byo
bibangamira ubumenyi bw'umwuka cyane

* * *

Udafite Imana, iyi si isa n'iyuzuyemo amakimbirane,
urugomo, n'ibintu bibabaje bibabaje. Ibyishimo biri mu
.kumva hafi y'Imana

* * *

Abazi Imana bafite ibyishimo n'ibyishimo bihoraho mu
mitima yabo Kubera ko bumva bafite umutekano n'ituze,
inkubi y'uburakari ntishobora kubahungabanya, kandi
.ubwoba ntibushobora kwinjira mu mitima yabo

* * *

Ibitabo byiza ni byo nshuti zawe magara; binyuze muri
byo, ushobora kumva abantu bakomeye bakuvugisha
buhoro, bakaguhumuriza kandi bakakugira inama nziza.
Kunanirwa kugira icyifuzo nyacyo cyo gusoma ibitabo byiza
.bivuze gutakaza umurage w'ibisekuruza

* * *

Iyo umuntu adafite ubufasha bw'Imana, nta kabuza ko
atsindwa, kuko imbaraga n'ubwenge bikenewe kugira ngo
atsinde mu ntambara y'ubuzima bituruka ku isoko itagira
iherezaho Iyo umuntu yirengagije Imana, agabanya umugozi
.umuha ubufasha n'inkunga bikenewe kugira ngo atsinde
Abashaka gukomanga ku rugi rw'amahirwe yo mu
mwuka bazabona ko amarembo akinguwe kubera ko Imana
.ifasha abifasha ubwabo

Iyo uhuje n'Imana, kamere yose iba ihuje nawe

* * *

Urukundo ni nk'impapuro zitunganya ubwenge kandi
zigakuraho ubukana mu mico

* * *

Iyo ubonye Imana ahantu hose mu buryo butunguranye,
kandi iyo ije ikwakira, ikagutera imbaraga, ikakuyobora,
inkuru y'urukundo rw'Imana iba yaratangiye

* * *

Urukundo rusendere mu mitima kandi rwohereze
imirasire ikiza ku bandi

* * *

Shaka kumenya Imana ukiri muto kandi ukomeye, kuko
mu busaza n'uburwayi ushobora kutazongera kuyishaka. Iyo
abantu batangiye gusobanukirwa icyo ubuzima busobanura,
umubiri uba ufite intege nke, maze bamara ubuzima bwabo
bwose bitaye ku bushobozi bwabo bworoshye bw'umubiri
.aho gushaka ukuri

* * *

Nzafata ibyiza bya buri muntu, kandi nzubahiriza imico
.myiza y'ibihugu byose nta kwibanda ku nenge zabyo

* * *

Nk'uko twita ku ntungamubiri ziboneka mu byo kurya
bya buri muni, tugomba no kwita ku ntungamubiri zo mu
.mutwe dutanga mu bwenge bwacu buri muni

* * *

Amagambo meza ni umuti utangaje w'indwara nyinshi,
afite imbaraga zikomeye, hafi ya za gihanga, zikurura
imigisha myinshi n'ubutunzi ku bavuga. Abakoreshe
amagambo ahumuriza kandi yoroshya bumva umugezi
utemba muri bo nta nkomyi, wuzuyemo ituze rikomeye. Ibi
biterwa nuko uyu mugezi ufitanye isano n'isoko yawo yo
hejuru, umugezi uhoraho ugera ku mitima ihuje n'iyi soko,
.ukabashoboza kohereza ibyishimo ku bifuzwa amahoro

* * *

Mbega amagambo menshi meza aturutse mu mutima
yakuyeho agahinda kenshi, kandi ese amajwi menshi
y'abanyabwenge yamurikiye inzira z'umwijima amatara
!y'ibyishimo n'ituze

* * *

Dukura mu bunararibonye bwose tunyuramo, igihe
cyose tuzi neza ko dushobora kwigiramo amasomo
y'ingirakamaro. Ububabare bwose n'imibabaro duhura na
byo bifite icyo bivuze n'icyo bigamije. Nubwo ibi bintu
bikomeye, ni nk'umuriro ushongesha amabuye y'icyuma,
ukayahindura icyuma cyiza, gikomeye kandi gikoreshwa mu
.buryo butandukanye

* * *

Ibintu byose bitangaje nagezeho mu buzima bwanjye
byagezweho binyuze mu mbaraga z'ubwenge buhuje
n'Imana. Iyo igikoresho cy'Imana kirimo gukora, icyo nifuza
cyose kirasohora nta gutandukana, kibanza gufata ishusho
nk'igishushanyo kitagaragara, gishingiye ku bushobozi
hanyuma kikagaragara mu by'ukuri n'imbaraga
.zidasubirwaho

* * *

Iyo ubwenge bubwiye Imana ijwi rivuye ku mutima kandi
rishyushye riturutse mu mutima w'umuntu ufite icyifuzo
gikomeye, umuhamagararo w'umwuka uzagera ku mutima
w'abantu bose, maze igisubizo kizaza, kizana ibyishimo
byinshi. Iri jambo rivuye ku mutima ritera imbaraga kugeza
ubwo rigira imbaraga zikenewe kugira ngo rigere ku ntego
.ryifuzwa

* * *

Iyo ubwenge bw'umuntu n'ubushake bwe bihuye
n'Imana, aba afite imbaraga zitagira imipaka, ku buryo
gutekereza ku kintu gusa bihagije kugira ngo akigereho,
kuko amategeko y'Imana akorera ku bw'abahuje n'ubushake
.buhebuje

* * *

Uko impungenge zacu zaba ziri kose, Imana igomba
gufata umwanya wa mbere mu buzima bwacu Kimwe mu
bintu by'ingenzi mu gukura mu mwuka ni ugukomeza
kubwira Imana amagambo aturuka ku mutima, aho uzabona
.impinduka nziza zizagutangaza cyane

* * *

Umuntu ntagomba kwiye gurira ubushobozi bwose bwo
gutekereza Imana yamuhaye mu gushaka ibintu by'akanya
gato, bitabaye ibyo azibagirwa mu buryo bwo gukunda ibintu
no kwiremera imipaka n'inzitizi adakeneye. Ahubwo, agomba
gukoresha imbaraga ze zo gutekereza kugira ngo abone ibyo
akeneye mu buzima kandi agaharanira guteza imbere

ubushobozi bwe bwo mu mwuka kugira ngo atandukane
.hagati y'icyiza n'ikibi, n'ikibi n'icyiza

* * *

Ukuri kurenze ibitekerezo n'inyigisho, kandi benshi
.bafata ubu buryo bagengwa n'imyanzuro yabo bwite

* * *

Mwami, fungura amarembo y'amahoro kandi urinde
ubuturo bw'ibitekerezo byanjye byo mu mwuka ibitero
by'amajwi mabi. Reka indabyo z'ibyo nifuza zishime mu
.busitani bw'umutima wanjye mu gihe ntegereje ko uzaza

* * *

Ubumenyi bw'inyigisho ntibushobora kubona *
ubumenyi bw'Imana, kandi ni byiza kudapfusha ubusa igihe
cyawe cy'agaciro ku nyigisho zidashobora gukoreshwa mu
by'ukuri, bitabaye ibyo uzisanga uri mu mashyamba
y'ubwenge menshi kandi ntushobora kurenga inyigisho
.z'inyigisho

* * *

Ibyishimo ni imbuto yo gutsinda mu mitekerereze mu
bihe bigoye by'ubuzima

* * *

Uwo Imana izi ashobora kuba atazwi n'isi

* * *

Iyo umuntu yishyize hamwe n'ubumenyi
bw'imitekerereze [atapimye], azaba nk'igikoreshe gifata
amajwi gisubiramo imigani kandi kigasubiramo amagambo
akomeye, abandi bakamufata nk'umuhanga mu
by'ubumenyi, ariko ubwo bumenyi ntibukomezwa no kubona
ukuri mu buryo butaziguye, cyangwa ngo buhuzwe no
.kugera ku byo mu buryo bw'umwuka

* * *

Ibibazo bizakomeza kubaho mu isi, none se umuntu
ashobora kwerekeza he kugira ngo ahabwe ubuyobozi
n'icyerekezo? Ibitekerezo bye, bigizweho ingaruka
n'imyitwarire, ivangura, ivangura, n'ubufana, ntacyo bimaze,

kandi ingaruka z'ibidukikije bye, umuryango we, igihugu cye,
cyangwa isi ye ntizishobora gutanga ubuyobozi nyakuri.
Bityo rero, umuntu agomba guhindukirira Imana no kumva
.ijwi rituje, rituje riva mu mutima we, ijwi rihuye n'ukuri

* * *

Mukingurire imitima yanyu ku isuka ry'Imana kugira ngo
risendere muri mwe kandi ryuzuze ubuzima bwanyu imigisha
n'ineza byo mu mwuka

* * *

Akazi kose ukora n'ibyo wageraho byose, ibuka ko
Imana ari yo soko iguha imbaraga zose ukeneye kugira ngo
.ukore kandi ugere ku byo wagezeho

* * *

Reka nkwibuke, Mwami, mu bukene no mu buhire, mu *
ndwara no mu buzima bwiza, mu bujiji no mu bwenge, kandi
reka ndebe urumuri rwawe rwiza rutanga ubuzima bwiza no
.gukira muri ako kanya

* * *

Mu bitekerezaho byanjye byonyine, ndifuza kumva ijwi
ryawe ry'umugisha. Nkuramo amajwi akaze yo mu isi ahishe
mu byibutso byanjye. Ndashaka kumva ijwi ryawe rituje
.kandi riryoshye iteka ryose mu ituze ry'umutima wanjye

* * *

Ubuzima butwikiriwe n'umwijima, kandi tugomba kureka
umucyo w'Imana ukaba itara rituyobora mu gihe tunyura mu
nzira zabwo z'umwijima. Ni ukwezi kuzuye mu ijoro ry'ubujiji
n'umwijima, ni izuba ry'urumuri mu masaha yo gukanguka,
urumuri rw'ubuyobozi, n'inyenyeri y'Amajyaruguru ku
.banyura mu nyanja z'ubuzima bw'isi, bumara igihe gito

* * *

Igihe kirageze ngo abantu bakanguke bave mu bitotsi
byo kwibagirwa bajye mu by'umwuka Turagusaba, Mwami,
kuzamura ubwenge bwacu tuva mu bwigunge
bw'uburangare n'ibitekerezaho bito, bigarukira, tujye mu

mucyo w'amahoro, umucyo, urukundo, n'impuhwe za muntu
.ku isi yose

* * *

Ibintu bizagenda neza kuko imbaraga n'ibitangaza
by'Imana byihishe inyuma y'ivuguruzanya ry'ubuzima
bw'abantu, kandi uwo ari we wese utemera ko ibintu
bidashoboka kandi akagerageza kwinjira mu bwenge bwe no
mu kwizera kwe ku biri hirya y'igitambaro azakingurirwa
.urugi

* * *

Kwizera ntibivuze kuba umuntu utagira icyo akora
cyangwa kudafatana ubushishozi n'ibintu. Ahubwo, uko
byagenda kose, umuntu agomba kwiyeemeza ko Imana
yonyine ari yo ishobora kumushyigikira mu bihe bigoye kandi
bigoye niba ayihindukiriye n'umutima we wose, ubugingo
.bwe bwose, n'amarangamutima ye yose

* * *

Iyo ibyumviro byacu bishobora kutwereka ukuri kose,
twabona isi nk'imigezi ya elegitoroniki, kandi agace kose
k'umukungugu nk'urumuri ruzenguruka Abagera mu isi
y'ibintu bakagera mu mwuka basobanukiwe imiterere
.y'ubuyobe kandi bazi ishingiro ry'ukuri

* * *

Haba mu ishyamba rya Afurika, ku rugamba, urwaye
cyangwa ukennye, umuntu agomba kwemeza ko ukuboko
kw'Imana gukomeye kurusha akaga ako ari ko kose kandi ko
gushobora kurinda abashaka kuyihungiraho Nta bundi buryo
bwiza bwo kuyirinda buhari Birumvikana ko umuntu agomba
gukoresha ubwenge mu guhangana n'ibintu mu gihe ari
.nako yiringira ubufasha bw'Imana mu buryo bwuzuye

* * *

Urukundo rutuye mu mitima y'ibiremwa byose—
urukundo rw'ababyeyi bose, ba se, inshuti n'abakunzi—
rukomoka ku rukundo rw'Imana

* * *

Hagomba gutandukana inshingano zikomeye n'izito,
hagashyirwa imbere iz'ingenzi kurusha iz'ingenzi gusa.
Byongeye kandi, nta nshingano igomba kuvuguruza indi.
Ibyanditswe bitubwira ko iyo inshingano imwe igongana
.n'indi, ari ikimenyetso cy'uko atari inshingano nyakuri

* * *

Uko imirasire y'izuba ikomeza gukwirakwira,
nzakwirakwiza imirasire y'ibyiringiro mu mitima y'abakene
n'abatereranywe [abo umuryango watereranye], kandi
nzashyiramo ubushake bushya mu mitima y'abibwira ko ari
.abananiwe

* * *

Umwarimu Paramahansa yabwiye umwe mu bigishwa
:be ati

Ntukice umuntu uwo ari we wese mu rukundo rwawe."
Komeza buri wese mu mutima wawe, na we azagukomeza
"mu we

* * *

Uwiteka, mfasha gukoresha ubushake bwanjye buri gihe
kugira ngo nkore ibikorwa byiza kandi by'ingirakamaro
Mfasha gukurikiza ubushake bwawe kugira ngo
ibitekerezo byanjye byose bihuze n'imigambi yawe kandi
bihuze n'ubushake bwawe
Yamfashije gukangura imbaraga zihishe kandi
z'umugisha ziri muri nje kugira ngo mbashe gutsinda
ingorane n'ibigeragezo byose

* * *

Kanguka ugire uwo muco wo mu mwuka w'ubutwari
n'ubwiyoroshye - uhuza imbaraga z'intare n'ubwitonzi
bw'inuma

* * *

Sinzita ku kunengwa gukabije, kw'ibinyoma, cyangwa ku
gushimwa no gushimwa cyane. icyifuzo cyanjye cyonyine ni
.ugukora ibyo ushaka, Mwami, no kubona ubutoni bwawe

* * *

Ntushobora kwiyumvisha ibyishimo byinshi bizakuzura
igihe wumvise ubuturo bw'Imana. Ubwo rero ubugingo
bwawe buzasindishwa n'urukundo rw'Imana rutagira
imipaka. Ni urukundo ruruta incuro miliyoni z'urukundo
rw'umuntu uwo ari we wese—urukundo rusohoza ibyifuzo
byawe byose kandi rwuzuza umutima wawe ibyishimo
.n'ibyishimo

* * *

Binyuze mu kwibanda imbere, ushobora kwibonera
ibyishimo byo mu mwuka muri wowe no hafi yawe. Iyo
ubyibushye, imico yawe izakura neza, kandi uzagira
.imbaraga zo gukurura abantu n'ibindi biremwa

* * *

Umurinzi Mukuru, ntabwo nitaye ku byo natakaje byose
kubera iherezo ryanjye, ari naryo nishyiriyeho, ariko
ndagusaba, wowe buhungiro bwanjye bwonyine, kurinda
urumuri rw'urukundo rwanjye kuri wewe imiyaga yo kutita ku
.byo nshaka no kwibagirwa

* * *

Nimuze tunywe amazi meza y'amahoro ahumura
aturuka mu masoko y'ibihe byiza, dukomezwa n'icyemezo
cyacu gikomeye cyo gutekereza neza no kugira icyerekezo
.cyiza

* * *

Umutimanama ni uburyo bwo kumva ibintu buhishura
kamere nyayo y'umuntu n'impamvu ze Iyo umutimanama
wawe ugororotse, kandi ukaba uzi neza ko ukora ibikwiye,
ntacyo ugomba gutinya. Umutimanama ugororotse ni
igihamba cy'imyitwarire myiza ituruka ku Mana. Kuba
umwere mu rukiko rw'umutimanama bivuze kugira ibyishimo
.no kwakira imigisha y'Imana

* * *

Gerageza gukora ibintu bishimishije kandi by'ubutwari
abantu benshi badakora, kandi uhe urukundo n'amahoro abo
abandi bitaho

* * *

Umwarimu Paramahansa yabwiye umwe mu bigishwa

:be ati

Niba udamara umwanya uhinga ubwenge, nta"
burumbuke bw'ibintu bushobora kugushimisha. Ubu buhinzi
si ukwica urubozo ahubwo ni ukwitoza ubwenge kugira ngo
".bugaburire ibitekerezo n'ibikorwa bijyana ku byishimo

Ibyishimo byawe ni intsinzi yawe, bityo ntukemere ko
hagira ubikwiba. Irinde abagerageza kukubangamira. Nkiri
muto, nakundaga kubura kwihangana igihe cyose abantu
bakwirakwizaga ibihuha by'ibinyoma kuri njye. Nyuma, naje
kubona ko amahoro yanjye yo mu mutima ari yo y'ingenzi
.kuruta kwemerwa n'abantu cyangwa gushimwa nabo

* * *

Iyaba wari uzi inkuru y'urukundo rw'Imana bamwe mu
bayisenga bahura na yo! Nta bundi bunararibonye mu
buzima bwagereranywa n'ubwo bwishimo nari nzi
umutagatifu wahoraga yinjijwe mu rukundo rw'Imana, kandi
isura ye irabagirana urukundo rwera Ijisho ry'Imana rihora
.rireba abayikunda, kandi ntabwo ibatererana na gato

* * *

Abashishikajwe no guteza imbere imbaraga zabo zo mu
mutwe no mu mwuka ni bake cyane

* * *

Ntukemere ko winjira mu gihe cyo gutinda. Haguruka
uve mu bitotsi by'ukuri kurambiranye kandi ujye mu
migambi y'ubuzima bwiza aho hari ibyo ugeraho, ibyishimo
.n'amahoro

* * *

Muri wowe hari ubushobozi bunini butegereje
gushorwamo, kandi ni wowe wenyine ushobora kubukoresha
.no kububyaza umusaruro

* * *

Kubohoka ku ngeso mbi n'ibyifuzo bibi bizana ibyishimo byinshi kuruta intsinzi y'ibintu. Mu ntsinzi y'ubwenge harimo imibereho myiza yo mu mutwe ibintu bidashobora gukuraho.

Ushobora kumara igihe cyawe cyose wirundanyiriza ubutunzi, ariko ubwo butunzi ntibuzaguha amahoro n'umutekano urambye ushaka. Ahubwo, bizakuzanira agahinda kenshi kuko ibyishimo nyakuri n'amahoro biba mu .bwenge, ntabwo biba mu butunzi bw'ibintu Iyo umaze gushinga imizi mu mutima wawe nyakuri, usohoza buri gikorwa kandi ukishimira ibyiza byose ufite .ibyishimo by'Imana

* * *

Ntukemere ko intege nke zinjira mu mutwe wawe, kandi witondere iyo wifatanya n'abantu bafite ibitekerezo bibi n'ibitekerezo bibi, kugira ngo ibitekerezo byabo by'intege nke bitakwinjira mu mutwe wawe, keretse ubwonko bwawe bugeze ku rwego rwo hejuru ku buryo ibitekerezo by'abandi bitashobora kubuca intege, ahubwo, ahubwo, bushobora .gukomeza ibitekerezo by'abandi no kongera icyizere cyabo

* * *

Imana iza imbere, kandi ntidukwiye gutangira cyangwa kurangiza umunsi wacu tutayitekerejeho. Tugomba kwibuka ko tudafite imbaraga n'imbaraga duhabwa n'Imana, ntacyo twashobora kugeraho. Bityo rero, inshingano yacu ikomeye .ni iyo kuyikorera

* * *

Hari uburyo bwo gusuzuma no gucira imanza imigenzo n'imigenzo Mbere na mbere, buri muco wari ufite impamvu. Niba dusanze impamvu ihari, iyo ngeso ifite icyo ivuze n'inyungu. Ariko, si byiza gukurikiza imigenzo mu buryo buhumyi. Tugomba kumenya ukuri no kugukurikiza, tugasobanukirwa icyatuzanira ibyishimo hanyuma .tukabishyira mu bikorwa

* * *

Iyo ubona abantu benshi badafite ibyishimo cyangwa
intsinzi, ntugatekereze ko ari yo ntego yabo. Ushobora
kwigira icyo ushaka kuba cyo cyose. Intsinzi yawe y'imbere
.niyo iguhesha intsinzi by'ukuri

* * *

Niba ntacyo ufite muri wowe ubwawe, ntuzishima Ariko
niba ntacyo ufite iruhande rwawe kandi ukaba wishimye
muri wowe, nta gushidikanya ko uba ufite icyo ugeraho
Bityo, ntibishoboka gucira abantu urubanza ukurikije
.imimerere yabo yo hanze

* * *

Mu mbaga nyamwinshi y'abantu, hashobora kuba hari
umuntu wageze ku rwego rwo hejuru mu buryo bw'umwuka
kandi akaba afite amahoro yo mu mutima n'ibyishimo byo
.mu buryo bw'umwuka bihebuje

* * *

Ndazi neza ko ibyo nkeneye byose bizangeraho, bityo
sinhangayikishwa n'ibyo ejo hazaza habitse. Ibi si ukwirata
cyangwa kwiytirira, kuko nabonye umurimo n'ubushobozi
.bw'izo mbaraga nziza mu buzima bwanjye inshuro nyinshi

* * *

Naba ndimo ndemba hejuru y'ubuzima cyangwa ndimo
nrohama mu nyanja, nzi ko ndi kumwe n'Imana kandi ko iri
kumwe nanjye, kandi ko nta kintu na kimwe gishobora
kungirira nabi. Ubwo bumenyi bwampaye ibyishimo
.bitavugwa kandi byimbitse

* * *

Nta gushidikanya ko kugura ikintu gishya ari ibintu
bishimishije Ariko nyuma y'igihe runaka, icyo cyizere
cy'ibyishimo kirashira buhoro buhoro, ndetse ushobora no
kutakigiraho uruhare rwose, ukibagirwa ikindi kintu. Ariko,
fagitire y'icyo kintu ntizibagirana, cyane cyane niba
!wagiguze mu byiciro

* * *

Umuntu agomba kugenzura ubuzima bwe no
kubworoshya uko bishoboka kose. Agomba kuzigama
amafaranga yo gukoresha mu bintu by'ingenzi n'ibyihutirwa,
gushyira imbere kuzigama amafaranga kuruta kuyakoresha
mu bintu by'agaciro, no gufasha abandi uko ashoboye kose.
Iyo ufashije abandi, ubufasha buzakugeraho mu buryo
bumwe cyangwa ubundi, kandi ntacyo uzabura kandi
.ntuzabura icyo wakenera

* * *

Mu byishimo by'imitima yose, numva ijwi ry'ibyishimo
byawe, Mwami, kandi mu bucuti bw'abizera bose, numva
urukundo rwawe ndishima kandi umutima wanjye wishimira
intsinzi n'iterambere ry'inshuti zanjye, nk'uko nishimira
imibereho myiza yanjye n'uburyohe bwanjye Uko nshyira
ubwenge mu bandi, ngwiza ubutunzi bw'ubwenge bwanjye,
kandi mu byishimo bya bose, mbona ubwanjye

* * *

Umwanzi ukomeye w'ibyishimo ni uguza amafaranga
kugira ngo ugure ibintu by'akataraboneka Abantu bibeshya
ko badashobora kugira ibyishimo keretse babonye ikintu
cyihariye Aiko nubwo bamaze kubona icyo kintu,
ntibazabona ibyishimo nyakuri, nubwo bizana ibyishimo
by'igihe gito. Ni iki gituma umuntu yiruka inyuma y'ibyishimo
byo mu isi bisezeranya guseniyuka gusa? Abantu bagomba
kubaho mu buryo bworoshye, badakeneye ubutunzi bwinshi
.busaba kwitabwaho buri gihe

* * *

Paradizo yanjye iri muri njye Uko nishimira imigisha
y'Imana, ndayishimira, kandi ibyishimo byanjye byo mu
mutima bikura Nta byishimo byo mu mutima, ndetse
n'ibinezeza n'ibyishimo byo mu isi biba ikuzimu Naje kubona
ko iyo nta byishimo byo mu mutima, umutwari w'inshingano
nahawe wari kunyiba amahoro yanjye kandi ukambura
.ibyishimo byanjye

* * *

Niba ubutunzi bujyanye n'indwara n'ibibazo, ingaruka
zizaba nyinshi Isuku n'ubuvuzi biri mu mbaraga
z'Uburengerazuba Udukoko twangiza n'udukoko twica
bigenzurwa neza mu bihugu byateye imbere, mu gihe ari
twinshi mu bindi. Aiko gukuraho utwo dukoko si cyo kintu
cy'ingenzi cyagezweho, kuko hari izindi ngorane mu bihugu
byateye imbere, nko kwishyura fagitire bigoye no kubura
amafaranga bitewe na sisitemu zo kugura mu byiciro—
ibibazo bibangamira ibitotsi no kugabanya amahoro yo mu
.mutima
* * *

Turi igice cy'ingenzi cy'ubwenge bumwe iyi si ikomeye
yaturutsemo
* * *

Ese wigeze ubona umukumbi w'intama? Iyo imwe muri
zo isimbutse, izindi mukumbi ziwugana nta gushidikanya
Abantu benshi bameze batyo Umuntu ashobora kuzana
igitekerezo cyangwa akazana ikintu gishya, abandi bagahita
bagifata nk'uko bisanzwe. Iki gishushanyo cyakomeje
kubaho mu bisekuruza bitandukanye Buri gihugu gifite
imigenzo yacyo, kandi ntitwavuga ko yose ari ukuri cyangwa
ari ukuri. Aiko se ni nde ubizi? Ahari imwe muri iyo migenzo
n'imigenzo ntacyo ivuze kandi ntacyo imaze
* * *

Iyo inkubi y'umuyaga y'ibitekerezo igabanutse, twinjira
mu bwami bw'amahoro kandi tugakora ku kuboneka
kw'Imana
* * *

Tekereza ku Mana, cyangwa ahantu heza hatera
amahoro, cyangwa uburambe bushimishije kandi
bushimishije. Igikorwa cyiza kandi gituje cyo mu mutwe
.kirakomeza kandi kigarura ubuyanja
* * *

Tuba mu isi irimo akajagari n'imidugararo Ushobora
gutekereza ko amafaranga asobanura ibyishimo, aiko iyo

uyabonye, ugasanga uracyari mubi Ushobora kubona
ubutunzi ugatakaza ubuzima bwawe (Imana iragufashe)

Cyangwa ushobora kugira ubuzima bwiza ugatakaza
amafaranga yawe Cyangwa ushobora kugira ubutunzi
n'ubuzima bwiza ariko ugahura n'ibibazo byinshi hamwe
n'abandi, utanga ubuntu ariko ugahura n'urwango
n'umujinya udafite Imana, nta kintu na kimwe muri ubu
buzima gishobora kukunezeza by'ukuri

* * *

Isi ihinduka icyumba cy'imibabaro ku bantu babaho
batazi gahunda y'Imana. Ariko iyo ubona ibibera mu buzima
nk'abarimu bawe kandi ukabyigiraho imiterere nyayo y'iyi si
n'uruhare wahawe mu isi, ibyo bibera urumuri rw'agaciro mu
.nzira igana ku kunyurwa no ku byishimo birambye

* * *

Aho ngaho, inyuma y'umwijima utari wijimye, ituze
ritagira amajwi, n'ubusa butararemwa, hari ikintu cy'iteka
ryose, ari cyo nkomoko y'ubuzima n'isoko y'imbaraga zose
.n'ibiremwa, ibiboneka n'ibitagaragara

* * *

Imana ntiyaturemeye iyi si kugira ngo turye, dusinze
kandi dupfe gusa, ahubwo yaturemeye kugira ngo tumenye
ubushake bwayo kandi dusobanukirwe intego yo kubaho
kwacu. Abantu bake b'abanyabwenge basobanukiwe icyo
gahunda y'isi isobanura, ariko abantu benshi ni impumyi
.kandi ntibazi iyo ntego

* * *

Amafaranga ntabwo yari intego yanjye mu buzima;
intego yanjye kwari ugukorera abavandimwe banjye bo mu
buntu. Bityo, Imana yamfunguriye imiryango myinshi
.y'amahirwe yo kwibeshaho no gusohoza inshingano zanjye

* * *

Imana yaremye iyi si kugira ngo ikore ikurikije itegeko
rihoraho kandi ridahinduka Iyo turenze kuri rimwe muri aya
mategeko rusange, tuba twihaniye Umuntu usimbuka ava ku

gisenge cy'inyubako ndende azavuna amagufwa ye. Bityo
rero, ntidushobora kwirengagiza itegeko ry'imbaraga
.rukuruzi tutagize ingaruka mbi

* * *

Iyo twitegereje mu buryo bwimbitse imico y'isi kandi
tugasuzuma amabanga yihishe y'imico ya kera, ishusho nini
igaragara, ifite imirongo ifatanye, ibice bitandukanye,
n'ibisobanuro birambuye, maze tugasanga umuntu ari
.umuntu ku giti cye kandi ari n'umubano icyarimwe

* * *

Iyo Imana ishaka ko tubaho mu buryo bwo kumenya
ibintu gusa, twari kunyurwa byuzuye n'ibintu bifatika kandi
.tukanyurwa n'inzira z'isi

* * *

Imirasire y'ubuziranenge, amahoro, n'ibyishimo birenze
inzozi irabengerana kandi irabyina mu bwigunge bwacu
bw'ingenzi

* * *

Muri buri bunararibonye bugaragara mu kirere
cy'ubuzima bwacu muri uru rugendo rwacu rwo ku isi,
tugomba kwiga uburyo bwo kwagura ubumenyi bwacu
n'uburyo bwo gusobanukirwa neza imimerere ituzengurutse
cyangwa iyo tunyuramo, hanyuma tuzabashe kubaho mu
.bwumvikane bwiza no kubana neza n'abantu n'ubuzima

* * *

Abantu benshi bigana abandi. Umuntu agomba kuba
umwimerere kandi agahanga udushya, kandi akaba
.umuhanga mu byo akora byose

Mu Burasirazuba, intego nyamukuru yari iyo guteza
imbere ibyishimo byo mu buryo bw'umwuka, mu gihe ibintu
by'umubiri mu buzima byakunze kwirengagizwa. Mu
Burengerazuba, hari ibintu bimwe na bimwe byo kwishimisha
mu buryo bw'umubiri ariko ibyishimo byo mu mutwe ni bike
cyane. Igikenewe ni uburinganire hagati y'ibyo byombi, kuko
kwibanda ku kintu kimwe gusa cy'ubuzima bitera

ubusumbane no kunanirwa guhangana n'ibyo umuntu
.akeneye mu buryo bushyize mu gaciro

* * *

Ibyishimo bikomeye - nyuma y'ibyishimo by'Imana - ni
uko umuntu abana amahoro n'abavandimwe be ba hafi
.bagomba kubana nabo buri munsu w'umwaka
Abantu batakaza umwanya munini bihuta kandi bakora
ibintu bahubutse ariko ntibagere ku ntogo zabo. Bake
bahagarara gato kugira ngo batekereze kandi bagerageze
.gusobanukirwa icyo ubuzima butanga

* * *

Tugomba gukora kugira ngo twubake inyubako
z'ubwenge mu busitani bw'amahoro bukura kandi
bukarabagirana indabyo nyinshi z'imico myiza y'umwuka

* * *

Ubwumvikane bw'imbere ni isoko ikomeye y'imbaraga
kandi butanga ingufu zishobora kuvugururwa

* * *

Urebye ubuzima, umuntu asanga gutsinda atari
byoroshye Ubuzima akenshi buragoye kandi ntibubabarira,
kandi tugomba kurwana no kubona imibereho Tekereza
imbaraga zisabwa kugira ngo umubiri wawe ukomeze
kubaho neza kandi utagira indwara! Nubwo wabigeraho, iyo
ntsinzi ni iy'igihe gito. Umubiri - urambe igihe kirekire -
amaherezo uzashyirwa mu gihirahiro. Ibisabwa ni ukurwanya
imbaraga nyinshi, haba iz'imbere n'iz'inyuma, kugira ngo
ugere ku ntsinzi wifuza. Izi mbaraga zikora cyane kugira ngo
.zikubuze kugerwaho n'ibintu by'ingenzi

* * *

Gerageza gutuza mu bihe byose, kandi ureke imbuto
y'amahoro yawe ishime mu byishimo no mu nseko
.z'ibyishimo

* * *

Ndetse n'abera bakomeye ntibabona agakiza kuzuye
keretse gusangiye abandi intsinzi yabo—ubunararibonye

bwabo mu by'umwuka n'ubumenyi bwo hejuru mu buryo
bw'umwuka. Niyo mpamvu abageze kuri izo ntambwe kandi
bakagera kuri izo ntambwe bifuza kugeza ku babyifuza. Niba
wifuza intsinzi nyayo, ntuzabona ibyishimo byawe gusa,
.ahubwo uzanabihesha n'ibyishimo by'abandi

* * *

Umuntu wese ufite ubwenge ashobora kubona
amafaranga Ariko niba afite urukundo mu mutima we,
ntabwo azigera ayakoresha mu nyungu ze bwite; ahubwo
azayasangira n'abandi Amafaranga ni umuvumo n'ibyago
biri mu maboko y'abikunda n'abanyanteye nke, kandi ni
umugisha n'impano biri mu maboko y'abafite imitima myiza
.n'imitima itanga ubuntu

* * *

Umuntu ashobora guhitamo guceceka igihe kirekire,
yanga kuvugana n'umuryango we Nubwo uyu muntu
ashobora kugira amahoro yo mu mutima, imyitwarire ye ni
ubwikunde kandi ikabangamira ibyishimo by'umuryango we.
Ntibishobora gufatwa nk'aho ari umuntu watsinze by'ukuri
keretse abakunzi be nabo bungukiye ku byo bagezeho. Mu
buryo nk'ubwo, kugera ku ntsinzi mu by'umubiri ntabwo ari
uburenganzira bwacu bwo kwishimira gusa iterambere;
ahubwo binakubiyemo inshingano zacu ku bandi zo
.kubafasha kunoza ubukungu bwabo n'imibereho yabo

* * *

Ndinzwe n'umutimanama wanjye ukeye. Natwitse
.amateka mabi kandi ndahangayikishijwe n'uyu muni gusa

* * *

Uyu muni ndabona ko ndi umwe mu bafite urumuri
rw'ibyiza bihebuje kandi ko ndi urumuri rw'abarwana
n'imiraba y'inyanja y'umubabaro

* * *

Abantu bafite ibitekerezo n'ibitekerezo bitandukanye ku
bijyanye n'intsinzi, bitewe n'ibyo bifuza mu buzima. Ni
ibisanzwe kumva bamwe bagereranya intsinzi n'ubujura,

bavuga ibintu nk'ibi ngo "Yari umujura watsinze!" Ibi
bigaragaza ko intsinzi mu buryo bwose n'ubwoko bwayo ari
nziza kandi irashakishwa. Ariko, intsinzi yacu ntigomba
.kwangiza abandi

Hariho kandi ikindi gipimo cyo gutsinda: iyo dushoboye
kuzana umusaruro uhuye kandi w'ingirakamaro kuri twe
ubwacu, twagombye no gushyira abandi mu ntsinzi yacu no
.gusangira nabo imbuto zayo

Intsinzi bivuze kunyurwa n'ibyishimo by'umuntu mu
bidukikije. Intsinzi nyakuri ni umusaruro w'ibikorwa
bishingiye ku mahame yo gukiranuka, kandi ikubiyemo
ibyishimo n'imibereho myiza y'abandi nk'igice cy'ingenzi
cy'ibyishimo bye. Iyo dushyize mu bikorwa iri hame mu
buzima bwacu bw'umubiri, mu bwenge, mu by'umuco no mu
by'umwuka, tuzagira ibisobanuro byuzuye kandi byuzuye
.by'intsinzi

* * *

Aha muri iyi si nto, tubona uburebure, ubugari,
n'ubucucike, ariko hari urundi rwego aho ingano zitabaho;
byose birasobanutse kandi bisobanutse—byose ni ubwenge
n'ubushishozi. Uburyo bwo kumva uburyohe ni uburyo bwo
kumva, kimwe n'uburyo bwo guhumurirwa.
Amarangamutima yacu, ibitekerezo byacu, n'imibiri yacu ni
imiterere y'ubwenge. Nk'uko dushobora kubona, kumva,
guhumurirwa, kuryoherwa, no gukoraho mu nzizi, ni ko
bimeze no kuri urwo rwego rwo hejuru, ese tugerwaho n'ibi
?byose binyuze mu bwenge busanzwe

* * *

Uwiteka, duhe ibyishimo wumva ko uri hafi yawe,
udukure mu ngoyi z'ibyifuzo, kandi uduhe ibyishimo byo mu
mutima bitagizweho ingaruka n'ibyo ubuzima buhura na byo
.n'ibintu bihinduka

* * *

Iyo ubwenge bwacu buhuje n'ibitekerezo byo hejuru,
ubwenge bw'umwuka burabyuka muri twe maze tukabona
ibitangaza bitangaje by'ubwenge n'urukundo by'Imana

* * *

Nidukunda Imana byuzuye kandi tukayihindukirira
n'ibitekerezo byacu byose n'imitima yacu yose, tuzumva turi
hafi yayo kandi tuzasanga ari yo buhungiro bukomeye
.bw'umutekano mu buzima

* * *

Mu isanzure rinini kandi risa n'aho ririmo ubusa, hari
isano iri hagati y'isi n'ubuzima buhoraho buduhuza n'ibintu
byose bifite ubuzima n'ibidafite ubuzima mu isanzure—
umuraba w'ubuzima buhebuje bunyura mu kubaho kose.
Ubuziraherezo ni urugo rwacu nyakuri n'ubuturo buhoraho,
kandi kubaho kwacu muri iyi mibiri ni iby'igihe gito,
.nk'ikiruhuko gito ku modoka zigenda mu butayu

* * *

Iyo twishyize hamwe n'imbaraga z'umwuka zirema,
tuzahuza n'ubwenge bw'isi yose kandi butagira iherezo
bushobora kutuyobora no gukemura ibibazo byacu.
Imbaraga zo guhanga zizatugeraho nta nkomyi ziva ku isoko
ikomeye y'ubugingo bwacu, zidushoboza kugera ku ntsinzi
.mu bikorwa byacu byose

* * *

Urukundo rukura kandi rugakura mu muryango
w'abizerana, kwihanganirana no kubahana

* * *

Uwiteka, duhe umugisha umucyo w'ibitekerezo
bitunganye n'ingeso nziza, kugira ngo umwijima w'ingeso
mbi n'ibitekerezo bibi bitugeraho, uzakita uvanwaho.
Udufashe kugukunda urukundo rwimbitse ku buryo ibishuko
by'umubiri cyangwa ibishuko by'isi bitashobora kutugusha
.mu mutego cyangwa ngo bifate ubwenge n'imitima yacu

* * *

Ibintu biboneka byoroshye ntabwo ari ingenzi cyane. Ibi
tubizi mu kwigira ubuzima bw'abagabo n'abagore bakomeye
n'uburyo babaye indashyikirwa binyuze mu guteza imbere
impano zabo, gusohozza inshingano zabo, kubaka
indangagaciro zabo z'umuco, kwigira kwabo byimbitse, no
kwirinda kwikunda. Umusaruro babonye n'ibyo bagezeho
.byari biruta cyane imbaraga bakoze

* * *

Ubwisanzure nyakuri buri mu bwigenge bwo guhitamo
buyobowe n'ubwenge kandi bugashyigikirwa n'ubushishozi,
ubunyangamugayo, n'ubushake buhamye

* * *

Iyo ukanguye ubushake bwawe, icyemezo cyawe,
n'ubushishozi bwawe, imbaraga zitagaragara zirekurwa mu
bwenge bwo hejuru—binyuze mu bwenge bw'ubugingo—
kugira ngo zigufashe kandi zimurikire inzira zigana ku
.ihumure n'ibyishimo byo mu mutwe, ubifashijwemo n'Imana

* * *

Umuntu agomba gufungura imiyoboro y'ubugingo
binyuze mu mbaraga ze bwite Ntawe uhisemo ku bushake
imibabaro n'agahinda kuruta amahoro n'ibyishimo Ubujiji ni
umuzi w'imibabaro n'imbogamizi igomba gukurwaho no
kuvanwaho Ubujiji ni icyatsi kibi, gifite imizi ikomeye, gikura
mu busitani bw'abantu, kikinjiza ibimera byiza kandi
by'ingirakamaro Ubujiji bugomba kuganzwa n'ubushake
budasubirwaho n'ubushake buhamye Ubutaka bw'ubwenge
bugomba guhingwa hibandwa ku bitekerezo neza [ku byiza]
kandi imbuto nziza zivomerwe n'amazi yo kwizera Iyo
imirasire y'urukundo ishyushye kandi irabagirana, imbuto
y'ineza izakura kandi itsinde ibyatsi n'ibyatsi bibi, kuko
umwijima udashobora kubaho imbere y'umucyo

* * *

Ibinezeza by'ibintu bifatika birashira kandi bikayoyoka,
ariko ibyishimo by'Imana ntibizigera bishira. Ni ibyishimo
.by'Imana bitagira iherezo kandi bitavugwa

* * *

Ntitugomba gukoresha uburyo butari bwo kugira ngo
tugere ku byishimo, kandi ntitugomba kureka amahoro
n'ubutunzi bw'umwuka dufite imbere yacu dushakisha
ihumure ryihishe n'ubuzima bwiza bushobora kumanikwa
imbere yacu n'ibikorwa n'imyitwarire mibi bifite ingaruka
.mbi

* * *

Ubwiza ni kamera nziza yo gufata ishusho y'Imana.
Binyuze mu mucyo w'ituze ritunganye kandi ryimbitse neza,
.ishusho nziza izagaragara neza

* * *

Mu by'ukuri, ubwenge bwose buri muri wowe kandi icyo
ukeneye ni ukubimenya neza

* * *

Kunywurwa biri mu kwiteza imbere, kugira ngo abandi
bagushake aho kubashaka. Urukundo n'ubucuti bigomba
gutangwa nta cyizere cyangwa ubusabe, kuko kwitega bitera
inzika n'uburakari. Nubwo umuntu aharanira kwiteza imbere,
agomba kwihagararaho wenyine, afite umutekano kandi
.afite amahoro mu gihome cy'imico myiza n'agaciro ke

* * *

Amasumo y'ibyishimo n'icyizere ahora aturuka mu
mutima wanjye, kandi amasumo yabo ahumura akore ku bo
.nhura nabo bose

* * *

Ibyishimo byo mu mwuka bitera mu mutima icyifuzo cyo
gufasha abandi mu buryo bwose, kandi bigateza imbere
ubushobozi bwo kwishimira ibinezeza by'umuco bitanga
ibyishimo, bityo bigabanye ubushake bwo gushaka ibinezeza
.bidafite akamaro

* * *

Uko uruhare rwawe rwaba ruto kose, ruracyari ingenzi
kimwe n'inshingano zikomeye mu bijyanye no kugira

uruhare mu gutsinda kw'ikinamico y'isi roho zikina ku
.rubyiniro rw'ubuzima

* * *

Ubwenge rusange ni ubwenge bwuzuye kandi butagira
iherezo, buhora bwivugurura kandi budashira mu guhanga
kwabwo, kandi binyuze muri wowe bugerageza kugaragaza
.umwihariko wabwo

* * *

Nuryoherwa n'urukundo rw'Imana nubwo rwaba rimwe
gusa, ntuzigera urureka kuko nta kindi kintu gisa narwo mu
.isi yose

* * *

Abazi Imana bageze ku ntera zikomeye cyane mu
by'umwuka, ku buryo batanyurwa no guha abanyabyaha
inama zo mu buryo bw'umwuka gusa, ahubwo bashobora -
ku bw'ubuntu n'ubufasha bw'Imana - kubaha imbaraga
.z'umwuka zibakura mu ngaruka z'ibikorwa byabo by'icyaha

* * *

Ibikorwa byose byiza n'ibibi biba mu ngirabuzimafatizo
z'ubwonko kandi bigaragarira nk'ingeso nziza cyangwa mbi
cyangwa ingeso mbi mu bitekerezo. Umuntu urwaye ingeso
mbi bitewe n'uko ungirabuzimafatizo z'ubwonko bwe
zihabwa imbaraga z'izo ngeso ashobora kwibohora binyuze
mu bushake, gutekereza, gusenga bivuye ku mutima, no
gukomeza kwemeza neza kugeza igihe ingeso ze zose
zidashimishije zihindutse ingeso nziza z'amahoro n'ituze. Ibi
bibaho iyo imbaraga z'ubuzima ziyobowe neza zikora kugira
ngo zihindure imiterere idasanzwe y'ungirabuzimafatizo
z'ubwonko, bityo utwo tungirabuzimafatizo twuzure ibyiza
.byose, byiza, n'ubwiza

* * *

Gusobanukirwa ni ijisho ry'imbere, kureba roho, na
telesikope y'umutima. Ni uburinganire hagati y'ituze
.ry'ubwenge n'ubugwaneza bw'umutimanama

* * *

Buri muni tubona ahantu hatandukanye, kandi buri
muni uzana isomo rishya. Biteganijwe ko umuntu aziga
isomo yibanda ku ntego nyamukuru yo kubaho kwe:
.kumenya isoko y'ubuzima bwe n'ishingiro ry'ubuzima bwe
Dukore twibagirwe imibabaro yo mu bihe byashize kandi
twiyemeze kutabitekerezaho. Dufite umurava udacogora
n'ubushake bufatika, tuvugurure ubuzima bwacu, twongere
.intsinzi zacu, kandi twizigamire imico myiza n'imico myiza
Imana ni yo mbaraga zanjye kandi sinizera izindi
mbaraga zose
Rwana intambara z'ubuzima kandi ukomeze kwihangana
kugeza ku iherezo, ntucike intege Ntukigere uvuga uti
"Simbona inzira, bityo nzahagarika kugerageza" Saba
ubuyobozi niba warakoze amakosa, ariko ntucike intege
Benshi bemera gutsindwa iyo bahuye n'imbogamizi
Abananiwe bagomba kwifatanya n'abantu batsinze, ntabwo
ari ukunanirwa iyemeza gutsinda; ibyo bibe filozofiya yawe
mu buzima

Buri muni tugomba gukomeza imbaraga zacu
z'umubiri, kongera imbaraga zacu zo mu mutwe, no
kumenya uko turi by'ukuri binyuze mu gutekereza,
gutekereza neza, n'umurimo mwiza kandi utanga umusaruro
.ugirira akamaro umubiri, ubwenge, n'umwuka hamwe
Iyo ushaka gushinga ingeso nziza cyangwa gucika ku
yindi mbi, shyira imbaraga mu ngirabuzimafatizo z'ubwonko
aho imikorere y'ingeso zitandukanye iba. Kugira ngo
ushyireho ingeso nziza, banza wicare utuje utekereze,
.ushaka ubuyobozi bw'Imana

Shyira ubwenge bwawe ku gice cy'imbaraga z'ubushake
kiri mu gahanga kawe, hagati y'amaso yawe, kandi wemeze
neza ingeso ushaka gushyira mu bwonko bwawe. Iyo ushaka
gukuraho ingeso mbi, shyira kandi ibitekerezo byawe ku gice
cy'imbaraga z'ubushake kandi wemeze neza ko imiyoboro
.yose aho iza ingeso zashinze imizi irimo gusibangana

Ukoresheje imbaraga n'ubushake, ushobora gusiba
ndetse n'imirongo miremire y'ingeso za kera zashinze imizi

Isubiremo kenshi ko ufite ubushake bwo kurandura
ingeso mbi mu bwonko bwawe. Igihe cyiza cyo kwemeza ni
mu gitondo cya kare ubwo ubushake bwawe n'intego yawe
bizaba biri ku rwego rwo hejuru. Komeza kwiyezera ko
udafite amategeko yose, kandi umunsi umwe uzabona—ku
bufasha bw'Imana—ko koko wibohoye ku ngeso wifuza
.kuvamo

Icyo utinya cyose, kivane mu bitekerezo byawe kandi
ugishyire mu maboko y'Imana. Komeza ukwizera kwawe mu
Mana kandi wizere ko ishobora kugufasha, kandi umenye ko
.imibabaro myinshi iterwa no guhangayika no guhangayika
Kuki wagombye kubabara ubu kandi ikintu utinya
kitaraba? Kubera ko inyinshi mu ngorane zacu ziterwa
n'ubwoba, nituvanaho ubwoba mu buzima bwacu tuzumva
.dufite umudendeze kandi gukira bizahita bibaho

Buri joro, mbere gato yo gusinzira, yemeza ko Imana iri
kumwe nawe, ikurinda kandi ikakwitaho. Tekereza umucyo
wayo ukurinda uturutse impande zose, maze uzumva
.uburinzi bwayo butangaje
Muri iki gitaramo cy'isi, abantu b'amoko yose bakina
ikinamico y'ubuzima ku rubyiniro rw'igihe
Tugomba gusobanukirwa icyo ubuzima busobanura
tudahugiye cyane ku nshingano zacu z'igihe gito cyangwa
ngo twibande cyane ku nshingano zacu z'igihe gito.
Gusobanukirwa ubuzima akenshi biragoranye kandi
birayobera kuko tubureba mu maso y'ubwikunde n'uburyo
bwo kubona ibintu mu buryo budahagije; iyo tureba mu
maso y'umwuka, twabona ibintu mu buryo butandukanye
.rwose

Iyo dufunguye ijisho ry'ubwenge, tubona urumuri
rw'Imana rukikije byose, kandi muri urwo mucyo tubona
kamere yacu y'umwuka, ikaba ari ishusho y'imiterere
.y'ubwenge bw'isi yose bukwirakwira mu bice byose by'isi
Ukuri kw'umwuka kuradukikije, gukomanga ku nzugi
z'amaso yacu afunze, kudushishikariza kubona umucyo aho
kubona umwijima, gukorana ubwenge aho gukorana
n'ubujiji, kuzuza imitima yacu urukundo aho kuba urwango,
no gufatanya mu gushyiraho amahoro no kuzana
uburumbuke n'umutekano ku isi yacu Iyo tubikoze, ubujiji
buzashira, itandukaniro ry'isi rizashira, tuzabona ubumwe
mu budasa, kandi tuzarushaho guhuza n'ubushake
.bw'Imana

Isano yacu n'Imana si iy'ubukonje cyangwa itagira
urukundo, nk'iyi hagati y'umukoresha n'umukozi. Turi abana
bayo, kandi itwitaho iteka; idutega amatwi buri gihe. Turi
igice cy'ingenzi cy'ubugingo bwayo, kandi umubano wacu
nayo ni muzima kandi uzima. Yaduhaye ubutunzi butagira
iherezho bw'urukundo, gusobanukirwa, ubushishozi, ubushake
bwiza, n'imbaraga zo mu mwuka, ariko abenshi muri twe
.twapfushije ubusa ubu butunzi ku busa
Imana ishaka ko tubaho mu mutekano, mu mahoro no
mu bufatanye bwiza, nk'uko bikwiye abagize umuryango
mwiza kandi urangwa n'urukundo, ariko umururumba
n'imitekerereze y'ubwikunde byarakuze kandi bishinga imizi
mu mitima y'abantu kandi byateje amacakubiri mu
.muryango

Imana ishaka ko tuba abatware, ariko twahisemo kuba
imbata Abantu bagiye kure y'aho batuye mu ijuru kandi
batakaje paradizo y'imbere yo kumva begereye Imana
n'Imana hafi yacu, kandi ntibazashobora kongera kuyigarura
nta mbaraga zabo bwite Imana yaturemye mu ishusho yayo,
.ariko uku kuri kwaratuvuye mu bitekerezo byacu
Twemeye kwibeshya ko iherezho ryacu ari ingorane kandi
ko iherezho ryacu ari ukurimbuka, kandi tugomba

gusibanganya umwenda w'ubupfumu n'icyuma cy'ubwenge
.kugira ngo turebe ukuri gukomeye inyuma y'umwenda
Imana yampaye umugisha wo kumpa ibyishimo muri iyi
myaka myinshi y'ubuzima bwanjye, abantu baba babona
inseko yo kunyurwa mu maso cyangwa batabona, ibyishimo
by'Imana bihora biri kumwe nanjye kandi ntibijya binsiga.

Uruzi runini rw'ibyishimo rutemba buri gihe munsu
y'umusenzi wo mu bwenge bwanjye kandi rukavubuka
nk'amasoko y'imigisha yuhira ubusitani bw'ubuzima
.bwanjye

Nta n'ubwo ari uguhindagurika gutunguranye mu
buzima bishobora kumbura amahoro, cyangwa ngo bikureho
.ibyishimo byo mu buryo bw'umwuka numva
Byari bigoye gutuma icyo mimerere ihoraho kandi
idahinduka, ariko imbuto z'umwuka ubu nishimira kandi
nkazisangiza abandi zari zikwiriye imihati yose nashyizeho
.muri yo

Ntekereza kandi nkora nyobowe n'umwuka w'Imana.
Amafaranga ntiyigeze aba intego yanjye mu buzima, ahubwo
ni ugukorera abavandimwe banjye mu bantu. Bityo, Imana
yamfunguriye imiryango myinshi y'ibyiza kugira ngo
nyibeshaho kandi nsohoze ubutumwa bwanjye. Igihe cyose
.nkeneye ubufasha, Imana ihita ibumpa ako kanya
Icyifuzo cyanjye cyonyine ni ugukorera wowe, niyo
mpamvu ndi hano

Imbaraga z'Imana zirimo gukorera mu buzima bwanyu.
Muzabyibonera ubwanyu uku kuri igihe ukwizera kwanyu
gukomeye kandi mugasobanukirwa ko ubutunzi nyakuri
budaturuka ku ntsinzi y'ibintu ahubwo buturuka ku
.Mushoborabyose

Igihe cyose umarana n'Imana kizakugirira akamaro
kanini, kandi ibyo ugeraho byose kubera urukundo no
.gushimisha Imana bizandikwa mu nyandiko y'iteka ryose
Subira mu bwigunge bw'ibitekerezo byawe byimbitse
kandi wishimire amahoro atemba aturuka ku isoko y'ituze

Iyo tubibye ibikorwa byiza, dusarura ibyishimo
n'imigisha, kandi iyo tubibye ibikorwa bibi, dusarura ubwoko
.butandukanye n'urwego rw'ibibazo n'ibibazo
Igikorwa cyiza cyose ni nk'agapira dukoresha mu
gucukura mu butaka bw'ubwenge kugira ngo tubone isoko
y'ibyishimo by'Imana

Menya kwinjira mu nyanja yo kwisuzuma no gushakisha,
haba mu bijyanye n'ibitabo byiza, imyizerere, ibibazo,
filozofiya, cyangwa ibyishimo byo mu mutima, umenye ko
kwigunga bisanzwe [gutekereza] ari cyo giciro cy'ibyishimo
.nyakuri

Nubwo ubuzima busa n'aho butari bwitezwe,
buhindagurika, kandi buyoberanye, bwuzuyemo
gushidikanya n'ibibazo bitandukanye n'imihindagurikire,
dukomeza kuba munsu y'uburinzi bw'Imana. Ntitugomba
gukabya ibintu cyangwa ngo dutakaze ituze mu gihe
habayeho ibintu, kuko iyo twemeye ko ubwoba budutsinda,
tuba duha imbaraga ikibi kandi tugashimangira imizi yacyo,
.gikura kandi kigakura mu butaka bw'ubwoba n'imihangayiko
Ibaze buri joro uti: Ni ibihe bihe wamaze uri kumwe
n'Imana, ni ibihe watekerejeho, ni ibihe wagezeho, ni ibihe
?wakoreye abandi, kandi ni ibihe wagenzuye ibyifuzo byawe
Ntidukwiye kwitega kubona ibyishimo n'amahoro
birambye mu bigeragezo by'ubuzima; ahubwo tugomba
kubishakisha no kubivumbura muri twe. Hanyuma, uko
twanyura mu bihe byose, tuzabyitwaramo nk'uko tureba ibyo
abandi banyuzemo muri filime, byaba byiza cyangwa
.bibabaza

Umuntu ashobora guhindura ibyamubayeho byose mo
ibigeragezo bibabaza kandi biteye agahinda niba yemereye
ubwenge bwe kubikora. Ashobora kugira ubuzima bwiza
ariko ntabone agaciro kabwo. Ariko niba arwaye, azicisha
bugufi kandi yishimire umugisha wo kubaho neza. Tugomba
kwemera ubuntu bw'Imana no kuyishimira imigisha iduha

tudategereje ko ibintu bibi bidutera gushima no kwemera
.ubuntu bwayo

Ubuzima bukwiye kuba uruvange rwo gutekerezwa no
gukora Iyo umuntu atakaje uburinganire bwe mu
mitekerereze, aba ashobora guhura n'ibibazo
by'imihangayiko, ibicu by'agahinda, n'ububabare. Kandi niba
agerageje kwica amategeko y'ubuzima, iterambere
.n'ubwenge, nta kabuza azahura n'indwara, ubukene n'ubujiji
Tugomba kugumana imigambi yacu iboneye, intego
zacu zisukuye, kandi tugakora ibintu biduhesha amahoro yo
mu mutima, kandi ntitureke ngo imimerere y'ubuzima
.iduhungabanye kandi isenye ibyishimo byacu

Imitima ibabaye n'ibitekerezo byangiritse birankurura,
uko byaba biri kose kure cyane
Kwagura imbibi z'ubwami bwawe bw'urukundo
bubengerana buhoro buhoro kugira ngo bugere ku
muryango wawe, abaturanyi bawe, umuryango wawe,
igihugu cyawe, n'ibihugu byose bifite ubwenge n'ibiremwa
byose

Tugomba kandi gukomeza ubwenge bwacu no kwanga
umutwari w'intego nke z'ubwenge n'iz'umuco twarazwe
n'ibisekuruza byinshi. Ibi bihumanya bigomba gutwikwa mu
muriro w'ubushake bushya n'ibikorwa bitanga umusaruro.
Dukoresheje ubu buryo bwubaka, umuntu wiyemeje by'ukuri
.ashobora kugera ku ntego yo kwibohora no kwisanzura
Koresha imbaraga zitagira iherezwa ziri muri wowe kugira
ngo ushobore gukina uruhare rwawe rw'icyubahiro ku
rubyiniro rw'ubuzima
Iyo umuntu atangiye gusenga ubutunzi, amafaranga,
icyamamare, cyangwa ikindi kintu cyose kitari Imana,
agahinda kaba akabo Abashyira ibitekerezo byabo byose
kuri ibyo bintu mu by'ukuri baba babisenga, bityo
ntibabiyegereza ahubwo bakabivamo. Ariko abatekerezwa ku

Mana, bakayitekerezaho, kandi bakayibwira mu mitima yabo
barayegera kandi bakagira ibyishimo byo mu mutima mu
.busabane bwabo bucece na Yo
Imana yonyine ni yo ishoboye gusohozza inzizi z'abantu
n'ibyiringiro byabo by'ibyishimo birambye. Bityo rero, nta
kintu na kimwe gikwiye kwemererwa gufata umwanya
w'Imana mu mutima
Hariho ibimenyetso byera bishobora gufasha uwifuza
kwibuka Imana no kuyegera. Ariko, iyo umuntu atangiye
gusenga ibyo bimenyetso, ingaruka zabyo zizaba nyinshi
kurusha inyungu ze. Gusenga bigomba kwerekezwa ku Mana
.gusa, kuko nta kindi gikwiye gusengwa
Uko ugusenga kw'imihango kwaba kumeze kose, Imana
irabikunda igihe cyose umuntu uyisenga ayikorera
asobanukiwe n'iby'umwuka kandi ayifuza. Nyamara, abantu
benshi ntibasobanukirwa ishingiro ryo gusenga, kandi
ibitekerezo byabo n'imitima yabo biva ku Mana bijya ku
.mihango, bityo ntibigire icyo yungukira mu gusenga kwabo
Abasenga by'ukuri ntibemera ko ubwenge bwabo
bugarukira ku ishusho cyangwa ishusho iyo ari yo yose,
ahubwo bibanda ku rukundo rwinshi no kwita ku mwuka
.w'Imana uri inyuma y'ishusho n'imiterere yose
Imana ni umwimerere kandi nta mupaka, kandi nta
shusho cyangwa igishushanyo bishobora kuyimushyiramo
Dushobora kuvuga ko Imana yigaragariza muri buri
wese uyikunda by'ukuri kandi ihuje nayo, kuko ibaho hose
bityo ikaba ihari muri buri wese. Ariko, si buri wese ufite
ubushobozi bwo kugaragaza ubumuntu bw'Imana. Izuba
rirasira kimwe ku makara na diyama, ariko diyama yakira
kandi ikagaragaza urumuri rw'izuba, mu gihe ikara
ridashobora
Mu buryo nk'ubwo, abantu bose binjira mu mucyo
w'Imana, ariko bake gusa ni bo bashobora kwakira uwo
mucyo no kuwugaragaza mu bitekerezo byabo no mu
bikorwa byabo. Kugira ngo babigereho, bagomba kwiyeza

binyuze mu gutekerezaza no gukurikiza inyigisho n'amategako
.by'Imana

Iyo tuvugaga izina ry'Imana, tugomba kumenya neza ibyo
tuvugaga. Iyo ushobora kubona ibitekerezo by'abantu mu gihe
cy'amasengesho, wasanga abenshi batekerezaga ku bintu
byose uretse Imana, nubwo bavugaga izina ryayo! Isengesho
.nk'iryo nta cyo rimaze kandi nta gaciro rifite
Iyo dusanga, twagombye kwihatira kwerekeza
ibitekerezo byacu byose ku Mana, aho gusubiramo izina
ryayo ry'icyubahiro gusa mu gihe ibitekerezo byacu
bizenguruka. Umwe muri ba masenge yakundaga kuvugaga
amasengesho ye ku masaro yo gusanga, atari menshi cyane.
Ariko yanyemereye umunsi umwe ko nubwo yamaze imyaka
mirongo ine akora uyu mucu wo gusanga, Imana ntiyasubije
amasengesho ye. Ntabwo bitangaje! "Amasengesho" ye yari
.akamenyereye ko guhangayika gusa

Iyo dusanga, nta kindi tugomba gutekerezaho uretse
Imana. Tugomba kwihatira kuba inyangamugayo mu
gusanga kwacu no kwitanga mu masengesho yacu.
Gukoresha amasaro yo gusanga no guhora duhamagara
izina ry'Imana byemewe neza iyo iyo migenzo iturutse ku
mutima kandi igashyigikirwa n'ukuri n'ubwenge bwibanda ku
ntego. Ariko, iyi migenzo ishobora guhinduka ikora uko igihe
.kigenda gihita

Tugomba kuvugaga izina ry'Imana mu mitima yacu, dufite
ubushake n'urukundo rw'Imana; uku ni ugusanga kw'ukuri
gukora ku mutima w'Imana. Guvugaga izina ry'Imana mu buryo
butuje no mu bwenge buzerera ni ugutuka Imana no
kuyisuzugura. Iyo umuntu asenze, umutima we n'ubwenge
.bye bigomba kuzura urukundo rw'Imana

Uwiteka, uri Inyenyeri y'Amajyaruguru y'Imana aho
ibitekerezo byanjye byo kuzerera biyoborwa mu nyanja
y'ibigerageze n'amakuba
Kwitoza gutekerezaga cyane binyuze mu myitozo yo mu
rwego rwo hejuru ya yoga bifasha kwegera Imana, isoko

y'icyubahiro n'icyubahiro, nk'uko bifasha gutekereza ku
.Mana no kuvugana na Yo

Ni ngombwa guharira umunsi umwe mu cyumweru
kwiherera mu buryo bw'umwuka (niba bishoboka) kugira ngo
utekereze ku Mana kandi ugire ituze, amahoro n'amahoro yo
mu mutima. Igihe umara muri ubu buryo kizaba umuti
uhumuriza w'ibibazo n'imihangayiko uhura na byo mu gihe
.gisigaye cy'icyumweru

Buri wese akeneye kumara umunsi umwe buri
cyumweru yiherereye cyangwa "kwiruhukira mu buryo
bw'umwuka" kugira ngo akize ibikomere n'ububabare bwe
mu byiyumvo. Iyo uwo munsi uzaba uw'amahoro, ibyishimo,
no kunyurwa, uzawutegerezanya amatsiko icyumweru ku
.kindi

Kwigunga ni igiciro cy'ubuhanga Uzatangazwa
n'ibisubizo byiza bizagerwaho ku bwenge bwawe, umubiri
wawe, n'ubugingo bwawe binyuze muri ubu bwiherero bwo
mu mwuka no guhuza umwuka wawe n'Imana. Niba wifuza
ibyishimo nyakuri, ugomba kwishyira mu nyanja y'amahoro
y'Imana kare mu gitondo ubyutse, ndetse na mbere yo
.kuryama nijoro

Abanyabwenge bo mu Buhinde ntibagira inama yo
kwiherera umunsi umwe gusa, ahubwo bashimangira ko ari
ngombwa gutekereza mu buryo butuje mu bihe bine
byihariye buri munsi. Mu gitondo cya kare, mbere yo
kubyuka no kubona umuntu uwo ari we wese, umuntu
agomba kwishimira ituze no kumva afite amahoro. Mu
masaha ya saa sita, umuntu agomba gutuza ubwenge mbere
yo gufata ifunguro rya saa sita, kandi akongera akishimira
igihe cy'amahoro mbere yo gufata ifunguro rya nimugoroba.
Amaherezo, mbere yo kuryama nijoro, umuntu agomba
.kongera kwinjira mu ituze

Abakomeza kwitondera guceceka mu gihe bari bonyine
no muri ibi bihe bine bya buri munsi nta kabuza bazagirana
ubumwe n'Imana. Abadashobora gukurikiza ibi bihe byose

bagomba kubiha nibura amasaha ya mu gitondo na
nimugoroba. Babikoze, ubuzima bwabo buzahinduka bwiza,
kandi bazagira ibyishimo nyakuri; ubunararibonye ni cyo
.gihamya cyiza cyane

Nukomeza kwandika no gusinya sheki udashyize
amafaranga ahagije yo kwishyura konti yawe ya banki,
amafaranga yawe azashira. Ni nako bigenda ku buzima
bwawe. Udafite amafaranga ahoraho yo kubika amahoro
muri konti yawe y'ubuzima, imbaraga zawe zizagabanuka,
ituze ryawe rizashira, kandi ibyishimo byawe bizashira. Muri
make, amaherezo uzagira ikibazo cyo guhomba mu buryo
bw'amarangamutima, mu mutwe, mu mubiri no mu mwuka.
Ariko gutekereza cyane ku Mana buri munsu bizakuzura konti
.yawe y'amarangamutima

Umuntu ukunda Imana ahora atekereza buri munsu,
avugana n'Imana n'urukundo rwose n'inyota mu mutima we,
ayisaba kuyigaragaza. Niba ukunda Imana kandi ukaba
wifuza kubona aho iri, ugomba kwinjiza ubwenge bwawe
n'umubiri wawe mu mahoro yayo, maze ubuzima
buzakuryohereza, kandi ibintu byawe bizatera imbere mu
.buryo bwinshi

Umuntu utuje ntakunze gukora ikosa, kandi ageraho aho
abandi ibihumbi n'ibihumbi bananiranye
Abatekereza ku Mana cyangwa ngo bayiteho baracika
intege kandi bakababara. Bahinduka abarakaye,
.bagahinduka imashini zigenda n'amaguru
Izuba ry'ubwenge n'amahoro rizava mu kirere cy'ituze
kandi rizaguhaza imirasire yayo ikiza igihe cyose ushyizeho
imihati yo mu mwuka kandi ugaha Imana umwanya wa
.mbere mu mutima wawe

Ukwezi kumwe kurabagirana kurusha inyenyeri zose
hamwe Izuba, risa n'aho ari rito, rikuraho umwijima mu gace
kanini kurusha ryo inshuro miliyoni. Mu buryo nk'ubwo,
umuntu mwiza, mu kubaho gusa ku isi, atanga imitingito

irwanya kandi igakuraho imitingito myinshi ivanwaho
.n'abantu babi

Umunsi wo gutekereza ku byo wagombye kuba umunsi
wo kuruhuka mu mutwe no mu mubiri no gukuza amahoro
yo mu mutima. Igikorwa icyo ari cyo cyose gitanga ubwenge
.n'amahoro ni igikorwa cy'umugisha kuri uwo munsi
Ku bijyanye no kubaha ababyeyi, ibitabo byera byatanze
inama yo kubafata neza: “Wubahe so na nyoko” na “Ugirire
”neza ababyeyi

Ababyeyi b'abantu bagomba kubahwa nk'abahagarariye
Imana, yabahaye impano yo kurema abantu. Nyina ni
ishusho y'urukundo rw'Imana ruzira inenge, kuko umubyeyi
ukunda ababarira aho nta wundi ubikora. Se ni ikimenyetso
.cy'ubwenge bw'Imana n'umurinzi w'abana bayo
Umuntu ntakwiye gukunda se na nyina atari Imana,
ahubwo agomba kuba ikimenyetso cy'urukundo rwayo
rumurinda kandi rufite ubwenge. Umwuka w'Imana uhebuje
uba umubyeyi na nyina kugira ngo ufashe umwana; bityo,
.ugomba kubahwa mu babyeyi

Ibyanditswe Byera binatugira inama yo kwirinda kwica
umuntu kubera kwica, kuko icyo gihe umuntu aba
umwicanyi. Umuntu ntagomba kwica undi mu gihe
cy'amarangamutima akomeye. Ariko, iyo abakunzi be
babangamiwe, agomba kurwana kugira ngo arinde abo
Imana yamushinze, kuko ari inshingano yera kurinda
.umuryango we n'igihugu cye

Ku bijyanye no kubuza ubusambanyi, intego nziza yo
guhuza ibitsina igomba kuba kubyara abana baremwe mu
ishusho y'Imana no kugaragaza urukundo rutunganye
rwumvwa n'abashakanye babona Imana muri bo. Ababaho
ku rwego rw'umubiri gusa, batitaye ku rukundo nyakuri
cyangwa intego yo hejuru yaremeweho irari ry'ibitsina,
barasambana nk'uko iri tegeko ribivuga. Muri iki gihe, ntaho
batandukaniye n'inyamaswa zihaza irari ryazo ry'ibitsina
.hanyuma zigakomeza urugendo rwazo

Imana yaremye iyi ntego yo guhanga udushya mu
bagabo n'abagore yo kubyara no kugaragaza urukundo
nyakuri mu buzima bw'abashakanye, kandi ntabwo ikwiye
gukoreshwa nabi ukundi, ahubwo igomba guhindurwamo
.igikorwa n'ubumenyi byera

Niba ushobora kugenzura no gukwirakwiza imbaraga
z'imibonano mpuzabitsina mu mubiri wawe, uzabasha
guteza imbere ubushobozi bwo mu mutwe bwo kwandika,
gushushanya, cyangwa kugaragaza impano zihishe mu
.bundi buryo bwinshi

Kandi igihe uzaba ushoboye kugenzura no guhindura
mu buryo bw'umwuka ibikorwa byo guhanga, uzagira
amahoro menshi, urukundo rwinshi, n'ibyishimo byo mu
.mwuka byiyongera

Abatagatifu n'abayobozi b'umwuka bahinduye ibikorwa
byabo by'imibonano mpuzabitsina mu buryo bw'umwuka ni
ibihangange bifite ubushobozi bwo gukora ibintu bitangaje
kandi bitangaje ku isi no mu gushakisha ukuri mu buryo
.budasanze

Bityo, uburyo bwo gukoresha imbaraga z'imibonano
mpuzabitsina cyane ni ukongera imbaraga zayo, ni ukuvuga
kuyikoresha mu buryo burambuye kugira ngo igaragaze
ubwenge, amahame meza, n'amahame y'umwuka. Umuntu
ntagomba kwishimira ibitekerezo by'imibonano mpuzabitsina
cyangwa kwifuza ibibujijwe. Iyo ubwo bwoko bw'ukwifata
bugezweho, umuntu azaba afite ibitekerezo bizima ku
.mibonano mpuzabitsina n'intego yayo yo hejuru

Kuba imbata y'ibintu bijyanye n'imibonano mpuzabitsina
bivuze gutakaza ubuzima bwiza, kwifata, n'amahoro yo mu
mutwe, kandi muri make, ibintu byose by'ibyishimo umuntu
akeneye

Ibitabo byera kandi bidushishikariza kutiba Iyo itsinda
ry'abantu igihumbi rigirana ubujura, buri wese yagira abanzi
999. Bityo rero, umuntu ntagomba guhonyora uburenganzira
bw'abandi, cyangwa ngo yigarurire ubutaka bwe, amahoro,

urukundo, icyubahiro, cyangwa ikindi kintu cyose afite mu
buryo bw'umubiri cyangwa mu buryo bw'umwuka. Niba
utumvise icyifuzo cyo gufata ibitari ibyawe, icyo ukeneye
cyangwa wifuza kizakugeraho. Ubujura butangira mu
bitekerezo igihe umuntu atangiye kugirira abandi ishyari.

Imbuto z'irari ribi zigomba kurandurwa mu bitekerezo.
Ubufasha mu by'umwuka ni bwo buryo. Hanyuma, umuntu
azikurura ubukire, kandi imigisha izava kuri we iturutse ku
masoko azi n'ayo atazi. Iri ni itegeko ry'Imana ridakuka. Ku
bajura n'abantu bikunda, bamara ubuzima bwabo
bakurikirana ubutunzi, amaso yabo ahora ku byo abandi
.bafite, nubwo isanduku yabo yuzuye zahabu
Isi ntishobora kumenya ibyishimo keretse iyo ubwikunde
bw'ibintu butereranywe

Ibyishimo bizanwa gusa n'ubufatanye mu by'umwuka.

Biza iyo umuntu yumva ibyo abandi bakeneye nk'aho ari
.ibye bwite kandi agakorera abandi nk'uko yikorera ubwe
Irindi tegeko ry'ingenzi ni ukwirinda gutanga ubuhamya

bw'ibinyoma Kwangiza umuntu ugoreka ukuri ni ubundi
buryo bwo kwangiza ubwumvikane mu mibanire y'abantu
Niba umuntu yifuza gufatwa neza, agomba gufata abandi
uko bikwiye. Ukuri kugomba kuvugwa buri gihe, ariko
hagomba gutandukana hagati yo kuvuga ukuri no kuvuga
ibintu gusa. Gufata umuntu nk'ikimuga cyangwa impumyi
birababaza kandi birababaza; umuntu agomba kwita ku
byiyumvo by'abandi no kwirinda kumukoza isoni. Mu buryo
nk'ubwo, kugaragaza ukuri kwagambanira umuntu nta ntogo
nziza na byo ni bibi. Ku rundi ruhande, umuntu ntagomba
kubeshya kugira ngo yirinde kuvuga ukuri; ahubwo, umuntu
ashobora guceceka mu bihe bimwe na bimwe kugira ngo
.yirinde gutesha abandi isoni cyangwa kubagirira nabi
Umuntu agomba kwirinda ishyari, indwara isenya irya
amahoro y'umutima. Uko umuntu arushaho kwifuza
iby'abandi, ni ko agahinda n'imibabaro ye birushaho
kwi Yongera. Umuntu ufite ishyari abaho mu buzima bugoye,

atazi uburyohe bw'ituze. Ni byiza cyane ko yiyubaha,
akishingikiriza kuri we ubwe, kandi agashaka ubutunzi bwo
.mu mwuka bw'imbere

Icyubahiro cy'umuntu n'agaciro ke bwite biruta kure icyo
ari cyo cyose yifuza cyangwa yifuza kugira Imana igaragarira
muri buri muntu mu buryo butagaragara mu wundi muntu
uwo ari we wese. Isura yabo ntabwo isa n'iy'undi muntu uwo
ari we wese, kandi roho yabo ntabwo isa n'iy'undi muntu
uwo ari we wese, kuko muri bo hari ubutunzi buruta
ubw'ibindi byose byaremwe—kandi ubwo butunzi buruta
ubw'Imana

Twifuza ko ubuzima bwacu bwaka kandi bugasagamba
mu bikorwa byiza, bugahumura neza ibyishimo n'ibyishimo,
.kandi bugahora mu kwibuka abadushimira

Iyo umuntu afite ukwizera gukwiye kandi agakora
ibikwiye, aba yishimye kurusha abadafite ukwizera kandi
.badasohoza inshingano zabo mu ntambara y'ubuzima
Ukwizera guhamye n'ibikorwa bikiranuka (bishyigikiwe
n'impamvu nziza n'imigambi myiza) bihora biboneka aho
ibyishimo biba biri, kandi bikabura aho ibyishimo bitaba.
Muri ibi, dushobora kwemeza ko ari ibintu bibiri by'ingenzi
kugira ngo umuntu agire ibyishimo, bitagerwaho
hatabayeho. Abifuza ibyishimo bagomba kugira gusa ibi
.bintu bibiri by'ingenzi, ari byo inkingi n'inkingi byabyo
Abantu ntibashobora kugenzura, guhindura, cyangwa
gusiba ibice bitagira ingano by'isanzure uko bishakiye. Ibi
bice bifatanye mu buryo buhambaye n'imiterere y'ubuzima
bw'umuntu, kandi abantu ntibashobora gukora bonyine muri
byo. Ariko, abantu bashobora kugenzura ubwenge bwabo
kugira ngo buhuze n'ibi bice kandi birinde kwangizwa na
.byo

Ba sogokuruza bacu bari bishimye kuturusha atari uko
bari bafite ibintu byinshi byo mu isi n'ibinezeza kurusha uko
tubifite ubu, cyangwa kuko batari bahura n'ibibazo byinshi

byo mu buzima, ahubwo ni uko bari bafite uburinganire mu mitekerereze bwabahaga ihumure, amahoro, kunyurwa, no .mu magambo make ibyishimo

Ntibari bishingikirije ku bintu byo hanze kugira ngo bibe ibyishimo, kandi ntibigeze batsindwa n'ibintu byo hanze byari kubabuza kubyumva. Ibiyumvo byabo byo kumererwa neza, amahoro, ibyishimo no kunyurwa byari bisanzwe, bisanzwe, bifite ubuzima bwiza kandi biramba. Natwe twagombye kwihingamo ibi byikumvo niba twifuza kugira ?ibyishimo. Kandi ni nde muri twe utabifite

Iherezo ni ingaruka z'ikoreshwa ry'ubushake cyangwa ubwisanzure bwo guhitamo twakoze kera. Binyuze mu myitwarire yacu ya kera y'ubushake, twizanye kandi dukomeje kwishyira hejuru y'ibyadubayeho. Ariko, ntabwo duhambiriwe n'ibyadubayeho, kandi ntabwo duhora dutegekwa n'ingaruka z'ibikorwa byacu. Dushobora gusenya ibyo twabibye no gusiba ibyo twanditse niba tubyifuza kandi tugaharanira gukosora inzira yacu no kunoza ubwiza .bw'umusaruro wacu

Niturandura imbuto z'ibikorwa bibabaza kandi tukabiba imbuto zikwiriye kamere y'ubugingo, nta kabuza tuzasarura imbuto z'ibyishimo muri izo mbuto nziza zabibwe mu butaka bw'ubugingo Tugomba gukoresha ubushake bwacu ubu, ubu ntabwo ari ejo, niba twifuza kugera ku byishimo byinshi .cyangwa kugabanya imibabaro n'ububabare Bityo rero, ibintu biyana n'ibyishimo biri mu muntu, kandi icyo agomba gukora ni ugukora cyane kuri icyo kigereranyo kidakosa, kandi ibisubizo bizamugirira akamaro .aramutse akoze isuzuma ryiza kandi akarikemura Uwiteka, ubugingo bwanjye bwuzuzwe imbaraga zawe, umutima wanjye wuzuzwe n'ubuturo bwawe buhumuriza kandi bw'impuhwe, ubwenge bwanjye wuzuzwe n'ubwenge

bwawe, kandi ubugingo bwanjye bwuzuzwe n'ubumenyi
.bwawe bw'Imana

Mu butaka bw'imitima yanyu, imbuto z'urukundo
zirakura. Muvomere izo mbuto amazi y'urukundo rw'isi yose
.n'impuhwe z'isi yose

Imbaraga z'ubwenge ntizigira imipaka, bityo rero, niba
utekereje cyane ku ngingo iyo ari yo yose, uzabona igisubizo
.cy'ikibazo icyo ari cyo cyose kijyanye n'iyo ngingo
Iyo umuntu yiyeguriye akazi ke kose n'ibikorwa bye
byose kugira ngo akorere abandi kandi akabikora afite
imitekerereze ishimishije, aba akwiye kwitabwaho no
.gushimirwa

Ntidukwiye kuba abantu barebera ku ruhande rumwe.

Ahubwo, tugomba kuringaniza ibikorwa byacu no gushyira
imbere akazi n'inshingano zacu, dukurikije akamaro ka buri
Inshingano ni igikorwa umuntu akora yishimye atari
ukugira ngo akunde ibintu bifatika, kandi inshingano zo mu
mwuka no mu myitwarire myiza zigomba kuza ku mwanya
.wa mbere mu buzima bwe

Buri muntu afite ubushobozi butarakoreshwa. Afite
imbaraga zose zikenewe. Ubwenge ubwabwo ni imbaraga
ihebuje, kandi bugomba kuba bubohowe ku ngeso
.n'ibitekerezo bishaje kandi bibuza ibintu
Ingaruka z'imibumbe n'inyenyeri ku buzima bw'abantu
.ziterwa n'imbaraga zihuza imibumbe n'imibiri y'abantu
Ibitekerezo bibi biyobora umuntu ahantu habi aho
ashobora kwigaragaza akurikije ibyifuzo bye. Ariko, umuntu
ashobora guhindura ibitekerezo bye n'ubwenge bwe binyuze
mu mbaraga z'ubushake, bityo, ibidukikije bye. Iyo umuntu
agumye ahantu habi igihe kirekire, iyo mimerere itangira
kumugiraho ingaruka atabizi. Uko igihe kigenda gihita,
atakaza burundu ubwisanzure bwe bwo guhitamo ahantu
hazima kandi heza maze agahinduka umuntu ugengwa
n'ingaruka mbi z'aho hantu habi. Ku rundi ruhande, abafite
.ubushake bukomeye, baba bahuje n'Imana

Ingufu zo mu mutwe zishyize hamwe

Iyo ushyize urumuri rw'izuba mu kirahuri gikurura ibintu
ku gace gato, bitanga ubushyuhe, kandi ubwo bushyuhe
bushobora gutwika ibiti, imyenda, impapuro, n'ibindi. Mu
buryo nk'ubwo, iyo wibanze ku bwenge bwawe neza,
imbaraga zabwo zishobora gutwika imizi yo gushidikanya
inyuma ya buri gutsindwa no kwemerera urumuri
.rw'ubwenge kurabagirana cyane

Iyo ubwenge buhuje n'Imana, isoko y'ibyiza byose
n'inkomoko y'imbaraga zose zihebuje, bumenya ko Imana
ihari kandi bukagira ibintu byose bigize intsinzi. Ibi bintu
bifitanye isano rya bugufi n'imbaraga nyinshi z'Imana,
zishobora guhanga amahirwe mashya yo gutsinda mu rwego
.urwo arirwo rwose

Ingorane n'ibibazo bivuka bitewe n'uko umuntu atazi
ibikorwa bye bya kera, byakozwe mu gihe runaka n'aho
byabereye Imibabaro ye y'ubu ituruka ku bitekerezo
n'ibikorwa yavugaga, byashinze imizi mu butaka
bw'ubwenge bwe, bigakura bikaba ikimera kandi byera
.imbuto zigaragaza imiterere y'ibyo bitekerezo n'ibikorwa
Ibigeragezo n'amakuba ntibiza ngo bivune umuntu
cyangwa ngo bimubuze gukora ibyo ashaka, ahubwo biza
kugira ngo bimutere kwishimira ubukuru bw'Imana no
kubaha amategeko yayo, aho bashobora kugera ku byishimo
by'ukuri Imana ntiyohereza ibi bigeragezo bikomeye kuko
ahanini ari ibyaremwe n'abantu. icyo umuntu asabwa ni
ukubyutsa ubwenge bwe mu bitotsi byo kutitaho no kuva mu
.mwijima w'ubujiji akajya mu mucyo w'ubumenyi
Akenshi, ibyumviro byacu bidusezeranya ibyishimo
by'akanya gato ariko amaherezo bikatuzanira ububabare
n'imibabaro igihe kirekire. Ingeso nziza n'ibyishimo nyakuri,
ariko, bidusezeranya bike, ariko amaherezo bikaduha
ibyishimo bizima. Niyo mpamvu mbona ibyishimo byo mu

mutima, birambye nk'ibyishimo nyakuri, n'ibyishimo by'igihe
.gito nk'ibinezeza gusa

Iyo urebye izuba uri mu birometero byinshi mu kirere,
iyo nyenyeri nini cyane isa nkaho ari nto cyane kurusha Isi
yacu

Ariko, umurambararo w'Isi ni hafi kilometero 7.900, mu
gihe umurambararo w'Izuba uruta uw'Isi inshuro ijana. Iyo
ushobora gushyira Isi yacu imbere y'Izuba, yagaragara
.nk'akadomo gato ugereranije n'Izuba

Dufate ko imbaraga zikomeye z'izuba zirimo kwaguka
no kwaguka kugeza ubwo ubunini bwazo bumira ikirere
cyose cy'ubururu. Ijuru tubona ni agace gato, koko ni akantu
.gato cyane, k'ikirere cyuzuye isanzure ritagira iherezo
Nubwo izuba ryakomeza kwaguka no kugera mu kirere
mu buryo burambye, ntiryashobora kuzenguruka ikirere
kitagira iherezo

Ishusho y'isi yose y'ubuto n'ubugari bw'ibintu bigabanya
kandi ikabuza ubwenge kubona ubunini bw'isi yose
Ubwo budasa busesuye bwaturutse he, kandi aho
?bugarukira ni hehe

Udashingira ku bipimo cyangwa ibipimo, udafite
umupaka cyangwa inkomoko, ni Imana, iri hose kandi ibaho
mu isanzure rya kure cyane. Ari mu nyenyeri za kure, Nk'uko
ari muri wowe no muri njye, azi neza buri mwanya arimo,
.uko waba muto cyangwa munini

Ibyahise ntibizwi n'abantu benshi, usibye abantu bake
batoranijwe bafite ubumenyi Nyamara, kutamenya ibyahise
nabyo ni inyungu kuri twe. Iyo tuza kuba tuzi ibyo twakoze
byose muri ubu buzima no mu buzima bwashize,
twarengerwa n'ubwinshi bw'ibikorwa byacu kandi

tugatangara cyane. Ubushake bwacu bushobora no guhungabana bitewe n'ihungabana, bigatuma tudashobora gukomeza ibikorwa byacu kandi bikadusiga twihebye. Nubwo muri ubu buzima bwo ku isi, kwibagirwa ni umugisha uturuka ku Mana, ukatubuza ibitekerezo byacu n'amarangamutima yacu kwibagirwa ibyahise, cyane cyane ibyababaye kandi bibabaza. Ku bw'amahirwe, urumuri rw'Imana muri twe ruhora rumurika dufite ibyiringiro n'icyifuzo cyo gukomeza urugendo rudashira rw'ubuzima. Tugomba gushimira Imana kuri iyi migisha ibiri: ubushobozi bwo kwibagirwa ibyahise .n'ibyiringiro by'ejo hazaza

Ntidukwiye gufata umwanzuro ko ibihe bizaza bitera inzitizi mu buryo bwo kwihitiramo. Ariko, tugomba gukora uko dushoboye kose kugira ngo turwanye ingaruka mbi abantu benshi bavuga ko ziterwa n'ibihe bizaza n'ibizaba, kandi tugakoresha uburenganzira bwacu bwo guhitamo dukurikije ibyo twizera imbere, mu gihe ibyo byizere bishingiye ku kwizera gukomeye kandi bishingiye ku mategeko y'Imana, umuntu udafite ibyo adashobora .kuryohereza n'ibyishimo nyakuri

Iyo dutangiye igikorwa, ntidukwiye guterwa ubwoba n'ibintu bibi, ahubwo tugomba kugira icyizere ku rugero runini, twizeye tudashidikanya ko nta kintu na kimwe gishobora kubangamira mu gukoresha ubushake no .gukoresha ubwisanzure bwo guhitamo

Abantu bakunze kumera nk'ikibabi kireremba hejuru y'uruzi, kandi bagomba kwikura mu muyoboro w'ingeso zikora zibajyana mu mazi y'ubuyobe n'uburiganya. Abantu benshi basa n'aho batitayeho kandi bemera gutwarwa .n'umuyoboro w'amazi

Iyo tunaniwe kugera ku ntego yacu, ni byiza kwemera
tudashidikanya ko hari inzitizi twishyiriyeho zatubujije
kuzigeraho. Tugomba kwihangana no kongera imbaraga
zacu kugira ngo tugere ku musaruro twifuza. Tugomba kandi
kwiyemeza ko nubwo inzitizi n'ibibazo byaba bikomeye kandi
bikomeye, turacyafite imbaraga zo kubitsinda. Nubwo
twananirwa nubwo twagerageza byose, nta mpamvu yo
kwiheba cyangwa gucika intege, igihe cyose dusobanukiwe
ko ubushake bw'umuntu bukomeye kuruta iherezo, ari ryo
twishyiriyeho. Bityo, ntitugomba kureka kugerageza, nubwo
twatsindwa kangahe, kuko buri gihe hariho imiryango
ikinguye. Tugomba gukomeza guharanira no gusubiramo
kugeza igihe tuzabona intsinzi Imana izaduha ubufasha igihe
cyose twishingikirije kuri yo kandi tugashyiraho imbaraga
zikenewe [Ugendera mu nzira azagera aho agana, kandi
uwiringira Imana ntazatenguha]

Iyo umuntu yifuza ikintu cyane kandi adahwema, icyo
cyifuzo ntikiva mu bwenge bwe, aho ajya hose n'ibyo
yitayeho byose. Binyuze mu bikorwa byacyo bidahwema
kandi bidacogora, icyo cyifuzo gifite umurava n'imbaraga
nyinshi. Iri jambo ry'imbere rifite imbaraga kandi rigira
ingaruka nziza kuruta kwinginga mu buryo bw'intege nke,
rituma iminwa ikora gusa. Uko ni ko abakunda Imana
bakora. Bavuga urukundo rwabo kuri yo badahwema,
amagambo yabo y'umutima agakomeza kutumva mu
bikorwa byabo bya buri munsu. Iri jambo ry'umutima
ntiribarangaza cyangwa ngo rivange n'indi mirimo yabo. Uko
icyifuzo cyabo ku Mana kigenda gikura, urukundo rwabo kuri
yo rurushaho kwiyongera, kugeza igihe biboneye ukubaho
kwayo kandi bakabona urumuri rwayo n'amaso y'ubugingo.
Baryoherwa n'ibyishimo byinshi kandi bumva amahoro
.arenze urugero

Imana itwoherereza amasomo dukeneye mu buzima
kugira ngo tuyagiremo inyungu kandi tugire ubumenyi
n'uburambe Umuntu wese wirinda ayo masomo azahatirwa
.kuyamenya uko byagenda kose

Ikizamini cyose ni inshuti iyo tucyigiyeho, kandi ni
igitugu cy'umunyagitugu iyo dupfushije ubusa amahirwe
tukayakoresha nabi twinubira, twinubira, kandi tukagira
.ibitekerezo bidahwitse

Iyo dufite ubumenyi buhagije n'imyumvire ikwiye ku
buzima, biba byiza kandi nta ngorane bifitanye

-

ibibazo by'imitekerereze

Umuntu ntashobora kuguma atwarwa n'imiraba
y'ibyishimo iteka ryose, arohamye mu mazi y'agahinda,
cyangwa ngo arohamye mu bwigunge. Muri iyi si y'imibanire
inyuranye, umuntu usanzwe ahura n'ibibazo n'ibiza—
azamuka ku miraba y'ibyishimo, agwa mu rwobo
rw'uburangare, kandi agatembanwa n'imiraba y'agahinda
.gakabije—adashobora kugira ikindi kintu cyose cyo kumva

Kwemerera imimerere kugenga ibitekerezo by'umuntu
muri ubu buryo bivuze kwegurira ubushake bwe iherezaho
rihindagurika kandi rihoraho icyo umuntu akeneye kugira

ngo abeho ubuzima bwiza kandi bushimishije ni ukwifata
neza mu mutwe, kandi ibi bishobora kugerwaho gusa
binyuze mu gutekereza no kugenzura ubushobozi bwe
.bw'amarangamutima

Ndetse n'agahinda gakomeye gakira uko igihe kigenda,
bityo nta mpamvu yo guhora dutekereza ku gahinda buri
munsi w'ubuzima bwacu Guhora duhangayika kubura uwo
dukunda ntacyo bifasha kuri bo cyangwa kuri twe, kandi
ntacyo bihindura. Mu buryo nk'ubwo, kwishyira mu mwanya
w'abandi cyangwa kwihanira amakosa cyangwa ibitagenda
neza byashize ntacyo bitanga; bituma ubuzima buba bubi
.kandi bikabangamira ubushobozi bwo gutekereza

Ntitugomba kwemera kugwa mu mwobo w'ingeso mbi,
kuko iyo ari imimerere yo mu mutwe idashimishije na gato,
kuko ihungabanya ubwenge kandi igatwika ubushobozi
.bwihishe mu itanura ry'uburangare

Gutsindwa bigomba kurandurwa mu mizi yabyo, kandi
imirima y'ubuzima igomba guhingwana umwete n'ubwitange
no gutera imbuto z'ibyiza kugira ngo ubone umusaruro
.mwinshi, ku bufasha bw'Imana
Kora ikintu kitari cyarigeze gikorwa mbere—ikintu
kizatangaza isi Garagaza ko imbaraga z'Imana zo kurema
zirimo gukorera muri wowe

Abantu bafite imico ituje kandi myiza badufasha gutuma
ibitekerezo byacu birushaho kuba byiza kandi bifite ubuzima
bwiza. Ntabwo bigoye kumenya niba umuntu akuramo ibyo

akeneye mu bwenge bwe mu mutuzo cyangwa ahantu
hatekanye. Imihangayiko, akababaro no kwitiranya ibintu
byose bituruka ku kwifatanya n'abantu babi, baba inshuti
cyangwa abavandimwe, biganisha ku bitekerezo
.bihangayikishije no kugira imitekerereze mibi

Umubiri ukura imbaraga n'ibikorwa mu biribwa bifatika,
mu gihe ibiryo bifite imbaraga zidasanzwe bitanga umubiri
n'ubwenge imbaraga zoroshye gusya kurusha ibiryo
bikomeye n'ibinyobwa bidashobora guhinduka imbaraga
.nzima byoroshye

Iyo ushobora guhindura ubujiji mo ubwenge, intege nke
n'intege nke bikaba ubuzima bwiza n'imbaraga, kandi
ukagenda ufite icyizere n'ubutwari - ndetse no wenyine - mu
nzira z'ubuzima, kandi ukabona ibyishimo byo mu mutima
mu kugira umutimanama muzima kandi uhamye, no kwizera
kudacogora mu butabera bw'Imana no gutsinda ikibi n'ukuri
kuruta uburiganya, kandi iyo uharanira buri munsu kuzamura
ibitekerezo byawe ku rwego rwo hejuru kandi rutunganye,
kandi ukagira umutima ukunda kandi ushimira n'imigambi
myiza ku bandi, indyo yawe y'ubwenge izaba nziza, kandi
uzikururira ibintu byose byiza kandi by'ingirakamaro - ibintu,
abantu, n'imimerere - by'ingenzi kugira ngo ukomeze
urugendo rwawe rugana ku nkombe z'umutekano
n'umutekano. Hanyuma, iyo ushyizeho imbaraga zo kubona
ibyo ukeneye kandi ukanyurwa n'ibyo Imana itanga, uzaba
umukire mu mwuka kandi unyurwe kurusha abatwarwa
.n'irari ry'isi kandi bararikiye ibinezeza byayo by'akanya gato

Impuhwe ni ikiraro gihuza buri roho n'indi roho Impuhwe
ni irembo rigana kuri buri mutima

Iyo umuntu ashaka Imana, yo nshuti nyayo yonyine iruta
izindi zose, birashoboka gushinga ubucuti nyakuri mu
mibanire yose y'abantu—ubucuti bw'umuryango,
ubuvandimwe, ishyingiranwa, n'ubw'umwuka ni ikintu
cy'ingenzi mu mibanire y'abashakanye, kandi kwegerana mu
buryo bw'ubwenge no mu buryo bw'amarangamutima,
kumva ko umuntu akururana mu buryo bw'umwuka,
n'urukundo nyakuri bigomba kuba iby'ingenzi Abananiwe
gutandukanya urukundo nyakuri n'urukundo rw'umubiri
.bakunze kwiheba kenshi

Iyo ishyingiranwa rishingiye ku mahame meza no
kubahana, riba ubumwe bwiza kandi bugira ingaruka nziza
hagati y'abantu babiri bakundana kandi bakorana,
boroherezanya imitwaro y'ubuzima kandi bagakuraho
.imihangayiko yo kubaho mu bwumvikane n'ubwumvikane

Nta muntu ushobora kuntegeka cyangwa ngo
anyambure ubushake bwanjye keretse nemeye ko
ibitekerezo n'ibikorwa by'abandi bingiraho ingaruka
Iyo ushyize ibitekerezo byawe ku bintu by'ingenzi mu
mwanza wabyo, uzabona byose mu buryo bw'umubiri. Ariko
numara kuzamura ubwenge bwawe mu buryo bw'umwuka,
uzabona umugezi w'umucyo w'Imana uzenguruka hirya no
hino mu bintu byose, kandi uzabona byose mu buryo
.bw'umwuka

Mwami, ndabizi ko mfite amahirwe menshi yo gusuzuma
ubushobozi bwanjye no kuvumbura ubushobozi bwanjye bwo
mu mwuka. Uyu munsu nzuzuzanya ibitekerezo byanjye icyizere
kandi nitandukanye n'ibintu bibi. Nzakora imyitozo

izabungabunga umubiri wanjye, ubwenge bwanjye,
.n'umwuka wanjye mu buryo buringaniye kandi bunoze

Nzasimbuza ibintu by'ingenzi n'ibyifuzo byo hejuru
Kandi nzamenya ko umwuka w'ubudahemuka uhora uri
kumwe nanjye

Imbyino y'ubuzima n'urupfu ihora ihari, ariko nzakomeza
kwibohora iteka ryose nkiza umwirondoro wanjye wo mu
mwuka. Kandi ninhura n'inkubi y'umuyaga n'amakuba,
nzahaguruka mu bwato bwanjye bwo mu mwuka
mbumbutse inyanja y'ubuzima njye ku nkombe zitekanye
.kandi z'Imana

Iyo nkora kandi nkarema, nzajya nibuka ko Imana irimo
ikora binyuze muri njye. Ni Umwami w'isi yose, kandi
.nshobora kwihuza na yo binyuze mu kuyitekerezaho cyane

Mana yanjye nkunda, ndabizi neza ko ibitekerezo
byanjye bizanzanira gutsindwa cyangwa gutsinda, bitewe
n'igitekerezo gikomeye mu buzima bwanjye. Kandi
nzagerageza kwibuka ko urimo urambura ukuboko kwawe
.kandi utegura inzira yo gutsinda kwanjye

Iyo ibyago n'amakuba bimbayeho, nzakoresha imbaraga
zanjye kandi nkomeze icyemezo cyanjye cyo kubitsinda.
Nzaba inyangamugayo kandi ndi inyangamugayo mu
mibanire yanjye na buri wese, kandi nzakwirakwiza
ibitekerezo by'urukundo n'ibyifuzo byiza. Hanyuma Imana
.izanshyigikira n'imbaraga zayo n'ubwenge bwayo

Indwara zo mu mwuka n'uburyo zivurwa
Umwigisha Paramhansa Yogananda

Gerageza kwiyumvisha itsinda ry'abantu badafite
:uburinganire kandi badafite amakimbirane
Imwe ifite umutwe muto ungana n'amashaza n'umubiri
!munini ungana n'ingamiya
Undi afite ukuboko gukomeye nk'ukuboko kwa
!Samusoni cyangwa Hercules n'umubiri nk'uw'imbwa ntoya
Kandi iya gatatu ifite umutwe w'inzovu nini n'umubiri
!w'imbeba nini cyane

Ese iyo nkuru ntiyaba itangaje kandi igutangaza,
cyangwa ibabaje kandi ibabaje, uramutse ubonye imbaga
?y'ibyo biremwa bifite imiterere idasanzwe kandi idahuje
Noneho tekereza irindi tsinda ry'abantu basanzwe mu
miterere no mu isura, ariko bafite ibibazo byo mu mutwe
.kandi bafite isura mbi mu mutwe

Nk'uko imyenda ihisha ibikomere, ibisebe, n'ubundi
bumuga bw'umubiri, ni ko n'umubiri ukomeye, ufite ubuzima
bwiza n'isura nziza kandi irabagirana bihisha indwara nyinshi
.zikomeye zo mu mutwe n'ubumuga bwo kuvukana
Uramutse uhuye n'imbaga y'abantu basanzwe bazwiho
ubwiza n'ubuzima bwiza, kandi ukabasha kwinjira mu mibiri
yabo yo mu mutwe ukoresheje icyerekezo cyawe
cy'umwuka, gutungurwa kwaba gutangaje, kandi ushobora
.kubabara cyane bitewe n'ibyo wavumbura
Ushobora kureba imibiri yabo yo mu mutwe nk'uko
:bikurikira

Ubwonko bugaragazwa n'umutwe, ibyumviro
n'amarangamutima bigaragazwa n'umubiri, naho ubushake
bugaragazwa n'amaboko n'ibirenge byose bidasanzwe,
.birwaye kandi bifite ubumuga

Uzasanga bamwe bafite umutwe muto ufite ubwenge
budakura, ushyizwe ku mubiri ushaje wuzuyemo ibyifuzo
.by'ubwikunde n'irari ry'irari ry'umubiri

Uzasanga kandi hari abantu bafite umubiri udafite
ibiyumvo n'imbaraga, nubwo bafite ukuboko gukomeye
kandi gukora neza

Abandi bashobora kuba bafite ubwonko bunini kandi
bufite ubushobozi bwo guhanga udushya, ariko impuhwe
zabo n'ubushobozi bwabo bwo kumva ibintu mu buryo
bw'amarangamutima biragabanuka kandi biragabanuka.

Hari n'ikindi cyiciro cy'abantu bafite imiterere isanzwe
y'umubiri n'iy'ubwenge, ariko ubushake bwabo n'ukwifata
kwabo bikaba ari intege nke cyangwa bikaba byacitse
.intege

Kandi urutonde rw'ibyo wabonye rurakomeza kandi
!rukomeza. Muraho igihe kirekire

Guhindagurika kw'imitekerereze mu mibiri yo mu mutwe
kudatera imbere mu buryo bumwe na bumwe no mu bundi
mu buryo bukabije birahari - nubwo bihishe - mu bantu.
Bibatera ububabare mu mitekerereze kandi bikababuza
kwerekana impano zabo n'ubushobozi bwabo nk'uko bikwiye
.kugaragazwa

Gukemura zimwe mu ndwara zo mu mutwe hano
bishobora gufasha kumenya impamvu nyamukuru z'ibibazo
byose by'abantu, kugira ngo byibuze bimenyekane
n'ababirwaye bose, ndetse no mu buryo butaziguye, kugira
ngo basobanukirwe imiterere y'izo nenge, ibimenyetso
byazo, n'uburyo zinjira mu bwenge bucece, kugira ngo
.babashe gukumira irimbuka ryabo ry'amahoro n'ibyishimo
agahinda ko mu mwuka

Iyi ndwara ikwirakwiriye mu bantu badakora cyane mu
bwenge no mu mubiri bitwaje ko bahugiye cyane mu bintu
by'umwuka. Aba bantu barwaye birengagiza inshingano
zikomeye n'izito z'ubuzima bw'umubiri bitwaje gukorera
Imana, bityo bakishyira mu maboko ya Satani, ushobora

kubagirira nabi bikomeye. Bagira ibibazo byo kutishimira
ikintu cyose cy'ingirakamaro cyangwa cyiza kibakikije. Iyi ni
indwara yandura, kandi abafite ibyifuzo by'umwuka bose
bagomba kuyitondera no kuyikuramo bakomeza kugira
imbaraga zabo n'ubudahangarwa bwabo bukomeye binyuze
mu gutekereza neza, kugira icyizere, no gukora akazi keza
.kandi gatanga umusaruro
kutaryoherwa mu buryo bw'umwuka
Ibi bibaho bitewe n'uburyo butunguranye (gutenguha),
ni ukuvuga, kwinjizwa vuba kw'imiti myinshi yakozwe mu
buryo bw'imitekerereze yanditswe ku mazina atangaje,
kandi igaragazwa mu buryo bw'ibitabo by'impimbano
by'iyobokamana n'amasomo y' "abaganga b'iyobokamana"
.bafite uburambe mu buhanzi bw'uburiganya n'ubupfumu
Iyi ndwara ntiyica gusa inzara yo mu mwuka yo
kumenya ukuri, ahubwo inasenya ubushobozi bwo
.gutandukanya icyiza n'ikibi, ingirakamaro n'ibibi
Uhora aya ibitekerezo bya tewolojiya kandi akarya
ikintu cyose kimugwa mu biganza ntabwo azarya cyane
gusa, ahubwo azarya n'ibitekerezo by'uburozi hamwe
n'iby'ingirakamaro, bikamukururira indwara yo mu mutwe
.bityo agapfa buhoro buhoro mu buryo bw'umwuka
Kwiga cyane kandi ku buryo buhoraho ibitekerezo
bitandukanye bya roho na filozofiya, nta gushishoza
cyangwa imbaraga zo kubisesengura no kubisuzuma binyuze
mu bunararibonye bwite kugira ngo hamenyekane ishingiro
ryabyo, amaherezo bitera gushidikanya, kutita ku bintu, no
.kutizera amahame n'amategeko yose ya roho
Ishyari n'ibyo umuntu akunda cyane
Abarwaye iyi ndwara babaho ubuzima budafite icyo
buvuze kuko bafite amafaranga menshi n'igihe kinini, kandi
.kubera ko badafite intego n'ubumenyi bukwiye ku buzima
Aba bantu bayoborwa n'irari ryabo; bakora icyo ari cyo
cyose kibaje mu mutwe kandi kibashimisha. Buzuza ubuzima
bwabo inkuru zihendutse kandi zidafite akamaro, filime

zitangaje, n'imyidagaduro idafite akamaro. Ntibamenya ko
barwaye iyi ndwara iteje akaga kugeza igihe bahuye
n'ihungabana rikomeye cyangwa indwara y'ubwonko—ni
.ukuvuga nyuma y'uko ibyangiritse birangiye
ibicurane byo mu mutwe

Iyi ndwara ifite irindi zina: kwiheba Umuntu ntabwo azi
igihe izahurira n'ibimenyetso byayo bibabaza, nko kwiheba,
kutihanganira abandi, guhangayika no kutihangana. Ikirenze
ibyo, akenshi iramara igihe kirekire, kandi ababirwaye
bakunze kongera kugaruka mu buryo bworoshye, nubwo
.baba bizera ko bakize vuba
Indwara yo mu mutwe

Iyi ndwara iterwa no guhora ku mpungenge zidashira
z'isi Abayirwaye bakunze kwirengagiza gukoresha intwari
y'ubushake bwabo bityo bakiyegurira ubwoba bwabo
buhoraho aho guhangana na bwo babigiranye ubutwari no
.kubukuraho bakiri bato

kwihambira ku buryo budasanze mu mutwe
Abarwaye iyi ndwara baba abantu bashyigikiye
ibyishimo. Bizera ko ibyishimo bishingiye ku kwigwizaho
ubutunzi, kugera ku cyamamare, cyangwa kugira ubuzima
bwiza cyangwa imbaraga, batanga byose—ubuzima bwiza,
izina ryiza, amahoro yo mu mutima, icyubahiro n'icyubahiro
—ku gicaniro cy'imigambi yabo ikomeye. Bitinze, bamenya
ko ubuzima bukinganiye gusa, bubaha amategeko
y'ibidukikije n'amahame y'Imana, kandi buhuza ibikorwa
n'ituze, ari bwo bushobora kuzana ibyishimo nyakuri no
.gusohozza intego y'ubuzima bwiza

Abafite ibibazo byo kwihambira ku bintu bidafite
akamaro batwarwa n'ibitekerezo byo kwifuza cyane,
bigatuma babona ubuzima mu buryo butari bwo. Urugero,
umucuruzi yageze ku ntsinzi ikomeye kandi yigwizaho
ubutunzi, ariko mbere yuko yishimira ubutunzi bwe, yagize
ikibazo cyo guhangayika no gutinya cyane, maze apfa afite
.agahinda kenshi

Abandi bizera ko byose byemewe kugira ngo bagere ku
ntego. Kubera uru rujijo, babura intego yabo nyayo kandi
ntibashobora kugera ku byishimo na gato, kabone n'iyi baba
bafite ibyo bifuzaga, kuko kamere muntu ari nini kandi ifite
impande nyinshi kandi isaba iterambere riringaniye ku nzego
.zose

Gufata mu buryo bw'umwuka buhumye
Ubu bufana budasanze ku myizerere imwe n'imwe
buturuka ku gukomera ku bitekerezaho n'ibitekerezaho runaka
nta kubishidikanyaho cyangwa ngo ubisuzume, bityo
bigatuma abarwaye iyi ndwara bagira uburakari n'urwango
ku gitekerezaho cyose cyuzuye cy'umwuka cyangwa
igitekerezaho gifunguye kandi cyigenga. Ubu bwigunge
butuma abantu bigomeka ku mategeko y'Imana, agaragarira
mu mikorere myiza y'ubwenge, imibereho myiza y'ibintu,
ubuzima bwo mu mutwe n'ubw'umubiri, no gukunda no
.kubaha abantu b'ingeri zose

Gushyiramo amahame y'umwuka
Kubera ko indwara z'umubiri zigaragara, zibabaza, kandi
zidashimishije, zidutera imbaraga zo kuzirwanya cyane,
bigatuma tugerageza kuzitsinda dukoresheje uburyo
butandukanye bwo kuvura, kuva ku myitozo ngororamubiri
n'imirire myiza kugeza ku miti n'ibiyobyabwenge
bitandukanye. Ariko, indwara zo mu mutwe, nubwo ari zo
ntandaro y'ububabare n'ubwoba ku bantu, ntizikumirwa
cyangwa ngo zivurwe vuba bihagije, kandi zemerewe
.kwangiza no kurimbura ubuzima bwacu
Abarezi, abarimu b'uburezi bw'imyitozo ngororamubiri,
abavugabutumwa, abavugurura, abaganga,
n'abashingamategeko bazashobora gutera imbere mu gihe
bazaba babanje kwiga, bahereye kuri bo ubwabo, hanyuma
bakigisha abandi uburyo bukwiye bwo gukunda kamere
muntu mu buryo buiringaniye kandi bunozwe, hakurikijwe

amategeko y'ubuzima n'amahame y'ubuzima bwiza. Ubu ni
bwo burezi bufite akamaro n'umuco wuzuye w'abantu
.abantu bose ku isi bakeneye

Ibigo by'uburezi bibona ko bidashoboka kwigisha
iby'ibanze by'umwuka mu mashuri ya leta bitewe n'urujijo
ruri hagati y'aya mahame n'inyigisho zitandukanye
z'amadini. Ariko, iyo aya mashuri yibanda ku mahame
rusange y'amahoro, urukundo, gukorera abandi, ukwizera,
gufungura ibitekerezo, no kwakira abandi—ari byo bintu
by'umwuka bihamye—kandi agashyiraho uburyo bufatika
bwo gushyira aya mahame mu butaka bwiza bw'ubwenge
bw'abana n'ubugingo bwabo, igisubizo cyumvikana kandi
cyemewe kuri iki kibazo cy'ibibazo by'imitekerereze
n'ibitekerezo byatekerejweho cyaboneka. Ni ikosa rikomeye
kwirengagiza iki kibazo kubera gusa ingorane zigaragara
.zijyanye na cyo

Abenshi mu barangije kaminuza bava muri kaminuza
bafite imitwe iremereye kandi ibyimbye kubera ibikubiye mu
bitabo ku buryo badashobora kugenda mu nzira z'ubuzima,
kuko ubushake bwabo n'ukwifata byabo byagiye bicika
intege kubera kutitabwaho no kudakoreshwa. Bityo,
ubabona bakora ibintu bidakwiriye kandi bigasenyuka,
biruka mu rwobo rw'ingo zitari nziza, bakoresha nabi
imibonano mpuzabitsina yabo, bashakisha amafaranga,
kandi bananirwa akazi kabo kuko batize gukoresha neza
icyuma gityaye cy'ubwenge bwabo buhanitse mu
by'ubumenyi. Ingaruka zabyo ni uko biciragura ubwabo
.kandi bakigirira nabi

Igitangaje ni uko urubyiruko rwinshi rusa n'aho
rwishimira gukora ibikorwa bibateza ibyago n'umubabaro
Bamwe bakoresha ubujura n'ibindi bikorwa bibi, ndetse
n'ibikorwa by'ubugizi bwa nabi, nta nkomyi cyangwa ngo
bibabuze gukumira ikwirakwira ry'ibibi muri sosiyete. Abantu
bananiwe gukumira ikwirakwira ry'ibibi muri sosiyete
bashishikariza bamwe kugira imyitwarire mibi. Buri muntu

ufite umutimanama n'ukwizera nyakuri agomba kuba
urugero rwiza ku bandi mu biyanye n'ubunyangamugayo,
ubunyangamugayo, icyubahiro, no kwiubaha. Amashuri,
amashuri makuru, za kaminuza n'ibigo by'imibereho myiza
ntabwo bitanga uburyo buhagije bwa siyansi bwo kugabanya
ibyaha binyuze mu gukemura impamvu zabyo, ziboneka
.cyane cyane mu mutwe

Amashuri yihariye agomba kandi gushingwa kugira ngo
yigishe ubuhanzi bwo kubaho ubuzima bwiza kandi
bushimishije, guteza imbere ubushobozi bw'umuntu no
.kongera ubushobozi bwe bwite

Amashuri nk'ayo azaba nk'ubusitani na pariki aho
ubwenge bw'abana bukura kandi bugatera imbere Abarezi
bagomba gutoranywa neza no kwemezwa ko bagira
ubufatanye bw'ababyeyi n'abaturage. Aya mashuri azafasha
mu kurema abantu neza. Tugomba kuzirikana ko indyo
y'umwuka y'umuntu mu ntangiriro ze igena ubuzima bwe
.n'ubushobozi bwe bwo gukura nyuma

Uburyo bwo gutoza mu mutwe no mu mubiri
bukoreshe mu mashuri ya none nta gushidikanya ko ari
ingirakamaro, ariko nta shingiro bufite mu buryo
bw'umwuka. Iyo hatabayeho iterambere ry'imico myiza,
.gukura ntikuzaba kurangiye

Ubumenyi bw'iterambere ry'umubiri, ubwo mu mutwe
no mu mwuka bugomba kwigishwa abakiri bato bafite
ubwenge bukiri bworoshye kandi buhindagurika kandi
.imbaraga zabo zitarakoreshwa mu buryo bumwe na bumwe
Nyuma y'amahugurwa yuzuye, abanyeshuri bo muri ayo
mashuri bagomba gukora ibizamini byo kwisuzuma buri gihe,
kandi impamyabumenyi bazahabwa zizaba ubuzima bwiza,
izina ryiza, ubushobozi, ubutunzi bw'ibintu n'ubw'umwuka,
.ibyishimo, intsinzi, no kwigirira icyizere

Ibisubizo by'ikizamini cya nyuma ku iherezo ry'uru
rugendo rwo ku isi bizagenwa hakurikijwe umubare rusange
w'ibyo umuntu yageze mu mutwe no mu mwuka ndetse

Abazaba batsinze muri iki kizamini cya nyuma kandi
gikomeye bazahabwa icyemezo cyera cyo kwihaza
.n'umutimanama ukeye, utunganye kandi wuzuye ibyishimo
Kandi imigisha yanditswe iteka ryose ku rupapuro
rw'ubugingo
Iki gihembo kidasanzwe ntikizahindurwamo imbaraga
n'inyenzi
Kandi amaboko y'abajura ntazayageraho
Cyangwa igihe kizabikuraho
Izaba pasiporo
Ku bw'ubunyamuryango bw'icyubahiro mu itsinda rya
Righteous

Ibyishimo biri he?
Imana, mu mbabazi zayo zisesuye, iduha
ibyishimo byayo n'ihumure ryayo
Kandi biduha ubuzima nyakuri
Ubwenge nyakuri
Kandi ibyishimo nyakuri
Ugusobanukirwa nyakuri kuza binyuze mu
bunararibonye butandukanye bw'ubuzima bwacu
Ariko ubwiza bw'Imana bugaragarira gusa mu
mahoro yo mu mwuka umutima uhura na yo no mu
kugerageza kw'ubwenge bwe kwiyinga na Yo. Aho,
duhanganye n'ukuri. Hanze, ibitekerezo birakomeye
cyane, kandi bake cyane ni bo bashobora guhunga
ingaruka z'ibidukikije byo hanze. Isi ikomeza
n'ingorane zayo zitagira iherezo n'ibigeragezo
bitabarika. Ijwi ry'Imana riri inyuma y'ibigaragara
by'ubuzima, rihora riduhamagara kandi rikatuvugisha
riturutse mu ndabyo, mu byanditswe byera, mu

mitima yacu, no mu bintu byose byiza bituma ubuzima bugira agaciro.

Uko twibanda ku bintu byo hanze, ni ko turushaho kunanirwa kubona ubwiza bw'imbere; kandi uko turushaho kwihindukirira imbere, ni ko turushaho guhura n'ingorane zo hanze. Ni ikintu gihoraho. Ariko abantu benshi ntibamenya uku kuri bitewe n'ingaruka z'ubucuti bw'isi, umuryango babamo, n'ingeso mbi Umuryango utuma umuntu ahora yishora mu bintu byo hanze, bikamubuza gutekereza ku kuri kwimbitse.

Ndetse n'ahantu ho mu mwuka hari abasurwa badafite icyifuzo cy'ukuri cyo kungukirwa n'ikirere cyaho cyiza, bityo ntacyo babona muri izo ngendo.

Umuntu wese wifuza kubona Imana azayisanga ahantu hose Ingeso z'abantu zirasenya, ziraryana, kandi ziraryana; zirasenya, zirasenya, kandi zirarimbura Igihe kirageze ngo abantu bige uburyo bwo kwishima no kunyurwa n'ibyo bafite. Ntitugomba kwifuza ikintu kirenze icyo kidutunguye Imana ni umunyabuntu; Izi ibyo dukeneye kandi ikaduha mu gihe gikwiye. Ibi ntibivuze ko tugomba kwishingikiriza ku Mana tudashyizeho imihati. Ntabwo ari na gato. Bivuze ko tugomba gukora uruhare rwacu uko dushoboye kose, ibisigaye tukabirekera Imana, itazigera itubuza ibyo dukeneye kandi dukwiriye.

Uburyo bwiza bwo kugira ibyishimo by'iteka ryose ni ukumva ko Imana iriho. Icyifuzo cyacu gikomeye gikwiye kuba ukumenya Imana no kwiyeemeza kubana na Yo. Imana igomba kuba iya mbere mu bitekerezo byacu no mu byiyumvo byacu, kandi tugomba kuyifata nk'inkingi ikomeye kandi ihamye mu buzima bwacu.

(Nuko rero mukomere ku mugozi w'Imana, muyishakira ubuhungiro)

**Kuko ari we nkingi niba izindi nkingi zose
zitagushobokeye**

**Naje kubona ko intego rukumbi y'ubuzima ari
ukumenya Imana Hari abashobora kuba batemera ko
gushaka Imana ari yo ntego nyamukuru y'ubuzima
Ariko ntawahakana ko intego y'ubuzima ari ukubona
ibyishimo Kandi mvuga mfite icyizere n'urwiyerurutso
ko Imana ari yo munezero uhebuje Ni ibyishimo
bihebuje Ni urukundo rusesuye, ni ibyishimo by'iteka
ryose bitava mu mitima y'abahuje na Yo None kuki
tudaharanira kugera kuri ibyo byishimo bitunganye?
Nta wundi wabiduha Tugomba guhora tubihingamo no
kubikuza muri twe Ingufu za kamere ziharanira guha
abantu ibinezeza by'isi, ariko ibyo byishimo by'akanya
gato amaherezo biganisha ku kwicuza, kurakara, no
kwicuza Ndetse n'umuntu ufite amahirwe menshi, usa
n'aho afite byose, ashobora kuba adashimishijwe
by'ukuri. Ntabwo azanyurwa n'ibintu byo ku isi igihe
kirekire kuko ibi bintu bitamara inyota nyakuri
cyangwa ngo bihaze inzara ye yo mu buryo
bw'umwuka**

**Ubutunzi butanga gusa ibyiyumvo by'amahoro
n'ibyishimo by'akanya gato Isi yose yuzuye urujijo
n'akajagari, iterwa n'irari ry'ubwikunde
n'umururumba bibyara intambara Nta kindi gitera
intambara**

**Intwari nyayo mu ntambara y'ubuzima ni
uwitsinda kandi agatsinda ibyifuzo bye. Amafaranga,
icyamamare, irari, n'ibindi byose binyuranyije n'iri
hame bibangamira amahoro n'ibyishimo byacu. Iyo
abantu biga guhora batekereza ku ndangagaciro
nyazo z'ubuzima, bari kubona ibyishimo bashaka,
ariko bakava ku ntego yabo kandi bagatwarwa
n'umuyoboro w'irari ry'isi. Nasanze nta kigeragezo**

gishobora kumbuza inzira nahisemo kandi nakurikiye ubwanjye.

Nashoboraga gukurura abantu ibihumbi nkoresheje imbaraga Imana yampaye, ariko iyo nzira yangirira nabi Uko byagenda kose, sinshaka gukurura abantu ibihumbi no kwigarurira ubwenge bwabo Ndashaka gusa kubona abigishwa b'ukuri bashikamye mu Mana Abakunda Imana bazishimira ibi bitekerezo, kandi abakomeje kugira ishyaka bazumva imigisha y'Imana no kubana nayo binyuze muri izi nyigisho

Ntibishoboka ko umuntu ashuka Imana, kuko
ihora ihari, izi ibiri mu bitekerezo bye n'ibyo yifuza Iyo
baretse isi bakifuza ubumwe mu buryo bw'umwuka,
Imana izabageraho Iyo icyo cyifuzo gishinze imizi mu
mutima w'umuntu uyishaka, Imana iza kuri uwo
mutima ikawuzuzamo ibyiza n'imigisha. Ikintu kimwe cyonyine gikwiye kubaho ni ukuba mu bumwe n'Imana no kubona ubutoni bwayo. Ubwo bumwe bugomba kuba isezerano rihoraho n'isezerano ridakuka (abakomeza isezerano ry'Imana ntibarirenzeho)

Buri wese yifuza ubutunzi kurusha abandi. Nubwo abubonye, ntibanyurwa, bamenya ko undi muntu akize. Abantu baba mu kaga k'imibabaro bikururira, baterwa imbaraga n'ibyifuzo byabo. Tugomba kunyurwa n'ibyo dufite. Ibintu bifatika ntabwo bizana ibyishimo; ahubwo akenshi byongera imihangayiko, impungenge, n'ubwoba.

Inzira igana ku Mana ni yo nzira yoroshye kandi yoroshye, nyamara bake bayinyuramo nubwo hari imihango myinshi y'idini n'imihango. Ni byiza kwerekeza imitima yacu ku Mana tukayisaba icyatugirira akamaro kandi kirambye. Mu by'ukuri, Imana iradutegereje kuko ishaka kuturinda ikibi n'akaga. Iradushakaho mu mitima no mu bitekerezo byacu kuko ibintu bihendutse byo muri iyi si

bitashobora guhaza irari rya muntu cyangwa ngo byuzuze icyuho cy'umwuka twumva imbere mu mutima wacu. Imana ihora ituvugisha, ariko bake bumva ijwi ryayo. Iryo jwi rituje rikunze kunyurwa n'urusaku rw'ibitekerezo bivanze n'ibyifuzo bitagira ingano. Ariko iyo ibitekerezo bigabanutse kandi ibyifuzo bigatuzza, twumva ijwi ry'Imana neza, nubwo rituje kandi ridafite imbaraga. Mu by'ukuri, Imana ikora byose kugira ngo ifashe abantu, ikingura imiryango kandi ikatumurikira kugira ngo tubone aho dukwiye gutera intambwe, kugira ngo tudasitara cyangwa ngo tunyerere. Ariko abantu benshi ntibamenya uku kuri.

Sinshaka ko abantu batekereza ko bashobora kubona ubumenyi bunyuzze mu gutega amatwi abandi cyangwa gusoma ibitabo. Bagomba gushyira mu bikorwa ibyo basoma n'ibyo bumva. Kuja mu rusengero ni byiza kuruta kuguma mu rugo ukumva amagambo adafite umumaro. Ariko no mu rusengero, umuntu agomba kumva ko Imana iri mu mitima ye no kumenya uko yabyibonera. Gutangara mu marangamutima no gusesengura ibintu mu buryo bwumvikana ntibishobora kuduha ubumenyi roho zacu zifuza kubona.

Iyo twiyeguriye Imana tugasezera ku byifuzo byacu bwite, kandi tukaba twizeye ko Imana ihora iri kumwe natwe, ikaba mu mitima yacu kandi ikadushishikariza ibitekerezo byiza n'amarangamutima meza, tuzagira ibyishimo n'umudendezo, kandi tuzabona izuba ry'ubwenge mu mfuruka y'ubugingo bwacu.

Tekereza! Nyuma y'imyaka ibarirwa muri za mirongo, kubaho kwacu kuzaba inzozu, kandi ibyo dukora byose ubu bizaba igice cy'izo nzozu Ndetse n'abantu bakomeye cyane bazaba ibigirwamana

by'ubwenge bw'abantu gusa Ariko abo bantu bakomeye bageze ku ntogo yabo y'ibanze kuko bageze ku rwego rwo hejuru kandi bagakomeza kuba bazima mu mwuka, bazi neza kandi bazi ibiri kuba byose, kuko bahuje ubwenge bw'Imana Umuntu wese ugerageza guhuza nabo binyuze mu bitekerezo n'inyigisho ze azumva ko bariho, ahabwe imigisha yabo, kandi azi neza ko koko bafitanye ubumwe nabo.

Ubuzima ni inzizi zikomeye Nyamara, iyo urebye umubiri wawe ubu ukawubona urimo ubuzima bwuzuye, uba wizeye neza ukuri kw'izi nzozi. Utekereza ko ugomba kugira iki cyangwa kiriya kugira ngo wishime. Ariko uko ibyifuzo byawe byaba biri kose, ntuzabona ibyishimo binyuze muri byo. Uko umuntu arushaho kugira, ni ko arushaho kwifuza. Ibyifuzo bigomba kuyungururwa, kandi ubuzima bworoshye niba ushaka kubaho mu ituze, mu mutekano no mu byishimo.

Ibyanditswe bivuga ko umuntu ufite ibyifuzo bihora bisunika imbere (yerekeza ku bugingo bwe) ari umuntu ufite amahoro yo mu mutima. Muri ibi, bameze nk'inyanja, idahinduka cyangwa ngo igabanuke, ahubwo ikomeza kuba yuzuye amazi ayisukamo ubudahwema. Ariko umuntu urema imyobo y'irari mu kigega cy'amahoro ye, akareka amazi y'ingenzi akayapfusha ubusa, nta kintu na kimwe azi ku mahoro yo mu mwuka n'ibyishimo byo mu mutima.

Dukeneye ubuyobozi buturutse ku bazi Imana, bafite ubushobozi bwo kuvugana na yo kandi bakumva ko iriho. Abahanuzi badusabye gushaka Imana mu mahoro yo mu mutima, mu bwigunge bw'ubugingo aho umwuka wizerwa n'ibyishimo by'umwuka bihebuje biba. Abarimu b'umucyo bo mu Buhinde nabo bashyigikira ibi bitekerezo kandi bashimangira akamaro ko gutekereza cyane kugira

ngo umuntu amenye Imana ubwayo mu bwigunge bw'ubugingo bwe.

Ibintu byose biriho ni nk'umuraba utembera uyobowe n'ubwenge bw'Imana. Uku gutembera kw'ubwenge ni Umwuka Wera, cyangwa Umwuka wizerwa, umuntu ashobora kuvugana na we binyuze mu isengesho no gutekereza cyane.

Mu ituze ry'umutima wawe no mu bwonko bwawe bw'ibanze, urukundo n'Imana yuzuye kandi itagira iherezo ntirugira iherezo Ariko biragoye kubona Imana niba dukurikirana amafaranga mbere na mbere. Tugomba kugira Imana igice cy'ingenzi cy'ubuzima bwacu, hanyuma tukagira ibyo dukeneye byose muri ubu buzima. Umuntu wese uha Imana umwanya uhoraho mu mitima ye, Imana izabaha umugabane mwinshi w'imigisha y'isi n'ijuru, kandi izabafungurira imbere yabo ahantu hanini aho izuba ry'ubwenge rirabagirana, rikamurikira inzira zabo kandi rigakuraho umwijima ubakikije. Imana ni yo ikunda iteka ryose, kandi nta byishimo ku bantu keretse iyo bakunda Imana nk'uko bakunda—nibura—abakunzi babo bakunda cyane, kuko iyo Imana idafite, ntitwamenya ishingiro ry'urukundo, cyangwa ngo turyoherwe n'uburyohe bwarwo.

Tugomba kwiga gukoresha ubushake bwacu no gushyira ubwenge bwacu mu gushaka Imana n'imitima yacu yose Ibikorwa by'abantu bigengwa n'irari, kandi izi ngeso zihora ziduhatira gukora ibyo tudashaka gukora Mu by'ukuri, umuntu ni umwanzi we bwite, ntabizi Ntazi kwicara atuje, kandi ntaha Imana umwanya, nyamara yifuza ibyishimo no kwinjira muri Paradizo bidatinze Ubunararibonye bweranda ntibushobora kugerwaho no gusoma ibitabo gusa, kumva inyigisho, cyangwa gukora ibikorwa byiza Ibi byose nta gushidikanya ko ari

ingirakamaro, ariko ntibihagije Kugera ku Mana bisaba kwitonda no gutekereza cyane

Tugomba gushaka ubutoni bw'Imana mbere ya byose Ntidushobora gushimisha buri wese, kuko ibyo bidashoboka Ngerageza kudakomeretsa umuntu uwo ari we wese Nkora uko nshoboye kose, kandi ibyo ni byo byonyine nshobora gukora Intego yanjye yonyine ni ugushimisha Imana Nkoresha amaboko yanjye nsenga imbere yayo nicishije bugufi, ibirenge byanjye nshakashaka ahantu hose, n'ubwenge bwanjye ntekereza kuri yo no gutekereza ku bitangaza byayo Imana igomba gufata umwanya wa mbere mu mitima yacu kugira ngo tuyibone nk'amahoro, urukundo, ubumva, ineza, impuhwe n'ubwenge ibi, nta kindi kintu na kimwe, nibyo naje guhamya no kubabwira.

Uretse gutekereza, umuntu agomba gukomeza kubana neza. Ntitugomba kwiruka inyuma y'abantu, ahubwo tugomba gukurikira Imana. Niba ubona inyungu muri ibi bitekerezo, bifata nk'umugisha uturuka ku Mana, kuko icyubahiro cyose ari icyayo. Bisangize abandi kugira ngo babone muri bo icyo ubona (Kandi ku bw'ineza y'Umwami wawe, vuga kuri byo) Kandi ntukibagirwe gufasha umuntu buri muni ukurikije ubushobozi bwawe. Igihe cyose mfite amafaranga mu mufuka wanjye, sinzareka gutanga, kuko isoko yanjye idashira kandi ihora itemba ni Imana.

Amaherezo, tugomba kumenya Imana nk'uko abakomeye bayimenya. Ibi birashoboka binyuze mu gutekereza no gushyira imbaraga mu bikorwa.

Igihe kimwe, nari ndimo nsohoka hanze y'aho hantu haberaga ibiza, ntekereza ku mwarimu wanjye ukomeye, Sri Yuktiswar, wari warapfuye imyaka mike mbere yuko numva ndamushaka cyane kandi nari mbabajwe n'uko atari kumwe nanjye ngo nishimire

ubwiza n'ikirere cy'aho hantu haberaga ibiza. Ako kanya, yaranyiyeretse ari mu ijuru arambwira ati: "Utekereza ko ari wowe wenyine wishimira aha hantu heza? Nanjye ndimo ndahakunda nkawe!"

Ushaka gusaba ubumwe n'Imana agomba kwihatira binyuze mu kwitoza kwa buri munsu kuyitekererezaho no kuyikunda, no kuyigaragariza urukundo kuri bese. Ubu ni bwo buryo bwonyine bwo kwirinda amakimbirane. Ubufatanye mu by'umwuka ni ingenzi. Nta mwuka w'ukuri, nta byishimo by'umuntu ku giti cyeye cyangwa ibya bese. Ubwumvikane bwera ni bwo buryo bwonyine bwo gukemura ibibazo byose by'umubiri, iby'amafaranga, iby'ishyingiranwa, iby'umuco n'iby'umwuka.

Ibyishimo bituruka mu kumva uri hafi y'Imana. Abantu bifungiyemo mu nzu y'ubujiji, kandi igihe kirageze cyo kwibohora muri iyi gereza y'agasuzuguro. Ubwenge bugomba guhora bwerekeza ku Mana, uko ibintu byaba bimeze kose, hanyuma uzagira amahoro n'ibyishimo byinshi.

Abashaka Imana kandi bakayiyegurira, bagaterana inkunga, kandi bakibuka Imana buri gihe, ni bo bishimye muri iyi si kandi ni bo batsindira ibyishimo by'imperuka.

Amahoro aye kuri mwe

Umurimbo uzazamuka kandi uhanagure

Buri wese muri twe yaremwe mu ishusho y'Imana. Twakomotse kuri Mwuka wayo w'Imana, kandi kamere yayo ituye muri twe mu buziranenge bwayo bwose, ubwiza bwayo, n'ibyishimo bihebuje. Uyu murage mutagatifu ni igihomwe kidashamajye. Ku muntu kwicira urubanza nk'umunyabyaha, akigendera mu nzira z'icyaha, ni kimwe

mu byaha bikomeye kurusha ibindi byose. Kuko mu kubikora, yicira urubanza rwo kubura imbaraga, kwiheba, no kudashobora kuzamuka no kuzamuka. Ni ukuri ko umuntu ashobora gukora ibikorwa binyuranyije n'amategeko karemano n'ay'Imana, ariko agomba guhita ahindura inzira agahindukira mu nzira ikwiye. Muri kamere ye iboneye, umuntu ni urusengero rwera, kandi Umwuka w'Imana aba .muri we

Tugomba guhora twibuka ko Imana idukunda gusa kandi nta mananiza. Ariko kubera ko yaduhaye amahitamo ahamye yo kuyegera cyangwa kuyireka, iradutegereza kugira ngo tugaragaze icyifuzo cyacu cy'urukundo rwayo .mbere yuko idusanga

Igihe kimwe numvise ijwi rye rivuga mu gihe cyo gutekereza rigira riti: "Uravuga ko ntari kumwe nawe, ariko nturebye imbere Sinigeze ngusiga na gato. Injira mu rusengero rw'ubugingo uzambona Kuko mpora ndi hano, kugira ngo nkwakire kandi ngusuhuze n'indamukanyo "y'urukundo rw'Imana

Ubunyangamugayo bwimbitse ni ingenzi mu nzira y'umwuka. Mu butungane n'ukuri, umutima uratangira gucya

Ubwenge bwacu bwa kimuntu nta cyo buvuze ugereraniye n'Imana. Uburyo bwonyine dushobora kuyegera .ni ukuyiha urukundo rutunganye nk'urwo iduha

Buri wese amaherezo azabona agakiza, ariko abacika intege mu nzira bagwa mu rwobo rw'uburangare Kutagira icyo twitaho bidubuza gusobanukirwa akamaro gakomeye ko gushaka Imana muri iki gihe, muri iki gihe Umubumbe wacu ukomeye w'Isi, ureremba mu kirere, n'imiterere yacu y'ubumuntu, ntitwahawe ngo tumarane imyaka mike hano hanyuma tukabura aho tuba. Ahubwo, twagenewe gutekereza cyane no gusobanukirwa ibanga ryo kubaho. Kubaho tudasobanukiwe intego y'ubuzima ni ubupfapfa,

ubupfapfa, no gupfusha ubusa igihe. Amayobera y'ubuzima
aradukikije impande zose, kandi Imana yaduhaye ubwenge
.bwo gushaka ibisubizo byayo

Mu gushaka urukundo rurambye, nabonye ko Imana
inkunda mu buryo bwose bushoboka. Yankunze
.nk'umubyeyi, data, n'inshuti

,Nashatse iyo nshuti ihoraho kurusha inshuti zose
Kandi ku byerekeye uwo mukunzi ukomeye mbona ubu
arabagirana mu maso hese kandi arangwa n'urukundo. Iyo
nshuti y'Imana ntiyigeze intenguha, kandi ntiyigeze
.intenguha

Imana ni yo iri inyuma y'ibiriho byose Tugomba kubaha
no gufata neza ababyeyi bacu, ariko tugomba gukunda
Imana n'imitima yacu yose n'ubugingo bwacu bwose
Tugomba kumenya akamaro ko kugirana umubano ukomeye
.na yo, tudatakaje ikindi gihe

Iyo dusinziriye, ntituzi niba tuzabyuka cyangwa
tutazabyuka. Tuva kuri iyi si umwe umwe. Ariko iki
gitekerezo ntigomba gutera impungenge Iyo dupfuye,
duhamagarirwa kuvuka ubwa kabiri ku isi, tugatangira
.ubuzima bushya aho twarekeye muri iki gihe

Mbona ubuzima nk'irema n'ishonga ry'imiraba ku buso
bw'inyanja Umuraba w'umuntu uzamuka uva ku buso
bw'inyanja y'Imana igihe yavutse, kandi mu rupfu, uba mu
mutima w'Imana. Nasobanukiwe uku kuri kandi nzi ko ntapfa
by'ukuri, nubwo umubiri wapfuye. Kuba ndi mu nyanja
y'umwuka w'Imana cyangwa ndi maso mu mubiri, ndi umwe
mu nyanja y'isi. Ibyishimo byinshi ntibishobora kuboneka ku
isi. Muri icyo gihe, nta mpamvu yo guhungira mu ishyamba
dushaka intego. Dushobora kubona Imana muri iri shyamba
ry'ubuzima bwa buri muni—mu bwihisho bw'uburibwe
.bw'ituze

Abantu bashobora gukora amakosa menshi, ariko
bashushanywa n'umwuka w'Imana Imana yaremye iyi si
y'ibinezeza byo ku isi ku bw'umugambi umwe gusa: kugira

ngo abantu bamenye ko ari inkuru y'isi gusa, bareke ibitari byo, kandi bakunde Imana yonyine Uku ni ukuri, kandi ntibishoboka ukundi Kuki Imana yaturemye kugira ngo dukunde abagize imiryango yacu kugira ngo ibabone badusiga umwe umwe? Ibi bintu bibaho kugira ngo bitume tumenya ko ari Imana idukunda by'ukuri, kurusha abo dukunda bose

Ubuzima ni urukurikirane rw'amashusho akora ku mutima, ariko uku kuri kuragoye gusobanukirwa kuko ibitari ukuri bisa n'ukuri kandi ukuri gusa n'ibitari ukuri. Isi irashira mu bwenge bwacu buri joro iyo dusinziriye, wenda kugira .ngo dusobanukirwe ko isanzure rifatika atari ukuri Iri somo ry'ibitotsi ntabwo riduteye ubwoba, ahubwo rituma twifuza ukuri kw'Imana Nta kintu gishobora guhaza ubugingo keretse Imana n'urukundo rwayo Umwuka w'Imana ni ukuri kutagereranywa Nta kintu kidashoboka, kandi icy'ukuri ntigishobora kuba impamo abanyabwenge basobanukiwe uku kuri kurabagirana Imyaka myinshi y'ubuzima bwacu irashize, kandi hasigaye imyaka, ibyumweru, iminsi, n'amasaha gusa Kuki twapfusha ubusa igihe ku bintu bidafite akamaro? Tugomba kwifuza kwihuza n'Imana amanywa n'ijoro, kandi tukaba abanyakuri muri iki cyifuzo mbere yuko igihe cyagenwe cyo kubaho kirangira tukava kuri iyi si nta kintu na kimwe .cy'ingenzi twagezeho

Muri ako kanya, nabonye urumuri rukomeye rw'Imana rutwikira ibyaremwe byose Mbega ibyishimo bidasanzwe!
!Mbega urumuri rutangaje

Mana yanjye, ndagushimira kandi ndagupfukamira ku bw'iyi migisha myinshi yo kumva ko uriho Imigisha kuri buri wese mu buryo bumwe, kugira ngo tumenye ko uri ukuri kw'ikirenga mu isanzure kandi ko ari .wowe ntego yacu y'ibanze, nta yindi ntego irenze iyo Tugomba kumukunda no kumuvugisha buri sekonda ry'ubuzima bwacu—ku kazi no kuruhuka, mu ngendo no mu

ituze—dusenga cyane kandi tumwifuriza byinshi. Hanyuma tuzabona igitambaro cy'ubupfumu kizamuka kandi kigenda gishira. Imana iri kumwe natwe mu kanya kose k'ubuzima bwacu. Abamutekerezaho kandi bakamuhuza na we bamubona mu bwiza bw'indabyo, icyubahiro cy'imitima myiza, amarangamutima meza kandi meza, n'inzizi nziza. Amaherezo, azava inyuma y'igitambaro kinini kugira ngo :abwira buri wese umushaka by'ukuri ati Tumaze igihe kinini tudahuye kuko nifuzaga ko umpa" urukundo rwawe ku bushake Nakuremye mu ishusho yanjye, kandi narategereje kugeza igihe ukoresheje ubwisanzure "bwawe ukampa urukundo rwawe ku bushake bwawe Tugomba gusaba Imana kuduha impano ihoraho kandi ihoraho y'urukundo rwayo rw'Imana Ariko se ni nde ushobora kubona iyi Mana yuje urukundo nta mbaraga? Niba ushyizeho 25 ku ijana by'imbaraga, ibisigaye ni iby'Imana n'umuyobozi wawe wo mu mwuka ntacyo mbisaba, kuko icyubahiro cyose ari icy'Imana, isoko y'ibyiza byose n'ubuntu Ubuntu bwayo buguherekeze, kumenya kwayo kube hamwe nawe, kandi ubone ubwinshi bw'ubuhari bwayo muri wowe no hirya no hino yawe Imana ntabwo idusubiza ako kanya kuko tudashaka kwerekana uburyo tuyifuza. Ntidukwiye gutinya kuyegera, ahubwo tugomba kumufata nk'uwacu, Inkundwa yacu, kandi tukamushaka ubudahwema dukoresheje ibitekerezo byacu, ibikorwa byacu, imitima yacu n'ubwenge bwacu, maze tukamubona nk'ubuhungiro bukomeye bw'umutekano .n'amahoro muri ubu buzima Nyagasani, ndaguhaye iyi ndabyo y'imitima myiza, kugira ngo yubakishe urusengero rwo kubaho kwawe. Iherekeze izi roho, ari zo muryango wawe n'abakunzwe. Turirimba izina ryawe ry'icyubahiro. Wirukane umwijima w'ubujiji n'urumuri rwawe rwera. Wirukane umwijima mu bitekerezo byacu n'urumuri rudashira rw'ubumuntu bwawe. Turi abawe, uko imimerere yacu yaba iri kose. Itwiyereke,

Nyagasani w'icyubahiro n'ubuntu. Ha umugisha buri wese
muri twe. Emera ibitekerezo byacu bigushishikariye
n'imivurungano y'imitima yacu ikunda. Tuguhaye urukundo
rwose, icyubahiro, n'inyota, kuko uri Umukunzi wacu n'ibyo
.dutunze byose muri iyi si

Duhe umugisha n'ubuntu bwawe Senya inkuta z'irari
ridutandukanya nawe Ba umwami w'Imana wicaye ku byo
twifuza byose. Umucyo w'icyubahiro cyawe ukwirakwira ku
isi yose. Duhe umugisha twese. Utwuzuze impumuro nziza
yo kubaho kwawe. Turusheho kumenya ko wahoranye
natwe, uri kumwe natwe ubu, kandi uzabana natwe iteka
.ryose

Turagushimira ubuntu n'urukundo wagiriye abayoboke
bawe biyeguriye Imana bifuza ko uba hafi kandi
bategerezanyije amatsiko ko uzaba uri hafi. Twiringiye ko
uruziga rw'abigishwa bawe ruzakura kugira ngo twishimire
.ko uzaba uri hafi kandi twishimire ko uri hafi

Duhe umugisha kugira ngo dukingurire imitima yacu
kandi dusukure imigambi yacu, kugira ngo tube abakwiriye
uburinzi n'ubwitonzi bwawe. Igaragaze, imbere no inyuma.
Duhuza twese, kandi mu mucyo w'ubwo bumwe, tumenye
.kubaho kwawe kwihariye

Tubigiranye umutima wacu wunze ubumwe n'ubushake
bw'imitima yacu irangwa n'ubwumvikane, turagupfukamira,
tugusaba ubufasha, ubuyobozi, no guhora tumenya ko uri
.mu mitima yacu

Umuriro w'urukundo udashira uraka mu mitima yacu,
kandi twumve ko uri hafi yacu ubu n'iteka ryose, Mwami
!wacu, Mukundwa wacu

Icyifuzo cy'ikirenga n'udupira two mu mutwe
Ubwiza bw'Imana ni bwinshi Ni we shingiro
ry'ukuri kandi ashobora kuboneka muri ubu buzima
Mu mitima y'abantu harimo amasengesho menshi
n'amasengesho yo kwinginga: gusaba amafaranga,

icyubahiro, ubuzima bwiza—amasengesho y'ubwoko bwose Ariko isengesho rikwiye kuba irya mbere na mbere mu mitima yose ni iryo kumva ko Imana iriho Mu gihe tugenda mu nzira z'ubuzima mu ituze kandi tudashidikanya, tugomba kumenya ko Imana ari yo ntego nyamukuru ishobora kudukaza no gusohoza ibyifuzo byacu, kuko mu Mana ari ho hari igisubizo cya buri cyifuzo cy'umutima

Iyo udashobora gusohoza icyifuzo cyawe binyuze mu mbaraga zawe bwite, uhindukirira Imana mu isengesho. Bityo, buri sengesho usaba rihishura icyifuzo cyihishe imbere yawe. Ariko iyo ubonye Imana, ibyifuzo byose birashira, kandi ibyifuzo byose birasohozwa.

Ibyifuzo by'isi bikomoka ku bitekerezaho bitari byo ku byerekeye intego y'ubuzima Iyi si si iwacu nyakuri Ibyanditswe bitubwira ko turi ab'Imana, ko twaremwe mu ishusho yayo, kandi ko ubushake bwayo ari uko dusubira mu nkomo yacu y'Imana Icyo abantu bananirwa kumenya ni uko keretse bagarutse ku isoko yabo y'Imana, bazahatirwa guhatana kugira ngo basohoze ibyifuzo bitabarika Tekereza ibyo! Ni ukuri ko abantu badashobora kwirinda kugira ibyifuzo, kandi nta kibi kiri mu kubigira. Ariko, ibyifuzo byinshi by'abantu bibangamira isohozwa ry'icyifuzo cy'ibanze cyo kugaruka ku Mana. Bityo, byangiza ibyishimo by'abantu. Keretse abantu bifuze Imana bakayibona, bazakomeza gushyuka kubera kwifuza icyo ari cyo cyose babona ko kizabazanira ibyishimo. Ariko isohozwa ry'ibyifuzo byose rihita rigera ku bantu babona Imana.

Hari ibyiciro bibiri by'ibyifuzo: ibidufasha kubona Imana, n'ibitubuza kuyisanga. Urugero, iyo umuntu akugiriye nabi, ushobora kumva ushaka kwihorera. Ariko, niba utsinze iki cyifuzo ukoresheje imbaraga

z'urukundo zo hejuru kandi zemerwa cyane, uzaba warakoresheje igikoresho kizagufasha kubona Imana. Ibyifuzo byose bigomba gusohozwa mu buryo bwiza, kuko iyo bisohojwe binyuze mu buryo bw'isi, ibyifuzo biragwira, hamwe n'ingorane n'imibabaro. Niba twize guha Imana ibyifuzo byacu byose, izakorera kugira ngo isohoze ibyifuzo byacu byiza kandi irandure ibyacu byangiza kandi byangiza. Nta burinzi buruta umutimanama ukeye, kandi nta bwishingizi bwiza bwo kurwanya ibikomere by'ubuzima kuruta kugira ibyifuzo byiza kandi bihebuje.

Iyo tumenye ko ishusho y'Imana itunganye iri muri twe, ibyifuzo byacu byose birasohozwa Muri ubwo buryo bweranda, buruta ubutunzi bwose bw'isi n'ubutunzi, ntuzahungabana nubwo wahabwa isi yose. Nta shimwe rizagutera kwirata, cyangwa ngo rigutere ishozi, kuko uzaryoherwa n'ibyishimo by'Imana muri wowe, kandi ibyo bizaba ari byo by'ingenzi cyane mu buzima bwawe.

Mbere na mbere twagombye gusaba Imana ubuyobozi mu byo dukora kugira ngo tugere ku byifuzo byacu byemewe, kandi ubwo ni bwo buryo bwiza bwo kubona ibisubizo by'amasengesho yacu yose. Ariko kwinginga bigomba gukurwa mu isengesho. Uburyo bwa kera bwo gusenga bugomba guhinduka, kandi tugomba guhindukirira Imana dufite icyizere cyuzuye n'ukwizera kudacogora ko itwumva kandi izaduha ibyo dusaba. Imana ntishaka ko tureka ubushake bwacu—ndetse n'iyi tuyisenga—kuko ubwo bushake ari impano y'agaciro gakomeye twahawe n'ukuboko kwayo kw'ubuntu, uburenganzira bwera yaduteganyirije kuva turemwa.

Birumvikana ko umuntu agomba gutandukanya amasengesho n'ibyifuzo bifite ishingiro n'ibidafite ishingiro. Wibuke ko icyifuzo ari imbaraga; niba

ukomeje ku cyifuzo—cyaba cyiza cyangwa kibi, gifite akamaro cyangwa kibi—ukacyitondera ku manywa na nijoro, amaherezo kizasohora. Bityo rero, umuntu agomba kwitonda no kwirinda kugira ibyifuzo bibi, kuko bizasohora kandi bizazana n'ingaruka mbi zikomeye n'umubabaro udasanzwe.

Uko igihe kigenda gihita, uzasanga nubwo ibyifuzo byawe byasohojwe, umutima wawe ukomeza kuba ubusa, kandi uzagira ubugome bw'imbere Tekereza ko igogora ryawe ridafite imbaraga, nyamara wifuza ibiryo bikaranze Birumvikana ko uzumva ububabare igihe cyose ubiriye, nubwo hari ibyishimo uhura nabyo mu gihe ubyishimira. Bityo, uzumva wakoze ikosa. Ubwenge butegeka gukoresha ubushishozi kugira ngo utandukanye ibyifuzo byiza n'ibibi, kandi ibi bimaze kugerwaho, ibyo byifuzo bibi ntibigomba kuzura. Abantu bafite imbaraga z'imbere zo gutandukanya kandi bagomba kuzikoresha buri gihe, bayobora ubuzima bwabo hakurikijwe amabwiriza y'umutimanama, ari ryo jambo ry'Imana.

Ibyifuzo bitaragerwaho biguma mu mutima Ni ikihe kibazo kiri mu kubibikamo? Dore igisubizo:

Buri cyifuzo cyose kigizwe n'imbaraga zihariye: zaba nziza cyangwa mbi, cyangwa byombi Iyo umuntu apfuye—Imana imugirire impuhwe—izi mbaraga ntizipfa nubwo umubiri wabora kandi ukabora. Ahubwo, zijyana n'ubugingo aho bujya hose mu buryo bwa capsules zo mu mwuka. Iyo umuntu avutse mu mubiri mushya, izi capsules cyangwa ibinini byo mu mwuka bigaragarira nk'imyitwarire. Bityo, umuntu wapfuye ari umusinzi azana n'ibyifuzo byo kunywa inzoga iyo avutse, kandi iyi myitwarire ikomeza kugeza igihe atsindiye irari ry'inzoga. Ibi bireba n'ibindi bintu.

Ndetse n'abana bato bagaragaza imico bakura mu buzima bwa kera Bamwe mu bana barwara uburakari bukomeye Abandi bagira uburakari bubi Birumvikana ko Imana atari yo yabaremye muri ubu buryo Ibyifuzo bitaragerwaho mu buzima bwa kera byagize uruhare muri izi ngeso zo mu mutwe, kandi kubera zo, ubugingo busa n'aho butangaje, nubwo bwaremwe mu ishusho yera y'Imana Niba ishusho y'Imana yahindutse mu muntu muri ubu buzima, haba ku burakari, ubwoba, cyangwa irari, kandi izi ngeso ntizitsindwe ubu, noneho bazavukana na zo (cyangwa bazavukana na zo), bikoreye umutwari w'izo ngeso mbi kugeza bazitsinze muri ubu buzima cyangwa mu gihe kizaza Nta nzira yo kuzihunga kugeza bazitsinzwe

Kubwibyo, ni byiza kuzuza ibyifuzo byose ubu cyangwa kubitsinda

Uburyo bwiza bwo kwikuramo ibyo byifuzo burundu ni ukwishimira Imana cyane. Bitabaye ibyo, ibyo byifuzo bihagaritswe n'ibyifuzo bitaragerwaho bizababaza kandi bibabaza roho.

Umuntu agomba kumenya, binyuze mu bushishozi n'ubwenge, ko Imana yonyine ari yo ishobora gutanga ibyishimo bitunganye kandi birambye

Akenshi, ibyifuzo biguma byihishe mu byo umuntu atazi Ushobora gutekereza ko byazimye, ariko ntabwo byarazimye; iri ni rimwe mu mayobera y'ubuzima, naryo ubwaryo ni ibanga rikomeye

Ariko amayobera arashira iyo dusesenguye ubuzima kandi tugatekereza ku cyo busobanura. Iyo wicaye gato buri muni ukisuzuma, wasanga ufite ibyifuzo byinshi bitaragerwaho. Ibi byifuzo ni nk'udukoko twica umuntu agendana na two aho ajya hose, haba muri ubu buzima no mu buzima butaha.

Uburyo bwiza bwo kugera imbere ni ugusobanukirwa—binyuze mu guhitamo neza—ibyifuzo bibi muri ubu buzima no gushyira imbaraga zawe mu gusohoza ibyifuzo byawe byiza Niba wumva ushaka kwiyahura cyangwa gukora ikintu icyo ari cyo cyose kibi, ugomba kwirukana icyo cyifuzo ubu. Izere, mu bitekerezaho no mu bikorwa, ko ufite ikibatsi cy'ubumana mu bugingo bwawe, kandi wibuke ko waremwe mu ishusho y'Ishoborabyose, bityo ukaba ufite ububasha bwo kurenga kamere yawe n'imyitwarire yawe.

Ntugakomeze kwibanda ku by'akataraboneka ahubwo witandukanye n'ibyifuzo, kandi uzatsinda intambara y'ubuzima Niba urwaye ububabare budasubirwaho, gerageza uko ushoboye kose kwitandukanya n'ubumenyi bw'umubiri. Binyuze mu gushishoza, ushobora gutsinda ibyumviro. Gushishoza kw'ubwenge ni umuriro utwika ibyifuzo bibi n'irari ribi, bikahinduka ivu.

Ni ibisanzwe ko abantu babika ibintu bishaje, byashaje kandi bitari ngombwa mu mfuruka y'inzu, kandi bagasukura inzu rimwe na rimwe. Mu buryo nk'ubwo, mu mfuruka y'ubwenge bwawe bwo mu mutwe hari ibyifuzo byinshi bifite ingaruka mbi zihishe, bishobora kuguteza ibibazo bikomeye umunsi umwe niba utabyitwayemo neza.

Kwisuzuma ni ingenzi mu nzira y'umwuka Ushobora kuba ufite inzika, urakaye, cyangwa urakaye vuba Niba ari uko bimeze, izi ngeso mbi zibitse mu bwenge bwawe ni ingaruka z'ibikorwa byawe bya kera Kugira ngo uvane mu mutwe wawe ibi bikoreshe byangiritse kandi byashaje, ugomba gutangirira ku bikorwa byiza kandi byubaka kandi ugatera abandi urukundo Uko urushaho gukunda abantu, ni ko nabo bazagukunda, kandi uzumva

urukundo rwabo Ariko niba ubanenga, ndetse nawe ubwawe, bazumva icyo banenga kandi bagusubize byinshi!

Dufate ko umwanzi wa kera yapfuye, ariko ugakomeza kumugirira inzika n'urwango. Uzababazwa n'ubu bubabare, kandi ingaruka mbi zabwo zizagaragara mu mubiri no mu bwenge bwawe. Ni byiza kumubabarira kubera Imana, kuko mu kubikora, uzaba wibohoye ku byifuzo bibi byo kwihorera byangiza amahoro yawe yo mu mutima no gusenya ituze ryawe. Kwirundanya urwango ku rundi, cyangwa gusubiza urwango mu rwango, ntabwo byongera gusa urwango rw'umwanzi wawe kuri wowe ahubwo binangiza umubiri wawe n'amarangamutima yawe. Bityo rero, mubabarire mubabarirane neza.

Rimwe na rimwe, umuntu agomba gusiga byose kugira ngo abe wenyine, kugira ngo atekereze ku ntego y'ubuzima Abantu benshi bagendera ku migenzo n'imico. Mu by'ukuri, ntibigeze babaho ubuzima bwabo bwite, ahubwo bigeze babaho ubuzima bw'isi. Ni iki bagezeho, kandi bageze he?

Kubwibyoye, ni byiza ko umuntu rimwe na rimwe yikura mu mirimo ya buri munsu n' "inshingano" kugira ngo atuze imihangayiko yo mu mutwe we kandi agerageze gusobanukirwa ishingiro ryayo no kugena intego ashaka kugeraho.

Wibuke ko ubuhamya bukomeye ushobora kubona ari ubwo umutimanama wawe: ijwi ritabeshya kandi ritabeshya ry'ubugingo bwawe icyo umutimanama wawe ukubwira ni uwo uri we by'ukuri, nta mitako cyangwa kwihishahisha.

Tekereza imbaraga za Yesu Kristo wavuze ati “Data, bababarire kuko batazi gukora ibyo batazi”

Kandi tekereza ku Muhanuzi ukomeye wavuze ati: “Ese sinakubwira icyo umuntu azamurira urwego rwe?”

**Baravuze bati: “Yego, yewe Ntumwa y'Imana”
Yaravuze ati: “Wihangane n'utakuzi, uhe uwo
uguhakanira, ukomeze umubano n'uwo ugucamo
amasano, kandi ubabarire uwo ugukoshereje”**

**Gutega amatwi ijwi ry'umutimanama wawe
uboneye bizazana urumuri mu nzira yawe n'umugisha
mu buzima bwawe Iyo wumvise ufite icyifuzo
gikomeye mu mutima wawe cyo gusohoza icyifuzo
runaka, koresha ubushishozi bwawe wibaze uti: "Ese
ni icyifuzo cyiza cyangwa kibi nshaka gusohoza?"**

**Hari ibintu byinshi bitera ibyifuzo by'abantu Iyo
umuntu abonye imodoka nshya y'icyitegererezo, aba
ashaka gutunga isa nayo Iyo abonye inzu nshya
y'icyitegererezo, aba ashaka gutunga isa nayo
Imyambarire mishya irakundwa, abantu bakifuza
kugura no kwambara iyo myambarire!**

**Ibyifuzo biva he? Namaze amasaha menshi
ntekereza kuri ibi. Ese ushobora gushyira mu byiciro
ibyifuzo byawe byose? Nabashije kubisesengura
byose no kugumana ibyiza gusa. Maze kubona
isangira ry'Imana, nasanze ibyifuzo byanjye byose
byiza byasohojwe icyarimwe. Uyu munsi wifuza ikintu,
ejo roho yawe irarikira ikindi kintu. Ubwenge bwawe,
bukomoka ku Mana Ishoborabyose, ntibushobora
guhazwa n'ibintu by'iyi si, kandi ntibizigera bibaho,
kuko, nshuti yanjye nkunda, watakaje ubutunzi
bw'agaciro kandi bw'agaciro kanini bw'ubugingo
bwawe, ari bwo bwonyine bufite ububasha bwo
guhaza icyifuzo cyawe no gusohoza ibyifuzo byawe.
Ubwo butunzi bwatakaye ni Imana.**

**Nibyo koko hari ibyifuzo byiza cyangwa bikenewe,
kandi ko ukwiye gukora kugira ngo ubigereho Ariko
mu gihe uharanira gusohoza ibyifuzo byawe bito,
ntukibagirwe kubanza gusohoza icyifuzo cyawe
gikomeye ku Mana. Kwemeza ko ibyifuzo bito**

n'inshingano bigomba kubanza gusohozwa ni ukwibeshya no kwibeshya. Ndacyibuka mu ntangiriro y'urugendo rwanjye rw'umwuka ko nari umuntu uhora atekereza kandi ntatekereza buri gihe, nubwo nakomezaga kwibwira ko nzabigenera umwanya. Umwaka wose warashize nk'uyu mbere yuko mbona ko ntari nararangije ibyo nari narasezeranye ubwanjye. Nahise niyemeza ko ikintu cya mbere nakora mu gitondo ari ugukaraba hanyuma ngatekereza ku Mana. Imirimo ya buri munsu yari myinshi icyo gihe, kandi ntibyari byoroshye kuyihunga, ndetse n'igihe gito. Bityo, nahisemo kubanza gusohozwa inshingano zanjye zo mu mwuka. Bityo, nize isomo rikomeye: inshingano zanjye ku Mana ziza mbere, kandi ni bwo gusa nita ku zindi nshingano zitari iz'ingenzi cyane.

Kuki Imana yagombye gukingurira abantu amarembo y'iteka niba abantu bashyira imbere izindi nshingano n'ibyo batekereza kuruta Imana? Imana yashyize amababa y'umwuka muri twe kandi itwitezeho kuzamuka mu mwuka. Aya mababa ni ibyifuzo byacu byo mu mwuka, ibitekerezo byacu byo hejuru, n'icyifuzo cyacu cy'ukuri cy'isoko yacu y'Imana.

Dushake Imana mbere na mbere. Si byiza guha agaciro imirimo yo ku isi cyane, kuko Azrael ashobora guhamagara ubugingo igihe icyo ari cyo cyose, hanyuma imirimo yose, ibyo yiyemeje, impungenge, n'inshingano byose bigahagarara burundu None se kuki wakwihambira cyane ku buzima?

Umuntu yibwira ko ari kwishimira umutekano n'amahoro yo mu mutima, hanyuma agahita atakaza uwo akunda, cyangwa akabura ubuzima bwe cyangwa akazi ke, maze umutekano n'amahoro yo mu mutima bigashira!

Mbega ukuntu urukundo nakundaga mama rwari rukomeye! Nibwiraga ko azahora ari kumwe nanjye, ariko mu buryo butunguranye naje gusanga yarantaye nkiri umwana! Ntidukwiye gutinya urupfu, ahubwo tugomba kurutegura

Ubuzima si uko busa. Ntubushyireho icyizere cyawe, kuko buhindagurika, bushukana, kandi bwuzuyemo gucika intege n'ibyiringiro byacitse. Ubutungane ntibuboneka hano. Sinshaka kuguha ishusho idafatika y'ubuzima. Iyi si si paradizo. Ni laboratwari y'Imana aho Imana igerageza ubugingo kugira ngo irebe niba izatsinda ibyifuzo bibi ikoresheje ibyiza, maze ikamugira—ni ukuvuga Imana —icyifuzo cyayo gikomeye, kugira ngo igaruke mu bwami bwayo.

Ubuzima bwuzuyemo ibyago n'urwenya, ibyago n'ibyishimo. Ni ubwoko bunini, buhora buhinduka kandi butangaje bw'imiterere itabarika. Nta bintu bibiri bisa neza. Ubuzima bwa buri muntu ni bwihariye. Buri muntu afite imiterere itandukanye, imitekerereze itandukanye, n'ibyifuzo bitandukanye. Iyo tuza kuba duhura n'ibigeragezo bimwe buri munsi, twananirwa kandi tukarambirwa. Ndetse na Paradizo, iyo iza kuba isanzwe, yatakaza ubwiza bwayo. Dukunda ubwinshi n'ubutandukanye. Igitekerezo gakondo cya Paradizo ni kibi rwose. Iyo iza kuba irambiranye koko, abera n'abantu b'Imana b'abera bari gusenga basubira ku Isi kwishimisha ! Paradizo ihora ivugururwa mu buryo bushimishije cyane, mu gihe Isi ikunze guhindurwa, ariko mu buryo burambiranye kandi butari bwiza.

Ariko, nubwo ubuzima bunaniza kandi bugoye, abantu benshi barabumenyera, bizera ko nta bundi buryo bwo kubaho. Badashobora kugereranya ubu buzima n'ubuzima bwo mu mwuka, bananirwa

gusobanukirwa ingano y'ububabare n'umunaniro byihishe muri iyi si.

Mu by'ukuri, ubuzima si ukuri Ni imyidagaduro gusa, nta kindi Nk'uko filime za kera zisubirwamo kenshi, ni ko n'ibyabaye kera bisubiramo mu buryo butandukanye. Nubwo ubuzima bukomeza, ingingo zimwe zagaragajwe muri filime za kera zisubirwamo imwe ku yindi. Mu by'ukuri, amateka arisubiramo, kandi abantu ni ibihangano gusa mu nzu ndangamurage z'igihe.

Kureka ubuzima bukagaragaza ibitangaje, kubyakirana ibyishimo, ukuri, no kwishyira ukizana, nta marangamutima agize, nk'aho ureba filime. Guseka cyane ni umuti mwiza w'ibibazo byose by'abantu.

Ugomba kwegera ubuzima mu buryo bworoshye kandi butuje. Ibi nibyo nize ku mwarimu wanjye. Mu ntangiriro y'imyitozo yanjye y'iby'umwuka mu rugo rwe, nakoze imirimo yanjye mu maso hababaye, ntamwenyura. Umunsi umwe mwarimu wanjye yarabibonye maze aravuga ati: "Imana nibishaka, byose ni byiza! Uri mu mihango yo gushyingura? Ntuzi ko kubona Imana bivuze guhisha imihangayiko no gushyingura agahinda kose? Ntugafate ubuzima nk'ikintu gikomeye cyane."

Yanyigishije ko ari inshingano y'umuntu kuzamura ubwenge bwe hejuru y'ibintu byose bimutera kwiheba n'ibibazo byo ku isi kugira ngo abone umudendezo wuzuye mu Mana

Umuntu agomba kugira uburinganire mu byishimo n'agahinda, inyungu n'igihombo, intsinzi n'inanirwa kugira ngo ahangane n'ibibazo by'ubuzima afite ubutwari n'icyizere.

Kugumana amahoro yo mu mutima nubwo ibintu byose byagenze ni bwo buryo bwiza bwo gutsinda

ibyifuzo by'uburiganya. Ibi nibyo nize ku bakomeye batagizweho ingaruka n'ibihe bihindagurika, ariko bakomeje gushikama kandi badahinduka kugeza ku iherezo. Ndetse n'abahanuzi , igihe bababazwaga, ntibigeze batakaza ubwenge bwabo bwera, cyangwa ngo bemerere umuntu uwo ari we wese kwiba urukundo rw'Imana. Ibyishimo byo mu mwuka ubwabyo ni uburinzi bwiza kandi ni igihome gikomeye kurusha ibindi byose. Hagati y'ibigeragezo n'amakuba, ibuka imigisha Imana yaguhaye. Roho yawe ni urusengero rwera rw'Imana. Ntugomba kwemera ko umwijima w'ubujiji wanduza aho hantu heza. Mbega ukuntu ari byiza kuba mu mwuka, wubashywe, urangwa n'icyubahiro, utekanye, kandi ufite amahoro! Ntugatinye kandi ntukange umuntu uwo ari we wese. Humura urukundo rw'Imana kandi urebe ko ihari mu bantu bose, kandi reka icyifuzo cyawe gikomeye kube uko ihari iteka mu mutima wawe. Iyi ni yo nzira yo kubaho mu mahoro no mu ituze muri iyi si. Ariko biragoye kumva uburyohe bw'iyi nyurwa mu gihe cyose imiyaga ikaze y'ibyifuzo ihuha mu mwobo w'umutima kandi igatigisa ibiti byawo.

Ibyifuzo bishyirwaho n'aho umuntu atuye Bivuka mu buryo twumva ibintu kandi bigakumirwa n'intege nke z'ibyo bitekerezaho. Kwitabira imurikagurisha ryo mu cyaro byuzuzwa icyifuzo cyo kwishima, ariko nyuma yo gusura imurikagurisha ry'isi yose no kureba ibitaramo bitandukanye, imurikagurisha rito ritakaza ubwiza n'igikundiyo cyaryo. Bityo, tugomba kubanza kwishimira gusabana n'Imana kugira ngo tubashe kugereranya ibyo byishimo n'ibinezeza byo mu isi. Hanyuma, ibyifuzo bizaba bifite kamere yo hejuru. Icyifuzo ntikigira iherezo; icyifuzo kimwe kimaze gusohorwa kurusha ikindi. Ariko iyo ubonye Imana,

ibyifuzo byawe byose birasohorwa. "Mubanze mushake ubwami bw'Imana no gukiranuka kwayo, kandi ibyo byose muzabihabwa (Kandi ibiri ku Mana ni byiza kandi biramba)" None se kuki mutabanza gushaka isohozwa ry'icyo cyifuzo gikomeye hanyuma mugahabwa n'Imana ibyiza kandi birambye?

Iyo Imana ishubije isengesho ry'umushaka ryo kuyimenya, ibindi byifuzo bye byose bizagerwaho ako kanya kandi iteka ryose.

Hari abantu bibwira ko nta byifuzo bafite.

Nabonye ibikunze kubaho iyo abantu bagiye ku isoko. Bashobora kuba badafite icyifuzo cyihariye cyo kugura, ariko mu buryo butunguranye ikintu kibakurura amaso bakibwira bati "Yego rwose, ngomba kukigura!"

Nubwo batabigura ako kanya, biba mu bitekerezo byabo ku manywa na nijoro kugeza igihe babigurije, nubwo byaba ngombwa ko baguza amafaranga. Babishimira igihe runaka, ariko buhoro buhoro ubwiza bwabyo burashira kandi ibyishimo byo kubitunga biragabanuka, bityo bakifuza ikindi kintu, n'ibindi.

Hari igihe duhura n'umuntu uvuga ati: "Ah, iyaba nari mfite amafaranga angana gutya (cyangwa imodoka yihariye cyangwa pisine cyangwa se)" maze icyo cyifuzo kikimara kugerwaho, havuka ikindi cyifuzo cyo gushaka ikintu gishya.

Ibyifuzo bya muntu biratunganye, bityo ntibishobora kugera ku byishimo byuzuye ku ba nyirabyo

Isi izagerageza kukubuza kwibuka ko icyifuzo kimwe cy'ingenzi ari ukubona Imana. Ariko ugomba kwibuka ibi buri munsu. Iyo umuntu afashe icyemezo cyo kureka kunywa itabi, kureka kurya cyane, kureka kubeshya, cyangwa kureka gukopera, agomba kuba yiyemeje gufata icyemezo ntagire icyo ahindura.

Ibidukikije bibi bigabanya imbaraga kandi bigatera intege nke ubushake, bigatera ibyifuzo by'ibinyoma mu muntu. Bimutwara ibyiza kandi bikamuha ibibi. Ababana n'abajura bizera ko ari bwo buryo bwonyine bwo kubaho. Ariko kwifatanya n'abantu beza byerekeza ubwenge ku bintu byo hejuru, ku buryo ibyifuzo by'ibinyoma bitazongera gushuka umuntu. Ibintu byose muri ubu buzima bishobora guhinduka no guhinduka. Ariko akanya gato ko gutekereza cyane cyangwa kwiga no gutekereza ku ngingo z'umwuka zitunganye bizaba isoko y'umwuka, bizatwara umuntu ubishakisha cyane mu nyanja y'uburiganya n'uburiganya bikamujyana ku nkombe z'Imana aho "nta munaniro uzamukoraho, kandi ntazabirukanwamo"

(Ikiruhuko kinini cyateguriwe abarushye, kandi utitaye ku gushaka ukuri ni we ukunesheje)

Ibyishimo nyakuri biri mu kwifuza Imana no kuyitekerezaho buri gihe. Igihe kiragera aho icyo gitekerezo kiba gihamye kandi kidahungabana ku buryo nta kibazo cy'umubiri, ubwonko, cyangwa amarangamutima gishobora kugukura ku Mana. Ntabwo ari igitangaza kubaho uzirikana Imana, kuyitekerezaho no kuyiyumvamo igihe cyose, no kuguma mu buturo bwayo butagereranywa, aho urupfu cyangwa ikindi kintu cyose kitashobora kukwiba amahoro yo mu mutima? (Abemera kandi imitima yabo iruhukira mu kwibuka Imana. Mu by'ukuri, mu kwibuka Imana imitima iruhukira)

Iyo ubaye ubudahangarwa ku byifuzo byose, uryoharwa no kubaho iteka ryose

Ubuzima ni butangaje koko, kuko byose bishobora guhinduka Bityo rero, umuntu ntagomba guhagarara ubwato bw'ibyishimo ku musenyi uhindagurika w'ubu buzima Igihe cyacu kizashira, kandi ibyo tubona ubu

umunsi umwe bizashira Impinduka iremewe igihe cyose utazemera ko ikugiraho ingaruka mbi Kandi iyo igukomeretse, ihungabana ry'imbere uhura naryo ni ubutumwa kuri wewe bwo kudatwarwa n'irari Iyo uri mu mutekano mu mwuka w'Imana, wishimira byose nta kwishingikirizaho cyangwa kwishingikirizaho. Bityo rero, guharanira kumumenya ni ingenzi cyane ku bamwitaho; bitabaye ibyo, ubuzima buzaba ari ugutenguha gukabije, kwiheba gushenjagura mu buryo buteye ubwoba.

Ubwo nagarukaga mu Buhinde mu 1935, nifuzaga gusura ahanu nakundaga nkiri umwana, ariko ubwo nageragayo, nasanze byose byarahindutse. Ubuzima bwari bwarahinduwe mu buryo butandukanye. Gutenguhwa no gutungurwa bikomeye byaje ubwo nasuraga inzu yanjye ishaje i Aykapur, aho nakundaga gukina no kureba inyoni. Hari hasigaye igiti kimwe gusa mu byo nibukaga. Ubuzima ni bwo! Ibintu bisanzwe kandi bikundwa biva mu maso yacu kimwe kimwe kimwe. Niteguye gutanga ikintu cyose kugira ngo mbone inzu yacu uko yari imeze mu bwana bwanjye. Nyamara, Imana yankoreye icyifuzo cyanjye, kuko nyuma nabonye inzu mu iyerekwa, aho twogaga muri pisine, hanyuma nzamuka hejuru, ndyama ku buriri, ndarya imyembe, nk'uko nari narabikoze imyaka myinshi mbere yaho.

Ibyifuzo bigomba gusuzumwa no gusuzumwa neza, bigashyirwa mu byiciro neza, kandi ibyiza gusa bigasigara, ndetse n'ibyo byifuzo byiza ntibishobora guhagarika icyifuzo cy'ingenzi cyane ku Mana.

Icyo cyifuzo kigomba kugumaho kandi gishyushye, kandi ntikigomba kwemererwa gushira cyangwa ngo kizime. Umuntu aba ari mu ikosa rikomeye iyo asabye Imana ngo imusohoze ibyifuzo bye byo ku isi ariko ntayimusabe kuyihishurira.

Tekereza umwana uhora asaba ababyeyi be ko bamuha ibyo asaba, kandi bitabaye ibyo ntabibabaze cyangwa ngo abitekerezeho. Ibyo ni ukutashima no kwanga ineza yabo, kandi muri ibyo hari isomo ku batekereza

Iyo iki gitabo cy'ubuzima gishyizwe mu bikorwa, umuntu azaba aherekejwe gusa n'ubumenyi bw'umwuka yabonye mu gihe cy'ubuzima bwe bwo ku isi. Bityo rero, Imana igomba kuguma ihari mu bitekerezo bye, ihora imutakambira kandi ntiyibagirwe niba koko umuntu ahangayikishijwe n'ejo hazaza he ho mu mwuka. Iyo dufitanye isano n'Imana, tuzasanga ibyifuzo byose bigerwaho mu buryo bw'amayobera. Ariko tugomba gushaka Imana mbere na mbere ni umunyabuntu kandi yaduhaye byose, ariko tuzayibona gusa iyo tutanyuzwe n'impano zayo ahubwo tugahindukirira Uwayitanze ubwe. Tuzayimenya igihe cyose turi abanyakuri mu byo tuyikurikira, twifuza cyane kuyegera no kwibonera umugisha wayo.

Imbogamizi ikomeye umuntu ahura nayo ni we ubwe Iyo agerageje kwicara acacetse atekereza ku bintu by'umwuka, ibitekerezo by'isi bihita bivuka, bikabayobya kandi bikababuza kugera ku ntego ye. Bagomba kwitoza kugenzura ibitekerezo byabo n'imibiri yabo, kandi mu kubikora, bazagira paradizo igendanwa mu bugingo bwabo. Mu buzima cyangwa mu rupfu, mu ijuru cyangwa mu muriro, ibyo byishimo bihebuje bizajyana na we.

Tugomba gusenga Imana cyane, tuyisukira inyota yacu ikomeye, tuyisaba mu rurimi rw'umutima, icyifuzo cy'ubugingo, n'ibitekerezo byo mu mutima, kugira ngo itwumve kandi idusubize. Ariko niba umuntu asenga mu mutima umwe, ariko icyarimwe agatekereza ikindi kintu—ikintu Imana izi ko atari cyo

**kintu cy'ingenzi gihangayikishije uwo muntu—
ntizasubiza**

**Tugomba kubanza kugira Imana Igihe ni iki
Ntitugomba gutegereza, kuko ibishuko bifite
imbaraga nyinshi Ubuzima buhita vuba, kandi ni
ikimwaro kuva kuri iyi si utazi intego y'ubuzima.
Tugomba gutekereza igihe cyose dufite umwanya wo
kuruhuka. Nubwo amasengesho yawe yaba
adasubijwe bwa mbere, ntukihebe imbabazi z'Imana,
ahubwo komeza usenge. Senga ubikuye ku mutima
kandi wizere ko isengesho ryawe rizasubizwa.**

**Mu buzima bwanjye niboneye igihamya gikomeye
cy'uko Imana isubiza amasengesho. Ariko igisubizo
nk'icyo gisaba imbaraga, kuko nta kintu na kimwe
cy'ingenzi kiza kitarimo kwihatira. Gutekereza ni
ingenzi kugira ngo uhishure amabanga y'ubuzima no
kwinjira mu bwami bw'Imana.**

**Ingeso mbi n'ibindi bintu bikurangaza
bizagerageza kubangamira imbaraga zawe no
kugabanya umurava wawe. Ariko niba ushaka
kwishima, komeza gutekereza ku Mana, uzayisanga
hafi yawe.**

**Ibyifuzo byo kwinezeza ku isi birema imbaraga
zikurura umuntu kuri iyi si, ubuzima nyuma y'ubuzima
Gusubira mu mubiri biba atari ngombwa ku bantu
basanze ibyifuzo byabo mu Mana Igihe cyose bifuza
gusohozza icyifuzo icyo ari cyo cyose, barabyibuka,
kandi bigaragarira imbere yabo Mama
yarambonekeye nyuma y'urupfu rwe, kandi
nahumuriywe no kumubona no gushimira Imana ku
bw'ineza yayo Mu by'ukuri, ni Nyir'ubuntu bwinshi
n'Imbabazi nyinshi. Asohoza ibyifuzo byacu kugira
ngo agaragaze urukundo rwe n'ishimwe rye kuri twe
iyo tumuhaye umwanya wa mbere mu mitima yacu.**

Iyo umuntu ageze ku Mana, aba ari we ugenga ubuzima n'iherezho. Ntitugomba kuruhuka kugeza igihe Imana izaba ihamye mu buzima bwacu. Izaduha ibyo twifuza byose kandi izatugerageza.

**Ibigeragezo n'inzitizi mu nzira y'umwuka ni byinshi kandi bikomeye, ariko uko tunyura muri ibyo bigeragezo tukabitsinda, tugomba kuvuga tuti:
“Mwami, wasubije amasengesho yanjye kandi wasohoje ibyifuzo byanjye bikomeye, bityo umutima wanjye wuzuye ubusugire bwawe kandi roho yanjye irabagirana n'umucyo wawe”**

Amahoro abe kuri mwe

Kuva mu mvugo z'umwarimu Paramhansa

Yogananda

Abantu binubira igitekerezo cyo guhara ibintu bimwe na bimwe mu buzima, nubwo mu by'ukuri bahara ibintu byinshi by'agaciro, cyane cyane amahoro yo mu mutima, ndetse rimwe na rimwe bakitanga kubera amafaranga, ibyo bikaba .bishobora kwangirika no guhomba

Mujye muyoboka Imana, muzabona ko ubuzima bwanyu bwahindutse nk'indirimo nziza kandi ishyushye

Hindura ibitekerezo byawe uva kuri iyi si ujye mu bwami bunini bw'Imana buri muri wowe

Mu bwato bw'ituze ushobora kuja muri iyo si irenze inzozo zacu aho isoko y'Imana itemba idahwema kuva mu .bwiwaho bw'umutima n'ubugingo

Mwami, mfasha kugira uruhare rwanjye mu gukina ubuzima mu buryo bugushimisha, naba mfite intege nke cyangwa mfite imbaraga, ndwaye cyangwa mfite ubuzima

bwiza, icyamamare cyangwa kitazwi, umukire cyangwa .umukene, nzi ko unkunda kandi ko utazigera untererana

Ubutunzi bushobora kwamburwa umuntu, cyangwa bugakurwamo, ubwo yavaga muri iyi si, kandi ntibashobora kubujyana. Agaciro kabwo nyakuri kari mu kubukoresha mu bikorwa by'ingirakamaro no mu kuzanira umuntu ibyishimo no kuzana ku bandi mu buryo bushimisha Imana .n'umutimanama we

Abatekereza gusa ku mutekano wabo n'ihumure ryabo, bakibagirwa cyangwa bakirengagiza ibyo abandi bakeneye, mu by'ukuri baba bishakira ubukene buzababera umwihariko. Abakomeza ubutunzi bwabo aho kubukoresha mu bikorwa byiza ntibizanira ubukire mu buzima bwabo bwa nyuma y'urupfu ahubwo bavuka ari abakene, bafite ibyifuzo n'irari by'abakire. Ariko abasangira ubukire bwabo n'ubutunzi bwabo n'abandi bakurura ibyiza n'ubukire aho .bajya hose

Iyo uhaye ababikwiye ku bushake, uzasanga Imana ihora iri kumwe nawe kandi ntizigera igusiga kandi ntacyo uzakenera. Ntitugomba kwibagirwa ko ubuzima bwacu bushyigikirwa n'Imana mu buryo butaziguye, kandi iyo tumenye ko ubwenge bwacu, ubushake bwacu n'ibikorwa byacu byose bishingiye ku Mana kandi bikayihira imbaraga, icyo gihe tuzabona ubuyobozi buturutse kuri Yo kandi tuzamenya ko ubuzima bwacu ari bumwe n'ubuzima bwayo .butagira iherezo

Gutekereza ku bintu bitanga igihamya cy'uko Imana ibaho Iyo imiraba y'amarangamutima ivuye mu kidendezi cy'ubwenge, ibyishimo by'Imana biva mu bugingo. Ibi .byishimo biba biri mu bugingo, ariko biratwikiriwe Nyagasani Nzakoresha ubushake bwanjye n'ubwenge bwanjye mbere na mbere kugira ngo ngere ku bintu bito hanyuma nkomeze kugera ku bintu binini

Nubwo ibyifuzo byose by'ubutunzi byagerwaho, ariko
bitanga ibyishimo bidasesuye - kandi mu gushaka Imana
nzavumbura ibigega by'ibyishimo bidashira kandi
ntibihwema gutemba no gutemba Mu busitani no mu nzuri
.z'ubugingo

Inzu: Victory Square

Iyo umuntu amara ubuzima bwe akurikirana ibintu
bishimishije, ntazigera amenya uburyohe bw'ibyishimo
nyakuri. Umuntu agomba kubaho mu buryo bworoshye kandi
akitwara mu buzima bworoshye. Ni byiza ko umuntu amara
igihe ari wenyine, agatekereza ku bikorwa bye rimwe na
rimwe, kandi agashyira mu bikorwa amahoro yo mu mutima,
.akizana gukira, kugarura imbaraga no kongera imbaraga
Iyo ibintu bihora bibangamira abandi kandi ibindi bintu
bikangiza ibyumviro, imitsi izababara, imbaraga nyinshi
z'ubuzima zizapfa ubusa, kandi roho izumva ihangayitse
kandi ibabaye. Byongeye kandi, umuntu ntagomba
guhangayikishwa cyane no gukosora abandi; ahubwo
.agomba kwikosora mbere yo kugerageza gukosora abandi
Bimenyekane ko urugo ari rwo kibuga cy'intambara
gikomeye. Umuntu uri marayika mu rugo rwe azaba
.marayika aho ari ho hose
Uburyohe bw'ijwi n'amahoro bigaragazwa n'imyitwarire
.myiza birakenewe cyane mu rugo kuruta ahandi hose
Nk'uko umwijima udashobora kuguma aho umucyo
umurikira, ni ko n'umwijima w'indwara ugomba gucika iyo
umucyo w'Imana umurikira mu turemangingo tw'umubiri,
.kandi ni bake bamenya uku kuri
Iyo abantu bumvise bifuzwa cyane gukira, basenga bafite
imitima ibabaye Cyangwa bumva bihebye, bakeka ko Imana
itazumva amasengesho yabo Cyangwa bagasenga ariko
ntibategereze Kugira ngo bamenye niba amasengesho yabo
.yageze ku Mana
Nk'uko umuntu adashobora kumva umuziki unyura mu
kirere akoresheje icyuma gitanga amakuru kidakora neza, ni

ko umuntu adashobora kumva imivuduko y'ubuzima,
imbaraga n'ubwenge biva ku Mana hamwe n'igikoreshe
cy'ubwenge kidakora neza gifite ubwoba, imihangayiko,
n'ubwoko bwose bw'imihangayiko, gushidikanya, no
.kutizera

Reka tukwibuke kandi tugushimire, Mwami, mu bihe
by'ubukene n'uburumbuke, mu ndwara n'ubuzima bwiza, mu
mwijima no mu mucyo, no mu bihe byose Reka twibuke
twishimye iminsi y'imibereho myiza waduhaye Dufashe
gufungura amaso y'ukwizera kugira ngo tubone urumuri
rwawe rwiza, rukiza indwara zose n'indwara
Ndi kapiteni w'ubwato bwanjye bw'ibitekerezo byiza,
ubushake bwanjye bwiza, kandi igikorwa cyanjye
cy'ingirakamaro kizabyara umusaruro. Nzayobora ubwato
bw'ubuzima bwanjye, iteka nkomeza guhanga amaso ku
mubumbe w'amahoro ugaragara mu kirere cy'ibitekerezo
.byanjye byimbitse

Nzakoresha ubuhanga bwanjye bwo gutekereza neza
kugira ngo ngere ku ntsinzi muri byose nkora Imana
izamfasha ningerageza kwifasha

Uyu muni nzahinga ubusitani bw'ubuzima nshyizeho
imbaraga nshya kandi mbutere imbuto z'ubwenge, ubuzima
bwiza, kunyurwa, n'ibyishimo. Nzahira imbuto n'ukwizera no
kwiyizera, kandi nzategereza umugisha w'Imana
Ishoborabyose wo kumpa umusaruro ukwiye. Nubwo
ntasarura umusaruro niteze, nzakomeza gushima no
gushimira amahoro yo mu mutima aturuka mu kwihatira
.gukora uko nshoboye kose

Nzashimira Imana ko nshoboye gukomeza kugerageza
kugeza igihe nzatsindira, ku bw'ubuntu bwayo kandi
nzayishimira nigera ku cyifuzo cy'umutima wanjye,
nzaharanira gukora ibikorwa byiza kandi bikwiye gusa,
.nshaka ibyo Imana ishaka

Isi yuzuyemo inkubi z'umuyaga zisanzwe n'iz'abantu,
kandi Imana ni yo ngabo ikomeye n'ubuhungiro bukingira

inkubi z'umuyaga, inkubi z'umuyaga n'ibibi byo muri iyi si.

Aho Imana iri hose, nta bwoba cyangwa agahinda biba.
Umwizera nyakuri ahagarara ashikamye kandi atewe ishema
n'intambara y'ubuzima n'intambara y'ibintu, yizeye ko Imana
iri kumwe na we, imurinda ibyago kandi ntizamutererana na
gato. Bityo, ubwoba burashira mu mutima we kandi icyizere
.kiramufata, uburinzi budashobora gushyirwaho

Kudatinya bivuze kwizera Imana n'uburinzi bwayo, no
kwizera ubutabera bwayo, ubwenge bwayo, imbabazi zayo,
.urukundo rwayo, no kuba hose kwayo

Ubwoba butuma umuntu atakaza imbaraga ze zo mu
mutwe, bugapfukirana ubwenge bwe, kandi bugatuma
umutima we uhora uhindagurika. Byongeye kandi, ubwoba
bushobora gutera ibibazo by'umubiri n'indwara zo mu
mutwe. Aho kugira ngo umuntu agire imihangayiko no
kwifungirana mu mutwe, agomba kwiyeemeza ko arinzwe
n'Imana, Ibona Byose, Iyumva Byose, Ifite umutekano mu
gihome cyayo kidacika, kandi ikikijwe n'imbabazi zayo
.n'ubwitonzi bwayo

Haba mu ishyamba rya Afurika, ku rugamba, urwaye
cyangwa ukennye, umuntu agomba kwemeza ko ukuboko
kw'Imana gukomeye kurusha akaga ako ari ko kose kandi ko
gushobora kurinda abashaka kuyihungiraho Nta bundi buryo
bwiza bwo kuyirinda buhari Birumvikana ko umuntu agomba
gukoresha ubwenge mu guhangana n'ibintu mu gihe ari
nako yizeye ubufasha bw'Imana mu buryo bwuzuye Kwizera
ntibivuze kuba umuntu utagira icyo akora cyangwa ngo
akore ibidakwiriye mu gihe cy'amakuba. Ahubwo, uko byaba
bimeze kose, umuntu agomba kwemeza ko Imana yonyine
ari yo ishobora gufasha mu bihe bigoye kandi bigoye iyo
umuntu ayihindukiriye n'umutima we wose, ubugingo bwe
.bwose, n'ibyumviro bye byose

Iyo ingorane zije nk'inkubi y'umuyaga, ntitugomba
kuzireka ngo ziduce intege cyangwa ngo zitwibagize
icyerekezo cyacu gisobanutse neza n'uburyo bwacu bwo
gutekereza neza. Ahubwo, tugomba gukomeza kwizera
Imana no kumva neza icyiza n'ikibi, kandi tugaharanira
gushaka inzira yo kubivamo. Dufashijwe n'Imana,
tuzabibona. Amaherezo, ibintu bizagenda neza kuko
imbaraga n'ibitangaza by'Imana byihishe inyuma
y'ivuguruzanya ry'ubuzima bw'abantu. Abatemera ko ibintu
bidashoboka, ahubwo bakagerageza kwinjira mu ruzitiro
bakoresheje ubwenge bwabo n'ukwizera kwabo, bazasanga
urugi rubakinguriwe—urugi buri wese uwizera akomanzeho

Ubuzima buri mu mwijima, kandi rimwe na rimwe
turagwa tugatinda kuja imbere Tugomba kureka umucyo
w'Imana ukaba itara rituyobora mu gihe tunyura mu nzira
z'umwijima z'ubuzima. Imana ni ukwezi kuzuye mu ijoro
ry'ubujiji n'umwijima, ni izuba ry'urumuri mu masaha yo
gukanguka, urumuri rw'ubuyobozi, n'inyenyeri iyobora
.abanyura mu nyanja z'ubuzima bw'isi, bumara igihe gito

Ibibazo bizakomeza kubaho mu isi, none se umuntu
ashobora kwerekeza he kugira ngo ahabwe ubuyobozi
n'icyerekezo? Ibitekerezo bye, bigizweho ingaruka
n'imyitwarire, ivangura, ivangura, n'ubufana, ntacyo bimaze,
kandi ingaruka z'ibidukikije bye, umuryango we, igihugu cye,
cyangwa isi ye ntizishobora gutanga ubuyobozi nyakuri.
Bityo rero, umuntu agomba guhindukirira Imana no kumva
.ijwi rituje, rituje riva mu mutima we, ijwi rihuye n'ukuri

Itandukaniro riri hagati yo gutekereza mu bwenge no
kwisuzuma mu buryo bw'umwuka

Iyo umuntu yishyize hamwe n'ubumenyi
bw'imitekerereze, aba ameze nk'umwanditsi uagenda
asubiramo imigani n'amagambo meza, abandi bakabifata
nk'ababyize kandi bafite ubumenyi. Ariko ubwo bumenyi

ntibukomezwa no kubona ukuri mu buryo butaziguye,
cyangwa ngo buhuzwe no kugera ku byo mu mwuka. Ubwo
bwoko bw'ubwenge cyangwa ubumenyi butuma "umuntu"
yihambira ku bwenge bw'ibyumviro, ubwabwo bugamirwa
n'ibyumviro by'umubiri. Ubumenyi bw'imatekerereze
ntibushobora kubona ubumenyi bw'Imana, kandi ni byiza
kudapfusha ubusa igihe cy'agaciro ku bitekerezo
bidashobora gukoreshwa mu by'ukuri, kugira ngo umuntu
asange yazimiye mu ishyamba ry'ubwenge rinini,
.adashobora kurenga inyigisho

Iyi gahunda ntabwo izayobora ku kumenya ukuri kuko
ukuri kurenze ibitekerezo n'inyigisho, kandi benshi mu
.bakurikiza ubu buryo bagengwa n'imyanzuro yabo bwite

Iyo umuntu akoresha ubushobozi bwe bwo gutekereza
gusa kugira ngo abone amafaranga n'ibintu bifatika,
ubwenge bwe buzakururwa n'isi y'ibintu bifatika kandi
bugafatwa n'ibintu bigoye bitagira iherezo. Bityo, abantu
b'abanyabwenge bavuga ko umuntu adakwiye kwiyegegurira
ubushobozi bwose bw'ubwenge Imana yamuhaye kugira ngo
akurikirane ibintu by'akanya gato, kugira ngo atazimira mu
buryo bw'ibintu bidasanzwe kandi yirememo inzitizi
n'imipaka bitari ngombwa. Ahubwo, bagomba gukoresha
ubushobozi bwabo bwo gutekereza kugira ngo babone
ibikenewe mu buzima kandi baharanire guteza imbere
ubushobozi bwabo bwo mu rwego rw'umuco kugira ngo
batandukane hagati y'icyiza n'ikibi, n'icyangiza n'icyagirira
akamaro Iyo bakuze ubwenge bwabo bwo mu mwuka,
bazashobora kumva Imana muri bo no kumenya ukuri
kw'umwuka kwihishe inyuma y'udupfundikizo tw'ibintu
bifatika. Iyi mimerere yitwa kwisuzuma mu buryo
.bw'umwuka

Uko impungenge zacu zaba ziri kose, Imana igomba
guhora ifata umwanya wa mbere mu buzima bwacu Kimwe

mu bintu by'ingenzi mu gukura mu mwuka ni uguhorana
umubano uhoraho n'Imana, aho uzabona impinduka nziza
.kandi nziza zizagutangaza cyane

Iyo umuntu ashaka kureba igitaramo, cyangwa kugura
imyenda mishya cyangwa imodoka nshya, si ukuri ko
ubwenge bwe buhora buhugiyemo? Ku bijyanye n'ibyo bintu
n'uburyo bwo kubigeraho cyangwa kubibona? Ntazaruhuka
kugeza igihe asohoje ibyifuzo bye, kandi azakomeza gukora
.cyane kugira ngo agere kuri ibyo byifuzo

Bityo, ubwenge bw'umuntu bugomba kwibanda ku
gutekerezwa ku Mana, hanyuma ibyifuzo byose bito bito
bizahinduka bibe icyifuzo gikomeye cyo kumva Imana no
.kuvugana na yo

Iyo ubwenge bubwira Imana ijwi rivuye ku mutima kandi
rishyushye rituruka mu mutima w'umutima urarikiye

Umuhamagararo w'ubugingo uzagera ku mutima w'isi
yose, kandi igisubizo kizaza, kizana ibyishimo byinshi

Gusuhuza mu bitekerezwa bitera imbaraga zo gukora
ubushake, kugeza igihe uzaba ufite imbaraga zihagije zo
.kugera ku ntego wifuza

Iyo ubwenge bw'umuntu n'ubushake bwe bihuye
n'Imana, aba afite imbaraga zitagira imipaka, ku buryo
gutekerezwa ku kintu gusa biba bihagije kugira ngo kibeho,
kuko amategeko y'Imana akorera ku bw'abemeranya
.n'ubushake buhebuje

Ibintu byose bitangaje nagezeho mu buzima bwanjye
byagezweho binyuze mu mbaraga z'ubwenge buhuje
n'Imana. Iyo igikoresheye cy'Imana kirimo gukora, icyo nifuza
cyose kirasohora nta gutandukana, kibanza gufata ishusho
nk'igishushanyo kitagaragara, gishingiye ku bushobozi

hanyuma kikagaragara mu by'ukuri n'imbaraga
.zidasubirwaho

Ibanga ryo gukura

Dukura mu bunararibonye bwose tunyuramo, igihe
cyose tuzi neza ko dushobora kubigiramo amasomo
y'ingirakamaro. Kuko buri bubabare n'imibabaro duhura na
.byo bifite icyo bisobanuye n'icyo bigamije

Nubwo ibigeragezo bikomeye, bimeze nk'umuriro
ushongesha amabuye y'icyuma, ukayahindura icyuma cyiza,
gikomeye, kandi gikoreshwa mu buryo butandukanye.
Ubwenge dukoresha mu muriro utwika w'uburambe ni ikintu
gitangaje. Ubuzima buradutunganya, bugahindura kamere
zacu z'ibanze mo ibintu by'agaciro, butuma tubana
n'ubugingo butunganye nk'amabuye y'agaciro, bukomeye
nk'icyuma, ariko bugahinduka kandi bugakomeza gukomera,
.butinyutse mu gihe cy'ibibazo n'ingorane

Iyo tubonye amasura yahinduwe nabi n'uburakari, afite
inkovu z'ubugome, amaso yabo atuma twifuza kwirukana
ububi mu mitima yacu—ubugingo butagizweho ingaruka
n'imigambi mibi n'inzika zikomeye zihishe ishusho nziza
y'Imana iri muri twe, nk'uko ivu rihumanya indorerwamo.
Ibikorwa bibabaza by'abandi bigomba kubyutsa muri twe
icyifuzo cyo kunoza imyitwarire yacu no kwifata, kugira ngo
tube abagenga b'irari ryacu ritagengwa, aho kuba imbata
.zaryo

Amagambo meza ni umuti utangaje w'indwara nyinshi,
afite imbaraga zikomeye, hafi ya za gihanga, zikurura
imigisha myinshi n'ubutunzi ku bavuga. Abakoresha
amagambo ahumuriza kandi yoroshya bumva umugezi
utemba muri bo nta nkomyi, wuzuyemo ituze ryinshi. Ibi
biterwa nuko uwo mugezi uhujwe n'isoko yawo yo hejuru,
ihora itemba kandi ihora igera ku bantu mu buryo buhuje

nayo. Hanyuma bazashobora kohereza uyu mugezi
.w'ibyishimo ku bantu bifuza amahoro

Buri munsu, umuntu yireba mu ndorerwamo kugira ngo
arebe isura ye kuko ashaka kugaragara neza imbere
y'abandi. Mbega ukuntu ari ingenzi cyane ko ahagarara buri
munsi ari kumwe na we ubwe, akareba mu ndorerwamo
y'isesengura ry'imbere kugira ngo avumbure ibiri munsi
y'ubuso burabagirana! Kuko ikintu cyose gikurura inyuma
gikurura umuntu imbere kandi nta kintu na kimwe cyanduza
indorerwamo y'ubugingo nk'ihindagurika ry'imitekerereze
nk'uburakari, inzika, ishyari, n'urwango Umuntu wese
uharanira kwibohora kuri ibi bintu, bidasanzwe ku miterere
y'umwuka, azatuma urumuri rw'ubwiza bw'imbere ruturuka
imbere

Mu isesengura, twasanze ibibazo by'abantu ari bitatu:
hari ibibazo n'ibibazo byibasira umubiri w'umuntu, ibindi
byibasira ubwonko, n'icyiciro cya gatatu gifunga inzira
.z'ubugingo

Indwara, ubusaza, n'urupfu ni ingorane n'inzitizi umubiri
uhura nazo. Indwara zo mu mutwe, ariko, zinjira mu bwenge
binyuze mu gahinda, ubwoba, uburakari, ibyifuzo
bihagaritswe, inzika, urwango, gutwarwa
n'amarangamutima, gushyuha gukabije kw'imitsi, na kanseri
yo mu mutwe igabanya ubushobozi bwo mu mutwe. Ariko,
indwara iteye akaga cyane ni indwara y'ubugingo, igaragarira
.mu bujiji, aho izindi ndwara zose zikomoka zikanakwirakwira

Hari icyiza kiruta ikibi ku isi

Iyo gushidikanya kujegajega, twagombye kwibuka
ubuzima bw'abantu bakomeye. Nibyo koko turi abantu, ariko
Imana yaduhaye imbaraga zidasanzwe tudakunze
gukoresha. None se kuki dutinya gusaza, indwara
n'agahinda? Tugomba gukora uko dushoboye kose kugira

ngo twite ku mibiri yacu, ariko ntidukwiye kugwa mu bwoba
.cyangwa ngo twihishe mu mirundo y'ubujiji

Umubiri si umuntu wese

Icyiza kiruta ikibi muri iyi si kuko Imana ari yo mbaraga
z'ikirenga. Ariko iyo ikibi kidugezeho, twibwira ko nta
.bubasha dufite bwo kukigenzura cyangwa kukivamo

Inkubi z'ibibi zizapfa, ariko dushobora gutsinda ingaruka
.zabyo no kuzitsinda

Ntabwo twahawe ubuzima ngo tuburimbure, ahubwo
twahawe kugira ngo dusobanukirwe iby'iteka ryose, kandi
tugomba kwibuka uku kuri

Udafite ubwisanzure bwo gutekerezwa, umuntu
ntashobora kwigaragaza mu buryo buboneye, butunguranye,
kandi busanzwe. Wibuke ko ufite umudendezo w'ibanze.
.Imbaraga z'ubushake zihora zigenga

Iyo ukoresheje ubushake bwawe neza, bizaguha karma
nziza, ariko abantu benshi ntibashaka guhinduka kandi
ntibashaka gushyiraho imihati, bityo bagwa mu bibazo kandi
.ntibashobore guhangana n'ibibazo

Gukora icyo umuntu ashaka cyose si ubwigenge, kuko
abantu bayobowe n'ibyifuzo byabo, bityo ibikorwa byabo
ntibishobora kwitwa ubwigenge na gato. Ubwigenge nyakuri
busobanura gukora byose ufite ubushake buyobowe
n'ubwenge. Umuntu ashobora kugenzura ingaruka z'ibikorwa
bye bya kera, bizabikurikira nta kabuza, niba abyutsa
ubushake bwe akabukoresha mu bikorwa byiza kandi
by'ingirakamaro. Iyo ukora ibikorwa byawe ufite ubwenge
n'imbaraga, imbaraga z'ibikorwa byawe bibi bya kera
zizagabanuka kandi ingeso zikomoka ku bikorwa byawe
.byiza zizakomera

Duhora twifuza ibyo tubura kandi tugakunda ibintu bitari
ngombwa Iyo ikintu kidufashe, dutakaza uburenganzira
bwacu bw'agateganyo Nk'uko Abanyaburasirazuba
bakoreshwa n'imigenzo ya kera, ni ko Abanyaburasirazuba
bakoreshwa n'iyi muri iki gihe. Twihangira iherezo ryacu
.kandi tukarihambiraho

Kuki umwana umwe avukira mu muryango mubi undi
akavukira mu muryango mwiza? Buri wese muri bo
yakoresheje umudendezo we kugira ngo abeho mu buryo
runaka mu gihe cyashize (mu buzima bwabanye) bityo
.yishyira mu mimerere nk'iyi muri ubu buzima

Nta mudendezo nyakuri ubaho udafite Imana Tugomba
kuyitekerezaho buri gihe Uko impungenge zacu n'ibitekerezo
byacu byaba biri kose, Imana igomba gufata umwanya wa
mbere mu mitima yacu, kandi niduhuza nayo by'ukuri,
tuzahabwa ubushobozi bwo gusohozza ibyo tugomba, igihe
.icyo ari cyo cyose, tubifashijwemo n'Imana

Inama ku mwigishwa

Umwe mu banyeshuri yasabye mwarimu Paramhansa
inama zo kwiteza imbere, aramubwira ati: Niba ushaka
gukundwa Tangira ukunda abandi bakeneye urukundo
rwawe

Kandi niba utegereje ku bandi, babere indahemuka
kandi ube indahemuka kuri bo kugira ngo bakubere
.indahemuka

Niba wifuza gukumira abandi gukora nabi no mu buryo
bw'uburiganya, ntukemere ko uburiganya bwinjira mu
.bitekerezo byawe, kandi ntugakore ibintu byangiza abandi

Niba ushaka ko abandi bakwishyira mu mwanya wawe,
tangira ubereka impuhwe kuri bo, cyane cyane ku bo
.bagukikije

Niba ushaka ko abandi bakubaha, ugomba kubaha
.abato n'abakuru

Niba ushaka amahoro ku bandi, ugomba kubaho mu
bwumvikane

Niba ushaka ko abantu baba abanyadini, ba umuntu
w'umwuka kandi ureke abandi bumve ko uri icyitegererezo
.cyiza kandi ko bashobora kukwiringira no kukwizera

Muri make, icyo ushaka ko abandi bagaragaza Kimwe
mu byiza ni ukubanza kubyerekana mu buzima bwawe,
.kandi uzabona ko abantu bazakwitwaraho kimwe

Niba ushobora kumenya ahantu mu buzima bwawe
hakenewe kunozwa udacitse intege cyangwa ngo ugire
ikibazo cyo kwiyoroshya, kandi niba uhora ukora ibishoboka
byose kugira ngo wongere imico yawe, igihe umara kuri ibi
kizaba cyiza cyane kuruta uko wapfusha ubusa icyifuzo
cyawe cyo kwiyoroshya. Urugero rwawe rwiza n'imyitwarire
myiza bifite imbaraga zo guhindura abandi kuruta ibyifuzo
.byawe, uburakari, n'amagambo gusa

Uwiteka, uri isoko y'ibyiza byose n'inkomoko y'imbaraga
zose. Duhe umugisha kugira ngo tugaragaze imigisha yawe
kuri twe mu buzima bwacu, mu byifuzo byacu by'ubwenge,
no mu miterere yacu y'umwuka. Uri urumuri mu nyenyeri,
imbaraga mu matome, ineza mu mitima, n'ubwiza mu kuri.
Dufashe kuzura imbaraga zawe zihebuje, ubwenge bwawe
.butagira imipaka, n'ukuri kwawe kutagira imipaka

Mwami, tumenye ko uri isoko y'ubuzima, inyanja
y'ubuzima, n'isoko y'ubwenge bwose n'ubumenyi. Utubohore
mu bujiji n'ingaruka zabwo, mu bwoba n'imihangayiko, kandi
ureke ubwenge bwawe bukureho imyanda yose n'ibisigazwa
.mu buzima bwacu

Kuraho, Nyagasani, imyenda itwikiriye isura yawe,
tukubone nk'urumuri rumurika cyane, nk'izuba ritabarika riri
mu iherezo ry'ubuzima bwacu, tukumve nk'imbaraga ihora
ivugurura ihumeka ibitekerezo byacu, igatunga roho zacu,
.igashyigikira imibiri yacu, kandi igasohozza inzozu zacu

Amina

Abantu benshi ntibazi impamvu Kuva aho bari ku isi,
bizera ko intego y'ubuzima ari ugusohozza ibyifuzo byabo,
kubona ibya ngombwa mu buzima, gushaka ibinezeza no
.gukundwa n'abantu, hanyuma bakiyegurira uwa nyuma

Abantu batangira ubuzima bwabo Abategura
porogaramu bafite ibyifuzo n'ibyifuzo byihariye
bitaragezweho mu bihe byashize Kandi bagerageza -
bakoresheje ubushake buke basigaranye - Bigana ibyifuzo
n'ibikorwa by'abandi, niba bifatanyaga n'abacuruzi, bifuzaga
kumera nka bo, kandi niba bifatanyaga n'abahanzi, ubuhanzi
buba byose kuri bo

Imana ishaka ko tuba abantu bashyira mu gaciro muri
iyi si Yaduhaye inzara idusaba gukora kugira ngo tuyihaze,
ariko gushaka ibiryo, aho kuba, amafaranga n'ibintu gusa
.bivuze ko umuntu yibagirwa isoko y'ibyishimo bye

Nibyo koko tugomba gukora kugira ngo tugere ku byo
dukeneye kandi duharanira kugera ku ntego zacu zemewe,
ariko mbere ya byose, tugomba gukingurira Imana imitima
yacu no gushaka ubuyobozi bwayo no kwemerwa nayo mu
byo dukora byose. Hanyuma tuzatsinda mu ishuri
ry'ubuzima, kuko tuzahabwa ubuyobozi n'Umuyobozi Mukuru
akaba n'Umutanga uzi ibyo dukeneye n'ibidukwiriye. Bityo
rero, tugomba kuyiringira no kuyigandukira mu bushake
.bwayo bw'ubwenge

Kuva mu biganiro byatanzwe n'umwarimu

Paramahansa

Iyo ibyishimo by'imbere mu mutima bipfukiranywe
n'uruhererekane rw'ibinezeza by'igihe gito, urumuri
rw'izahabu rw'umwuka ruragabanuka, kandi ubushobozi
bw'umutima bugaragara bwihishe inyuma y'ubucucike
bw'ibintu Iyo ubwenge bw'umuntu bukururwa n'ishyari
n'ishyari, kandi bugatwikirwa n'ibicu by'ubwoba
n'impungenge, aba umunyamubabaro, umunyamubabaro,
kandi agatsindwa Ariko iyo umuntu yerekeje ibitekerezo
bimwe ku rukundo, amahoro n'ubwumvikane, agira
.ibyishimo bikomeye

Roho yumva ibyishimo iyo ivuye ku byifuzo by'umubiri
bivanze n'imibabaro n'agahinda ikajya ku mico igaragara
.y'umwuka, yuzuyemo ibyishimo bihebuje

Iyo roho yinjiriye mu byishimo bikomeye byo mu isi, iba
itagishishikajwe no gukurikirana ibyishimo byo hejuru kandi
ikaba itabasha kubona ibyishimo byo mu buryo bw'umwuka.
Benshi bashobora kuvuga ko kureka ibinezeza byo mu buryo
bw'umubiri bisa nkaho bidashoboka muri iyi si cyangwa mu
gihe babana n'abantu ibitekerezo byabo bishingiye gusa ku
bintu by'umubiri. Ariko, ntabwo ari ngombwa ko umuntu
usanzwe areka isi agasubira mu misozi no mu mashyamba
kugira ngo abone ituze n'amahoro. Ahubwo, bagomba
kuguma muri iyi si badaretse ngo imigezi yayo ikomeye
.ibakureho, kugira ngo barengerwe n'imiraba y'ubu buzima

Umuntu ntagomba kuba umuntu urangwa n'ibitekerezo
bibi ku bimukikije, kandi icyo gihe ntagomba kwemera ko
ibintu by'umubiri bimuhuma amaso, kugira ngo atazatakaza
kamere ye y'umwuka maze ntashobore kuryoherwa
.n'ibyishimo no kubona urumuri rw'Imana
Ubuzima, hamwe n'ishingiro ryabwo, ibice byabwo,
n'intego zabwo, ni ikibazo kigoye kumva ariko ntabwo

kidashoboka kugikemura, kandi hamwe n'imatekerereze yacu
igenda itera imbere, dukemura amabanga amwe n'amwe
.buri munsu

Ibikoresho bishingiye ku mahame ya siyansi nyayo muri
iki gihe biratangaje rwose, kandi ibyo siyansi izana biduha
ishusho isobanutse neza y'uburyo ubuzima bushobora
kunozwa. Nubwo hari ibikoresho byose, ibihangano,
n'ingamba dufite, turacyasa nkaho turi nk'ibipupe biri mu
maboko y'amateka, kandi inzira iracyari ndende Mbere yuko
.tubahohotewe kuyoborwa n'ibidukikije

Nta gushidikanya, kubaho dukurikije kamere si
ubwisanzure. Ubwenge bwacu bushishikaye burarengerwa
kandi bugafungwa n'ibyiyumvo byo kutagira icyo dukora iyo
twumva ko turi abagwiririwe n'imyuzure, inkubi y'umuyaga,
cyangwa imitingito, cyangwa iyo ibintu bitubayeho - nta
mpamvu yumvikana - abacu dukunda hafi y'imitima yacu.
Hanyuma tukamenya ko tutageze ku ntsinzi nyinshi, kandi
ko tutashoboye gutsinda ibintu bibi. Nubwo twashyizeho
imihati yose kugira ngo ubuzima bube uko tubyifuza, hari
ibintu bimwe na bimwe bizahora bigaragara kuri uru rwego
rwo ku isi, n'ibintu biyobowe n'ubwenge bukomeye tutazi
byinshi, bukora butishingikirije ku bitekerezo byacu
n'ubushake bwacu. icyiza dushobora gukora ni ugukora no
.kunoza bimwe na bimwe

Duhinga ingano tugakora ifu, ariko se ni nde waremye
imbuto ya mbere? Turya umugati ukozwe mu ifu, ariko ni
nde wahaye imibiri yacu ubushobozi bwo kuyisya? Kandi se
?twahindura dute ibiryo mu intungamubiri

Mu mfuruka zose z'ubuzima Hagaragara ko hari
ukuboko kw'Imana gukenewe cyane. Ntidushobora gucunga
imirimo yacu tudafite, kandi dufite icyizere cyose. Ntituzi
igihe umutima uzakagarara gukora. Bityo rero ni ngombwa
kwishingikiriza ku mbaraga z'Imana zihebuje no

kwishingikiriza ku muntu wacu wo hejuru, ukomoka kuri
.ubwo bubasha bwose dukurikiza

Tugomba kugira ukwizera kuzira ubwibone, kandi
tukagenda mu nzira z'ubuzima dufite icyizere

Nta bwoba n'umushyitsi, nta mibabaro n'ifungwa

Kurwanya allergie

Gutsinda uburyo bwo kumva ibintu neza ni ubuhanga
buhambaye, kandi kugenzura uburyo umuntu yihutira
gusubiza ni ingenzi kugira ngo umuntu agire imico iboneye
.kandi yuzuye

Ubwibone buturuka ku kutumvikana, kwisuzugura,
ubwibone bukabije, n'ubwikunde bukabije

Iyo umuntu atekereje ko ibyiyumvo bye byamubabaje,
icyo gitekerezo gishinga imizi mu mutwe we, kikangura
imitsi ye, hanyuma ikagira intege nke maze ikarakaza.
Uburakari bugatangira mu mutima we bitewe
n'amarangamutima yakomeretse. Ariko, hari abantu bafite
ubushobozi bwo kugenzura amarangamutima yabo, bityo
ibimenyetso byabo byo hanze ntibigaragare nubwo hari
uburakari bwinshi bubarimo. Abandi bagaragaza uburakari
bwabo binyuze muburyo bwihuse, bugaragara mu mitsi
y'amaso yabo no mu maso, ndetse no mu buryo
.butunguranye, butanga amakuru

Amarangamutima akabije agira ingaruka zikomeye;
arushaho kugorana kandi agatera ubwumvikane buke bugira
ingaruka mbi ku bandi

Hagomba gushyirwaho imbaraga zo kwifata no gutuza,
bigatera imbere ikirere cy'ubwumvikane n'ubwumvikane
bitera amahoro aho kugira imihangayiko no kwirukana
umwuka w'imihangayiko Abazabikora bazaba abahanga mu

by'ejo hazaza habo kandi bazahembwa icyubahiro n'ishimwe
.n'icyubahiro n'ababakikije

Ubwibone bukabije ni ikintu abantu benshi bahuriyeho,
kandi iyo iki kinyabupfura kidasobanutse kigurumana,
gihuma amaso y'ubwenge kandi kigapfukirana amaso
y'ubwenge. Ikirenze ibyo, umuntu ufite ubwitonzi bukabije
yibwira ko atekereza, yumva kandi akora neza, mu gihe mu
!by'ukuri imyitwarire ye ishobora kuba itari yo rwose

Abantu benshi bizera ko bagomba kwigirira impuhwe iyo
banenzwe, kandi ko kwigirira impuhwe bibaha ihumure.
Ariko kimwe n'abasinzi b'ibiyobyabwenge, uko barushaho
.kubiyihanganira, niko ubusinzi bwabo burushaho gukomera

Umuntu ufite ibyiyumvo bikomeye akunze kubabara
bitari ngombwa Akenshi nta muntu uzi icyamuteye
akababaro cyangwa imiterere y'akababaro ke, bigatuma
agira agahinda kenshi mu kwishyira mu kato. Nta kintu na
kimwe gishobora kugerwaho mu kwibanda ku bitutsi
cyangwa kunengwa bucece. Ni byiza cyane gukemura
impamvu nyamukuru z'ubwo burwayi binyuze mu
.gusesengura no kwifata

Ubwo bwoko bw'allergie idafite akamaro bugira ingaruka
zikomeye; burya umutima nk'umuriro kandi bugasenya
ingingo z'amahoro. Bityo, bugomba gukemurwa mu buryo
bw'ubwenge, mu buryo bwumvikana, kandi bufite ubushake
.buhamye

Nkora cyane kugira ngo nkorere buri wese, ariko iyo
nisubiye inyuma kugira ngo ntekereze, sinshobora
kwemerera umuntu uwo ari we wese kubangamira
ibitekerezo byanjye. Ibindi bintu bishobora gutekereza, ariko

gahunda yanjye ya buri munsu n'Imana ntigomba
.kwirengagizwa cyangwa ngo yirengagizwe

Mbere yo gukora ikintu icyo ari cyo cyose, hagarara gato
utekereze witonze ku ngaruka n'ingaruka zabyo ku bwenge
bwawe, umubiri wawe, na roho yawe. Ibikorwa biyobowe
n'agahato si ukwibohora, kuko ibikorwa binyuranyije
n'amategeko y'ubwumvikane n'iterambere bizabangamira
umuntu. Ibinyuranye n'ibyo, ibikorwa byemejwe
n'ubushishozi kandi bikurikije umutimanama w'umuntu ni
.byiza kandi bitanga umudendezo

Iyo uhisemo gukora ikintu cyiza, cyangwa kwirinda
gukora ikintu kibi, kandi ugakomera kuri icyo cyemezo kandi
ugakora ibikwiye, menya ko umugabane wawe
.w'ubwisanzure ari mwinshi

Imana ishaka ko dukoresha uburenganzira bwo
guhita twahawe kugira ngo tuyishakishe kandi tuyibone,
ariko ntishaka kutwishyiramo

Icyifuzo cyo kwegera Imana no kuyimenya ntikiza
ubwacyo, ahubwo kigomba gushyirwamo imbaraga no
gukuzwa. Nta cyifuzo icyo ari cyo cyose, ubuzima nta gaciro
.cyangwa uburyohe buba bufite

Reka ubushishozi bwawe bwo mu mwuka buyobore
imitekerereze yawe kandi intsinzi izagukurikira aho ujya
hose

Nyeguriye Imana ijwi ryanjye, amaboko yanjye, ibirenge
byanjye, umutima wanjye, umubiri wanjye,
amarangamutima yanjye, ubushake bwanjye na byose

Urukundo ni intwari y'umwuka irangiza intambara zose

Hirya y'iyi si hari isi itagira imipaka aho tuzongera
.guhura n'abo twibwiraga ko badusize burundu

Ubu buzima bwo ku isi buhora buhinduka agahinda
gakurikira agahinda, amayobera ku mayobera. Iki
kimenyetso kigaragara mu butayu bw'ubwenge bwacu
kigomba kuvaho, kandi tugomba gukangura twebwe ubwacu
.kuva muni y'umwenda munini w'ibintu

Ntugerageze gushingira ibyiringiro byawe kuri ubu
buzima Ingwate yawe iri he? Uba ufite umutekano gusa iyo
uhungiyeye mu bumenyi bw'Imana

Ishingiro ry'ubugingo rimeze nk'izahabu ya kera
yahishwe muni y'ubutaka Iyo ubutaka bukuwe muri zahabu
bukagezwa n'amazi yo gutekerezaho, bucya bugashya kandi
.bukagira isuku n'ubuziranenge

Uwiteka, reka turebe ibyiza, dutekereze ibitekerezo
bizima, kandi twifatanye n'abafite imico myiza. Dufashe
kugutekerezaho no kugutekerezaho, wowe soko y'ubutungane
.bwose n'inkomoko y'ibyiza byose

Ubwigenge ku ntege nke

Uburyo bwiza bwo gutsinda intege nke ni ukureka
kuzitekerezaho; bitabaye ibyo, igitekerezo cy'intege nke
kizarenga ubwenge bwawe kandi kigenge imbere yawe Iyo
twinjije umucyo muri twe, umwijima uzashira nk'aho utigeze
.ubaho

Icyo gitekerezo kimpa imbaraga zidasanzwe
Iyo urumuri rwinjijwe mu buvumo bwari bumaze imyaka
ibihumbi butwikiriwe n'umwijima, umwijima uhita ushira. Mu
buryo nk'ubwo, intege nke n'amakosa birashira iyo
twemereye urumuri rw'Imana kwinjira mu bwenge bwacu,
kandi umwijima w'ubujiji ntushobora kugumaho. Iyi ni
.filozofiya tugomba kubahomo

Gutinda ntacyo bimaze Uruziga rw'ubuzima
ntiruhagarara, kandi iminsi y'ubuzima bwacu ihita vuba Buri
munota dukoresha dutekerezwa neza kandi dukora neza ni
.ishoramari ryiza kandi ryunguka mu byishimo byacu

Abantu benshi bamara ubuzima bwabo bwose
batekerezwa ku mafaranga, igitsina, n'icyamamare, kandi
ntibakunze kwibanda ku bintu by'ingenzi bibazanira amahoro
yo mu mutima no kuzamura ubumenyi bwabo ku rwego rwo
.hejuru

Uko uruhare rw'umuntu rwaba ruciriritse kose, afatwa
nk'uwatsinze mu maso y'Imana iyo azi gukoresha umwanya
we neza no kwerekeza ibitekerezo bye mu cyerekezo
.gikwiye

Iyo umucyo w'Imana umurikiye umuntu, ntabwo yumva
ko hari icyo akeneye kuko ibyishimo bimurenze bisohoza
inzizi ze zose kandi bigatuma yumva mu mutima we ko ari
we mukire ukize kurusha abandi kandi ko ari we wishimye
.kurusha abandi bese muri ubu buzima

Umuyoboro w'urumuri

Abo ubwenge bwabo mu by'umwuka bukungurirwa
n'ibitekerezo biboneye, ibikorwa byiza, amarangamutima
meza, no gutekerezwa cyane bashobora kumva ko bavuye mu
mubiri mu gihe cy'urugendo rwabo rwo ku isi, yoga
ry'umwuka. Mu gihe cy'urugendo rwabo rwo ku isi, yoga
ikora imyitozo yo kubona inzira y'ijisho ry'umwuka ku
mupaka uri hagati y'ibintu n'umwuka, kandi mu gihe cyo
kuva ku isi, bashobora kwinjira muri iyi nzira imurika bakava
muri iyi si bakajya mu bwami bw'Imana butagira akagero
.bw'umucyo, ibyishimo, amahoro, n'ubwisanzure busesuye

{Umucyo ku wundi}

Itara ry'umubiri ni ijisho [ry'umwuka]

Niba ijisho ryawe ari rimwe

Ubwo rero umubiri wawe wose uzuzura urumuri

Kandi umucyo uca mu mwijima, ariko umwijima}

{ntiwawumenya

Kwita ku bandi ni ukumva agahinda k'abandi, kubegera,
kuvugana na bo, kugerageza by'ukuri kubahumuriza mu
byago byabo, kwishimira ibyishimo byabo, no gukora uko
dushoboye kose kugira ngo tubakureho ubwoba, ubukene
.n'imihangayiko

Umuntu ufite umutima wo gufasha abandi ntakora
akurikije imibare n'ibyo yiteze, ahubwo akoresha ubushishozi
bwe n'ubushishozi bwe kandi agafasha abandi, ashimira
Imana ku bw'intsinzi yagezeho. Iyo ananiwe rimwe cyangwa
inshuro nyinshi, ntabwo yumva acitse intege, ahubwo
arushaho kwiyemeza, akongera imbaraga ze agasubiramo,
agashakisha ibitekerezo bishya n'inzira, ayobowe n'umucyo
w'ubwenge, kandi agashaka ubufasha bw'Imana kugeza
igihe agereye ku ntogo ye kandi akagera ku mugambi we
.mwiza

Ukora kugira ngo abandi bagire ibyishimo Imana imuha
ibyishimo afite ihumure ryo mu mutima. Kandi iyo abuze
ikintu ku bw'abo agerageza gufasha, ntakibona nk'igihombo
kuko ku bw'ibyo abona ibyishimo by'Imana n'amahoro yo mu
mutima. Abaho kugira ngo akunde, akore, atange, kandi
.abiba imbuto z'ineza n'amahoro mu mirima y'abantu

Umuntu wese urenga isi ye bwite mu bitekerezo bye
n'amarangamutima ye yongera ubumenyi bwe, yongera
impuhwe ze, kandi yumva ko isi ari urugo rwe kandi ko
ubumuntu ari umuryango we. Amenya ko intego yo kubaho
kwe kuri iyi si ari ukwivugurura mbere yo kugerageza
kuvugurura abandi, kuko umuntu wese wivugurura afasha

abandi kwivugurura binyuze mu rugero rw'ubuzima bwe.
Ibikorwa bigira ingaruka zikomeye kandi bigira ingaruka
.zikomeye ku bugingo bw'abandi kuruta amagambo

Ahantu hagufi ho guhagarara

:Ubwiza bw'ukuri

Hari abantu bagerageza guhunga ibibazo byabo baseka,
ariko ubwo bwoko bwo guhunga busaba umutimanama
ukeye, udafite uburyarya n'uburiganya Iyo umuntu yitayeho
ubwe no ku bandi, kandi agakora ibintu mu buryo
bw'icyubahiro no mu bunyangamugayo, amaso ye
arahumura, kandi akabona urumuri rudasanzwe—urumuri
rw'ukuri rudashidikanywaho

:Ubunyangamugayo

Hari abantu bavuga ibintu byinshi bitwaje ko ari
inyangamugayo, ariko ntushobora kubwira buri wese ibintu
byose Iyo utanze inama n'ubuyobozi, hari abantu bumva
nabi amagambo yawe kandi ntacyo bungukira ku byo uvuga;
iki ni igikorwa cy'ubusa kandi ni igikorwa kidashimwa
Guceceka muri bene ibyo bihe ni byiza, ariko ibi
ntibisobanura guceceka ku makosa

:Kwishyira hamwe

Kwishyira hamwe ni byiza cyane Abantu benshi bazi
ukuntu bigoye kuba mu bwumvikane n'abandi, ariko se
wigeze utekereza kuba mu bwumvikane n'abandi? Biragoye
cyane, ariko birashoboka Iyo wisesenguye, uzabona ko uhora
uhanganye nawe Niba utikunda, ntuzakunda undi muntu
Kandi niba umuntu adahuje nawe, ni gute ashobora kuba mu
?bwumvikane n'abandi

Kwishyira hamwe ni ingenzi kugira ngo umuntu agire
ubumwe n'isi Bityo rero, ni ngombwa kwiha agaciro no

kwikunda, kuko ukwiriye urwo rukundo Umuntu agomba
kwikunda kuko Imana yaturemye ikaduha ubushobozi bwiza
Gukunda uyu muntu w'imbere, uyu mwuka wuzuyemo imico
myiza, bitera imbaraga zo kugira imyitwarire myiza kandi
bigasukura ubwenge ku byanduza n'umutima ku bubi
.n'inzika

:Gupima icyerekezo cy'ubuvanganzo

Umuntu ntashobora gushuka umutimanama we,
gushingira ku makosa ye, cyangwa guhunga ingaruka
z'imyitwarire mibi, kabone n'iyi yaba agiye mu wundi
mubumbe. Ingaruka z'ibikorwa bye zirajyana na we, kandi
umuntu agomba gukosora inzira ye no gukosora umurongo
ngenderwaho w'umuco kugira ngo urushinge rwayo ruhore
.rwerekeza mu cyerekezo gikwiye

Hari abantu baba mu mimerere mibi cyane nyamara
bakaba biyumvamo neza, abandi bakaba bafite amahirwe
yose n'ibyo bakeneye byose ariko bakaba bahora
bahanganye na bo. Bityo rero, umuntu ntagomba
gutegereza ko ibintu bihinduka. Yemeze ko umeze neza
.nubwo ibidukikije byaba bitandukanye n'ibyo wifuza

Umuntu wese wishyira mu maboko y'ibintu, ategereza
ko ibintu bihinduka, kandi gutegereza kwe kuzamara igihe
.kirekire

Bivugwa ko umugabo yavugaga indimi cumi n'umunani
neza, nyamara yari umukene cyane ku buryo atashoboraga
kubona itara ryo gusoma. Yajyaga mu mfuruka akicara
muni y'urumuri rwo ku muhanda kugira ngo asome. Mu
by'ukuri, ubushake butanga uburyo, bugatanga amahirwe,
bukongera icyizere, bugasohozza imirimo, kandi bugasohozza
.ibyifuzo n'inzozi

Gushyikirana nyabyo n'abazi Imana bishobora gukorwa
binyuze mu kubana nabo ubwabo, gusoma inyandiko zabo
mu buryo bwimbitse, cyangwa kubatekerezaho mu buryo
bwimbitse kandi burangwa n'ubucuti Ingingo y'ingenzi yo
kwibuka Ijyanye n'ubwenge bwabo, bujyanye n'Imana

Iyo duhuje ubwenge bwacu n'ubugingo bukomeye
bukunda Imana, ubwo bwumvikane buhindura ubuzima
bwacu buhoro buhoro mu buryo butangaje cyane. Ubwo
bwumvikane ntibushyira ubushake mu bucakara ahubwo
bwagura ubushobozi bwabwo kandi bugakomeza imbaraga
zabwo. Iri ni itandukaniro riri hagati yo kuba mu bwumvikane
n'abantu buzuye ubwikunde kandi bashishikajwe n'ibyo
bashobora kunguka, no kuba mu bwumvikane n'abakunzi
b'Imana n'abantu bagamiye gutanga no gukangura urukundo
rw'Imana mu mitima y'abahuye nabo. Ubuhanga bw'aba
bantu b'imigisha butuma tugirana isano ya bugufi
.n'ubuhanga bw'Imana

Tugomba kuzirikana ko nubwo duharanira guhaza ibyo
dukeneye, tugomba no gufasha abandi kubona ibyo
bakeneye no gusangira n'abatishoboye ibyiza byo mu
buzima bidutegereje. Twibuke ko turi igice cy'ingenzi
cy'umuryango mpuzamahanga kandi ko tudashobora kubaho
.tudafite uyu muryango mugari

Ubuzima bwaba bumeze bute hatabayeho ababaji,
abavumbuzi, abahinzi, n'abandi? Binyuze mu gutanga no
kwakira, no guhana serivisi, Imana ishaka ko dutekereza ku
bandi kandi tukabagirira impuhwe. Ni ikosa rikomeye kubaho
ku giti cyacu gusa tudekerekereza ku bandi. Iyo dutekerekereje ku
byishimo byacu, tugomba no gutekerekereza ku byishimo
by'abandi. Ntidusabwa gutanga ibyo dufite byose kugira ngo
umuryango w'isi yose ubeho neza, kuko ibyo bidashoboka.
Ahubwo, tugomba kugirira impuhwe abandi kandi tugakora

uko dushoboye kose kugira ngo tubafashe kandi
.tubagabanyirize imitwaro

Hari isano iri hagati y'intsinzi no hagati y'ibyishimo
.by'umutima, mu rwego rw'ibidukikije umuntu abamo

Intsinzi nyakuri ni umusaruro w'imyitwarire ijyanye
n'amahame yo gukiranuka, kandi irimo ibyishimo
n'imibereho myiza y'abandi nk'igice cy'ingenzi cyo kunyurwa
ku giti cyabo. Umuntu wese ushyira mu bikorwa iri hame mu
buzima bwe bw'umubiri, mu bwenge, mu by'umuco no mu
by'umwuka azasanga ubu busobanuro bw'intsinzi ari
.bwuzuye kandi bwuzuye

Abantu batekereza ku ntsinzi mu buryo butandukanye
bitewe n'intego zabo mu buzima. Hari igihe bamwe
bayigereranya n'ubujura, bavuga ibintu nk'ibi ngo "Ni
umujura watsinze!" Ibi bigaragaza ko atari ko gutsinda kose
.ari ingenzi; gutsinda kwacu ntikugomba kwangiza abandi

Ikindi kintu cy'ingenzi kugira ngo umuntu agire icyo
ageraho ni ukuzana ubwumvikane n'umusaruro mwiza, atari
kuri twe ubwacu gusa, ahubwo tugomba no gusangira ibyo
.byiza n'abandi

Kugera ku ntsinzi mu by'imari ntibisobanura gusa
kwishimira ibyo dukwiriye; bivuze kandi kugira inshingano
nziza zo gufasha abandi kwihangira ubuzima bwiza Umuntu
wese ufite ubwenge ashobora kubona amafaranga, ariko
niba afite urukundo mu mutima we, ntabwo azashobora
kuyakoresha mu buryo bw'ubwikunde; ahubwo, azasangira
.n'abandi ibyo afite

Amafaranga aba umuvumo mu maboko y'abantu
b'abanyanteye nke n'abanyamahane, ariko ni umugisha
.n'impano ku bafite amaboko meza n'imitima myiza

Roho nziza zikurura imitima myiza kandi zikayikurura

Tugomba kwigira gukunda bagenzi bacu nk'uko twikunda
no kwibuka ko turi hano muri ubu buzima igihe gito,
hanyuma tukajya mu yindi si, aho urwego rwayo rushingiye
ku rwego rw'imatekerereze yacu n'ubwiza bw'ibikorwa byacu
.muri iki gihe cyo ku isi

Abo dusangiye umuryango nyakuri ni bande? Ku muntu
w'umunyabwenge, buri wese ni umuvandimwe, kandi buri
wese ni "umuturanyi" Birumvikana ko umuntu
w'umunyabwenge ashobora gushishoza kandi akumva ko
nubwo izuba rimurikira akarabyo k'amakara na diyama,
diyama, itandukanye n'amakara, ifite ubushobozi bwihariye
bwo kwakira no kugaragaza urumuri neza. Umuntu agomba
gushaka incuti z'abantu bafite ibitekerezo
n'amarangamutima bisa n'amakarakandi bagomba guha
umwanya wo gushaka inshuti z'ukuri. Ababaho ubuzima
buzira umuze kandi bw'inyangamugayo bazakurura inshuti
zirangwa n'isuku n'ubunyangamugayo, mu gihe ababaho ku
bw'imatekerereze mibi badafite ubushishozi bazakurura
.inshuti zimeze nk'izo

Niba uha agaciro amahame meza n'amahame meza, ni
byiza kwirinda kwifatanya n'abantu batemera ayo mahame
n'amahame kandi bavanga ibitekerezo kandi bakabangamira
ibyiyumvo, kugira ngo imitingito yabo idagabanya urugero
rw'imitingito yawe. Ariko kandi, ntugakure umuntu uwo ari
.we wese mu rukundo rwawe

Byongeye kandi, umuntu ntagomba gutanga urukundo
gusa, ahubwo agomba no kugira amahoro, kugira ngo aho
agiye hose, areme ubwumvikane n'ituze, ahumurize abari
hafi ye kubera ubuntu bwe Nta muntu ushaka kwegera
inzoka ihumura nabi—mumbabarire iyo mvugo—buri wese
abyirinda. Mu buryo nk'ubwo, umuntu ufite ubwoba,
uhubuka, kandi ukunda impaka ararakaza kandi akabuza
abandi. Twifuza kumera nk'indabyo z'indabyo zitanga

impumuro nziza ishimisha umutima. Nimureke dukore
ibishoboka byose kugira ngo dukwirakwize impumuro
.y'amahoro n'imiya myiza aho tujya n'aho tuba

Ubwami bw'Imana ntiburi mu bicu cyangwa ahantu
runaka mu kirere. Buri hirya y'umwijima tubona iyo dufunze
amaso, kandi iyo dutekereje kandi tugasenga, ijisho
ry'umwuka riri mu gahanga rirakinguka muri twe, maze
tukabona umucyo mwiza kandi tukumva ibyishimo
bikwirakwira muri buri karemangingo k'umubiri, maze
tukumva ko umwenda ukuweho kandi ko urugi rwihishe
.rufunguye mu bwami bw'Imana

Imana ni ibyishimo bihora bishya, ibyishimo bikubiyemo
byose Tugomba kumva turi kumwe n'ibyo byishimo biba
.muri twe kandi bikikije ubuziraherezo

Hirya y'imbibi z'ibintu birebire, hari ubwenge butagira
umupaka, bukubiyemo byose, burenze ibisobanuro mu bwiza
bwabwo bwose, ubunini, n'ubudashyikirwa. Ubu ni ubwami
bw'ijuru, ibyishimo by'iteka, bitagira umupaka kandi bitagira
.iherezo

Iyo ibyo umutima utekereza byagutse, kandi ukumva ko
uhari hose, noneho wifatanya n'umwuka w'Imana

Icyubahiro kibe ku Mana Itagira Umupaka, yicaye ku
isanzure, aho ijuru rihurira n'inyanja, n'icyubahiro kibe ku
Mana Itagira Umupaka, yicaye ku mahoro ari muri twe;
twibanda ku Mana Itagira Umupaka iri imbere, dushobora
.kubona imbaraga zayo zitagira umupaka

Ubumenyi buboneka mu kwigira ibitabo cyangwa ku
bantu ni ubumenyi buke, mu gihe ubumenyi buboneka
buturutse ku Mana butanga imbaraga z'ubwenge, ubwiza
.bw'icyizere, ituze ry'umutima, n'amahoro y'umutima

Mwami, nyigisha gusenga nshyizeho umutima cyane no
kuvanga gutekereza cyane n'ibyo nshaka bivuye ku mutima,
kandi umutima wanjye wezwe buri munsu n'urukundo
.rwanjye rutunganye nkunda wowe

Kwibohora ku nzitizi za karma

byaba ibyo mu mutwe cyangwa ku mubiri, ibyo ,
umuntu azi cyangwa ibyo atazi, bigira ingaruka ku buzima
bwe Ibikorwa bya kera si ibyakozwe mu minsi, amezi,
cyangwa imyaka ishize gusa, ahubwo ni n'ibikorwa byo mu
.buzima bwa kera

Wari warapfuye, kandi yaguhaye ubuzima; hanyuma
azabatera gupfa, hanyuma azabaha ubuzima bundi bushya;
hanyuma muzasubizwa kuri we

Ingaruka nziza n'ibibi by'ibikorwa by'umuntu Mu buzima
bwe bwa none, ibi bimenyetso biguma bibitswe mu buryo
budafite icyo buvuze cyangwa mu buryo busobanutse, kandi
ingaruka umuntu afite (cyangwa roho ye) zo mu buzima bwe
bwa kera ziba zisinziye nk'imbuta mu buryo budafite icyo
buvuze, zitegereje imimerere ikwiye yo kumera no gukura
mu gihe runaka cya karmic Itegeko rya karma, rihuza ibintu,
rikubiyemo ibikorwa n'ingaruka, impamvu n'ingaruka, kubiba
no gusarura

Buri muntu ashiraho iherezo rye binyuze mu bitekerezo
bye n'ibikorwa bye, kandi imbaraga asohora, zaba ari
iz'ubwenge cyangwa iz'ubupfapfa, nta kabuza ziragaruka
nk'aho ari ho ahera, nk'uko uruziga rwiuzura neza [Ikibazo
ni] ugomba guhangana n'ingaruka zitazibagirana z'ibikorwa
bye bya kera, cyangwa ni iki cyitwa gushingira ku mateka
y'igihe kizaza? Igisubizo ni oya Imana ni itegeko n'urukundo,
kandi umuntu uyishaka ayihindukirira afite icyifuzo cyuzuye
n'ukwizera, agahuza ibikorwa bye n'amategeko y'Imana,
kandi agashaka urukundo rw'Imana rutagira icyo

rushingiyeho nta kabuza azahabwa umugisha w'Imana
.woroshya imitwaro iremereye kandi ukanoza imimerere

Imana yadushyize muri iyi si yuzuyemo ibihimbano,
kandi izi imibabaro yacu n'ibigeragezo n'amakuba duhura na
byo Abantu barushaho kwijima mu mwijima w'ubujiji bwo mu
mwuka iyo bibwira ko barohama mu cyaha kandi badafite
imbaraga zo kuva mu bwigunge bwacyo. Ni byiza ko
baharanira kwikosora, bagashaka ubufasha n'impuhwe
bivuye mu mutima w'imbabazi z'Imana, biringira imbabazi
ziturutse ku Mana yuje urukundo, impuhwe n'imbabazi

Iyo tumenye isano ya hafi dufitanye n'Imana, ni iyihe
karma ishobora kudukuhuzanya? Ntukemere ko hagira umuntu
ukubwira ko ububabare bwawe n'ingorane zawe ari ingaruka
za karma yawe. Nk'umwuka uri mu shingiro ryawe, nta
karma ufite. Ahubwo, ugomba kumenya uku kuri wiyemerera
ko uri umwe n'ishingiro ry'ubuzima, urumuri, n'imbaraga zo
mu kirere. Niba usobanukiwe n'uku kuri, nta cyo ugomba
gutinya, kandi Imana izagukingurira imiryango myinshi kandi
.iguhe amahirwe menshi

Niba utanyuzwe n'uko ubuzima bwawe buri kugenda,
hindura imitekerereze yawe hanyuma ushyire imbaraga
nziza mu bwenge bwawe maze nawe ubwawe uzumva
.itandukaniro

Nta mpamvu y'uko abantu barira kandi bakababazwa
n'ibyo babuze, cyangwa ngo bashyire imimerere mibi yabo
mu makosa bakoze muri ubu buzima cyangwa mu bihe
byashize, kuko ubu ni uburyo bwo kwirengagiza ibintu mu
buryo bw'umwuka. Bagomba gukora no kurandura ibyatsi
bibu mu busitani bw'ubuzima, hanyuma indabyo nziza kandi
ziryoshye cyane zizarabya kandi zere imbuto nziza kandi
.zifuzwa cyane. Ku bw'ubuntu bwe, Usumbabyose

Kugandukira Imana ntibisobanura kudakoresha
ubushake bwacu kugira ngo tunoze ibintu byacu no
gutegereza ko Imana ikemura ibibazo byacu nta mbaraga
.dufite, kuko Imana ifasha abifasha ubwabo

Ingingo ni uko twiga uburyo bwo kujya ku Mana kugira
ngo iyobore ubushake bwacu kandi ihe umugisha kandi
ikomeze imbaraga zacu. Iyo tunesheje inzitizi zo kutiyemeza
kwitanga, tubona mu Mana uburinzi nta muntu n'umwe muri
iyi si ushobora kuduha, kandi tunabona imbaraga nta
.kigeragezo gishobora gutsinda

Buri wese ashobora gushinga umubano wihariye
n'Imana niba azi uburyo bwo gukingurira Imana umutima we
kandi akifuza ko Imana ibaho, ibyo bikaba bizana ibyishimo
.n'icyizere

Iyo umuntu yumvise akeneye Imana cyane, azi ko
adashobora kubaho atayifite, azabona ko Imana imusubiza
mu buryo bumwe cyangwa ubundi. Ariko agomba kubanza
gukuza iyo mitekerereze ikomeye, kuko igisubizo kitazaza
.mu buryo butunguranye

Nitudaha Imana umwanya wa mbere mu buzima bwacu,
ubwenge bwacu buzahora buhangayika kandi bugatera
urujijo, kandi ntituzashobora guhangana n'ibibazo bitagira
.ingano by'ubuzima

Kandi ni ubuhe buryo bwo guteza imbere icyo cyifuzo?
Igihe cyose duhuye n'ibyago cyangwa ingorane, kandi igihe
cyose twumva ibintu biremereye mu mitima yacu, tugomba
guhindukirira Imana tukayisaba ubufasha, tuzi ko umuntu
wese ukunda Imana Kandi ikayibika mu bwenge bwe no mu
mutima we. Imiterere ye izarushaho kuba myiza. Imiterere
.ye irahinduka ikarushaho kuba myiza

Iyo dukoresheje amasengesho yacu aturutse ku mutima
n'ubusabe bwacu buvuye ku mutima, tuzakuramo ishingiro
.ry'igisubizo cy'Imana kirimo ibiryo, gukira, n'ibyishimo

Ku bantu bifuzaga ifunguro ry'umwuka, gucika intege no
gutsindwa byahise ntacyo bitwaye Amasomo ashobora
kwigirwamo, kandi umuntu ashobora kongera kugerageza,
akongera kugerageza kuva mu ntangiriro. Intsinzi
izagerwaho, ku bufasha bw'Imana, ku bantu bose badacika
intege no gutsindwa, bafite icyemezo kidacika intege kubera
ibyago, kandi bizera bafite ukwizera kutajegajega ko Imana
ishyigikira abihangana Abari mu nzira nziza, kandi ikabaha
ibyiringiro, imbaraga, n'icyizere, kugeza bageze ku ntego
.yabo ya nyuma no kugera ku ntego y'ubuzima

Igitekerezo ni imbaraga nk'amashanyarazi, kandi ni
imiterere y'imitekerereze. Gisubira mu bitekerezo n'uburyo
bwo gutekereza

Amashanyarazi ni ingirakamaro kandi ni mabi;
uyakoresha neza uyashyira mu bikorwa bye. Bitabaye ibyo,
ashobora kumukomeretsa. Ni ko n'ibitekerezo
byatekerejweho. Iyo ayobowe mu nzira nziza, azanira
.nyirawo ibyishimo, bitabaye ibyo akamuteza ibibazo

Igitekerezo ni nk'ifarashi yo mu gasozi, ariko kuyitoza
ntabwo ari ikintu kidashoboka, kandi gutekereza neza ni
bumwe mu buryo bwo kugenzura ibitekerezo

Gutekereza neza ni inshuti magara Kandi ubwenge
burwaye ni umwanzi uhoraho

Gutekereza neza bikurura amahoro n'umutekano, mu
gihe gutekereza nabi bitera imyambi yica isubira kuri nyirayo
inshuro ebyiri. Ni yo mpamvu havugwamo ngo "Ingororano
ni imwe n'igikorwa" Igihe cyose umuntu yohereje imigambi
myiza, ibitekerezo bye bizahinduka amatara, bimurikira

ibyumba by'ubugingo kandi bikirukana umwijima mwinshi,
ku buryo yumva ihumure rikomeye, kandi amaso ye
akarabagirana n'inseko yo kunyurwa! Inseko ikomeze mu
.maso yawe kandi amahoro abe kuri wewe

Ubuzima ni nk'urusyo rusya imbuto z'igerageza
n'igerageza ry'imbuto, kugira ngo rukore umugati w'ubuzima
Ni nk'umuhanda uzunguruka, ufite indabyo nziza ku mpande
zombi z'ibinyugunyugu bitangaje N'ibiti bifite imbuto nziza
ku mashami yabyo, nyamara gake duhagarara Reka
twishimire kubibona no kwishimira uburyohe bwabyo; mu
by'ukuri, akenshi tuba turi ku nkengero z'amazi Kugira ngo
tugere mu turere twagutse, dutekereza ko hari ahantu heza
ho kureba kurusha uko twabonye Ariko uko tugenda buhoro
buhoro Ku nzira z'indabyo, zera imbuto, dusanga ibiti
byijimye kurusha bishya, hanyuma indabyo zikabura. Hamwe
nabyo, ibinyugunyugu n'imbuto, hanyuma tukaza kwisanga
.mu butayu bw'imburamukoro

Ubuzima bw'umuntu bumeze nk'amazi yo mu nyanja,
asukurwa agahinduka mashya Iyo uzamutse mu kirere cyo
hejuru. Ni nk'inzozo za mu gitondo, zigenda zirushaho kuba
nziza uko imyaka igenda ishira, kuko ibintu bisa
n'ibisobanutse neza kandi bisobanutse neza. Ni nk'urugendo
aho imiterere ihinduka uko tugenda intera ndende. Hanyuma
.imiterere imwe irahinduka uko tugenda tuyigeramo, n'ibindi

Ubuzima ntibutenguha abanyabwenge, kuko
babukorana ubuhanga kandi bakabwishimira Bataretse ngo
bubayobore kandi bababuze umudendezo wabo Urugero,
bishimira amazi Bakayanywa kandi bakayayuhagira, ariko
ntibemera kuyarohama Bakunda imyenda bakunda
Batabanje gukurikiza amategeko n'imigenzo ifatwa
nk'iy'ibanze Bakunda kurya badasabye uburibwe kubarya,
kuko kurya cyane bigabanya imbaraga z'umubiri Kandi birya
imyumvire Kandi azayirimbura burundu. Bityo rero, umuntu

agomba kwishimira ubuzima Arika adakoresheje ubwenge
binyuze mu kwibiza

Kubana neza n'abandi Ntibivuze kwemeranya na bo kuri
buri kintu cyose, cyangwa kwigomwa amahame ku bwabo,
kuko ubu buryo bwo gukurikiza ibintu budakwiye kandi
ntibujyanye n'ukuri Abavuguruye n'abantu bakomeye
ntibahuje ibitekerezo n'abantu benshi bari babakikije, ariko
bakomeje intego yabo, kuko babonye ko ibyo bakoraga byari
ukuri rwose

Mbere na mbere, umuntu agomba kuba mu buryo
buhuje n'Imana, hanyuma akabikorana n'umutimanama we,
.hanyuma akabikorana n'abantu

Iri hame ntirigomba kwangizwa kandi ntirigomba
gukoresha impamvu zihishe kugira ngo rigere ku ntego
runaka, kuko ibyo bidakwiye abantu bafite amahame

Ni nde ushobora kubaho mu buryo bushimisha Imana?

Ntugagirire nabi abandi, kuko ntacyo bafite cyo gutinya.
Niba ubu buryo budashimisha abandi, birahagije ko umuntu
yumva amerewe neza imbere ye kandi akumva afite
.amahoro yo mu mutima amutandukanya n'abandi

Imbaraga n'icyifuzo by'ubugingo Mu guhindukirira Imana
byitwa rukuruzi y'umwuka Kandi hamwe n'iyi rukuruzi,
ubugingo bwikurura imigisha n'imitingito myiza n'ibintu
.byose byiza bya muntu, bibutsa ibyiza n'ubutungane

imbaraga zo mu mwuka. Ni imbaraga zikurura umuntu
kandi zikamukurura. Inshuti nziza n'ibintu by'ingenzi
n'ingenzi. No gusobanukirwa ibintu mu buryo bwumvikana.
.Izi mbaraga ziva mu mbaraga z'Imana zikurura

Buji y'amahoro

Fata ikintu cyo gutekerezaho mu mutwe. Uzuza
amahoro yawe

Fata icupa ry'amarangamutima yanjye, Uryuzuzemo
imbabazi zawe

Fata agaseke kanjye k'ubugingo karimo ubusa,
wuzuzemo imbuto z'ubwenge bwawe

Suka amazi y'urukundo rwawe mu bugingo bwanjye
Nzayasuka mu bikombe by'ubugingo bufite inyota

Senya inkuta z'ubwikunde. Nyinjiza mu maso yawe yose

Umurasire w'urukundo rutunguranye

Nimureke arebe mu mutima wanjye

Binyibutsa urumuri rw'izuba rw'urukundo rwawe

Gukwirakwira mu kirere cy'ubuzima bwanjye

Umucyo w'urukundo rwawe waramurikiye

Kuri njye ubwanjye, maze ndabona urumuri

Umucyo wawe wuzuye umwanya wanjye wo mu mwuka

Uri ubuzima bukomeza umubiri wanjye

Kandi ubwenge butuma ibitekerezo byanjye bihinduka

Kandi ubwenge bukuraho ubujiji bwanjye

Ndacana buji nto y'urukundo rwanjye

Gusoma igitabo cya zahabu

Yabitswe muri njye kuva kera

Urukundo rwawe rwariho kandi ruracyariho

Itara ry'amahoro ritagaragara

Ibyo bikuraho umwijima bikanyereka ubutumwa bwawe

Blog iri ku mapaji y'imitima

Ikuzo ryawe rigaragare, Nyagasani

Umucyo w'ubwenge bwawe ushireho

Ubujiji, amakimbirane, n'ishyari

Kuva ku nkombe z'isi iteka ryose

Hindura intege nke zacu mo imbaraga

Kandi twagize intege nke mu gufata icyemezo

Shyira umubiri wacu umuriro w'amashanyarazi w'ingenzi

Kandi wuzuze ubwenge n'ubugingo bwawe urumuri

rwawe rukiza

Dufate ukuboko kwacu kugira ngo tudapfa mu mazi yo

kutita ku bwawe, kandi wuzuze ubuzima bwacu urukundo
rwawe n'ubwenge bwawe. Twumve ko turi hafi yawe cyane

.kandi ko izuba ry'imbabazi zawe ritumurikira buri gihe

Ndashyira indabyo z'ibitekerezo byanjye bishyushye

kandi bizima

Mu miterere y'ituze

Impumuro ye ituje iraririmba

Kandi aririmba iby'icyubahiro cyawe

Kandi hamwe n'urumuri rwawe rwera

Ndabona ubwiza bw'ubuzima bwawe

Inzosi zanjye nziza zirasohoye

Iyo urumuri rwawe rucanye mu mutima wanjye

Udupfundikizo turaka umuriro w'ubwenge

Ndabona ubwiza bwawe, kandi ibyishimo byanjye
biri Yongera

Imana iguhe urumuri rwayo

Kandi ndagusuhuza umutima wawe

Hari byinshi isi idusaba kandi ikatwemeza ko ari ingenzi
cyane kandi ko kubaho tudafite ibyo bintu bidashoboka
cyangwa kuba twabishobora. Ariko ikintu cy'ibanze gisabwa
ni ukugira ngo tubone amahoro y'Imana, aho amasoko yayo
adakama kandi isoko yayo idakama, kandi igaha buri kintu
.cyose mu buzima uburyohe n'igisobanuro

Twibuke ko Imana ari yo kamere yacu, kandi ko
urukundo ari ryo dirishya tunyuramo turebera mu maso he
h'icyubahiro. Umuntu wese wifuza kumva ubuturo bw'Imana
no kurera icyo cyifuzo gikomeye mu bitekerezo no mu
bikorwa, Imana izamuha ibyo asabye kandi imufashe
.gusenya imyenda imubuza kubona urumuri rw'Imana

Umuntu wese wiyemeje gukomeza inzira ntazacibwa
intege n'ikintu icyo ari cyo cyose, kandi nta n'imbogamizi
izamubangamira kugeza igihe azagera ku ntego ye kandi
.akagera ku cyifuzo cy'umutima we

**Amasaro n'amabuye y'agaciro yo mu buryo
bw'umwuka**

Abagaragaza intege nke z'abandi bakabatera isoni
n'umujinya bari kure y'ubwenge n'ubushishozi. Tugomba
kwanga icyaha, ntabwo ari umunyabyaha, kuko ari
umuvandimwe wacu mu mwuka, nubwo ari umwijima
w'ubujiji umukikije kandi umukikije. Intego yo guciraho iteka
igomba kuba gukiza, ntabwo ari ukwishima no gukomeretsa.
Tugomba gufata umuvandimwe wacu w'umunyabyaha

nk'uko twifuzaga gufatwa iyo tuba turi mu mwanya we no
.mu mimerere ye

Umuntu wese uhisha amakosa ya mwene se muri iyi si,
Imana izahisha amakosa ye ku munsu w'imperuka

Nk'uko ducira abandi imanza, amategeko y'umwuka na
yo araducira urubanza ku rugero rumwe. Ntitugomba
kwitega byinshi ku bandi, kandi ntitugomba guhora twitega
umusaruro mwiza ku muntu uwo ari we wese, kabone n'iyi
.yaba akora uko ashoboye kose

Umuntu ashobora kugwa agasitara, ariko azakomeza
kugira umutekano igihe cyose akora uko ashoboye kose
kugira ngo yongere kuzamuka urwego rw'imico myiza
.n'ubutungane

Buri munsu tugomba kugerageza guhumuriza umurwayi
mu buryo bw'umubiri, mu mitekerereze, cyangwa mu buryo
bw'umwuka mu dukikije, nk'uko twifasha ubwacu cyangwa
.abagize umuryango wacu

Umuntu wese kuva uyu munsu ugerageza kubaho
akurikije amategeko y'Imana - aho kubaho ubuzima bwa
kera bw'ubwikunde buzana ingorane n'amakuba - azasanga
ko nubwo yaba afite uruhare ruciriritse mu buzima,
rukomeza kuba ingenzi mu gihe cyose asohozza inshingano
ze mu buryo bwuzuye hakurikijwe ubuyobozi bw'umuyobozi
w'ikinamico y'isi n'umuyobozi w'ibihe byose by'iherezaho
.ryacu: Imana Ishoborabyose

Iyo dufitanye umubano n'abandi mu buryo bw'ukuri,
urukundo nyakuri, no kwita ku byiyumvo, tuzazana inshuti
nziza mu buzima bwacu nta nyungu zacu bwite cyangwa
imibare y'ubwikunde ifite icyo itekerezaho na gito; bitabaye
.ibyho, ntabwo tuzabasha kumenya inshuti zacu nyakuri

Ni ngombwa kwikuramo uburyarya n'uburyarya, no
gukora ibintu bitabangamiye abandi nkana

Inshuti ntizigomba kurakara, gusuzugurwa, cyangwa
ngo zigire inzika, kandi ntizigomba guhabwa impamvu yo
kutwiyumvamo nabi Inshuti ntizigomba gufatwa nabi,
gukoreshwa nabi, cyangwa ngo zihabwe inama zitasabwe
keretse iyo zisabwe Iyo hasabwe inama, zigomba gutangwa
zivuye ku mutima kandi mu bugwaneza, nta gutinya
ingaruka Inshuti zirafashanya binyuze mu kunenga kwubaka
.no mu buryo bwa kivandimwe

Ibintu bigoye biduca intege mu buzima ntibituma
tudukomeza ubushake bwacu no kudutsinda, ahubwo
bizanatuma dukomeza icyizere cyacu no kwizera Imana no
kwigirira icyizere. Hari abantu bibeshya ko ibi bintu n'ibibazo
ari imbaraga zidashobora gutsindwa, bityo bakareka.
Imitekerereze myiza ni ingenzi kugira ngo dukore imbaraga
zacu zo mu mutima kugira ngo duhangane neza n'ubuzima
.n'ibigeragezo byabwo

Iyo umuntu adahanganye n'umuntu umurusha
imbaraga, ntabwo azakomera. Mu buryo nk'ubwo, iyo
duhanganye n'ibibazo byacu dufite ubutwari n'imbaraga zo
mu mutwe, tuba dufite imbaraga kandi turushaho
.kwihangana

Ubwenge bwacu ni igice cy'ingenzi cy'ubwenge
bw'Imana butuje. Minsi y'umuraba w'ubwenge bwacu hari
inyanja y'ubwenge bwayo butagira iherezo. Iyo umuraba
wibagiwe ko ari igice cy'inyanja nini, witandukanya n'izo
mbaraga zo mu nyanja. Ingaruka zabyo ni uko ubwenge
bw'abantu bucika intege kubera ubushobozi bw'ibintu kandi
ntibuba bugishoboye gukora imirimo myiza no gutanga
umusaruro mwinshi. Iyo ubwenge bukuye umukungugu
w'ubujiji bukaca iminyururu iboshye imbaraga zabo, buzaba

bufite ubushobozi bwo guhanga no kugirana imikoranire
.myiza n'ubuzima

Iyo ukomeje igitekerezo runaka ukagishyiramo
ubushake bukomeye, icyo gitekerezo gihinduka imbaraga
zihinduka. Iyo igitekerezo kibaye imbaraga, gishobora
guhanga ibidukikije bikwiye kugira ngo ugire icyo ugeraho,
hakurikijwe ikarita itagaragara yashushanyijwe mu
.bitekerezo

Abantu baratsindwa kuko bishora mu bihe bigoye
by'ubuzima batabirwanya, aho kubirwanya batabishyigikiye

Ni ngombwa gukora imyitozo no gukoresha ubushake

Abinjira mu buturo bw'amahoro bashobora kuvugana
mu buryo bw'umwuka n'abandi bantu bakunda Imana, kandi
.bashobora kumva ururimi rw'indabyo n'ibinyabuzima byose

Uwiteka, ba Umwami wenyine wimitswe ku rukundo
rwanjye n'icyifuzo cyanjye

Abatekereza bakumva bafite amahoro akomeye, kandi
aya mahoro yo mu mutima agomba kubungabungwa ndetse
no mu gihe bari kumwe n'abandi. Ibyo umuntu yiga mu
gutekereza bigomba gukorwa mu bikorwa bya buri munsu no
mu mibanire ye n'abandi, nta muntu n'umwe wemerera
.guhungabanya amahoro cyangwa ituze rye

Iyo ushaka kugira ingeso nziza cyangwa gukuraho
ingeso mbi, shyira imbaraga mu ngirabuzimafatizo
.z'ubwonko aho imikorere y'ingeso zitandukanye iherereye

Kugira ngo ugire ingeso nziza, banza wicare utuje
utekereze, ushaka ubufasha bw'Imana. Shyira ubwenge
bwawe ku mutima w'ubushake, uri mu gahanga hagati
y'amaso yawe, kandi wemeze neza ingeso wifuza gushyira
mu bwonko bwawe. Iyo ushaka gukuraho ingeso mbi, shyira

kandi ibitekerezo byawe kuri uyu mutima w'ubushake kandi
wemeze neza ko inzira zose aho izo ngeso zishinze imizi
zirimo gusibangana. Ukoresheje imbaraga n'ubushake,
ushobora gusiba ndetse n'imizingo yimbitse y'ingeso za kera
zashinze imizi. Wiyizere kenshi ko ufite imbaraga zihagije zo
.kurandura ingeso mbi mu bwonko

Igihe gikwiye cyo kwemeza nk'uko ni mu gitondo cya
kare iyo ubushake n'ubwitonzi biba biri maso

Komeza wiyemeze ko udafite amategeko yose kandi
umunsi umwe uzabona ko - Imana igufashije - wamaze
.kwibohora ku ngeso wifuzaga kwikuramo

Icyo utinya cyose, shyira ibitekerezo byawe kuri cyo
kandi ubirekere Imana. Komeza ukwizera kwawe mu Mana
.kandi wizere ko ishobora kugufasha

Imibabaro myinshi iterwa no guhangayika no
guhangayika Kuki wagombye kubabara kandi ibyo utinya
bitaraba? Tekereza urumuri rw'Imana rurinda rukukikije
impande zose, maze uzumva uburinzi bwayo butangaje

Kubera ko impungenge nyinshi duterwa n'ubwoba,
nituvanaho ubwoba mu buzima bwacu, tuzumva dufite
umudendezo kandi gukira bizahita. Buri joro, mbere yo
kuryama, menya neza ko Imana iri kumwe nawe, ikurinda
.kandi ikurinda

Muri iyi nkuru y'isi, abantu b'amoko yose bakina inkuru
y'ubuzima ku rubyiniro rw'igihe Tugomba gusobanukirwa
icyo ubuzima busobanura tudahugiye cyane ku nshingano
zacu z'igihe gito cyangwa ngo duhangayikishwe cyane
.n'inshingano zacu z'igihe gito

Uko tubona ubuzima akenshi biragoramyeye kandi
birahindagurika kuko tureba n'amaso y'ubwikunde n'aho

ibintu bigarukira Iyo tureba n'amaso y'ubugingo, twabona
ibintu mu buryo butandukanye rwose

Iyo dufunguye ijisho ry'ubwenge, tubona urumuri
rw'Imana rukikije byose, kandi muri urwo mucyo tubona
kamere yacu y'umwuka, ikaba ari ishusho y'imiterere
.y'ubwenge bw'isi yose bukwirakwira mu bice byose by'isi

Ukuri kw'umwuka kuradukikije, gukomanga ku nzugi
z'amaso yacu afunze, kudushishikariza kubona umucyo aho
kubona umwijima, gukorana ubwenge aho gukorana ubujiji,
kuzuza imitima yacu urukundo aho kuba urwango, no
gufatanya mu gushyiraho amahoro no kuzana uburumbuke
n'umutekano ku isi yacu Iyo tubikoze, ubujiji buzashira,
itandukaniro riri hagati y'imimerere rizashira, tuzabona
ubumwe mu ibarura, kandi tuzarushaho guhuza n'ubushake
.bw'Imana

Isano yacu n'Imana si iy'ubukonje cyangwa idafite
urukundo, nk'iyo hagati y'umukoresha n'umukozi. Turi
umuryango wayo, itwitaho iteka, kandi idutega amatwi buri
gihe. Turi igice cy'ingenzi cy'ubugingo bwayo, kandi
.umubano wacu nayo ni muzima kandi urangwa n'imbaraga

Umuremyi wacu yaduhaye ubutunzi butagira iherezaho
bw'urukundo, ubushishozi, ubushishozi, ubushake bwiza,
n'imbaraga zo mu mwuka, nyamara abenshi muri twe
twapfushije ubusa ubwo butunzi ku kintu Imana ishaka ko
tubaho mu mutekano, mu mahoro, no mu bufatanye bwiza,
nk'uko bikwiye umuryango mwiza kandi urangwa
n'urukundo, ariko umururumba n'imitekerereze y'ubwikunde
byashinze imizi mu mitima yacu kandi bibiba amakimbirane
.hagati yacu

Imana ishaka ko tuba abategetsu, ariko twahisemo kuba
abagaragu

Umuntu yavuye kure y'aho yari atuye mu ijuru kandi
yatakaje paradizo yo kumva yegereye Imana n'Imana
yegereye, kandi ntazashobora kongera kuyigarura nta
.mbaraga ze bwite

Imana yaturemye mu ishusho yayo, ariko uku kuri
kwaratuvuye mu bitekerezo. Twatsinzwe n'ibitekerezo
by'uko iherezo ryacu ari ingorane kandi ko iherezo ryacu ari
ukurimbuka. Tugomba gukuraho umwenda w'ibitekerezo
by'ibinyoma dukoresheje inkota y'ubwenge kugira ngo
.turebe ukuri gukomeye inyuma yayo

?Turi bande kandi ni iyihe kamere yacu nyakuri

Abantu bafite itandukaniro rigaragara, haba mu
miterere yabo y'imitekerereze cyangwa amarangamutima,
inshingano zabo mu buzima, akazi n'ibikorwa bakurikirana,
cyangwa ibyifuzo byabo. Ariko munsu y'ibi byose
bitandukanye hari ibintu bibiri buri muntu wese yifuza kandi
akeneye nta kurobanura. Kimwe ni ukubohoka ku bwoko
bwose bw'ububabare n'ibyo yifuza. Ikindi ni ibyishimo
byuzuye kandi birambye—kunyurwa byuzuye, aho amahoro,
.urukundo, ubwenge n'ibyishimo biba

Mu by'ukuri, icyo abantu baharanira kugeraho ni Imana,
baba bakoresha iryo zina cyangwa batakoresha.
Abanyabwenge bavuga ko Imana ari yo shingiro ry'ibyishimo
n'umwuka w'ibyishimo. Kandi umuntu ntazanyurwa byuzuye
keretse akuye mu isoko y'isi. Iyi ni ingingo y'ingenzi yo
.gusobanukirwa imimerere y'umuntu

?Ariko se abantu bashakira he icyo bashaka

Babishakisha gusa mu bintu by'isi: mu mutungo, mu
miterere yo hanze, no mu mibanire n'abandi bantu. Ariko
ntibishoboka kubisanga mu kintu icyo ari cyo cyose, uwo ari

we wese, cyangwa mu mimerere iyo ari yo yose muri iyi si,
.bitewe n'imiterere y'irema

Irema rishingiye ku ihame ry'ubumwe. Ntibishoboka
kugira ishusho mu ibara rimwe gusa, kuko nta buryo bwo
kubaho udafite ikinyuranyo cyaryo. Mu buryo nk'ubwo,
ntibishoboka ko ikintu icyo ari cyo cyose cyo kubaho kibaho
ukwacyo. Ariko, iyo dusuzumye ibyifuzo bitera abantu
imbaraga, dusanga buri wese muri twe yifuza ibintu byiza
gusa, bishimishije, byiza, kandi byiza, nta byifuzo na bike
byo guhangana n'ikintu icyo ari cyo cyose kidashimishije
.cyangwa kitifuzwa. Ariko ibyo ntibishoboka

Muri iyi si y'abantu babiri, nta byishimo bitabaho nta
bubabare, nta mucyo utabaho nta mwijima, nta cyiza
kitabaho nta kibi, nta buzima butabaho nta rupfu Impande
zombi z'igiceri ntizitandukana Ibi bivuze ko icyo twifuza
cyane muri twe kidashobora kuboneka muri iyi si

Abantu barashakisha—yego, barashakisha n'imbaraga
zabo zose—ariko ntibabasha kubona icyo bashaka, ibyo
bigatera kwiheba no kubura ibyiringiro. Ibi ntibitera kwiheba
gusa ahubwo binatera inzika nini n'uburakari bwinshi, bityo
bigatera ibikorwa by'urugomo. Ibi byose bibaho kuko
badashakisha icyo bashaka ahantu heza, kandi kubera iyo
.mpamvu, ntibabone icyo imitima yabo yifuza

Abantu bo muri iki gihe cyacu ntibazi byinshi ku
byerekeye icyo ubuzima buvuze n'intego yabwo, bityo
.bakaba bafite urujijo no guhangayika

Muri kamere, abantu ni ibiremwa bifite intego. Iyo
badafite intego mu buzima, kandi niba ubwenge bwabo,
imbaraga zabo, ubushake bwabo, n'amarangamutima yabo
bitagenzuwe mu buryo bwiza kandi bwubaka,
bazahindukirira inzira zisenya nko gukoresha inzoga
n'ibiyobyabwenge nabi, gukoresha urugomo, n'ibindi. Intego

nyamukuru y'ubuzima ni ukumenya Imana kandi ni
inshingano ku bantu guhuza inshingano zabo n'ibikorwa
byabo byo hanze binyuze mu bikorwa bikiranuka, ibitekerezo
bizima, imyumvire myiza, no gushyira mu bikorwa
.amarangamutima yabo mu buryo bwiza

Ibi bice bibiri bya kamere yacu—imbere cyangwa mu
mwuka n'inyuma—ntibivuguruzanya iyo byumvwa neza.
Ahubwo, birashyigikirana kandi bidufasha guteza imbere no
kongera ubushobozi bwacu bw'umubiri, mu mitekerereze,
.mu byiyumvo no mu mwuka

Abantu baba mu mwanya utagira icyo bageraho mu
bwenge cyangwa mu mitekerereze. Bumva barambiwe
kubera kutagira intego no kutagira ikintu icyo ari cyo cyose
cyatuma ubuzima bwabo bugira agaciro n'icyo buvuze.
Umuntu usanzwe ashobora kuba ashobora gukora no
kwitwara nk'aho afite ubuzima bwiza mu mitekerereze no
?mu mutwe, ariko se aba yishimye

Intego y'ibanze y'ubuzima ni ukumenya abo turi bo
n'uko turi imiterere nyayo. Iyo duha ibintu byimbitse
by'ubuzima ubwitonzi bikwiye, nta kabuza tuzumva dufite
ibyishimo, kuko ibyishimo by'umuntu bifitanye isano no
kwihuza n'umuntu mu by'umwuka, udafite ibyo nta kubaho
.cyangwa kubaho

Ubwoba bwo gutsindwa cyangwa indwara buterwa no
kubitekerezaho buri gihe kugeza igihe igitekerezo cyo
gutsindwa kiva mu bwenge bw'umuntu kijya mu bwenge
bw'umuntu butiyumvisha maze amaherezo kikagera mu
bwenge bwo hejuru. Hanyuma, ubwoba, bushinze imizi mu
bwenge bw'umuntu butiyumvisha kandi bwo hejuru,
butangira kwiyongera no gukura kugeza igihe bwuzuze
ubwenge bw'umuntu utiyumvisha ibyatsi by'ubwoba
bitarangizwa byoroshye nk'uko igitekerezo cya mbere
kimera. Ibi byatsi bibi amaherezo bigira imbuto z'uburozi

n'iz'urupfu. Ku bw'amahirwe, imizi yabyo ishobora
kurandurwa imbere binyuze mu kwibanda cyane ku butwari
no gushyira mu gaciro kwizera Imana byuzuye kandi ko
.ishoboye gufasha abashaka kwifasha no kubarinda ibyago

Kera cyane, agahu gato karerembaga hejuru y'inyanja,
gafite ubwoba bw'inkubi z'umuyaga n'imirabyo, ubwo
yumvaga ijwi rimwongorera riti: "Gahu gato k'ubuzima,
"?ikibazo cyawe ni iki

Ntuzi ko uri igice cy'inyanja y'ubuzima? Aka gasatsi gato
karebye hirya no hino maze kamenya icyo kintu

Ubwenge bw'umuntu burareremba nk'agahu gato Ku
buso bw'inyanja y'ubwenge bw'isi, utekereza ko ari agahu
k'igihe gito, uhinda umushyitsi kubera ubwoba bw'indwara,
ubukene, n'urupfu. Ese agahu, utinya inyanja? Reba hirya no
hino witegereze witonze Hindura uko ubona ibintu uva ku
bidukikije bikwegereye ujye mu bwami bw'Imana butagira
iherezo. Suzuma cyane, wagure ubumenyi bwawe, kugira
ngo umenye kandi umenye neza ko uri umwe n'inyanja ye
nini, kandi ko Imana iri kumwe nawe. Irakurinda,
.iragukomeza, ubu n'iteka ryose

Kwirinda imitego n'imitego

Igihe cyose wumva icyifuzo gikomeye mu mutima wawe
kigushishikariza kugikora, koresha ubushishozi wibaze uti
"Ese iki ni icyifuzo cyiza gishobora gusohozwa, cyangwa ni
icyifuzo kibi kidakwiye kubahwa?" Ibyifuzo bibi by'ibintu
bitera ingeso mbi zacu binyuze mu kuduha ibyiringiro bitari
byo n'ibyishimo by'impimbano. Muri ibyo bihe, imbaraga
z'ubushishozi zigomba gukoreshwa kugira ngo hagaragazwe
ukuri. Ingeso mbi amaherezo zitera kutagira ibyishimo. Iyo
kamere yazo nyayo ishyizwe ahagaragara, ziba zidafite
imbaraga zo gufata umuntu mu mitego y'imibabaro
.n'imitego y'umubabaro

Ibitekerezo n'inkuru

Mu buzima no mu rupfu, mu bubabare no mu byago,
ukwizera kwanjye kuri wowe, Mwami, gukomeza gukomera
no kudahungabana, gukomera no kutanyeganyega

Buri mwuka wanjye wose w'icyifuzo n'ubusabane
bifungura imiryango n'amadirishya mu mutima wanjye aho
nnyura ngo ngere ku byishimo by'Imana

Nk'uko izuba rica ahantu hahurira abantu benshi cyane,
ni ko nzabona imirasire y'urukundo rw'Imana mu bice byose
.by'ubuzima bwanjye n'ibikorwa byanjye bya buri muni

Uwiteka, mpa umugisha kugira ngo nkangure roho
yanjye mu gitondo maze nkayigeza ku muryango wawe
w'umugisha

Inkuru y'impongo zo musk

Umuse ni ikintu cy'agaciro gifite impumuro nziza,
kiboneka mu kanwa k'impongo zo mu bwoko bwa musk ziba
mu misozi miremire ya Himalaya

Iyo impala imaze kugera ku myaka runaka, ifuro rikurura
abantu ritangira gusohoka mu ibanga mu nda yayo, maze
impala igahangayikishwa n'iyi mpumuro nziza maze
igatangira kubyina no gushaka aho iyi mpumuro nziza
.ituruka

Igenda iva ahantu hamwe ijya ahandi, ihuha hagati
y'amabuye no muni y'ibiti, ishakisha ahantu hose isoko
y'iyi mpumuro ishimishije

Amaherezo, ararakara cyane kandi arushaho
guhangayika iyo abuze icyo avuga kandi adashobora kubona
.icyo ashaka afite inyota n'ishyamba

Mu kugerageza kwa nyuma kugera aho iyo miski
ituruka, isimbuka iva mu bitare birebire by'amabuye ijya mu
kibaya kirekire kugira ngo ihangane n'ibyayibayeho kandi
ihure n'urupfu rwayo, aho abahigi baba bashobora kuyifata
.no kuyikuramo agasaho cyangwa agahu kayo

Muri urwo rwego, umwe mu basizi b'abahanga yavuze
:ikintu cyagize ingaruka kuri ibi

!Wa mpfizi we, wa musk

?Kuki ubabara? Kuki udasinzira

Iyi musk iraboneka

!Ufite agafuka k'inda yawe, wa muswa we

Nubwo waba warakoze ku mazuru yawe

Impumuro y'ibanga ituruka kuri wowe

Wari gutsinda icyo wari witeze

Kandi wabayeho nta mafaranga ukoresha

Ese, nshuti zanjye, ntimutekerezako ko abantu benshi
bitwara nk'impala zo musk? Bahora bashakisha ibyishimo
.ahantu hose hanze yabo

Yego, bashaka ibyishimo mu mukino, kandi bakishora
mu mananiza n'irari. Bazamuka mu nzira z'ubutunzi
zinyerera kugeza ubwo amaherezo basimbuka bava mu
bitare by'ibyiringiro bikomeye bakajya mu bitare byo gucika
intege no gutsindwa igihe badashobora kubona ibyishimo
.nyakuri bibitswe mu mfuruka z'imitima yabo

Nidushyira ibitekerezo byacu imbere, tukabitekerezaho
cyane, tuzabona mu ituze ry'umutima isoko y'ibyishimo
nyakuri kandi birambye dushaka

Ntitugomba kumera nk'impongo, iri kurimbuka ishaka
ibyishimo ahantu hadakwiriye. Ahubwo tugomba kuba maso
kandi tukagerageza gushaka ibyishimo muri twe ubwacu,
.atari hanze yacu

Inkuru y'akabuto

Hari umugabo waje kumbwira ko arwaye indwara
:y'umutima idakira, maze yongeraho ati
Nagerageje ibintu byinshi, ariko sinshobora kwikuramo"
"agahinda gakomeye

Nyuma yo gutekereza neza, namusabye kunzanira
:imikasi. Yarandebye ahinda umushyitsi maze arambwira ati
"?Ese uragira ngo unkure umutima, bwana"

Narasetse maze ndasubiza nti "Sindi umuganga. Wigeze
"!wumva umuntu ukoresha imikasi kugira ngo abage

Amaherezo, yazanye imikasi atabishaka, nuko ncamo
kamwe mu tubuto tw'ikoti rye ndamubwira ko atagomba
kudoda akandi kabuto mu mwanya wako, kandi ko
atagomba gushyira ikiganza cye aho akabuto kabuze.
Namubwiye kandi ko azagaruka aho ndi nyuma y'ibyumweru
.bibiri, kandi niteze ko azakira muri icyo gihe

Umugabo yarasetse maze aravuga ati "Nzakora uko
wansabye kuko ndakwizera, ariko ndatekereza ko ari wo
"!muti udasanzwe nigeze nhabwa

Nyuma y'ibyumweru bibiri yaje yiruka aho ndi
:arambwira, atangaye ati

Inzobere zanyemereye ko nakize indwara z'umutima."

None se, ku bw'Imana, wakoze iki? Wakuyemo genie mu
"?kabuto

Nasubije nsekera nti: "Yego! Ukuboko kwawe kwahoraga
"gukinisha akabuto, kandi akabuto kari gahuje n'umutima

Urwo rubuto ni rwo rwari ruteye ububabare mu mutima
wawe. Naciye urwo rubuto ndakubwira ngo ntugasimbuze
cyangwa ngo ushyire ikiganza cyawe ku mutima wawe. Muri
ubwo buryo, umutima wawe warorohewe n'igitutu kandi
!ureka kugukomeretsa

Ibintu byose biri kugenda vuba, kandi abantu bahugiye
mu bintu byinshi. Birumvikana ko ari byiza gusarura ibyiza
by'isi kuruta gupfusha ubusa igihe, ukareka ibihe
bikakunyura ukarangiza ubusa. Ariko icyo umuntu agomba
gusarura ni umusaruro mwiza cyane mu buzima: kwegera
Imana no kuyimenya Uburyo bwonyine bwo kugera ku
byishimo nyakuri ni ukugira icyo ugeraho muri iyi si no
.kugera ku ntsinzi yo mu buryo bw'umwuka

Abazi Imana ntibatangira imirimo yabo ya buri munsu
mbere yo kubanza gutekereza ku Mana no gushyira
.imbaraga z'Imana mu bwenge bwabo no mu mibiri yabo

Ibintu byinshi isi isaba bishobora gutuma abantu
bashaka intego zabo zo mu buryo bw'umwuka bava mu nzira
bahisemo. Ariko abafite icyemezo kidakuka ntibemera ko
ikintu icyo ari cyo cyose kibaca mu nzira; bakomeza
.kwiyeze nubwo baba mu bihe bigoye cyangwa bibi

Uko isi yaduha kose, ntabwo izaduhaza ibyifuzo
by'imitima yacu, yifuza ikintu gihamye, gikomeye, kandi
gifite agaciro kurusha byose ubutunzi n'ubutunzi by'isi
.birimo

Iyo umuntu apfuye—urabeho igihe kirekire—nta
mbaraga ku isi zishobora kumukorera ikintu icyo ari cyo
cyose Ni nde wadufasha nyuma yo kuva kuri iyi si? Mana
Bityo rero, tugomba guhora twibuka ko iyi si ari ahantu ho

guhagarara by'agateganyo mu rugendo rwacu rugana mu
rugo rwacu rwo mu ijuru, aho tuzaba iteka ryose imbere
y'Impuhwe nyinshi

Ubukire burenze urugero ntibwizeza ubuzima bwiza,
amahoro n'umusaruro, ariko kugera ku mahoro n'umusaruro
bizatuma umuntu agira intsinzi iringaniye haba mu buryo
.bw'umwuka no mu buryo bw'umubiri

Abantu benshi bakura ubushobozi bwo gutekerezwa
kugira ngo bagere ku ntsinzi y'ibintu gusa. Ariko iyo umuntu
yigize umutware, agacunga imbaraga ze zo mu mutwe kandi
agakora ibihuje n'umugambi w'Imana, ubuzima bwe
buzahirwa, kandi azaryohereza n'umutobe w'umwuka akiri
kuri iyi si. Ntazaba akiri imbohe y'ingeso n'ibyifuzo, ahubwo
ubwenge bwe buzahinduka umutima w'Imana, kandi
.azaturayo yishimira ibyishimo bishya bitavugwa

Umubiri ni farumasi ikomeye cyane

Abashakashatsi mu by'ubuvuzi bavumbuye ko iyo dufite
ibyishimo byinshi, umubiri ukora imiti igabanya imihangayiko
n'ibindi bintu bigabanya imihangayiko bifite imbaraga kandi
bikora neza nk'ibyo abaganga batanze. Umubiri ni farumasi
ikomeye ku Isi, ishobora gukora ikintu gikwiye mu gihe
gikwiye iyo duhuje n'uburinganire bw'umwuka Imana
.yadushyizemo

Si stress zose zishobora kwangiza; stress ikangura
imbaraga z'ingenzi zinyura mu mibiri yacu kandi ikarushaho
gutera imbaraga no gukora ingendo Ubushakashatsi
bwagaragaje ko stress nyinshi ari ingirakamaro

Ariko ikibazo kivuka iyo stress irenze urugero rwiza

Buri wese muri twe afite aho agarukira ku muhangayiko,
kandi iyo uwo mupaka urenze, duhangayika cyane kurusha
uko bikwiye, kandi dushobora kutabimenya kugeza igihe

ibibazo bitangiye kugaragara mu mubiri, mu byiyumvo no
.mu bwenge

Ubuzima hamwe n'Imana ni ibyishimo n'ibyishimo, mu
gihe hatari Imana hari imihangayiko, imvururu, ingorane,
ndetse n'ibyago None se twabona dute amahoro n'ituze mu
buzima bwiganjemo ibyago n'amakuba, kandi tukazana
?ibyishimo kuri iyi si

Igisabwa cya mbere ni ukumenya imihangayiko
y'ubuzima iyo turi muni y'uburemere bwayo

Imana ni Umunyebwenge Byose kandi izi Byose, kandi
yahaye imibiri yacu ibimenyetso nko kwihumuriza,
kumererwa nabi, gutuza, no guhangayika, kandi tugomba
kwita kuri ibi bimenyetso Hari ubwenge bw'Imana mu mibiri
yacu bugerageza kutubwira ikintu, kandi tugomba kumva
ubwo butumwa mu bihe by'imihangayiko cyangwa kuruhuka
Iyo wumva ufite imihangayiko, shyira ubwenge bwawe ku
gice cy'umubiri wawe kirimo imihangayiko, hanyuma
uhumeke umwuka mwinshi, kandi icyarimwe, ushyireho
buhoro kugeza igihe kinyeganyega. Hanyuma uruhuke kandi
urekure imihangayiko. Ibi bizafasha kugumana imbaraga
n'ubuzima bwiza mu mubiri no kuwurinda ingaruka mbi
.z'imihangayiko

Dushobora kandi gucunga imihangayiko
y'amarangamutima binyuze mu guhumeke Iyo wumva
ubwoba cyangwa ikindi kintu cyose kibi kigutera, humeka
buhoro buhoro, cyane, kandi mu buryo butunguranye
inshuro nyinshi, wemerera umubiri wawe kuruhuka buri gihe
uhumeke. Ibi bizagufasha kugabanya umutima wawe utera
cyane, gusubiza amaraso mu buryo busanzwe, koroshya
uruja n'uruza rw'ingufu mu mitsi yawe, kandi bigufashe
.gutuzza ubwenge bwawe no gukosora ibitekerezo byawe

Ubuzima si ibintu byihutirwa; ni ishusho nziza y'Imana,
kandi twagombye kuyishimira. Twibuke ko inseko ari
imbaraga; iyo tutayikoresheje, tuba dutakaje igice cy'ingenzi
.cy'ubuzima

Abantu ni roho zifite amarangamutima n'ibiyumvo,
kandi bafite umubiri bambara nk'umwenda cyangwa ikoti ryo
hanze. Ariko igihe cyose tubaho ku rwego rw'umubiri
n'amarangamutima gusa, tuzagwa mu ngaruka mbi
.z'imihangayiko n'ihungabana

Iyo duhuje kamere yacu y'ingenzi, ari yo mwuka,
ibyishimo by'umwuka bitera mu mutima bigahinduka
urukundo. Kumva uru rukundo, rufitanye isano n'amahoro
n'ituze by'ubugingo, kandi rugakora kandi rukagirana
imikoranire myiza, ni bwo buryo bwiza bwo kubaho mu buryo
busanzwe mu isi yuzuyemo amakimbirane n'impaka. Guhuza
.n'iyi byishimo ni igisubizo cy'ibibazo by'ubuzima

Icyitonderwa: Ku bijyanye n'imvugo igira iti: "Umubiri
ukora umuti ugabanya imihangayiko n'ibindi bintu bigabanya
imihangayiko, bidafite imbaraga kandi bigira ingaruka nziza
nk'ibyo abaganga bagutegetse," iyi si inama yo kureka
inama n'imiti ya muganga, bityo hakaba hakenewe
.ibisobanuro birambuye

Ibigereranyo bya rukuruzi

Umuntu ufite umutima mwiza kandi ufite imyifatire mibi
+ umuntu w'umutima mwiza ariko ufite intege nke = ikibi
gikunda ineza

Umuntu ufite intege nke ufite ubushake bubi + umuntu
ufite ubushake bukomeye ufite ubushake bwiza = imbaraga
nziza zitsinda ikibi

Ubukuru bw'umwuka budafite imbaraga + ubukuru
bw'ibinyabuzima = ubukuru bw'ikibi bukomeye

Imbaraga zikomeye mu by'umuco + imbaraga nke mu
by'umuco = imbaraga nyinshi mu by'umuco

Umuntu ufite uburakari n'urugomo + umuntu
w'umunyabuntu kandi w'umurava = imbaraga z'uburakari
ziruta iz'ubwitonzi

Imiterere ikomeye, iringaniye, kandi ituje + imico rimwe
na rimwe ituma umuntu atanyurwa = imbaraga zo gutuza
ziraganza

Kunanirwa guhoroaho + kunanirwa guke = imbaraga
zikomeye zo gukurura

Intsinzi ikomeye kandi nziza cyane = intsinzi irushijeho
kwiyoungera

Guhungabana gukomeye kw'inanirwa + guhungabana
gukomeye kw'intsinzi = kuba imbaraga zikomeye z'ingufu
cyangwa imbaraga zikomeye z'ingufu, bitewe n'ibidukikije
.n'imimerere

Ubwenge bukomeye kandi buzima + ubujiji bwuzuye =
ubwenge n'ubuhanga cyangwa ubujiji n'ubupfapfa

Imbaraga z'umwuka zidasanzwe + imbaraga zidasanzwe
zifatika = Gukurura umwuka - imbaraga zidasanzwe zifatika

Iyo abantu babona ibiremwa byinshi byo mu isi
bibakikije, wenda bamwe bagerageza gushaka abakunzi
babo bapfuye Imana yanfunguye amaso yo mu buryo
bw'umwuka, kandi mbona benshi muri abo bantu bavuye mu
isi. Binyuze mu kwibanda cyane ku jisho ry'umwuka (hagati
y'uruhanga), umuntu ashobora kubona imbere isi
irabagirana ituwe n'abantu bose beza bazamutse mu buryo
.bw'umwuka bagana imbere y'Impuhwe nyinshi

Mu bantu, umutima ukora nk'icyuma gifata umugozi
n'ijisho ry'umwuka nk'igikoresho cyo kohereza. Nubwo

udashobora kubona abacu bapfuye, iyo ushyize
amarangamutima yawe mu mutima utuje, ushobora kumva
ko hari abagukunda baba mu mibiri y'umubiri, bishimira
amahoro n'umutekano by'Imana kandi bishimira
umudendezo wabo ku nzitizi z'umubiri, bityo ukumva
ihumure mu mahoro yabo kandi umutima wawe ukumva
.uhumuriywe nabo

Iyo mvuze izina ry'Imana, ubuzima bwanjye bwose
buhinduka ibyishimo bihebuje. Ariko iyi mimerere yaje
nyuma y'umuhate ukomeye. Mbere na mbere, sinari umuntu
ukunda kwishimira cyane, kuko ubwonko bwanjye bwari
bwaragiye. Ariko ubu, iyo nshyize ibitekerezo byanjye
n'ubwenge bwanjye ku gice cy'umwuka - umwanya uri
hagati y'amaso - ibitekerezo byose birashira, guhumeka
birahagarara ubwabyo, umutima urahagarara, imivurungano
y'ubwenge iragabanuka, kandi imimerere yo kumanukira ku
bugingo, ku buryo numva ibyishimo byo mu mwuka kandi
.nkikijwe n'ibyishimo by'Imana

Amagambo y'izahabu

Ibyishimo ni uburenganzira bwanjye, umurage wanjye,
n'ubutunzi bwanjye buhishwe bw'Imana. Nyobora kubona
.muri njye ubutunzi buruta inzizi z'abami

* * *

Ubuzima ni urugendo rw'ubwenge rufite umuvuduko
uhoraho. Rwishushanya mu bintu bidafite ubuzima, cyangwa
rikagira ishusho nzima kandi igenda. Ubuzima buri muri
.byose kandi bukwirakwira muri byose

* * *

Wowe mukunzi ukomeye, uri ubuzima, uri intego yanjye
n'icyifuzo cyanjye

* * *

Umpe indabyo z'indabyo mu busitani bwawe bwo mu
ijuru, cyangwa isaro ribengerana mu ijosi ryawe ry'urukundo

rirabagirana, cyangwa umpe icyubahiro gikomeye: ahantu
hato mu mutima wawe

* * *

Aho abandi bashima imbaraga zanjye mu gukora ibyiza,
niho nshobora gutanga serivisi nziza cyane

* * *

Reka dukore tapi ya zahabu y'inzozi irimo imigozi
y'ubudodo bwiza n'ibitekerezo binoze

* * *

Urukundo ni nk'impapuro zitunganya ubwenge kandi
zigakuraho ubukana mu mico

* * *

Icyorezo, ibyago, n'impinduka zikomeye mu bidukikije
zizana kwangirika, gusenya, no kwangiza ibintu byose si "
amabwiriza y'Imana" Ibi biza bikomoka ku bitekerezo
n'ibikorwa bya muntu Aho isi yose ihurirana neza n'ikibi
bitewe n'imiraba mibi n'ihindagurika ry'ibintu biterwa
n'imigambi mibi n'ibibi bya muntu, akajagari karakomeza
.kandi hagakurikiraho kwangiza ibintu byose

* * *

Nzafata ibyiza bya buri muntu, kandi nzubahiriza imico
.myiza y'ibihugu byose nta kwibanda ku nenge zabyo

* * *

Nk'uko twita ku ntungamubiri ziboneka mu byo kurya
bya buri muni, tugomba no kwita ku ntungamubiri zo mu
.mutwe dutanga mu bwenge bwacu buri muni

* * *

Amagambo meza ni umuti utangaje w'indwara nyinshi,
afite imbaraga zikomeye, hafi ya za gihanga, zikurura
imigisha myinshi n'ubutunzi ku bavuga. Abakoresha
amagambo ahumuriza kandi yoroshya bumva umugezi
utemba muri bo nta nkomyi, wuzuyemo ituze rikomeye. Ibi
biterwa nuko uyu mugezi ufitanye isano n'isoko yawo yo
hejuru, umugezi uhoraho ugera ku mitima ihuje n'iyi soko,
.ukabashoboza kohereza ibyishimo ku bifuzwa amahoro

* * *

Mbega amagambo menshi meza aturutse mu mutima
yakuyeho agahinda kenshi, kandi ese amajwi menshi
y'abanyabwenge yamurikiye inzira z'umwijima amatara
!y'ibyishimo n'ituze

* * *

Dukura mu bunararibonye bwose tunyuramo, igihe
cyose tuzi neza ko dushobora kubigiramo amasomo
y'ingirakamaro. Kuko buri bubabare n'imibabaro duhura na
.byo bifite icyo bisobanuye n'icyo bigamije

* * *

Nubwo igerageza rikaze, ni nk'umuriro ushongesha
amabuye y'icyuma kugira ngo ayahindure icyuma cyiza,
.kiramba kandi gifite ubushobozi bwo gukora ibintu byinshi

* * *

Ibintu byose bitangaje nagezeho mu buzima bwanjye
byagezweho binyuze mu mbaraga z'ubwenge buhuje
n'Imana. Iyo igikoreshe cy'Imana kirimo gukora, icyo nifuza
cyose kirasohora nta gutandukana, kibanza gufata ishusho
nk'igishushanyo kitagaragara, gishingiye ku bushobozi
hanyuma kikagaragara mu by'ukuri n'imbaraga
.zidasubirwaho

* * *

Iyo ubwenge bubwiye Imana ijwi rivuye ku mutima kandi
rishyushye riturutse mu mutima w'umuntu ufite icyifuzo
gikomeye, umuhamagararo w'umwuka uzagera ku mutima
w'abantu bose, maze igisubizo kizaza, kizana ibyishimo
byinshi. Iri jambo rivuye ku mutima ritera imbaraga kugeza
ubwo rigira imbaraga zikenewe kugira ngo rigere ku ntego
.ryifuzwa

* * *

Iyo ubwenge bw'umuntu n'ubushake bwe bihuye
n'Imana, aba afite imbaraga zitagira imipaka, ku buryo
gutekereza ku kintu gusa bihagije kugira ngo akigereho,

kuko amategeko y'Imana akorera ku bw'abahuje n'ubushake
.buhebuje

* * *

Umuntu ntagomba kwiwegurira ubushobozi bwe bwose
bw'ubwenge Imana yamuhaye mu gukurikirana ibintu
by'akanya gato, kugira ngo atazimira mu buryo
butunguranye bw'ibintu by'umubiri maze akiremamo inzitizi
n'imipaka bitari ngombwa. Ahubwo, agomba gukoresha
imbaraga ze z'ubwenge kugira ngo abone ibyo akeneye mu
buzima kandi agaharanira guteza imbere ubushobozi bwe
bw'umuco kugira ngo amenye itandukaniro riri hagati
.y'icyiza n'ikibi, n'icyangiza n'icyagirira akamaro

* * *

Ukuri kurenze ibitekerezo n'inyigisho, kandi benshi
.bafata ubu buryo bagengwa n'imyanzuro yabo bwite

* * *

Mwami, fungura amarembo y'amahoro kandi urinde
ubuturo bw'ibitekerezo byanjye byo mu mwuka ibitero
by'amajwi mabi. Reka indabyo z'ibyo nifuza zishime mu
.busitani bw'umutima wanjye mu gihe ntegereje ko uzaza

* * *

Ubumenyi bw'inyigisho ntibushobora kubona ubumenyi
bw'Imana, kandi ni byiza kudakoresha umwanya wawe
w'agaciro ku nyigisho zidashobora gukoreshwa mu by'ukuri,
bitabaye ibyo uzisanga uri mu mashyamba y'ubwenge
.menshi kandi udashobora kurenga inyigisho z'inyigisho

* * *

Ibyishimo ni imbuto yo gutsinda mu mitekerereze mu
bihe bigoye by'ubuzima

* * *

Uwo Imana izi ashobora kuba atazwi n'isi

* * *

Iyo umuntu yishyize hamwe n'ubumenyi
bw'imitekerereze [atapimye], azaba nk'igikoresho gifata
amajwi gisubiramo imigani kandi kigasubiramo amagambo

akomeye, abandi bakamufata nk'umuhanga mu
by'ubumenyi, ariko ubwo bumenyi ntibukomezwa no kubona
ukuri mu buryo butaziguye, cyangwa ngo buhuzwe no
.kugera ku byo mu buryo bw'umwuka

* * *

Ibibazo bizakomeza kubaho mu isi, none se umuntu
ashobora kwerekeza he kugira ngo ahabwe ubuyobozi
n'icyerekezo? Ibitekerezo bye, bigizweho ingaruka
n'imyitwarire, ivangura, ivangura, n'ubufana, ntacyo bimaze,
kandi ingaruka z'ibidukikije bye, umuryango we, igihugu cye,
cyangwa isi ye ntizishobora gutanga ubuyobozi nyakuri.
Bityo rero, umuntu agomba guhindukirira Imana no kumva
.ijwi rituje, rituje riva mu mutima we, ijwi rihuye n'ukuri

* * *

Mukingurire imitima yanyu ku isuka ry'Imana kugira ngo
risendere muri mwe kandi ryuzuze ubuzima bwanyu imigisha
n'ineza byo mu mwuka

* * *

Akazi kose ukora n'ibyo wageraho byose, ibuka ko
Imana ari yo soko iguha imbaraga zose ukeneye kugira ngo
.ukore kandi ugere ku byo wagezeho

* * *

Reka nkwibuke, Mwami, mu bukene no mu buhire, mu
ndwara no mu buzima bwiza, mu bujiji no mu bwenge, kandi
reka ndebe urumuri rwawe rwiza rutanga ubuzima bwiza no
.gukira mu kanya gato

* * *

Mu bitekerezo byanjye byonyine, ndifuza kumva ijwi
ryawe ry'umugisha. Nkuramo amajwi akaze yo mu isi ahishe
mu byibutso byanjye. Ndashaka kumva ijwi ryawe rituje
.kandi riryoshye iteka ryose mu ituze ry'umutima wanjye

* * *

Ubuzima buri mu mwijima, kandi rimwe na rimwe
turagwa tugatinda kuja imbere Tugomba kureka umucyo
w'Imana ukaba itara rituyobora mu gihe tunyura mu nzira

z'umwijima z'ubuzima. Ni ukwezi kuzuye mu ijoro ry'ubujiji
n'umwijima, ni izuba ry'urumuri mu masaha yo gukanguka,
urumuri rw'ubuyobozi, akaba n'inyenyeri iyobora abanyura
.mu nyanja z'ubuzima bw'isi, bumara igihe gito

* * *

Igihe kirageze ngo umuntu akanguke ubwenge bwe ava mu
bitotsi byo kwibagirwa akagera ku gukanguka k'umwuka

* * *

Turagusaba, Mwami, kuzamura ubumenyi bwacu tuva
mu bujiji n'ibitekerezo bito, bigarukira ku ntego z'amahoro,
.urumuri, urukundo, n'impuhwe za muntu ku isi yose

* * *

Ibintu bizagenda neza kuko imbaraga n'ibitangaza
by'Imana byihishe inyuma y'ivuguruzanya ry'ubuzima
bw'abantu, kandi uwo ari we wese utemera ko ibintu
bidashoboka kandi akagerageza kwinjira mu bwenge bwe no
mu kwizera kwe ku biri hirya y'igitambaro azakingurirwa
urugi [rukometse na buri wese wizera]

* * *

Kwizera ntibivuze kuba umuntu utagira icyo akora
cyangwa kudafatana ubushishozi n'ibintu. Ahubwo, uko
byagenda kose, umuntu agomba kwiyeemeza ko Imana
yonyine ari yo ishobora kumushyigikira mu bihe bigoye kandi
bitoroshye niba ayihindukiriye n'umutima we wose, ubugingo
.bwe bwose, n'amarangamutima ye yose

* * *

Iyo ibyumviro byacu bitwereka ukuri kose, twabona isi
nk'imigezi ya electron, kandi twabona agace kose
.k'umukungugu nk'urumuri ruzenguruka

* * *

Abinjira mu bwenge bwabo kuva ku bintu kugeza ku
mwuka basobanukiwe imiterere y'ubuyobe kandi bazi
.ishingiro ry'ukuri

* * *

Umuntu yaba ari mu mashyamba ya Afurika, ari ku
rugamba, arwaye cyangwa afite ubukene, agomba kwemeza
ko ukuboko kw'Imana gukomeye kuruta akaga kandi ko
.gushobora kurinda abamuhungiraho

Nta bundi buryo bwiza bwo kwirinda. Birumvikana ko
umuntu agomba gukoresha ubwenge mu guhangana n'ibintu
.bibaho kandi akizera ubufasha bw'Imana mu buryo bwuzuye

* * *

Urukundo rutuye mu mitima y'ibiremwa byose—
urukundo rw'ababyeyi bose, ba se, inshuti n'abakunzi—
rukomoka ku rukundo rw'Imana

* * *

Hagomba gutandukana inshingano zikomeye n'izito,
hagashyirwa imbere iz'ingenzi kurusha iz'ingenzi gusa.
Byongeye kandi, nta nshingano igomba kuvuguruza indi.
Ibyanditswe bitubwira ko iyo inshingano imwe igongana
.n'indi, ari ikimenyetso cy'uko atari inshingano nyakuri

* * *

Uko imirasire y'izuba ikomeza gukwirakwira,
nzakwirakwiza imirasire y'ibyiringiro mu mitima y'abakene
n'abatereranywe [abo umuryango watereranye], kandi
nzashyiramo ubushake bushya mu mitima y'abibwira ko ari
.abananiwe

* * *

Umwarimu Paramahansa yabwiye umwe mu bigishwa
be ati: "Ntugakure umuntu uwo ari we wese mu rukundo
rwawe. Komeza buri wese mu mutima wawe, na we
".azagukomeza mu we

* * *

Uwiteka, mfasha gukoresha ubushake bwanjye buri gihe
kugira ngo nkore ibikorwa byiza kandi by'ingirakamaro

Mfasha gukurikiza ubushake bwawe kugira ngo
ibitekerezo byanjye byose bihuze n'imigambi yawe kandi
bihuze n'ubushake bwawe
Yamfashije gukangura imbaraga zihishe kandi
z'umugisha ziri muri njye kugira ngo mbashe gutsinda
ingorane n'ibigeragezo byose

* * *

Kanguka ugire uwo muco wo mu mwuka w'ubutwari
n'ubwiyoroshye - uhuza imbaraga z'intare n'ubwitonzi
bw'inuma

* * *

Sinzahangayikishwa n'ibitutsi bikaze, cyangwa gushima
no gushimwa cyane. icyifuzo cyanjye ni ugukora ibyo
.ushaka, Mwami, no kubona ubutoni bwawe

* * *

Ntushobora kwiyumvisha ibyishimo byinshi bizakuzura
igihe wumvise ubuturo bw'Imana. Ubwo rero ubugingo
bwawe buzasindishwa n'urukundo rw'Imana rutagira
imipaka. Ni urukundo ruruta urukundo rw'umuntu urwo ari
rwo rwose incuro miliyoni—urukundo rusohoza ibyifuzo
byawe byose kandi rwuzuza umutima wawe ibyishimo
.n'ibyishimo

* * *

Binyuze mu kwibanda imbere, ushobora kwibonera
ibyishimo byo mu mwuka muri wowe no hafi yawe. Iyo
ubyibushye, imico yawe izakura neza, kandi uzagira
.imbaraga zo gukurura abantu n'ibindi biremwa

* * *

Umurinzi Mukuru, ntabwo nitaye ku byo natakaje byose
kubera iherezo ryanjye, ari naryo nishyiriyeho, ariko
ndagusaba, wowe buhungiro bwanjye bwonyine, kurinda
urumuri rw'urukundo rwanjye kuri wewe imiyaga yo kutita ku
.byo nshaka no kwibagirwa

* * *

Nimuze tunywe amazi meza y'amahoro ahumura
aturuka mu masoko y'ibihe byiza, dukomezwa n'icyemezo
cyacu gikomeye cyo gutekerezwa neza no kugira icyerekezo
.cyiza

* * *

Umutimanama ni uburyo bwo kumva ibintu buhishura
kamere nyayo y'umuntu n'impamvu ze lyo umutimanama
wawe ugororotse, kandi ukaba uzi neza ko ukora ibikwiye,
ntacyo ugomba gutinya. Umutimanama ugororotse ni
igihamba cy'imyitwarire myiza ituruka ku Mana. Kuba
umwere mu rukiko rw'umutimanama bivuze kugira ibyishimo
.no kwakira imigisha y'Imana

* * *

Gerageza gukora ibintu bishimishije kandi by'ubutwari
abantu benshi badakora, kandi uhe urukundo n'amahoro abo
abandi bitaho

* * *

Umwari mu Paramahansa yabwiye umwe mu bigishwa
:be ati

Niba udamara umwanya ukinga ubwenge, nta"
burumbuke bw'ibintu bushobora kugushimisha. Ubu buhinzi
si ukwica urubozo ahubwo ni ukwitoza ubwenge kugira ngo
".bugaburire ibitekerezo n'ibikorwa biyana ku byishimo

Ibyishimo byawe ni intsinzi yawe, bityo ntukemere ko
hagira ubikwiba. Irinde abagerageza kukubangamira. Nkiri
muto, nakundaga kubura kwihangana igihe cyose abantu
bakwirakwizaga ibihuha by'ibinyoma kuri njye. Nyuma, naje
kubona ko amahoro yanjye yo mu mutima ari yo y'ingenzi
.kuruta kwemerwa n'abantu cyangwa gushimwa nabo

* * *

Iyaba wari uzi inkuru y'urukundo rw'Imana bamwe mu
bayisenga bahura na yo! Nta bundi bunararibonye mu
buzima bwagereranywa n'ubwo bwishimo nari nzi

umutagatifu wahoraga yinjijwe mu rukundo rw'Imana, kandi
isura ye irabagirana urukundo rwera Ijisho ry'Imana rihora
.rireba abayikunda, kandi ntabwo ibatererana na gato

* * *

Abashishikajwe no guteza imbere imbaraga zabo zo mu
mutwe no mu mwuka ni bake cyane

* * *

Ntukemere ko winjira mu gihe cyo gutinda. Haguruka
uve mu bitotsi by'ukuri kurambiranye kandi ujye mu
migambi y'ubuzima bwiza aho hari ibyo ugeraho, ibyishimo
.n'amahoro

* * *

Muri wowe hari ubushobozi bunini butegereje
gushorwamo, kandi ni wowe wenyine ushobora kubukoresha
.no kububyaza umusaruro

* * *

Kudakurikiza amabwiriza y'ingeso mbi n'irari ribi bizana
ibyishimo byinshi kuruta intsinzi mu by'umubiri
Intsinzi mu buvanganze izana ibyishimo byo mu mutwe
ibintu byo hanze bidashobora kugutwara

* * *

Ushobora kumara igihe cyawe cyose ukusanya
amafaranga, ariko ayo mafaranga ntabwo azaguha amahoro
n'umutekano urambye ushaka. Ahubwo, azagutera agahinda
kenshi kuko ibyishimo n'amahoro biba mu bitekerezo,
.ntabwo biba mu bintu ubwabyo

* * *

Ntukemere ko intege nke zinjira mu mutwe wawe, kandi
witondere iyo wifatanya n'abantu bafite ibitekerezo bibi
n'ibitekerezo bibi, kugira ngo ibitekerezo byabo by'intege
nke bitakwinjira mu mutwe wawe, keretse ubwonko bwawe
bugeze ku rwego rwo hejuru ku buryo ibitekerezo by'abandi
bitashobora kubuca intege, ahubwo, ahubwo, bushobora
.gukomeza ibitekerezo by'abandi no kongera icyizere cyabo

* * *

Imana ni yo iza mbere, kandi ntidukwiye gutangira
cyangwa kurangiza umunsi wacu tutayitekerejeho. Tugomba
kwibuka ko tudafite imbaraga n'imbaraga duhabwa n'Imana,
tudashobora gusohoza inshingano zacu zose. Iyi ni yo
.nshingano yacu ikomeye kuri yo

* * *

Hari uburyo bwo gusuzuma no gucira imanza imigenzo
n'imigenzo Mbere na mbere, buri muco wari ufite impamvu.

Niba dusanze impamvu ifatika ikiri ukuri, uwo muco ufite
icyo uvuze n'inyungu zawo. Ariko, si byiza gukurikiza
imigenzo mu buryo buhumyi. Tugomba kumenya icyiza no
kugikurikiza, tugasobanukirwa icyatuzanira ibyishimo
.hanyuma tukagishyira mu bikorwa

* * *

Iyo ubona abantu benshi badafite ibyishimo cyangwa
intsinzi, ntugatekereze ko ari yo ntego yabo. Ushobora
kwigira icyo ushaka kuba cyo cyose. Intsinzi yawe y'imbere
.niyo iguhesha intsinzi by'ukuri

* * *

Niba ntacyo ufite muri wowe ubwawe, ntuzishima Ariko
niba ntacyo ufite iruhande rwawe kandi ukaba wishimye
muri wowe, nta gushidikanya ko uba ufite icyo ugeraho
Bityo, ntibishoboka gucira abantu urubanza ukurikije
.imimerere yabo yo hanze

* * *

Mu mbaga nyamwinshi y'abantu, hashobora kuba hari
umuntu wageze ku rwego rwo hejuru mu buryo bw'umwuka
kandi akaba afite amahoro yo mu mutima n'ibyishimo byo
.mu buryo bw'umwuka bihebuje

* * *

Ndazi neza ko ibyo nkeneye byose bizangeraho, bityo
sinhangayikishwa n'ibyo ejo hazaza habitse. Ibi si ukwirata
cyangwa kwiytirira, kuko nabonye umurimo n'ubushobozi
.bw'izo mbaraga nziza mu buzima bwanjye inshuro nyinshi

* * *

Naba ndimo ndemba hejuru y'ubuzima cyangwa ndimo
nrohama mu nyanja, nzi ko ndi kumwe n'Imana kandi ko iri
kumwe nanjye, kandi ko nta kintu na kimwe gishobora
kungirira nabi. Ubwo bumenyi bwampaye ibyishimo
.bitavugwa kandi byimbitse

* * *

Nta gushidikanya ko kugura ikintu gishya ari ibintu
bishimishije Ariko nyuma y'igihe runaka, icyo cyizere
cy'ibyishimo kirashira buhoro buhoro, ndetse ushobora no
kutakigiraho uruhare rwose, ukibagirwa ikindi kintu. Ariko,
fagitire y'icyo kintu ntizibagirana, cyane cyane niba
!wagiguze mu byiciro

* * *

Umuntu agomba kugenzura ubuzima bwe no
kubworoshya uko bishoboka kose. Agomba kuzigama
amafaranga yo gukoresha mu bintu by'ingenzi n'ibyihutirwa,
gushyira imbere kuzigama amafaranga kuruta kuyakoresha
mu bintu by'agaciro, no gufasha abandi uko ashoboye kose.
Iyo ufashije abandi, ubufasha buzakugeraho mu buryo
bumwe cyangwa ubundi, kandi ntacyo uzabura kandi
.ntuzabura icyo wakenera

* * *

Mu byishimo by'imitima yose, numva ijwi ry'ibyishimo
byawe, Mwami, kandi mu bucuti bw'abizera bose, numva
urukundo rwawe ndishima kandi umutima wanjye wishimira
intsinzi n'iterambere ry'inshuti zanjye, nk'uko nishimira
imibereho myiza yanjye n'uburyohe bwanjye Uko nshyira
ubwenge mu bandi, ngwiza ubutunzi bw'ubwenge bwanjye,
kandi mu byishimo bya bose, mbona ubwanjye

* * *

Umwanzi ukomeye w'ibyishimo ni uguza amafaranga
kugira ngo ugure ibintu by'akataraboneka Abantu bibeshya
ko badashobora kugira ibyishimo keretse babonye ikintu

cyihariye Ariko nubwo bamaze kubona icyo kintu,
ntibazabona ibyishimo nyakuri, nubwo bizana ibyishimo
by'igihe gito. Ni iki gituma umuntu yiruka inyuma y'ibyishimo
byo mu isi bisezeranya guseniyuka gusa? Abantu bagomba
kubaho mu buryo bworoshye, badakeneye ubutunzi bwinshi
.busaba kwitabwaho buri gihe

* * *

Paradizo yanjye iri muri njye Uko nishimira imigisha
y'Imana, ndayishimira, kandi ibyishimo byanjye byo mu
mutima bikura Nta byishimo byo mu mutima, ndetse
n'ibinezeza n'ibyishimo byo mu isi biba ikuzimu Naje kubona
ko iyo nta byishimo byo mu mutima, umutwari w'inshingano
nahawe wari kunyambura amahoro yanjye kandi ukambuza
.ibyishimo byanjye

* * *

Niba ubutunzi bujyanye n'indwara n'ibibazo, ingaruka
zizaba nyinshi Isuku n'ubuvuzi biri mu mbaraga
z'Uburengerazuba Udukoko twangiza n'udukoko twica
bigenzurwa neza mu bihugu byateye imbere, mu gihe ari
twinshi mu bindi. Ariko gukuraho utwo dukoko si cyo kintu
cy'ingenzi cyagezweho, kuko hari izindi ngorane mu bihugu
byateye imbere, nko kwishyura fagitire bigoye no kubura
amafaranga bitewe na sisitemu zo kugura mu byiciro—
ibibazo bibangamira ibitotsi no kugabanya amahoro yo mu
.mutima

* * *

Turi igice cy'ingenzi cy'ubwenge bumwe iyi si ikomeye
yaturutsemo

* * *

Ese wigeze ubona umukumbi w'intama? Iyo imwe muri
zo isimbutse, izindi mukumbi ziwugana nta gushidikanya
Abantu benshi bameze batyo Umuntu ashobora kuzana
igitekerezo cyangwa akazana ikintu gishya, abandi bagahita
bagifata nk'uko bisanzwe. Iki gishushanyo cyakomeje
kubaho mu bisekuruza bitandukanye Buri gihugu gifite

imigenzo yacyo, kandi ntitwavuga ko yose ari ukuri cyangwa
ari ukuri. Aiko se ni nde ubizi? Ahari imwe muri iyo migenzo
n'imigenzo ntacyo ivuze kandi ntacyo imaze

* * *

Iyo inkubi y'umuyaga y'ibitekerezo igabanutse, twinjira
mu bwami bw'amahoro kandi tugakora ku kuboneka
kw'Imana

* * *

Tekereza ku Mana, cyangwa ahantu heza hatera
amahoro, cyangwa uburambe bushimishije kandi
bushimishije. Igikorwa cyiza kandi gituje cyo mu mutwe
.kirakomeza kandi kigarura ubuyanja

* * *

Tuba mu isi irimo akajagari n'imidugararo Ushobora
gutekereza ko amafaranga asobanura ibyishimo, ariko iyo
uyabonye, ugasanga uracyari mubi Ushobora kubona
ubutunzi kandi—Imana irinde—ukabura ubuzima bwawe
Cyangwa ushobora kugira ubuzima bwiza no kubura
amafaranga yawe Cyangwa ushobora kugira ubutunzi
n'ubuzima bwiza ariko ugahura n'ibibazo byinshi hamwe
n'abandi, utanga ubuntu ariko ugahura n'inzika n'urwango
mu buryo bw'ukuri Udafite Imana, nta kintu na kimwe muri
ubu buzima gishobora kukunezeza by'ukuri

* * *

Isi ihinduka icyumba cy'imibabaro ku bantu babaho
batazi gahunda y'Imana. Aiko iyo ubona ibibera mu buzima
nk'abarimu bawe kandi ukabyigiraho imiterere nyayo y'iyi si
n'uruhare wahawe mu isi, ibyo bibera urumuri rw'agaciro mu
.nzira igana ku kunyurwa no ku byishimo birambye

* * *

Aho ngaho, inyuma y'umwijima utari wijimye, ituze
ritagira amajwi, n'ubusa butararemwa, hari ikintu cy'iteka
ryose, ari cyo nkomoko y'ubuzima n'isoko y'imbaraga zose
.n'ibiremwa, ibiboneka n'ibitagaragara

* * *

Imana ntiyaturemeye iyi si kugira ngo turye, dusinze
kandi dupfe gusa, ahubwo yaturemeye kugira ngo tumenye
ubushake bwayo kandi dusobanukirwe intego yo kubaho
kwacu. Abantu bake b'abanyabwenge basobanukiwe icyo
gahunda y'isi isobanura, ariko abantu benshi ni impumyi
.kandi ntibazi iyo ntego

* * *

Amafaranga ntabwo yari intego yanjye mu buzima;
integو yanjye kwari ugukorera abavandimwe banjye bo mu
buntu. Bityo, Imana yamfunguriye imiryango myinshi
.y'amahirwe yo kwibeshaho no gusohoza inshingano zanjye

* * *

Imana yaremeye iyi si kugira ngo ikore ikurikije itegeko
rihoraho kandi ridahinduka Iyo turenze kuri rimwe muri aya
mategeko rusange, tuba twihaniye Umuntu usimbuka ava ku
gisenge cy'inyubako ndende azavuna amagufwa ye. Bityo
rero, ntidushobora kwirengagiza itegeko ry'imbaraga
.rukuruzi tutagize ingaruka mbi

* * *

Iyo twitegereje mu buryo bwimbitse imico y'isi kandi
tugasuzuma amabanga yihishe y'imico ya kera, ishusho nini
igaragara, ifite imirongo ifatanye, ibice bitandukanye,
n'ibisobanuro birambuye, maze tugasanga umuntu ari
.umuntu ku giti cye kandi ari n'umubano icyarimwe

* * *

Iyo Imana ishaka ko tubaho mu buryo bwo kumenya
ibintu gusa, twari kunyurwa byuzuye n'ibintu bifatika kandi
.tukanyurwa n'inzira z'isi

* * *

Imirasire y'ubuziranenge, amahoro, n'ibyishimo birenze
inzozo irabengerana kandi irabyina mu bwigunge bwacu
bw'ingenzi

* * *

Muri buri bunararibonye bugaragara mu kirere
cy'ubuzima bwacu muri uru rugendo rwacu rwo ku isi,

tugomba kwiga uburyo bwo kwagura ubumenyi bwacu
n'uburyo bwo gusobanukirwa neza imimerere ituzengurutse
cyangwa iyo tunyuramo, hanyuma tuzabashe kubaho mu
bwumvikane bwiza no kubana neza n'abantu n'ubuzima mu
.buryo butekanye kandi butekanye

* * *

Abantu benshi bigana abandi. Umuntu agomba kuba
umwimerere kandi agahanga udushya, kandi akaba
.umuhanga mu byo akora byose

Mu Burasirazuba, intego nyamukuru yari iyo guteza
imbere ibyishimo byo mu buryo bw'umwuka, mu gihe ibintu
by'umubiri mu buzima byakunze kwirengagizwa. Mu
Burengerazuba, hari ibintu bimwe na bimwe byo kwishimisha
mu buryo bw'umubiri ariko ibyishimo byo mu mutwe ni bike
cyane. Igikenewe ni uburinganire hagati y'ibyo byombi, kuko
kwibanda ku kintu kimwe gusa cy'ubuzima bitera
ubusumbane no kunanirwa guhangana n'ibyo umuntu
.akeneye mu buryo bushyize mu gaciro

* * *

Ibyishimo bikomeye - nyuma y'ibyishimo by'Imana - ni
uko umuntu abana amahoro n'abavandimwe be ba hafi
.bagomba kubana nabo buri muni w'umwaka

* * *

Abantu batakaza umwanya munini bihuta kandi bakora
ibintu bahubutse ariko ntibagere ku ntego zabo. Bake
bahagarara gato kugira ngo batekereze kandi bagerageze
.gusobanukirwa icyo ubuzima butanga

* * *

Tugomba gukora kugira ngo twubake inyubako
z'ubwenge mu busitani bw'amahoro bukura kandi
bukarabagirana indabyo nyinshi z'imico myiza y'umwuka

* * *

Ubwumvikane bw'imbere ni isoko ikomeye y'imbaraga
kandi butanga ingufu zishobora kuvugururwa

* * *

Urebye ubuzima, umuntu asanga gutsinda atari
byoroshye Ubuzima akenshi buragoye kandi ntibubabarira,
kandi tugomba kurwana no kubona imibereho Tekereza
imbaraga zisabwa kugira ngo umubiri wawe ukomeze
kubaho neza kandi utagira indwara! Nubwo wabigeraho, iyo
ntsinzi ni iy'igihe gito. Umubiri - urambe igihe kirekire -
amaherezo uzashyirwa mu gihirahiro. Ibisabwa ni ukurwanya
imbaraga nyinshi, haba iz'imbere n'iz'inyuma, kugira ngo
ugere ku ntsinzi wifuza. Izi mbaraga zikora cyane kugira ngo
.zikubuze kugerwaho n'ibintu by'ingenzi

* * *

Gerageza gutuza mu bihe byose, kandi ureke imbuto
y'amahoro yawe ishime mu byishimo no mu nseko
.z'ibyishimo

* * *

Ndetse n'abera bakomeye ntibabona agakiza kuzuye
keretse gusangira intsinzi yabo n'abandi, ni ukuvuga
ubunararibonye bwabo mu by'umwuka n'ubumenyi bwo
.hejuru, mu kubafasha kugera ku bumenyi bweranda

* * *

Kubera iyo mpamvu, abagera kuri izo ntambwe
bakagera kuri izo ntambwe baba biteguye gutanga
ubumenyi ku babukeneye. Niba wifuza kugera ku ntsinzi
nyayo, ntuzakwizeza ibyishimo byawe bwite gusa, ahubwo
.uzanabikesha abandi

* * *

Umuntu wese ufite ubwenge ashobora kubona
amafaranga Ariko niba afite urukundo mu mutima we,
ntabwo azigera ayakoresha mu nyungu ze bwite; ahubwo
azayasangira n'abandi Amafaranga ni umuvumo n'ibyago
biri mu maboko y'abikunda n'abanyanteye nke, kandi ni

umugisha n'impano biri mu maboko y'abafite imitima myiza
.n'imitima itanga ubuntu

* * *

Umuntu ashobora guhitamo guceceka igihe kirekire,
yanga kuvugana n'abagize umuryango we muri icyo gihe.
Nubwo uyu muntu ashobora kugira amahoro yo mu mutima,
imyitwarire ye ni ubwikunde kandi ikabangamira ibyishimo
by'umuryango we. Ntabwo bashobora gufatwa nk'abatsinze
by'ukuri keretse abakunzi babo nabo bungukiye ku byo
.bagezeho

* * *

Mu buryo nk'ubwo, kugera ku ntsinzi mu by'umubiri si
uburenganzira bwacu bwo kugira imibereho myiza gusa,
ahubwo ni n'inshingano zacu mu by'umuco ku bandi mu
bijyanye no kubafasha kunoza imiterere yabo y'umubiri
.n'imibereho yabo

* * *

Ndinzwe n'umutimanama wanjye ukeye. Natwitse
.amateka mabi kandi ndahangayikishijwe n'uyu muni gusa

* * *

Uyu muni ndabona ko ndi umwe mu bafite urumuri
rw'ibyiza bihebuje kandi ko ndi urumuri rw'abarwana
n'imiraba y'inyanja y'umubabaro

* * *

Abantu bafite ibitekerezo n'ibitekerezo bitandukanye ku
bijyanye n'intsinzi, bitewe n'ibyo bifuza mu buzima. Ni
ibisanzwe kumva bamwe bagereranya intsinzi n'ubujura,
bavuga ibintu nk'ibi ngo "Yari umujura watsinze!" Ibi
bigaragaza ko intsinzi mu buryo bwose n'ubwoko bwayo ari
nziza kandi irashakishwa. Ariko, intsinzi yacu ntigomba
.kwangiza abandi

* * *

Hariho kandi ikindi gipimo cyo gutsinda: iyo dushoboye
kuzana umusaruro uhuye kandi w'ingirakamaro kuri twe

ubwacu, twagombye no gushyira abandi mu ntsinzi yacu no
.gusangira nabo imbuto zayo

* * *

Intsinzi bivuze kunyurwa n'ibyishimo by'umuntu mu
bidukikije. Intsinzi nyakuri ni umusaruro w'ibikorwa
bishingiye ku mahame yo gukiranuka, kandi ikubiyemo
ibyishimo n'imibereho myiza y'abandi nk'igice cy'ingenzi
cy'ibyishimo bye. Iyo dushyize mu bikorwa iri hame mu
buzima bwacu bw'umubiri, mu bwenge, mu by'umuco no mu
by'umwuka, tuzagira ibisobanuro byuzuye kandi byuzuye
.by'intsinzi

* * *

Aha muri iyi si nto, tubona uburebure, ubugari,
n'ubucucike, ariko hari urundi rwego aho ingano zitabaho;
byose birasobanutse kandi bisobanutse—byose ni ubwenge
n'ubushishozi. Uburyo bwo kumva uburyohe ni uburyo bwo
kumva, kimwe n'uburyo bwo guhumurirwa.
Amarangamutima yacu, ibitekerezo byacu, n'imibiri yacu ni
imiterere y'ubwenge. Nk'uko dushobora kubona, kumva,
guhumurirwa, kuryohereza, no gukoraho mu nzizi, ni ko
bimeze no kuri urwo rwego rwo hejuru, ese tugerwaho n'ibi
?byose binyuze mu bwenge busanzwe

* * *

Uwiteka, duhe ibyishimo wumva ko uri hafi yawe,
udukure mu ngoyi z'ibyifuzo, kandi uduhe ibyishimo byo mu
mutima bitagizweho ingaruka n'ibyo ubuzima buhura na byo
.n'ibintu bihinduka

* * *

Iyo ubwenge bwacu buhuje n'ibitekerezo byo hejuru,
ubwenge bw'umwuka burabyuka muri twe maze tukabona
ibitangaza bitangaje by'ubwenge n'urukundo by'Imana

* * *

Nidukunda Imana byuzuye kandi tukayihindukirira
n'ibitekerezo byacu byose n'imitima yacu yose, tuzumva turi

hafi yayo kandi tuzasanga ari yo buhungiro bukomeye
.bw'umutekano mu buzima

* * *

Mu mwanya usa n'aho uri ubusa kandi urimo ubusa, hari
isano iri hagati y'isi n'ubuzima bw'iteka buduhuza n'ibintu
byose bifite ubuzima n'ibidafite ubuzima mu isanzure,
umuraba w'ubuzima bukomeye unyura mu bintu byose
.biriho

* * *

Ubuziraherezo ni bwo buturo bwacu nyakuri n'ubuturo
buhoraho, kandi kubaho kwacu muri iyi mibiri ni ukubaho
by'igihe gito, nk'ikiruhuko gito ku modoka igenda mu butayu

* * *

Iyo twishyize hamwe n'imbaraga z'umwuka zirema,
tuzahuza n'ubwenge bw'isi yose kandi butagira iherezo
bushobora kutuyobora no gukemura ibibazo byacu.
Imbaraga zo guhanga zizatugeraho nta nkomyi ziva ku isoko
ikomeye y'ubugingo bwacu, zidushoboza kugera ku ntsinzi
.mu bikorwa byacu byose

* * *

Urukundo rukura kandi rugakura mu muryango
w'abizerana, kwihanganirana no kubahana

* * *

Uwiteka, duhe umugisha umucyo w'ibitekerezo
bitunganye n'ingeso nziza, kugira ngo umwijima w'ingeso
mbi n'ibitekerezo bibi bitugeraho, uzakita uvanwaho.
Udufashe kugukunda urukundo rwimbitse ku buryo ibishuko
by'umubiri cyangwa ibishuko by'isi bitashobora kutugusha
.mu mutego cyangwa ngo bifate ubwenge n'imitima yacu

* * *

Ibintu biboneka byoroshye ntabwo ari ingenzi cyane. Ibi
tubizi mu kwigira ubuzima bw'abagabo n'abagore bakomeye
n'uburyo babaye indashyikirwa binyuze mu guteza imbere
impano zabo, gusohoza inshingano zabo, kubaka
indangagaciro zabo z'umuco, kwigira byimbitse, no kwirinda

ubwikunde. Ariko umusaruro bagezeho n'ibyo bagezeho
.byari biruta cyane imbaraga bakoresheje

* * *

Ubwisanzure nyakuri buri mu bwigenge bwo guhitamo
buyobowe n'ubwenge kandi bugashyigikirwa n'ubushishozi,
ubunyangamugayo, n'ubushake buhamye

* * *

Iyo ukanguye ubushake bwawe, icyemezo cyawe,
n'ubushishozi bwawe, imbaraga zitagaragara zirekurwa mu
bwenge bwo hejuru—binyuze mu bwenge bw'ubugingo—
kugira ngo zigufashe kandi zimurikire inzira zigana ku
.ihumure n'ibyishimo byo mu mutwe, ubifashijwemo n'Imana

* * *

Umuntu agomba gufungura imiyoboro y'ubugingo bwe
binyuze mu mbaraga ze Ntawe uhitamo ku bushake
imibabaro n'agahinda kuruta amahoro n'ibyishimo Ubujiji ni
umuzi w'imibabaro n'imbogamizi igomba gukurwaho no
kuvanwaho Ubujiji ni icyatsi kibi, gishinze imizi cyane,
gikurira mu busitani bw'abantu kandi kigatera ibimera byiza
kandi by'ingirakamaro

* * *

Ubujiji bugomba kuneshwa n'ubushake budacogora
n'ubushake buhamye. Ubutaka bw'ubwenge bugomba
guhingwa hibandwa ku bintu byiza, kandi imbuto nziza
zivomerwa n'amazi yo kwizera. Iyo imirasire y'urukundo
ishyushye kandi ikomeye irabagirana, imbuto y'ineza izakura
kandi itsinde ibyatsi bibi n'ibimera bitera indwara, kuko
.umwijima udashobora kubaho imbere y'umucyo

* * *

Ibinezeza by'ibintu bifatika birashira kandi bikayoyoka,
ariko ibyishimo by'Imana ntibizigera bishira. Ni ibyishimo
.by'Imana bitagira iherezo kandi bitavugwa

* * *

Ntitugomba gukoresha uburyo butari bwo kugira ngo
tugere ku byishimo, kandi ntitugomba kureka amahoro
n'ubutunzi bw'umwuka dufite imbere yacu dushakisha
ihumure ryihishe n'ubuzima bwiza bushobora kumanikwa
imbere yacu n'ibikorwa n'imyitwarire mibi bifite ingaruka
.mbi

* * *

Ubwiza ni kamera nziza yo gufata ishusho y'Imana.
Binyuze mu mucyo w'ituze ritunganye kandi ryimbitse neza,
.ishusho nziza izagaragara neza

* * *

Mu by'ukuri, ubwenge bwose buri muri wowe kandi icyo
ukeneye ni ukubimenya neza

* * *

Kunyurwa nyakuri biri mu kwiteza imbere, kugira ngo
abandi bagushake aho kubashaka. Urukundo n'ubucuti
bigomba gutangwa ku buntu, nta cyizere cyangwa icyifuzo.
Kwitega gusa bitera imibabaro n'agahinda. Nubwo umuntu
aharanira kwiteza imbere, agomba kwihagararaho wenyine,
afite umutekano kandi afite amahoro mu gihome cy'imico
.myiza n'agaciro ke

* * *

Amasumo y'ibyishimo n'icyizere ahora aturuka mu
mutima wanjye, kandi amasumo yabo ahumura akore ku bo
.nhura nabo bose

* * *

Ibyishimo byo mu mwuka bitera mu mutima icyifuzo cyo
gufasha abandi mu buryo bwose, kandi bigateza imbere
ubushobozi bwo kwishimira ibinezeza by'umuco bitanga
ibyishimo, bityo bigabanye ubushake bwo gushaka ibinezeza
.bidafite akamaro

* * *

Uko uruhare rwawe rwaba ruto kose, ruracyari ingenzi
kimwe n'inshingano zikomeye mu bijyanye no kugira

uruhare mu gutsinda kw'ikinamico y'isi roho zikina ku
.rubyiniro rw'ubuzima

* * *

Ubwenge bwose ni ubwenge bwuzuye kandi butagira
iherezo, buhora bwivugurura kandi guhanga kwabwo
ntigushira, kandi binyuze muri wowe bugerageza
.kugaragaza ikintu cyihariye cyabwo

* * *

Nuryoherwa n'urukundo rw'Imana nubwo rwaba rimwe
gusa, ntuzigera urureka kuko nta kindi kintu gisa narwo mu
.isi yose

* * *

Abazi Imana bageze ku ntera zikomeye cyane mu
by'umwuka, ku buryo batanyurwa no guha abanyabyaha
inama zo mu buryo bw'umwuka gusa, ahubwo bashobora -
ku bw'ubuntu n'ubufasha bw'Imana - kubaha imbaraga
.z'umwuka zibakura mu ngaruka z'ibikorwa byabo by'icyaha

* * *

Ibikorwa byose byiza n'ibibi biba byihishe mu
ngirabuzimafatizo z'ubwonko kandi bigaragara nk'ingeso
.nziza cyangwa mbi cyangwa ingeso mbi mu bitekerezo

* * *

Umuntu ufite ingeso mbi bitewe n'uko uturemangingo
tw'ubwonko bwe dufite imbaraga z'izo ngeso ashobora
kwibohora binyuze mu mbaraga z'ubushake, gutekereza,
gusenga bivuye ku mutima, no gukomeza kwemeza ibintu
neza kugeza igihe ingeso ze zose zidashimishije zihindutse
ingeso nziza z'amahoro n'ituze. Ibi bibaho iyo imbaraga
z'ubuzima ziyobowe neza zikora kugira ngo zihindure
imiterere idasanzwe y'uturemangingo tw'ubwonko, bityo
utwo turemangingo twuzure ibintu byose byiza, byiza,
.n'ubwiza

* * *

Gusobanukirwa ni ijisho ry'imbere, kureba roho, na
telesikope y'umutima. Ni uburinganire hagati y'ituze
.ry'ubwenge n'ubugwaneza bw'umutimanama

* * *

Buri muni tubona ahantu hatandukanye, kandi buri
muni uzana isomo rishya. Biteganijwe ko umuntu aziga
isomo yibanda ku ntego nyamukuru yo kubaho kwe:
.kumenya isoko y'ubuzima bwe n'ishingiro ry'ubuzima bwe

* * *

Dukore twibagirwe imibabaro yo mu bihe byashize kandi
twiyemeze kutabitekerezaho. Dufite umurava udacogora
n'ubushake bufatika, tuvugurure ubuzima bwacu, twongere
.intsinzi zacu, kandi twizigamire imico myiza n'imico myiza

* * *

Umuntu wese ugaragaza intege nke z'abandi akabatera
isoni n'umujinya, aba kure y'ubwenge n'ubushishozi
.bukwiye

* * *

Amagambo y'ibihe byose n'ahantu hose

Abahuje n'Imana babona ubwiza butangaje kandi
bakaryohereza n'uburyohe budasanzwe budashobora
.kubonwa mu bundi buryo ubwo aribwo bwose

Ubwo roho yanjye yaguhamagaraga, ibicu by'ituze
ryawe byarasenyutse, Mana, maze imvura y'imbabazi zawe
iragwa cyane kugeza ubwo ibaye umwuzure wuzuye
w'ubuntu bwawe. Uruzi rwawe rw'umugisha rwarenze
inkombe z'ubugingo bwanjye, maze roho yanjye yiroha mu
mazi y'iteka ryose, maze umuyoboro w'ubuzima bwanjye
.buto ushonga mu nyanja y'ubuzima bwawe bwose

Umujyanama wanjye yanyigishije uburyo bwo gukoresha
ubwenge kugira ngo niyubakire urusengero rukwiriye kubaho
kw'Imana

Niba ushaka kugera ku ntego nziza, tangira ushyiraho
icyitegererezo cyo kuyigiraho. Ubu ushobora gushyiraho
icyerekezo icyo ari cyo cyose mu bwenge bwawe niba

ushyize igitekerezo gikomeye mu bwenge bwawe; noneho
umubiri wawe wose uzakurikiza icyo gitekerezo, kandi
.ibikorwa byawe bizajyana na cyo
Iyo ukoze ku mutima w'Imana, ibibazo byawe bizashira,
urukundo ruzuzura umutima wawe, kandi ubunararibonye
bwiza bwo mu mwuka buzabyina nk'amasoko meza mu
.busitani bw'ubwenge bwawe
Ibicu byinshi bigerageza kuguhisha no kuguhisha, ariko
binyuze mu kime cy'amarira yo kwifuza, izina ryawe
ry'icyubahiro rigaragara kuri njye rimurika mu nyuguti
.z'izahabu ziturutse inyuma y'amarido n'amatwikirizo yose

Umutimanama uboneye bivuze gukoresha ukuri mu
buryo bugaragara
Hari ibintu by'ingenzi n'ibyo bamwe bita "ibikenewe" mu
by'ukuri bitari ngombwa kandi bitari ngombwa Ubuzima
bugomba koroshywa hibandwa ku bintu by'ibanze no
gukuraho ibintu by'agaciro bitari ngombwa
Mbega ukuntu uri hejuru, yewe nshuti, kandi mbega
ukuntu ubutaka bwawe buruta kandi butagatifu! Urukundo ni
.ibiryo byawe n'ubudahemuka bwawe
Iyo abantu babiri bagendera mu bwumvikane
n'ubwumvikane nubwo batandukaniye ku bintu
bitandukanye, bahuzwa n'intego imwe: kubona amahoro
n'ituze mu mutima mu rukundo rutunganye no mu
budahemuka, aho ukunda adashaka ibyishimo ku giciro
cy'uwo akunda, hanyuma mu busitani bw'ubwitange,
indabyo z'impumuro nziza z'ubucuti zirakura kandi
.zigakwirakwiza impumuro nziza yazo
Isi itoza ubwenge bwacu mu buryo butandukanye,
ikatumenyereza ibintu byinshi ku buryo dutangira
gutekereza ko ibyishimo bitagerwaho tudafite ibyo bintu.
Ariko ubuzima, by'umwihariko ubuzima bw'abana, bugomba

koroshywa; bitabaye ibyo, ubuzima buzabigisha mu bihe
.bigoye

Ukuri ni ukuri kandi ni ukuri kuruta ibitekerezo cyangwa
ibitekerezo gusa, ariko ibyo dutekereza cyangwa dutekereza
rimwe na rimwe bishobora kuba impamo

Gutekereza ni ikintu cy'ingenzi mu buryo bwo
gutekereza ku guhanga udushya. Ariko, gutekereza bigomba
gukura no guhinduka ukwemera guhamye, kandi ibi
.ntibishoboka hatabayeho ubushake bukomeye
Iyo utekereje ikintu ukoresheje ubushake bwawe bwose,
ibitekerezo byawe bizahinduka ukwemera kwawe bwite,
kandi igihe ushobora gukomeza kwemera
Nubwo hari ibitekerezo bivuguruzanya, ukwemera
kwawe kuzagaragara mu by'ukuri

Umuntu agomba kwiga kwihagararaho, ashyigikiwe
n'imico myiza ye n'agaciro ke

Ibyishimo byo mu mwuka ni ibyishimo bishya kandi
birushaho kugaragara mu batekereza cyane ku Mana. Ni
ibyishimo bifasha mu gufata ibyemezo bikwiye no gukora
ibintu byiza, kandi iyo bibonetse, ibyifuzo n'irari bibi
birashira kuko bitakaza ubwiza bwabyo ugereranije
.n'ibyishimo byo mu mwuka

Umuremyi wacu Ushoborabyose yaduhaye ubuzima,
imbaraga, n'ubwenge, kandi ni inshingano zacu kumuha
ubwitonzi bwacu no kumuzamurira imitima yacu mu rukundo,
.mu gushimira, no mu kwemera ubuntu bwe n'ineza ye
Mana yanjye, mfashe kutakongeza umuriro w'uburakari,
ngo ntazatwika n'umuriro w'uburakari, amazi y'amahoro ari
muri njye no mu bandi, mfashe kuzimya umuriro w'uburakari
.n'imvura ihora itemba y'urukundo rwanjye

Ikiyaga cy'ubugwaneza bwanjye n'amahoro yanjye
bikomeze gutuza no gutuza, bitabangamiwe n'inkubi
.y'umuyaga yo kutishima izana imibabaro gusa

Gukora ibikorwa ubikesha kumva ko uri mu nshingano,
cyangwa kwigomwa ibyifuzo byawe bwite mu gukorera undi

muntu no mu rukundo, ni byiza cyane kuruta kubikora
kubera ubwoba

Nubwo umuntu yareka kurenga ku mategeko y'Imana,
agomba kubikora abitewe n'urukundo akunda Imana, atari
.ugutinya igihano cyayo

Icyo utinya cyose, kuraho ibitekerezo byawe ku kintu
icyo ari cyo cyose. Kirekere Imana kandi wongere icyizere
.cyawe muri yo

Ubwoba buhora buri mu muntu, kandi kubukuraho
birashoboka iyo utekereje ku Mana kandi ukumva ko iriho
Bishobora kugorana mu ntangiriro kugendera mu nzira
z'imico myiza, ariko ni inzira nziza ziganisha ku mahoro yo
.mu mutima n'ibyishimo nyakuri

Ikuzo ry'Imana rirabagirane mu mfuruka zose z'ubuzima
bwacu, urukundo rwayo rube mu mitima yacu, kandi urumuri
rwayo rwuzure ubwenge bwacu

Mana yanjye mukunzi, indabyo zirakura kandi ibihe
birahinduka, kandi byose birakuvuga. Ukwezi kuzuye
kugaragaza imiterere y'inseko yawe, kandi izuba ritwara
itara ryawe ryo mu ijuru. Njyewe mu nyanja y'amarira
menshi, yuzuye inyota yo kukwifuza. Mu mababi y'ibiti
n'imitsi y'abantu ubuzima bwawe n'imbaraga zawe
biratembera, kandi numva umutima wawe w'isi yose utera mu
.mutima wanjye

Iyo numvise ko uriho, numva meze nk'aho ndi maso mu
yindi si, kandi rimwe na rimwe nrota iyi si n'uyu mubiri muto
—uwanjye ndi maso mu byishimo bidashira, kandi inzizi
zanjye z'ubuzima bwo ku manywa zuzuyemo impumuro
nziza z'ibihwe nakangutse ndi kumwe nawe. Naranduye
ibyatsi bibi by'inzizi mbi mu busitani bw'inzizi zanjye kandi
mbitera mu mwanya wabyo indabyo z'amaroza yo
guhumezwa kwanjye, aho impumuro y'icyifuzo cyanjye
izagukurura, kandi uzaza kunjyana mu isanzure ry'ibyishimo
.by'iteka ryose

Mana, ngira umucyo utunganye kandi utunganye kugira
ngo nzane umucyo wawe ukiza muri njye
Humura indorerwamo y'ubwenge bwanjye ihinda
umushyitsi kugira ngo igaragaze isura yawe itagira iherezo
Kingura amadirishya y'ukwizera kugira ngo mpumure
impumuro y'amahoro yawe

Wowe uri mu mwijima, Mwami udashobora gusobanura,
reba n'amaso yanjye akurarikiye, kugira ngo nta kindi kintu
kibaho uretse wowe

Inyuma y'ibintu byose n'isura y'ubuzima hari ijwi
ry'Imana rituje, rihora riduhamagara binyuze mu ndabyo,
ibitabo byera, imitimanama yacu, n'ibintu byose byiza
.bituma ubuzima bugira agaciro

Imbaraga zose umuntu ugerageza kugera ku ndunduro
z'umwuka Imana imuha agaciro kandi ikamuha ibihembo
byiza kubera zo

Turagusaba, Mwami, ngo umurikire ubwenge bwacu
umucyo w'ukuri kwawe, utume imitima yacu ikubitana
n'urukundo rwawe, kandi wuzuze imitima yacu ibyishimo
.byawe n'ubuntu bwawe bwinshi

Imana iva kuri iyo shusho iboneye ubwenge
budashobora kwinjiramo, isuka urumuri rwayo rw'iteka.
Kandi mu bwenge bw'isi yose havamo imbaraga zihebuje
n'imbaraga nziza, kandi ibikorwa byo guhanga bisunika mu
.bwenge bufunguye kandi buhuje

Iyo usanze roho yawe, umutima wawe, buri kirahuri
cy'umwuka, ikirere cy'ubururu, inyenyeri zirabagirana,
imisozi, isi, inyoni n'indabyo byose bihujwe n'umugozi umwe
w'uruhererekane rw'isi, ibyishimo byo mu mwuka, n'ubumwe
rusange, nibwo uzamenya ko byose ari imiraba iri ku gituza
.cy'inyanja y'Imana idafite inkombe

Nitwibagirwa Umuremyi wacu, dukwiye imibabaro
Tugomba kumenya ko Imana ari yo dukunda kandi idukunda,
kandi ubwo bumenyi buzatuvana mu bibazo n'imibabaro
.yacu

Umuntu ukunda Imana by'ukuri ntahwema kuyishaka,
nubwo yananirwa kuyibona nyuma yo kugerageza kenshi.
Nk'uko umuraba ugomba kugaruka mu mutima w'inyanja
nyuma y'uko inkubi y'umuyaga igabanutse, ni ko n'umuntu
uyishaka cyane abigenza; afite icyizere cyuzuye cy'uko
inzitizi zizasenyuka kandi ko azahura n'inyanja y'isi vuba
cyangwa nyuma - inyanja itagira iherezo yaturutsemo kandi
.igarukamo

Iyo ubwenge buhora butekereza ku mukunzi w'Imana,
umutima uririmba indirimbo z'ibyishimo n'ibyishimo
Kuvuka mu mwuka ni ukuva mu byo ari ubu kugeza ku
.byo azaba mu gihe kizaza

Umuntu ntashobora guhisha abandi kamere ye nyayo,
guhindagurika kw'ibitekerezo bye bizagaragarira mu
.myitwarire ye kandi bizagaragarira mu bikorwa bye
Hari benshi bafite imyumvire idahwitse ku bwisanzure;
bafata ubwisanzure nk'ugukora icyo umuntu ashaka gukora
cyose, kandi ubu bwisanzure nbwita ubwisanzure bwo
kwihitiramo ibintu uko biri

Kubera kudasobanukirwa neza imiterere nyayo

y'ubwisanzure, bamwe mu babyeyi bashyira abana babo mu
bucakara bw'imigenzo binyuze mu guhita basohoza ibyifuzo
byabo. Umwana akura yizera ko igihe cyose ibyifuzo bye
bishyizwe mu bikorwa, aba yishimye, kandi ko intego
y'ubuzima ari ugusohoza buri byifuzo. Ariko, nyuma baza
gusanga baribeshye, kuko isi yo hanze itandukanye rwose
n'ubuzima bwo mu rugo, kandi bakamenya ko gusohoza buri
byifuzo atari byoroshye! Abandi bashobora kubirengagiza
bakabikurikirana mu gukurikirana ibyifuzo byabo. Ingaruka
zabyo ni uko umwana akomera kandi akaba umuntu utagira
amarangamutima kubera icyifuzo gikomeye cyo guhaza
ibyifuzo bye. Bityo rero, ababyeyi bagomba gufasha abana
babo guteza imbere ubushake bwabo n'ubushishozi kugira
ngo babashe kubaho mu isi badaguye mu mitego n'ibibazo
.byayo

Umubyeyi aravuga ati "Mumwigishe urukundo"

Birumvikana ko gufata abana mu rukundo muri rusange ari byiza, ariko uburyohe bwinshi bwangiza amenyo, kandi nk'uko, kwita ku bana cyane byangiza amenyo. Kugira ubushake n'umurava ni ngombwa, ariko niba umwana afashwe kandi agahanwa bikomeye kubera ikosa, ingaruka zizaba mbi. Hakwiye kubaho uburinganire mu buryo abana bafatwa kandi bagafatwa ; buri mubyeyi agomba kugabanya imiterere ye n'urukundo n'ubugwaneza, kandi buri mubyeyi .agomba gusiga urukundo rwe ubwenge n'ubwenge Umuntu agomba gukomeza kugira urukundo ruhamye no kwifuza Imana. Nagerageje imirimo myinshi, ariko uko akazi kanjye kaba kameze kose, ibitekerezo byanjye bihora .biri ku Mana

Twagombye kwishimira iki cyaremwe, ariko tutaretse ngo kitugire abacakara. Kandi ubunararibonye bwanyigishije ko ibyishimo byo kubona Imana ntagereranywa

Mbere yo gutangira imirimo ikomeye, umuntu agomba kwicara atuje, agatuza ibyumviro n'ibitekerezo, agatekereza cyane, kandi agashaka ubufasha bw'Imana kugira ngo abone .ubuyobozi bw'umwuka n'icyerekezo cyiza Reka menye ko inseko iri ku maso y'umuseke, ku minwa y'indabyo, no ku maso y'abagabo n'abagore .b'abanyacyubahiro ari inseko yawe

Sinzagerwaho n'amashusho y'ibyago bikurikirana, ibyago, indwara, cyangwa imbogamizi zitunguranye kuko nzi neza ko ubwenge bufite gahunda bufitanye isano rya hafi n'ubwenge bw'isi yose budahura n'ibibazo cyangwa .imihangayiko mu buryo butunguranye

Ubwisanzure bivuze ubushobozi bwo gukora ibintu ukurikije ubwenge, atari ibyo umuntu asabwa n'irari rye, ingeso ze, n'ibyo ashaka. Kumvira ubwirasi bwe bijyana ku bucakara, mu gihe kwemera ibyo umwuka umubwira bijyana .ku kubohoka ku mbogamizi

Ntacyo bitwaye kuba mba mu ngoro nziza cyangwa mu
.kazu gaciriritse, igihe cyose Imana iri kumwe nanjye
Nzakoresha amafaranga yanjye nakoreye mu buryo
bw'ukuri kugira ngo mbeho mu buryo bworoshye, mbere
y'uko mbaho ubuzima burenze urugero

Binyuze mu kwizera Imana no gukoresha imbaraga
z'ubushake, umuntu ashobora gutsinda indwara, gutsindwa,
no kutamenya, igihe cyose uguhinda kw'ubushake
gukomeye kuruta uguhinda kw'indwara z'umubiri cyangwa
iz'imitekerereze. Uko indwara irushaho kuba ndende, niko
ubushake bugomba gukomera kandi buhamye, kandi
ukwizera kukaba kwimbitse no gukomera, kugira ngo agere
.ku musaruro wifuza

Nshyira imbaraga, Mwami, zo kwiringira wowe wenyine,
si uburyo bw'abantu bwo kurinda. Ntureke ubwoba
n'imihangayiko bimbuza imbaraga zanjye zitagira imipaka zo
guhangana n'ibigeragezo by'ubuzima. Ntureke ntekereza
impanuka, ibyago, n'ibyago kubera gutinya ko byagaragara
mu bitekerezo no mu bitekerezo. Kandi reka menye, Mwami,
ko naba ndi maso cyangwa nsinziriye, ndi maso cyangwa
nazimiye mu nzizi zo ku manywa, ndi muzima cyangwa ndi
.mu rupfu, uburinzi bwawe buracyankikije kandi buranyirinda
Abanyabwenge bavuga bati: Imbutu z'ibikorwa byiza

bisunitswe n'urukundo rw'Imana n'imico myiza ni
ubwumvikane n'ubuziranenge Imbutu z'ibikorwa bisunitswe
n'ibyifuzo n'ibyifuzo by'ubwikunde ni ububabare n'imibabaro
Imbutu z'ibikorwa bibi ni ubujiji n'ubupfapfa
Ibikorwa byiza bizana ibyishimo, mu gihe ibikorwa byo
mu isi biyobowe no kwikunda bitera imibabaro n'ububabare.

Ariko, ibikorwa bibi bikomeza byangiza ubushobozi
.bw'umuntu bwo gushishoza no gusobanukirwa
Niba wifuza kubaho mu mahoro no mu bwumvikane,
imigambi yawe igomba kuba myiza, kandi ugomba
gukwirakwiza ibitekerezo by'ubugwaneza
n'amarangamutima y'urukundo. Niba ubayeho ubuzima

bwiza, uzafasha abandi binyuze mu rugero rwawe
.n'imyitwarire myiza

Mu gihe numva mfite impungenge n'urujijo mu mutwe,
nzasubira mu mutuzo no gutekereza kugeza igihe nzagarura
ituze, kandi nzatangira buri munsu ntekereza ku Mana no
.kuyisaba ubufasha n'ubuyobozi

Iyemeze kutareka ibyatsi bibi by'urwango bikura
bikinjira mu busitani bw'ubuzima bwawe, ubusitani
bwuzuyemo imico myiza y'umwuka mwiza. Uko urushaho
kwihingamo iyi mico ihumura neza, isa n'iroza, ni ko Imana
izarushaho kuguhishurira ibanga rikomeye ry'ubuzima muri
.wowe

Intego y'ubuzima ni ukugira amahoro, kunyurwa,
kudapfa, umutekano, no kumenya ukuri, kandi mu mutima
w'ibyo byifuzo bidutera imbaraga, hari kamere y'Imana iri
.mu mutima wacu

Ese nshobora kubona umudendezi wanjye muri wowe,
Mwami, kandi nkamenya ko iwanjye nyakuri ari ukubaho
kwawe kose kandi ko ndi igice cy'ingenzi cy'ubwenge bwawe
bwo mu isanzure

Yewe nyanja nini, y'Imana, reka imigezi y'ibyifuzo
byanjye, inyura mu butayu bw'inzitizi n'imbogamizi,
amaherezo yivange mu bwisho bwawe bukomeye9

Mu gihome cy'Imana ni ho honyine tubona uburinzi
n'umutekano, kandi nta buhungiro butekanye kuruta kumva
twegerereye Imana no gukora ku ruhande rwayo

Kubera ko abantu bayoborwa n'ingeso zigena ibyo
bakunda, ibyo bakunda, imico yabo, n'ibyifuzo byabo, iyo izo
ngeso ari mbi, imico yabo iba mibi kandi ibikorwa bikaba
bibiri. Bityo rero, ni byiza gushyira imbere ingeso nziza, kuko
ziyobora ibikorwa byacu n'ibitekerezo byacu ku ntego nziza
.kandi zikatuzanira ubuzima bwiza n'ibyishimo

Aho hose hari imitima ibabaye n'ibabara, mbona
ihumure mu kuyikorera no kuyihumuriza. Nzakora uko

nshoboye kose kugira ngo nshimishe abandi kandi
.nzumvikana n'amarangamutima yabo nk'aho ari ayanjye
Ubushobozi bwo mu mutwe buri mu bantu, ariko abantu
benshi ntibatera imbere neza, kandi kunanirwa gukuza ubwo
bushobozi bitera ingaruka mbi. Kimwe n'umubiri, ubwenge
bukeneye indyo yuzuye n'imyitoto ngororamubiri kugira ngo
 .bugire ubuzima bwiza kandi bugire imbaraga
Diyama yakira kandi ikagaragaza urumuri, ndetse
n'ubugingo buboneye kandi bugaragara buzi Imana kandi
 bukarabagirana hamwe no kuba iriho
Uwiteka, uri ubutunzi nyakuri mu buzima, kandi mu
kukubona mbere na mbere nzagushakiramo byose nkeneye
Abantu bakunze kwibanda ku biribwa, umwuka n'izuba
kugira ngo bagire ubuzima bwiza, ariko hashobora kuza igihe
ubuzima burushaho kuzamba nubwo hari byinshi byo hanze
y'ubuzima. icyo gihe ni bwo hakenewe kongera imbaraga
 .umubiri ufite mu mubiri
Niba ubwato bw'ubwenge bwanjye bwegerereye ibitare
by'irari ry'umururumba birimo akaga n'ibyago, bitwarwa
n'inkubi y'umuyaga ikomeye y'ubujiji, Mana yanjye, ba
urumuri rwanjye kandi uhore unyobora ku nkombe
 .z'ubutungane bwawe n'ineza yawe
Igitekerezo ni nk'urumuri rufite imbaraga nyinshi
zigomba gukoreshwa mu gutwika inzitizi zibuza kugera ku
 ntego
Imana ishobora kuboneka binyuze mu rukundo rw'Imana
ruhoraho Iyo dukunda Imana kuruta impano zayo, izaza kuri
twe yaduhaye uburenganzira bwo guhitamo n'ubushobozi
bwo guhitamo kugira ngo dushobore gutandukanya impano
z'isi zihita n'izidafite akamaro n'impano yo kwegerana na yo
 .n'ibyishimo byo kubana na yo mu buryo bwiza
Twahawe kwibuka kugira ngo tubashe kwitoza kwibuka
ibintu byiza kugeza igihe tuzabashe kwibuka ibyiza
 bikomeye: Imana

Umuyaga w'urukundo rwawe urantereramo, Uwiteka!

Kandi amababi y'ubuzima bwanjye arabyina yishimye ubwo uzaza. Ijwi ryabo ryiza rinyura mu kirere, ritumira abananiwe .kuruhuka mu gicucu cy'amahoro yanjye yo mu mwuka Ingorane zo mu buzima ntabwo zigamiye kutugirira nabi;

ahubwo ibibazo n'indwara biduha amasomo. Ibibabaza duhura na byo ntabwo bigamiye kuturimbura, ahubwo bigamiye kutweza no kwihutisha gusubira ku isoko yacu iboneye—Imana—ikora mu buryo bwose kugira ngo idufashe .kandi itugarure mu rugo rwacu rwo mu ijuru

Ubuziraherezo ni iwacu nyakuri, kandi urugendo rwacu kuri iyi si no muri iyi mibiri y'umubiri ni nk'urugendo rwa viza .rw'igihe gito

Mwami, nzi ko gushimwa bitanshyira hejuru, kandi kunengwa ntibingabanya. Ndi uko ndi imbere y'umutimanama wanjye kandi imbere yawe nzakomeza muri iyi nzira, nkora uko nshoboye kose kugira ngo nkorere buri wese kandi nharanira kubona ubutoni bwawe—ni muri ubwo .buryo ibyishimo byanjye biri

Uri ikiremwa kidasanzwe kandi kamere yawe ni nziza cyane, bityo menya uwo uri we by'ukuri

Mu gitondo cyo kuhagera kwawe, imbuto z'icyifuzo cyanjye zizakuramo indabo zihumura neza kandi ziryoshye Uwiteka, ihutishe ukuza k'uwo munsu ubwo nzaboha umukufi w'izo ndabo z'ikime nkawushyira ku muryango wawe w'umugisha

Aho guhora aharanira kwinezeza we wenyine, agomba no kugerageza kuzanira abandi ibyishimo Iyo agerageje gutanga ubufasha bw'umwuka, ubwenge, cyangwa ibintu bifatika ku bandi, azabona ko ibyo akeneye ubwe byagezweho kandi ko igikombe cy'ubuzima bwe cyuzuye .ibyishimo

Abazatsinda umwijima ku isi bazagira umucyo w'ikuzo nk'umugabane wabo kandi bazagira amahoro n'ibyishimo .byo mu mutima

Uwiteka, komeza unyanyagize imbuto z'imigisha yawe
mu butaka bw'umutima wanjye, mbihinze mu gusaba, kugira
ngo zikure zivamo ibiti bicucumye amashami yabyo yera
.imbuto nziza kandi nziza cyane zo kumenya kwiwigira
Akenshi tuguma mu bubabare tudashyizeho imihati yo
guhinduka, niyo mpamvu tutabona amahoro n'ibyishimo
birambye Iyo twihanganye kandi tukagira imbaraga,
twashobora gutsinda ingorane zose. Tugomba kwihatira
kuva mu makuba tukajya mu byishimo, no kuva mu kwiheba
.tukajya mu butwari

O Mana Urukundo, huza urukundo rwanjye n'urukundo
rwawe, huza ubuzima bwanjye n'ibyishimo byawe, ubwenge
bwanjye n'ubwenge bwawe bw'isi, kandi ushire inyota yanjye
.mu isoko y'ibyishimo byawe by'iteka ryose
Umutima w'umuntu ushakisha by'ukuri uhora ununva
uti: "Mana yanjye kandi nkunda, sinshaka kwinjirira mu
muvurungano wo muri iyi si y'ibinyoma, kandi icyo nshaka ni
ukubyutsa urukundo rwawe mu mitima y'abantu. Umutima
wanjye, ubugingo bwanjye, umubiri wanjye, ubwenge
bwanjye, n'ibyo ntunze byose ni ibyawewe, Mwami." Uwo
muntu ushakisha agera ku Mana akayimenya
Nyagasani, duhe gusobanukirwa ubuvandimwe bushya
kandi by'ukuri. Duhe kureka intambara kandi dukize
ibikomere by'amahanga dukoresheje amavuta y'urukundo
.n'ihumure rirambye ry'ubwumvikane bw'impuhwe
Duhe umugisha kugira ngo tubashe kubohoka ku
bushotoranyi bw'umururumba, kwigarurira uburiganya, no
kugengwa n'amayeri, kandi udufashe kubaka isi nshya aho
indwara, ubujiji n'inzara ari inzazi gusa z'amateka mabi
.kandi ateye ubwoba
Dukemure ibibazo byose tudakoresheje ubwenge
bw'ishyamba, ahubwo dukoresheje gusobanukirwa, ukuri, no
kwizera kudacogora muri wowe no mu butabera bwawe
.bw'Imana

Ubuzima bwaduhuje hano igihe runaka, hanyuma
tukagenda mu nzira zacu zitandukanye. Ariko niba urukundo
rw'Imana rutuye muri twe, ntacyo bitwaye aho tujya, kuko
uko twagenda kose, tuzakomeza kuba mu ruziga
rw'urukundo rw'Imana kandi ntituzigera dutandukana
.by'ukuri

Mwami, ngira igisiga cy'iterambere mu buryo
bw'umwuka kiguruka hejuru y'inzira z'ibitekerezo bigufi
n'ubuhezanguni

Mumpamagare mu kirere cyo hejuru cyane, hirya
y'imitingito ikomeye y'isi n'ibicu bibuza urumuri rw'izuba
Reka mfate amababa yo kuringaniza kugira ngo mbeho
neza, kandi reka njye mu kirere kirekire hejuru y'inkubi
z'umuyaga n'inkubi z'umuyaga, aho hari isanzure rinini
.n'ibitekerezo bihebuje

Amahoro aza iyo dukinguye imitima yacu kugira ngo
dukunde kandi tube abantu beza. Abafite imitima ikunda
kandi bakora imirimo myiza bagira amahoro kuko aba muri
bo. Amahoro ni urusengero rw'ijuru kandi ni ishingiro
.ry'ubuzima bwiza

Tugomba guhora dutekereza ku bwiza bw'Imana buri
inyuma y'indabyo, urumuri rw'ikirere ruri inyuma y'izuba,
n'ubuzima bukomeye bugaragara mu maso ya buri wese
Iyo umuntu arangwa n'ineza by'ukuri kandi
akagaragariza abandi icyubahiro, kandi agashima abandi mu
.buryo bumwe, azahora ahabwa icyubahiro n'ishimwe
Nzakwirakwiza urukundo rwanjye ku bandi kugira ngo
mbashe gufungura irembo ry'urukundo rw'Imana ruze kuri
.njye kandi rube mu mutima wanjye

Mwami, reka mbe urumuri rw'abarohamye mu gahinda
kenshi. Mfasha kuzanira abandi ibyishimo mu gushimira
.ibyishimo byo mu mwuka wampaye
Nzashongesha urwango mu muriro w'urukundo rwanjye,
kandi nzababarira abandi kandi ntange urukundo ku mitima
yose ifite inyota

Urukundo nyakuri ni urukundo rwishimira ihumure

ry'uwo ukunda

Umucyo wawe utumurikire, Uwiteka, kandi urukundo

rwawe rwuzure imitima yacu iteka ryose

Kugira umutima wo kwihangira imirimo bivuze kugira

imbaraga zo guhanga udushya zituma umuntu abasha
guhanga ikintu kitari cyarigeze gikorwa mbere. Buri muntu

.avukana iyi mpano yahawe n'Imana

Urukundo ruhebuje ni urukundo rw'Imana, rutuma

ubuzima buba bwiza cyane bitavugwa Iyo wumva Imana iri
kumwe nawe, ije ikwakira aho uri hose ikayobora intambwe

.zawe, urukundo rw'Imana rutangira

Imbaraga z'ukuri zirwanya umuyaga

Mwami, iyo mpura n'ingorane z'igihe gito, reka nibuke

imigisha myinshi wampaye mu bihe byashize, nzi ko

ubufasha bwawe butajya bumva kandi ko ubwitonzi bwawe

buri kumwe nanjye kuri wowe, ndagushimira cyane kubera

imigisha yose unzanira iturutse mu kuboko kwawe gutanga

.ubuntu

Amatonyanga y'urukundo arabagirana mu mitima

myiza, kandi Imana iboneka gusa mu nyanja y'urukundo

Ubwenge ni itara rimurikira inzira y'umuntu kandi

rikamugeza ku ntsinzi

Mu mpeshyi, Imana irimbisha ibidukikije indabyo nziza

cyane n'indabyo, ikambara neza cyane n'amabara meza

.cyane

Amahoro ni we mutangabuhamya wa mbere utangaza

ko yegereye Imana. Nyuma yaho, amahoro ahinduka

.urumuri rurerure kurusha ibyishimo bitagira iherezo

Iyo ninjira mu nyanja yo gutekereza cyane, numva mfite

umugisha wo kunyeganyega mu mutima wanjye, numva ijwi

"rivuga riti "Ndi hafi

Umuntu agomba guhindukira imbere, aho roho

yigaragaza. Kuva mu nda y'ubugingo haturuka

.ubunararibonye bwose bw'ubuzima bw'imbere

Iyo roho yiyumvishije ifite ubwenge bw'Imana, yumva
ibyishimo byinshi kandi yaguka mu mwanya utagira imipaka
Nukoresha uburyo bwose bwo hanze n'umutungo
uboneka, uretse ubushobozi bwawe busanzwe, kugira ngo
utsinde inzitizi zose zishobora kukubangamira, uzateza
imbere imbaraga Imana yaguhaye: izo mbaraga zitagira
.imipaka zituruka mu bwihisho bwawe
Urukundo rugendera mu nzira y'izahabu igana ku Mana
Nzakwirakwiza urumuri rw'ibyifuzo byiza n'imigambi
myiza aho umwijima w'ubwumvikane buke winjiye hose
Iyo ingorane zikugarije, ariko ukanga kureka kugerageza
no gushyiraho imihati, nubwo hari inzitizi n'imbogamizi zose,
.Imana izagusubiza kandi iheshe imbaraga zawe intsinzi
Uwiteka, nzakura indabyo z'irari mu busitani
bw'umutima wanjye nzishyire nk'igitambo cy'urukundo ku
muryango wawe wera
Kubera ko ibitekerezo byacu n'amagambo yacu ari
imbuto zizatuzanira umusaruro w'ejo hazaza, ndatangira uyu
munsi kuzuza ubwenge bwanjye ibitekerezo byiza kandi
byiza
Ndaguruka kandi nkazamuka mu kirere cy'ubwenge
bwanjye hejuru no hasi, mu majyaruguru no iburyo, imbere
no hanze no ahantu hose kugira ngo nsange ko mu mfuruka
.zose z'ikirere nari ndi kandi nkiri imbere y'Imana
Baho buri kanya wibuka umubano wawe n'Imana itagira
iherezo. Nta iherezo ry'ubwenge bwawe, kandi ibintu byose
birabagirana kandi bikabengerana nk'inyenyeri mu kirere
.cy'ubugingo bwawe
Kwitandukanya, cyangwa kutabifatanya, ni inzira
y'ubwenge umuntu ushakisha anyuramo, abishaka
akazamuka hejuru y'ibintu bidafite akamaro kugira ngo
akunde ibikomeye. Ntiyihambira ku byishimo by'akanya gato
ashakisha ibyishimo bishya byo mu mutima. Kwitandukanya
ubwabyo si iherezo, ahubwo bitegura inzira yo kugaragara
.kw'imico myiza y'ubugingo n'imbaraga z'umwuka

Umutsinzi wo mu mwuka atera intambwe zikomeye mu
nzira z'ubuzima

Umuntu agomba gukoresha ubuzima bwe bwa none
neza, agakingura amadirishya y'umutima we, akangura
.kandi agasubiza imbaraga z'ubugingo bwe zisinziye
Inyuma y'isura y'impinduka n'impinduka hari ubuturo
bw'Imana. Kandi uwo ari we wese ushobora guhagarara
indorerwamo y'ubwenge bwe no kububuza kunyeganyega,
azabona muri icyo indorerwamo isobanutse neza isura
.y'umuntu ukunda isanzure

Urukundo rurusha urupfu imbaraga n'ibyago by'igihe
Kwisuzuma ni ryo pfundo ry'intsinzi, kandi gutekereza ni
indorerwamo tubonamo impande z'imbere zitari kuba zihishe
amaso yacu. Tugomba gusuzuma intege nke zacu,
gutandukanya imyifatire myiza n'iy'ibibi, no kumenya inzitizi
.zituma tugera ku iterambere n'intsinzi

Mbega ukuntu uri mwiza cyane, wowe nshuti! Wowe
uvoma amazi y'ubwitonzi buzira uburyarya, kandi amababi
yawe aratoseshwa n'ikime cy'uburyohe bw'imbere n'inyuma
buturuka mu bwihisho bw'imitima y'ukuri kandi
y'indahemuka

Nigeze kubona ikinyoni gito kigerageza kuzamuka
ikirundo cy'umucanga, maze ndibwira nti: ikinyoni kigomba
kuba kirimo gutekereza ko kiri kuzamuka imisozi ya
Himalaya! Ikinyoni cy'umucanga gishobora kuba cyarasaga
n'ikinini kuri iki kinyoni, ariko siko bimeze ku maso yanjye.

Mu buryo nk'ubwo, imyaka ya za miriyoni y'izuba yacu
.ishobora kuba iri munsu y'umunota mu bitekerezo by'Imana
Tugomba kwitoza gutekereza ku bintu bikomeye

nk'ubuziraherezo n'ubuziraherezo

Nazengurutse isi y'ibihe bidashira kandi nibonera igihu
gikaka mu gihugu cy'umucyo, kandi muri ubwo mucyo
w'ubuzima nasomye ibisobanuro by'amabanga yanditse ku
.mapaji y'igihe

Iyo usinziriye, utekereza ibintu bitoroshye kandi bitagira icyo bitwaye. Ariko iyo ucecetse ibitekerezo n'amarangamutima binyuze mu gutekereza, ikintu cya mbere ubona ni amahoro, kandi imitsi yo mu maso yawe ikora inseko igaragaza amahoro yo mu mutima. Ariko ugomba kureba hirya y'iyi mimerere y'amahoro kugira ngo ubone ubuziranenge bw'ubugingo bwawe—ubuziranenge butandujwe n'ibintu bitera kumva cyangwa uburyo bwo kwihutira gutekereza ku bitekerezo bifitanye isano n'amarangamutima. Imiterere uhura nayo ni iyo kwishima .iteka ryose, guhora uvugururwa

Iyo ushyize igikombe cy'amazi munsu y'urumuri rw'ukwezi hanyuma ukagikangura, uzaba ukoze ishusho idahwitse y'ukwezi Iyo amazi aguye mu gikombe, ishusho iba isobanutse neza. Igihe amazi ari mu gikombe aba atuje kandi agaragaza isura y'ukwezi mu buryo busobanutse neza gishobora kugereranywa n'imimerere y'amahoro yo gutekereza no gutuza cyane. Mu mahoro yo gutekereza, imiraba yose y'ibiyumvo n'ibitekerezo irahagarara kuva mu bitekerezo. Kandi muri iyi mimerere y'amahoro yimbitse, umuntu utekereza, muri iyo ituze, abona ukwezi kuzuye .k'ubumwe bw'Imana kugaragarira mu kiyaga cy'ubugingo Hari imiterere ine umuntu usanzwe azi: ibyishimo iyo arangije icyifuzo cye, kubura ibyishimo iyo abihakanye, kurambirwa iyo adafite ibyishimo cyangwa agahinda, n'amahoro iyo atsinze ayo marangamutima cyangwa imiterere yo mu mutwe y'ibyishimo, ububabare, no .kurambirwa

Amahoro ni imimerere ishimishije cyane, ikomoka ku kutagira agahinda n'ibyishimo, no kutagira irungu. Iyi miterere ihora ihindagurika kandi ikwirakwira ku buso bw'ubugingo. Nyuma yo kugendera ku miraba y'ububabare n'ibyishimo, harimo no kwiroha mu mibabaro myinshi, hari ibyishimo mu kureremba mu nyanja ituje y'amahoro. Ariko amahoro aruta ibyishimo byo mu mwuka - ibyishimo

by'ubugingo - ibyishimo by'ikirenga. Ni ibyishimo bidashira
ariko bigumana n'ubugingo iteka ryose. Ibi byishimo
by'ikirenga bishobora kugerwaho gusa binyuze mu kumenya
.ko Imana iriho

Inseko nyayo ni inseko y'ibyishimo byo mu mwuka
iboneka mu gutekereza no gutekereza ku Mana no kumva ko
.irihho

Inseko yanjye ituruka ku byishimo bikomeye biri muri
njye—ibyishimo bigera kuri bose. Ni nk'impumuro iva mu
mutima w'indabyo z'indabyo. Ibi byishimo bikomeye bitumira
.abandi kwibira mu mazi matagatifu y'ibyishimo

Mu mucyo w'imbabazi nziza, umwijima w'urwango
warundanyijwe mu myaka myinshi urashira
Imana ihita ihaza ibyo abayisenga bakeneye byose kuko
bibohoye ku mpamvu z'ubwikunde zibangamira imihati no
.gutesha agaciro ibyiringiro

Uwo Imana irinze, nta kintu na kimwe gishobora
kumurimbura

Ntituri twenyine muri iyi si, kuko Imana iri kumwe
natwe, kandi hari umubano urambye, wa bugufi, kandi
.w'inshuti utuma tuvamo inkunga n'ibyishimo

Yewe inyenyeri irabagirana y'ubuyobozi mu ijuru
ry'ubwenge, urumuri rwawe rutangaje runtumirira
gushakisha ahantu heza ho mu ijuru, maze inyoni yanjye
irarikira yihuta cyane, inyura mu kirere cyuzuyemo
umwijima, iyobowe no kukwifuza no kwishimira urumuri
.rwawe rwera cyane

Imiterere y'umuntu itangira gukura no gukura iyo
ashoboye kumva - binyuze mu byiyumvo by'imbere,
byumvikana - ko atari umubiri ukomeye w'umubiri ahubwo
.ari umuyoboro w'umwuka w'iteka mu mubiri
Iyo umutima w'umwigishwa wuzuye urukundo akunda
Imana, isura ye izabengerana inseko y'amahoro n'ubwenge,
kandi ibice by'ubujiji bitwikiriye ubugingo bwe bizasenyuka
.bishire burundu

Iyo urebye indabyo cyangwa igiti, umenya ko ibi
binyabuzima byiza bitabayeho ku giti cyabyo Imana ni yo
.yabiremye ikabiha impumuro nziza n'ubwiza buhebuje
Kora inshingano zawe zose, zaba iz'ingenzi cyangwa
iz'intoya, witonze cyane, wibuka ko Imana iyobora intambwe
zawe kandi igashimangira imbaraga zawe zo kugera ku
.byifuzo byawe byiza

Iyo umuntu ahujwe n'umwuka we, ibihe byashize
byibagiranye n'imbaraga zidapfa z'umwuka bigaruka mu
bwenge bwe. Mu gutekereza cyane, umuntu yibuka ko ari
.roho idapfa, atari umubiri upfa
Ahantu hose dusanga abantu, abeza n'ababi, bashaka
ibyishimo mu buryo bwabo Nta muntu ushaka kwigirira nabi
None se kuki bamwe bakora ibintu bibatera ububabare
n'agahinda? Kubera ko ibyo bikorwa biterwa no kutamenya
no kwibeshya

Turagusaba, Nyagasani, ngo udumurikire umucyo
w'ubwenge bwawe kandi udukuremo umwijima w'ubujiji
n'ubuyobe

Umuntu uzi ubwenge agomba kwitonda aho kugira
ubwoba, kandi agakwiye kwihingamo ubutwari nta kwitonda
no guhubuka kugira ngo adahura n'ibintu bishobora gutera
.ubwoba n'imihangayiko

Ubwenge ntibushingira ku kwinjiza amakuru aturutse
hanze, ahubwo bushingiye ku mbaraga zo kwakira imbere
mu muntu, ari na zo zigena ingano y'ubumenyi nyakuri
bushobora kuboneka n'umuvuduko ubwo bumenyi
.bushobora kugerwaho

Iyi si ni ahantu dukorera imirimo yacu tuyobowe
n'Umuyobozi w'Imana. Tugomba gukora neza tutitaye ku
miterere y'imirimo twahawe, twibuka buri gihe ko kamere
.yacu y'ingenzi ari ibyishimo bihoraho
Ubwenge buruta ubw'abandi bose ni uwifuza kumenya
.Imana, kandi uwishimira cyane ni uwiboneye Imana

Mana Nkunzi, gira umwanya wa mbere mu buzima
bwacu, urukundo rwawe rukiza rwuzure imitima yacu, kandi
urumuri rwawe rwiza rukureho umwijima w'imihangayiko mu
.mitima yacu

Ubwisanzure bivuze gukora ibintu hakurikijwe
umutimanama, atari ibyo umuntu asabwa n'akamenyero
n'ibyifuzo. Kumvira ubwirasi n'ibyo asabwa bibyara imipaka,
mu gihe kumvira ubwenge bitanga kubohoka kuri iyo
.mipaka

Amahoro yo mu mutima ashobora kuboneka binyuze mu
iterambere ry'imico myiza umuntu afite mu buryo
bw'ubwenge kandi bugambiriwe, iyo umuntu akuze neza,
adashobora kuyikuraho keretse ahisemo kuyireka ku
.bushake bwe

Abantu benshi bashaka ibyishimo bakoresheje uburyo
butari bwo. Bamwe bizera ko bashobora kwikuba kabiri
ibyishimo byabo binyuze mu gufata imyitwarire mibi
n'ibikorwa bibi bisa nkaho bitanga amasezerano meza
y'ibyishimo bikabije kandi birambye, kandi bashukwa n'ayo
masezerano y'ibinyoma, kuko uburyohe bw'ibyishimo
nyakuri budashobora kwishimirwa mu muriro w'ibinyoma
.n'ibikorwa bibi

Buri munota ni ubuziraherezo kuko ubuziraherezo
bushobora kugaragara muri uwo munota iminsi, iminota,
n'amasaha ni amadirishya dushobora kubonamo
ubuziraherezo Ubuzima ni bugufi, ariko icyarimwe ni
budashira kandi nta mupaka. Ubugingo ntibupfa, kandi muri
iki gice kigufi cy'ubuzima bwa muntu, tugomba gukoresha
.neza ubushobozi bwose buhari n'amahirwe yose aboneka
Amagambo y'umwuka ni nk'imbuto zikenera ubutaka
bwiza kugira ngo zimere, zikure, zishishe, kandi zere imbuto
Gukura mu mwuka bisaba kwisuzuma, kuvugurura ibintu
by'ingenzi mu buzima, kumenya no gukuraho ingeso mbi, no
kubahiriza amategeko n'amategeko agenga ubuzima mu

buryo bujyanye n'iterambere ry'ubumenyi bw'umwuka no
.kwiyongera kw'imbaraga zo mu mutwe
Iyo umwigishwa asogongeye ibyishimo by'Imana,
azasanga Imana imaze kumubera inyangamugayo kurusha
ikindi kintu cyose, kandi azamenya ko gukora ku Mana ari
ibyishimo bitagira icyo binganya n'ibyishimo
.by'amarangamutima

Imana ikora kugira ngo ikangure ubwenge bw'umuntu
mu by'umwuka kandi iyobore ubushake bwe mu cyerekezo
gikwiye binyuze mu bwiza bw'imico myiza, ubwiza
bw'ubworoherane, ubwiza bw'ubwenge, n'ubwiza
.bw'ibyishimo byo mu mwuka

Sinzafata abandi nk'abanyamahanga kuko numva ko
buri wese ari umuvandimwe wanjye cyangwa mushiki
wanjye. Nzatuma ubuzima bwanjye bugira icyo bugeraho
kandi bunyurwa kugira ngo nshobore gufasha abandi
gutsinda no kubigeraho. Nzagira impuhwe ku bandi kandi
mbagaragarize impuhwe uko nigaragaza. Nzakunda Imana
nk'uko abahanuzi n'abera bayikunze, kandi nzashyira
.ubwikunde mu iriba ry'urukundo rwanjye ku bandi

Inyuma y'ubu buzima bw'isi bw'igihe gito, bushobora
gupfa, hari ubuzima bw'iteka kandi budahinduka. Umubiri
ugizwe n'ibintu bya shimi bibora kandi bikarimbuka, ariko
inyuma y'ubu buzima bw'igihe gito hari ubuzima bw'iteka,
bwo mu ijuru mu maso y'Imana. Bityo rero, ntidukwiye
kwibanda ku mubiri udashira, kandi abawifuza bagomba
.kwihanganyira ibigeragezo byawo no kuba abategetsu bawo
Uyu muni nzagerageza gufasha abakene no gutanga
iby nshoboye ku bashonje

Ndi mu mutekano kandi mfite umutekano mu burinzi
bw'Imana kandi ndi inyuma y'inkuta z'umutimanama wanjye
ukeye, ndi umwe mu bafite umucyo w'ineza uyobora amato
y'ubugingo ahungabanyijwe n'imiraba y'agahinda mu nyanja
.y'urujijo n'imihangayiko

Uyu munsu numva Imana mu ituze rinyicamo kandi
rikankuramo imigozi y'umutima wanjye
Nzakora uko nshoboye kose kugira ngo nshimishe
abandi, nk'uko nihatira kwishimisha, kandi binyuze mu
byishimo byanjye byo mu mwuka nzakorera buri wese mu
nzu y'urukundo rw'Imana kandi nta kindi nzatinya uretse jye
.ubwanjye ningerageza kuyobya umutimanama wanjye

Kuva mu busitani bw'ubugingo

Ufite umugambi wo kuja ahantu runaka, kandi wihutira
kugerayo vuba. Uhageze, usanga utanyuzwe n'aho hantu
kubera ubushake, imihangayiko, ndetse wenda n'ibibazo
wumva. Ahubwo, gerageza gutuza, gutuza no gushyira mu
gaciro. Niba ibitekerezo byawe bigamije guhangayika no
guhangayika, komeza ubihagarareho kugeza igihe
.bizagarura ituze

Ibyishimo bigira ingaruka mbi ku bukinganire bw'imitsi
kuko byohereza ingufu nyinshi mu bice bimwe na bimwe
by'umubiri mu gihe ibindi bibuza uruhare rwabyo rusanze.
Ubu busumbane mu mikoreshereze y'ingufu ni bwo butera
ubwoba Umubiri utuje kandi utuje uratuza imitsi kandi
.ugatera imbere mu mitekerereze

Mu buryo buhuje n'Imana, kureba imbere bitangira
kugenda buhoro buhoro Umuntu agomba kwizera byuzuye
ko Imana izasubiza isengesho ryose rivuye ku mutima.

Umuntu wese uyihindukirira ashaka kumurikirwa
azafungurwa iyerekwa rye kandi ubwenge bwe n'umutima
.we bimurikiwe

Iyo ubushishozi bufungutse, bugaragara nk'ibiyumvo
bisa n'aho biva mu mutima, ibiyumvo by'ubusobanuro
bwimbitse n'ubunyangamugayo. Binyuze muri iki gitekerezo,
umuntu ushakisha abona ukwemera guhamye n'ubuyobozi
bwiza bwo gukurikira inzira ikwiye, kandi buhoro buhoro
.akamenya kandi akizera iki kiyumviro

Ibi ntibivuze kureka gutekereza burundu; gutekereza
gutuza no kutabogama binatuma umuntu abona ibintu neza.

Gutekereza ku marangamutima, biyobowe no kwishyira
hejuru no kwishyira hejuru, bitera kutumvikana no gufata
.imyanzuro itari yo

Anga gushidikanya gusenya n'imyizerere y'ibinyoma
byimazeyo, kandi uhindure umutima wawe n'ubugingo
bwawe mu idini ry'ukwizera no kwiringira Imana byuzuye Mu
ituze ryo gutekereza, ubwenge bwawe buzashobora
kwibanda ku kuri no gusobanukirwa neza. Muri ubu
bunararibonye, ukwizera kurakura kandi kukagaragara,
kandi binyuze mu bwenge, uzabona ibyo ijisho ritigeze
ribona, ugutwi ntikumvise, cyangwa ubwenge bw'umuntu
.butigeze butekereza

Buri mwuka wanjye wose w'icyifuzo n'ubusabane
bifungura imiryango n'amadirishya mu mutima wanjye aho
nnyura ngo ngere ku byishimo by'Imana
Nk'uko izuba rica mu mihanda ihuze cyane, ni ko
nzabona imirasire y'urukundo rw'Imana ahantu hose
.hahurira abantu benshi mu bikorwa byanjye bya buri munsu
Uwiteka, mpa umugisha kugira ngo nkangure roho
yanjye mu gitondo maze nkayigeza ku muryango wawe
w'umugisha

Uwiteka, mpa umutima wo gutanga kugira ngo
mbisangire n'abandi ibyo mfite, kandi umfashe kubona mu
kiyaga gituje cy'ubwenge bwanjye ishusho y'ukwezi
k'umutima wanjye kurabagirana n'urumuri rw'ubuhari
.bwawe

Uyu munsu nzacengera mu nyanja yo gutekereza no
gutekereza ku Mana kugeza igihe nzabonera amasaro
y'ubwenge n'ibyishimo by'Imana
Nzagukunda, Mwami, kurusha ikindi kintu cyose, kuko
ntari kumwe nawe ntashobora gukunda umuntu uwo ari we
wese cyangwa ikindi kintu icyo ari cyo cyose

Mu ndiba y'imisozi n'ikirere gituje, no mu nda y'umutima
wanjye no mu buvumo bw'ituze, numva Imana iriho kandi
numva ibyishimo byayo bihora, kandi nkanywa ku masoko
.yayo meza adashira cyangwa ngo yume iteka ryose
Ndagukunda kandi ndagusenga, Nyagasani, urukundo
rwawe ruganza mu moko yose n'umutima ukunda
Hari umuntu wasabye mwarimu Paramahansa
kumwereka uburyo bwo guteza imbere imico ishimishije
kandi ikurura abantu, maze aravuga ati: Ugomba kuba uriho
mu mutwe igihe uganira n'abandi kuko kuba utareba kure
byangiza imico y'umuntu kurusha ikindi kintu cyose.
Birumvikana ko ntavuga kuba abantu bakomeye batareba
.kure, bakunze kwibanda ku bintu bikomeye
Buri gihe ujye uhora uri maso kandi umenye, maze
uzaba igikurura abantu
Nta muntu n'umwe ukunda kwirengagizwa Twese
twifuza ko amarangamutima yacu atekerezwaho kandi
akazirikanwa, kandi natwe tugomba kwita ku
marangamutima y'abandi no kubagaragariza ko tubitayeho
kugira ngo tugere ku bwumvikane n'ubwumvikane. Kugira
ngo ubigereho, ugomba kuba maso, ushishoza, kandi witaye
.ku bantu bose bakukikije
Abapfuye nta bubasha bafite bwo gutuka abandi, ariko
utabareba nta bubasha bafite
Iyo uri kumwe n'abandi, ganira nabo witonze, ubigiranye
imbaraga, kandi ushishikajwe, ariko wirinde kuvuga ibyawewe
bwite

Buri wese arashaka kwivugaho, ariko ni uburyo
budakomeye Reka abandi bivugeho niba bashaka; tega
amatwi icyo bavuga. Reka bavuge ibibazo byabo, ibyo
bagezeho, n'ibyo batekereza, ariko reka imbaraga zawe
zigukorere. Umucyo w'itara wivugire neza; reka imitingito
.yawewe ituje ikuvugire mu buryo busobanutse neza
Imana yanyeretse mu iyerekwa ko abapfira ku rugamba
barota urupfu nabi cyane, ariko abameze neza bakimara

kuzuka mu mubiri babyuka nk'aho bavuye mu nzosi mbi
.ziteye ubwoba kandi bishimira kuba barubohotsemo
Ibyo twanyuzemo byose mu buzima ni bimwe mu nzosi
zo mu isanzure. Abantu baremye inzosi mbi z'intambara,
ariko nyuma y'uko abaguye muri izi nzosi mbi bavuye mu
mibiri yabo, bamenya ko ari inzosi mbi cyane babyutse,
kandi basobanukiwe ko batarapfa. Uku ni ukuri gukomeye
.kw'ibintu bifatika

Iyo umuntu amenya ko arimo kurota, ntabwo yari
kubabazwa n'ibintu bimubabaza mu nzosi. Aiko iyo abonye
ibyo yishakiye mu nzosi maze umuntu akamutera urupfu,
urwo rupfu rw'inzosi rusa n'aho ari ikintu giteye ubwoba
.kugeza igihe azabyutse akamenya ko atari ukuri
Ibi kandi bireba imimerere nyuma y'urupfu Iyo tukimara
kuva mu mibiri yacu, tumenya ko ubwenge bwacu
butapfuye, ahubwo ko twabohowe mu mubiri n'ibiwurimo
n'aho bigarukira, kandi muri ubwo bwisanzure harimo
.ubwisanzure bukomeye

Ntitugomba gusaba urupfu, ahubwo tugomba gutegeza
ubwenge bwacu mu kuba mu bumwe n'Imana no
kuyitekerereza, kugira ngo urupfu nirugera mu gihe cyarwo
.tuzarubone nk'inzosi gusa

Nshobora kubona imiterere y'ubuzima n'urupfu igihe
cyose nshakiye Kubwiby, ntabwo mpa agaciro gakomeye
uyu mubiri

Hari imiterere y'umwuka iri mu gice cy'imitsi ituma
abantu bagera ku ntera yo hejuru mu iterambere
.ry'ubwenge

Ubwonko bw'umuntu, bunini kurusha ubwonko
bw'inyamaswa nyinshi usibye inkende n'inzovu, buragoye
kandi bufite ubushobozi bwo gutekerereza cyane. Ibi bituma
ubwonko bw'umuntu buba igikoreshe gikwiriye abantu,
bafite ubwenge buhanitse kurusha ibindi biremwa. Uburyo
ubwonko bugoye kandi bugoye butuma abantu bashobora
gutekerereza byimbitse kandi byimbitse. Bityo rero, abantu ni

bo bonyine bashobora kugera ku rwego rwo hejuru
rw'ubushishozi, bityo bakamenya Umuremyi wabo. Umuntu
w'umunyabwenge ni we ukoresha ubushobozi bwe
bw'ubwenge mu gukorera no kugirira akamaro abantu ku
.rwego rw'ibintu, ubwenge, n'umwuka
Ubukonje bwageze mu mwenda wakonje, wera, umeze
nk'uw'ilino
Ibyifuzo byanjye by'ibyishimo byo mu mpeshyi
byarazimye
Nabwiwe gushaka ubushyuhe bw'umutima wawe mwiza
Kandi ubwo impeshyi yagaragaraga, babyina,
barimbishijwe indabyo z'ubwoko bwose
Nahumurijwe n'impumuro nziza y'imirima n'imisozi,
,Mana yanjye
Impeshyi irageze, iririmba indirimbo zayo z'icyatsi kibisi
mu mababi yoroheje, urusaku rw'ibiti by'imikindo, n'urusaku
rw'ibiti bya pinusi
Yakomeje kunsaba ko nkwibutsa
Ndetse n'ubutaka bworoshye kandi bworoshye
bwankoze ku birenge byanjye byihutaga
Kandi yabasabye kwegera ubuturo bwawe busanzwe
Impumuro nziza yambwiye gukurikiza inzira yayo
Ku rusengero rwawe rutagatifu ruri mu mutima
w'indabyo z'amaroza n'ibiti bya basil bizunguruka
Kandi inyoni zambwiye kukuririmbira nka zo
N'umuyaga uhuha hejuru y'imigezi n'imigezi
Nabyukije ibibyimba by'urukundo rwanjye kuri wewe,
maze bitangira kwishima hejuru y'igituza cyawe kinini
Kandi hamwe n'imigozi y'ibyatsi igoramyeye, nize uburyo
bwo kunama
Ndagupfukamira, Nyagasani
Kandi imibavu yambwiye n'impumuro nziza y'impumuro
yawe

Kandi nshobora gute kugumisha umutima wanjye
wuzuye impumuro yawe yera imbere y'intebe yawe itagira
?iherezo

Kandi amabuye mato, atuje kandi yihangana yambwiye
kugira ngo nshobore kukubona no mu bagerageza kunyiba
ibyishimo byanjye

Imyaka yibagiranye yansabye koherereza bagenzi
banjye ubutumwa bw'urukundo n'ubufasha buri munota
n'isegonda

Kandi igitekerezo cyose cyambwiye kugushakisha mu
mutima we

Urukundo rwanjye rwanteye gukunda byose biriho
binyuze kuri wowe

Kandi urukundo rwanjye rwambwiye ruti: "Nkunda
"n'imbaraga zanjye zose, Mana yanjye

Igihe kimwe naryamye ku buriri bw'ibyatsi n'indabyo
maze nrota ko byose biriho byari byiza kandi bishimishije

Umutwe wanjye wari uhagaze ku byatsi birebire,
by'icyatsi kibisi, kandi binini, byanjyanaga n'umuyaga urimo
impumuro nziza

Hanyuma nashishikarijwe gukora ku kiganza cyanjye no
ku mubiri wanjye, maze ntangazwa n'ubuhanga
bw'Umuremyi wacyo. Yego, natangajwe n'uko njye, nizeye
ukuri kw'umubiri wanjye, umunsi umwe nzawusiga ngo
uruhuke mu isi uyu mubiri uzakonja, uhinduke ibara, kandi
ntugire aho uhagarara mu gihe cy'urupfu, mu gihe ubu usa
n'aho urimo ubuzima kandi ufite amarangamutima
amagana, ibitekerezo bya za miriyoni, na za miliyari
.z'ibitekerezo n'ibitekerezo

Uyu mubiri ni wo mwanya ibice by'ubuzima biberaho,
aho imbuto z'inseko zikura, hanyuma hagakurikiraho urupfu
rukaza neza. Aha, hagati y'inyama, amagufwa, n'amaraso,
inyuma y'agapfukamunwa keza k'uruhu, hari impyisi
z'indwara n'inyamaswa z'irari. Kandi hano, munsi y'umubiri,
hari inzira y'ibanga igana mu bwami bw'umucyo. Uyu mubiri

uzashira kandi ushire igihe nyirawo—ubugingo—awuvuyemo
burundu. Kuki atari byo? Kuko iyo nyirawo w'ubuturo
busanzwe ananiwe no kuba mu nzu y'ibyondo, ishaje,
iboshywe n'imitsi isaba kwitabwaho buri gihe, abona
ihumure mu yindi nzu iri mu mfuruka y'isi y'Imana—mu yindi
mimerere y'ubuzima bwose aho impumuro y'ibyishimo ikwira
.hose kandi iteka ryose

Roho idapfa ikora nk'ubuzima n'urupfu iseka iteka ryose,
hanyuma ijya mu rugo rwayo rw'iteka
Ese abareba filime bagomba kuguma muri sinema
ubuziraherezo nyuma y'uko ikiganiro kirangiye? Ntabwo
rwose abantu bagomba gusubira mu rugo. Mu buryo
nk'ubwo, roho ziza hano kwishimira filime y'ubuzima,
hanyuma zigasubiraye zigasubiraye. Zikunda kureba filime
n'amakinamico, kandi iyo zirambiwe ibitaramo zarotaga,
kandi zikaba zaramenye amasomo Imana ishaka ko ziga,
.zigaruka burundu mu buturo bw'ibyishimo by'iteka ryose
Iyo indangagaciro zidashingiye ku butabera, icyaho
gifunguka aho imibabaro n'imibabaro binyura. Iyo
indangagaciro zishingiye ku bwikunde, amakimbirane yica,
n'irushanwa rikomeye, ingaruka zizahinduka kuko impamvu
ziba zihumanye, kandi amafaranga ntazahirwa muri icyo
.gihe

Umuntu agomba gusukura umutimanama we ku
bwikunde kandi ntagerageze kwigwizaho ubutunzi ku bandi.
Kunyurwa nyakuri ni iby'umwuka, si iby'umubiri, kandi
inyungu nyayo mu buzima ni ukugira ubutunzi bw'ubwenge,
.ubumenyi n'urukundo rw'Imana

Tugomba kubaho mu buryo bworoshye kandi
tugaharanira buri gihe gufasha abandi no kunoza imimerere
yabo uko bishoboka kose. Ariko iyi ntego nziza ntijyanye
.n'ubwikunde n'umururumba tutitaye ku bandi

Abakunda iby'isi ntibaringaniye bityo ntibafatwa
nk'abatsinze Ubuzima bworoshye kandi buringaniye ni
ubuhanzi bwiza kandi ni ikimenyetso cy'intsinzi Abafite

intego imwe gusa yo gushaka amafaranga ntibazabona
ubutoni ku Mana

Ni ukuri ko Imana yadushyizemo ibyiyumvo byo gusanza
kugira ngo dukore kandi twite ku mibiri yacu, ariko kwita ku
mibiri si yo ntego yonyine y'ubuzima. Intego iruta kure ibyo
umuntu yakwitaho mu buryo bw'umubiri cyangwa mu buryo
bw'igihe gito, nubwo byaba ari byiza, bihebuje kandi
.bitangaje gute

Umwe mu bigishwa yabajije Umwigisha Paramahansa
uko yakwibonera ubuturo bw'Imana. Yasubije ati: "Buri joro,
mbere yo kwishyira mu bitotsi, tekereza kugeza igihe wumva
ubwenge bwawe bwageze mu isi y'ibitekerezo kandi bwinjiye
mu rundi rwego. Ariko, ibi si byo gusa. Nyuma yo guhindura
ibitekerezo imbere, icyifuzo kigomba kwiyongera, kandi
ibyifuzo bigomba kwihuta nk'umwuzure werekeza ku Mana.

Iyo umwigishwa yiyeguriye Imana burundu, yumva ko
yakoze ku bubasha bwayo kandi akayimenya. Azabona
umucyo mwinshi w'umucyo udasanzwe, kandi ashobora
kubona abamarayika n'ubugingo bwiza. Cyangwa ashobora
kumva impumuro nziza y'ijuru, hanyuma azamenya ko
Imana yamusubije, kandi ubwenge bwe buzakingurwa, kandi
Imana izamuhishurira amabanga y'ubuzima. Cyangwa
ashobora gupfukiranwa n'amahoro menshi mu gihe cyo
gutekereza. Niba akomeje gutekereza kandi Imana ikamuha
urukundo rwayo rukomeye, azumva ibyishimo by'Imana
bitagira uko bisobanurwa. Hahirwa uhawe ubu
".bunararibonye bwiza

Urukundo rw'Imana rufungura irembo ry'ijuru, aho
umuntu ushaka yinjirira mu maso y'Imana
Iyo umuntu asabye Imana, Nyir'ubuntu n'Ubwenge,
umugati w'ubugingo buhoraho, ntabwo izamuha ibuye
ry'ubujiji bw'ibintu. Iyo umuntu asenga ashaka ibyokurya
by'ubwenge, Imana ntizamuha inzoka y'uburiganya. Iyo
umuntu asenga Imana imusabye ikintu cy'ibyishimo
by'Imana bimara inyota yose, ntabwo izamuha nk'ikiyoka

cy'imihangayiko n'ihungabana ryo mu mutwe. Niba abantu bayobejwe bazi guha abana babo impano nziza, Uwiteka we soko y'ibyiza byose n'ibyishimo, azarushaho guha ubumenyi
!bw'umwuka n'urumuri ku bamukunda

Imana itanga ubwenge buhanitse n'ubumenyi buhanitse

ku babushaka, kandi yiha umuntu ubishaka cyane utemera ikintu cyose. Ushaka Imana n'umutima we wose n'ubugingo bwe bwose ni we munyabwenge kurusha abandi bese, kandi ni we muntu ukundwa cyane n'Imana. Iyo usenga akomeje

kurarikira, abona igisubizo kidasanzwe kandi gikundwa kivuye ku Mana kandi akagira ibyishimo bidasanzwe .by'urukundo rubonwa n'abakunda Ukundwa

Umuntu w'umunyabwenge ukina muri iyi nzizi zo mu isanzure, afite ubumenyi bw'umwuka n'icyifuzo cy'Imana gikura, aba ari hafi y'Imana kandi ayikunda. Afite urukundo rutunganye kandi akunda Imana nta mpamvu z'ubwikunde cyangwa nta mpamvu zishingiyeho, urugero nko kuvuga ati,
“Mwami, nzagusenga mu gihe uzampa ubuzima bwiza,

”.amafaranga n'imibereho myiza

Hagati y'abanyabwenge n'Imana hari urukundo rwimbitse, rutagira imipaka kandi rutagira iherezo Iyo umuntu asabye Imana ikintu cyihariye, Imana izi neza ko uwo muntu ashishikajwe cyane n'impano zayo kuruta uko .ayishishikazwa na yo

Si bibi ko umuntu asenga kugira ngo ibyo akeneye bibonerwe ibisubizo, ariko iyo asabye kumenya Imana no kubona umucyo wo mu maso he h'icyubahiro, ntagomba kwifuza inyungu ze bwite, cyangwa ngo ibitekerezo bye bigarukira ku mpano ubwazo, ahubwo bigomba kugarukira ku Mutanga ubwe Iyo umuntu ubishaka ashoboye kubikora abikuye ku mutima, azahabwa izindi mpano zose ziturutse .ku isoko y'ubuntu n'inyanja y'ubukire

Umwe mu bigishwa yabajije mwarimu Paramahansa

inama y'uko yakwitwara mu bihe bimwe na bimwe no :guhangana n'abandi, maze aramubwira ati

Kurikira ukuri ntukuveho, kandi wirinde kuvuga ikintu icyo ari cyo cyose cyakugirira nabi cyangwa cyagira ingaruka mbi ku bandi, nubwo byaba ari ukuri, igihe cyose utava ku mwuka w'ukuri. Ariko kandi, ntugomba kurenga urugero ngo .ubeshye kugira ngo wirinde kuvuga ukuri kubabaza Ba inyangamugayo kuri wowe ubwawe no ku bandi utiriwe wibanda ku bintu bitari ngombwa. Vuga ukuri kandi wirinde kuvuga ibintu bibabaza cyangwa byangiza uwo ari we wese. Ntugahishure amabanga yawe yose mu izina ry'ukuri no gukorera mu mucyo, kuko nushyira ahagaragara intege nke zawe, bazagerageza kugukomeretsa cyangwa kuguseka igihe cyose babyifuza. Kuki wabaha intwari ?bashobora gukoresha mu kukurwanya Vuga kandi ukore ibintu mu buryo buzana ibyishimo n'amahoro kuri wowe no ku bandi

Ni ngombwa guteza imbere ubushishozi bwo mu mwuka kugira ngo umenye itandukaniro riri hagati y'ukuri kuzana ibyiza no kuvuga ibintu mu buryo butandukanye utitaye ku ngaruka zishobora guterwa nabyo, kuko ibintu bigenwa n'iherezo ryabyo. Ntibikwiye kuvuga ibyo uzi byose, kandi ntibikwiye kwihisha no guhisha ibintu abandi bagomba .kumenya ku bw'inyungu zabo Iyo udafite ubushishozi bwuzuye, ni byiza kwitonda mu mvugo kugeza igihe usobanukiwe neza ukuri kandi .umusaruro ukwiye kuri bose Komeza utekereze ku Mana kandi usabe ubufasha n'ubuyobozi bwayo, maze ubushishozi bwawe buzafunguka kugira ngo ubone ibintu neza hanyuma uzabashe gutandukanya neza

Guha imbaraga uturemangingo tw'umubiri mu

buto

Ingufu zo mu kirere zinjira mu mubiri buri gihe kandi nta nkomyi, ariko abantu benshi ntibazi ubu buhanga bwinshi. Ababyumva bahura n'imbaraganyinshi mu turemangingo .twabo n'umugezi ugarura ubuyanja ubaha imbaraga nshya

Ibyaremwe byose bipfukama bimwubaha Umwami w'Isi,
kandi imbaraga ze zinyura mu bantu Ikibazo kiri mu
kunanirwa gushimangira isano ikomeye hagati y'abantu
n'isoko y'imbaraga zose. Tubaho mu buryo butaziguye
n'imbaraga z'Imana, kandi izindi mbaraga zose ntacyo
.zimaze tudafite imbaraga zidushyigikira z'Imana
Ibiryo, ogisijeni, n'izuba—ibi bintu bishobora kuduha
ubuzima bwiza, ariko tugomba gusobanukirwa uburyo bwo
kubona ubuzima bwuzuye mu masoko y'ibikoreshe bitagira
iherezo bimeze nk'amabatiri mato ashira umuriro, mu gihe
isoko ritagira iherezo ari moteri ikomeye ifite imbaraga
zidashira, ikomeza guha ubugingo imbaraga, ibyishimo
n'imbaraga. Bityo rero, ni ingenzi cyane kwishingikiriza ku
.isoko ritagira iherezo uko bishoboka kose
Umuntu wifuza agomba kwiga uburyo bwiza bwo
kungukirwa n'iyi miyoboro y'ingenzi iturutse ku isoko yayo,
kandi agomba kumenya ko igitekerezo ari ukuri, kuko ibintu
byose bisanzwe ari ishusho y'ibitekerezo by'Imana kuko
.Imana yatekereje kuri iyi si mbere yo kuyirema
Benshi bemera ko igitekerezo ari umusaruro w'umubiri,
ariko imiterere y'umubiri neza cyane, hamwe n'imikoranire
itangaje hagati y'ibice byawo n'ingingo, bigaragaza neza ko
.umubiri ari wo waremwe n'ubwenge bw'isi buhebuje
Ubwenge ni cyo kintu cy'ingenzi kigenzura umubiri,
kandi ni ingenzi cyane ko umuntu yirinda ibitekerezo
by'intege nke z'abantu nk'uburwayi, intege nke, gusaza, no
kwiheba, kandi akiyemeza ko igikorwa kidashira kinyura
muri we, kandi iki gikorwa gihabwa ubwenge kandi
kikabasha guha uturemangingo tw'umubiri ubuzima bwiza
.n'imbaraga z'ubuto
Igitekerezo ni ubwonko, amarangamutima, n'ibiyumvo
bya buri ngirabuzimafatizo nzima; gifite ububasha bwo
gutuma umubiri ukora kandi ukaba maso cyangwa unaniwe
kandi udatekanye Igitekerezo ni cyo gitegeka, kandi
uturemangingo tw'umubiri ni two dukurikizwa, twumvira

amategeko n'ibibujijwe by'umutegetsu wabo mukuru:
igitekerezo

Twita cyane ku bwiza bw'ibiribwa turya buri muni,
kandi mu buryo nk'ubwo twagombye kwita ku bwiza
bw'ibiryo byo mu mutwe no mu mitekerezeho dutanga mu
.bwenge bwacu buri muni

Umuhanga mu bya siyansi avugako umubiri atari
umuraba wa elegitoroniki ahubwo ari umuraba w'ubwenge
.ureremba mu nyanja y'ubwenge bw'Imana

Buri muni tugomba gukomeza imbaraga zacu
z'umubiri, kongera imbaraga zacu zo mu mutwe, no
kumenya uko turi by'ukuri binyuze mu gutekereza,
gutekereza neza, n'umurimo mwiza kandi utanga umusaruro
.ugirira akamaro umubiri, ubwenge, n'umwuka hamwe
Imana yampaye umugisha wo kumpa ibyishimo muri iyi
myaka myinshi y'ubuzima bwanjye, abantu baba babona
inseko yo kunyurwa mu maso cyangwa batabona, ibyishimo
by'Imana bihora biri kumwe nanjye kandi ntibijya binsiga.

Uruzi runini rw'ibyishimo rutemba buri gihe muni
y'umusenzi wo mu bwenge bwanjye kandi rukavubuka
nk'amasoko y'imigisha yuhira ubusitani bw'ubuzima
.bwanjye

Nta n'ubwo ari uguhindagurika gutunguranye mu
buzima bishobora kumbura amahoro, cyangwa ngo bikureho
.ibyishimo byo mu buryo bw'umwuka numva

Byari bigoye gutuma icyo mimerere ihoraho kandi
idahinduka, ariko imbuto z'umwuka ubu nishimira kandi
nkazisangiza abandi zari zikwiriye imihati yose nashyizeho
.muri yo

Ntekereza kandi nkora nyobowe n'umwuka w'Imana.
Amafaranga ntivyigeze aba intego yanjye mu buzima, ahubwo
ni ugukorera abavandimwe banjye mu bantu. Bityo, Imana
yamfunguriye imiryango myinshi y'ibyiza kugira ngo
nyibeshaho kandi nsohoze ubutumwa bwanjye. Igihe cyose
.nkeneye ubufasha, Imana ihita ibumpa ako kanya

Icyifuzo cyanjye cyonyine ni ugukorera wowe, niyo

mpamvu ndi hano

Imbaraga z'Imana zirimo gukorera mu buzima bwanyu.

Muzabyibonera ubwanyu uku kuri igihe ukwizera kwanyu

gukomeye kandi mugasobanukirwa ko ubutunzi nyakuri

budaturuka ku ntsinzi y'ibintu ahubwo buturuka ku

.Mushoborabyose

Nubwo ubuzima busa n'aho butari bwitezwe,

buhindagurika, kandi buyoberanye, bwuzuyemo

gushidikanya n'ibibazo bitandukanye n'imihindagurikire,

dukomeza kuba munsu y'uburinzi bw'Imana. Ntitugomba

gukabya ibintu cyangwa ngo dutakaze ituze mu gihe

habayeho ibintu, kuko iyo twemeye ko ubwoba budutsinda,

tuba duha imbaraga ikibi kandi tugashimangira imizi yacyo,

.gikura kandi kigakura mu butaka bw'ubwoba n'imihangayiko

Ntidukwiye kwitega kubona ibyishimo n'amahoro

birambye mu bigeragezo by'ubuzima; ahubwo tugomba

kubishakisha no kubivumbura muri twe. Hanyuma, uko

twanyura mu bihe byose, tuzabyitwaramo nk'uko tureba ibyo

abandi banyuzemo muri filime, byaba byiza cyangwa

.bibabaza

Umuntu ashobora guhindura ibyamubayeho byose mo

ibigeragezo bibabaza kandi bibabaje iyo yemereye ubwenge

bwe kubikora. Ashobora kugira ubuzima bwiza ariko ntabone

agaciro kabwo. Ariko niba arwaye, azicisha bugufi kandi

yishimire umugisha wo kubaho neza. Tugomba kwemera

ubuntu bw'Imana no kuyishimira imigisha iduha tudategereje

.ko ibintu bibi bidutera gushima no kwemera ubuntu bwayo

Ubuzima bukwiye kuba uruvange rwo gutekereza no

gukora Iyo umuntu atakaje uburinganire bwe mu

mitekerereze, aba ashobora guhura n'ibibazo

by'imihangayiko, ibicu by'agahinda, n'ububabare. Kandi niba

agerageje kwica amategeko y'ubuzima, iterambere

.n'ubwenge, nta kabuza azahura n'indwara, ubukene n'ubujiji

Tugomba kugumana imigambi yacu iboneye, intego zacu zisukuye, kandi tugakora ibintu biduhesha amahoro yo mu mutima, kandi ntitureke ngo imimerere y'ubuzima .iduhungabanye kandi isenye ibyishimo byacu kandi dukomeze ubwenge bwacu kandi twange umutwaro w'intege nke z'ubwenge n'iz'umuco twarazwe n'ibisekuruza byinshi. Ibi bihumanya bigomba gutwikwa mu muriro w'ubushake bushya n'ibikorwa bitanga umusaruro. Dukoresheje ubu buryo bwubaka, umuntu wiyemeje by'ukuri .ashobora kugera ku ntego yo kwibohora no kwisanzura

Amategako y'iteka y'ibyishimo

Byavuzwe ko mu gihe cy'izahabu cy'umwe mu bategetsi b'intungane bo mu Buhinde, nta kintu na kimwe cyabaye, urupfu rw'imburagihe, cyangwa ibiza by'umwimerere byabayeho byahungabanyije amahoro n'ubwumvikane .bwuzuye mu bwami bwe Iyo abagize umuryango babana mu bunyangamugayo, buri rugo ruzagira ubwumvikane, ubuzima bwiza n'urukundo. Ariko iyo abagize umuryango bagirirana ubwikunde bubi, urugo ruzahita rwuzura amakimbirane n'urwango. Ibi binareba ibihugu. Iyo abantu babana mu bunyangamugayo no mu bunyangamugayo, bazabona Ubwami bw'Imana ku .Isi

Igihe ni gito Uyu muni turi hano, ejo tuzagenda Gushaka Imana ni amahirwe akomeye cyane ku bantu Tugomba gukoresha neza umudendezo Imana yaduhaye muri ubu buzima kandi tukawukoresha neza kugira ngo ubwacu tubone ukuri kw'iteka mu by'umwuka Icyaha ni ikintu cyose gitera umuntu ububabare n'imibabaro. Indangagaciro ni zo zimuhesha ibyishimo iteka ryose. Iyo umuntu adafite ubumwe mu by'umwuka mu bitekerezo bye no mu mahoro ye, inzu nshya, imodoka nshya, cyangwa ikindi kintu cyose gishya ntabwo kizabasha kuzana ibyishimo n'ituze mu bugingo bwe; ahubwo,

imibabaro ye yo mu mutima izakomeza no mu gihe yabonye
.ibyo bintu bishya n'ibindi byinshi

Ibyishimo nyakuri biri mu bushobozi bwo guhangana
n'imimerere no kwihanganira ibigeragezo byose byo hanze.

Biboneka iyo ushobora kwihanganira ububabare bukabije

n'ingorane zikomeye ziterwa n'ivangura n'intego mbi
z'abandi zo kukugirira nabi no kugutega, kandi ugasubiza
ibicumuro byabo mu rukundo no kubabarira. Iyo ushoboye

kugumana amahoro yo mu mutima nubwo hari ibibabaza

.byo hanze, ni bwo uzagira icyo uryohereza n'ibyishimo

Ibyanditswe Byera bivuga ko abirengagiza amategeko

y'Imana bagakurikira ibyifuzo byabo by'ubupfu n'ibyo

bashaka batazabona ibyishimo cyangwa ngo bagere ku

ntego yabo ya nyuma. Bishishikariza ushaka ukuri guhindura

Ibyanditswe Byera urumuri rwabo ruyobora n'umucamanza

mu kugena icyakorwa n'icyagombye kwirindwa, no

gusesengura ibintu no gukora ibihuje n'ubwenge

Abiyizera ni bo bakora ibintu mu buryo buboneye.

Ibyishimo bituruka gusa ku bitekerezaho biboneye n'ibikorwa

bitunganye. Niba wishimye ubu, uzagira ibyishimo mu gihe

.kizaza, haba hano no mu isi itaha

Tugomba kwegeranya umusaruro w'amahirwe

dukusanya imbuto z'ubwenge mu gihe izuba ry'amahirwe

aboneka rirabagirana. Mu yandi magambo, tugomba gufata

.amahirwe mbere yuko ashira

nutayafata neza, azaba ari Fata amahirwe kuko)

(isoko y'akababaro

Imana yaduhaye amategeko y'umwuka yitwa

amategeko Ariko aya mategeko arasuzugurwa kandi

ararengwa buri muni na hose Keretse abantu basobanukiwe

icyo asobanura mu buryo bw'umwuka, bazahora bayanubira

kandi bakayareka. Aya mategeko ni amategeko y'imyitwarire

adashira yemejwe n'amadini yose ya Aburahamu. Ariko,

inyandiko akenshi ntizisobanura ingingo z'imitekerereze

y'aya mategeko n'inyungu zijyana no kuyakurikiza. Abantu

bemera aya mategeko ahantu ho gusengera ariko
ntibayakurikize hanze yayo, ibi bikaba bigaragaza ko aya
mategeko adashoboka, adahuje n'ubwenge, kandi adahuye
n'igihe. Nyamara, kurenga kuri aya mategeko ni yo ntandaro
.y'imibabaro yose ku isi

Ariko se inyungu z'ayo mategeko ni izihe kandi inyungu
?zayo ziri he

Ibitabo byera bigira inama umuntu yo gutekerezwa ku
Mana, kuyicengezamo ubwenge bwe, kuyiha ibintu byose, no
kuyisenga mu buryo buzira uburyarya, itavanze n'uburyarya
.kandi itandujwe n'ubwirasi

Kumenya Imana bikwiye kuba intego nyamukuru
y'ubuzima Inshingano zo ku isi ntizishobora kugerwaho
hatabayeho imbaraga Imana yahaye abantu Gukora imirimo
isanzwe ukibagirwa Imana ni ikosa n'icyaha
Icyaha bivuze ubujiji: gukora ibintu binyuranyije
n'inyungu nziza z'umuntu

Kuki abantu bumva bababaye kandi bakicuza? Kubera
ko batakoze ibitunganye kuko Imana itari iya mbere mu
mitima yabo

Nta kintu na kimwe mu buzima bw'umuntu gikwiye
gufatwa nk'ikintu cy'ingenzi kurusha Imana. Iyo umuntu yita
ku Mana by'ukuri kandi agasohozwa inshingano ze zo mu
buryo bw'umwuka kuri yo, imibereho ye izarushaho kuba
myiza, kandi azumva afite umutekano nubwo hari ibintu
.byose bimukikije

Iyo umuntu atangiye gusenga ubutunzi, amafaranga,
icyamamare, cyangwa ikindi kintu cyose kitari Imana,
agahinda kaba akabo Abashyira ibitekerezo byabo byose
kuri ibyo bintu mu by'ukuri baba babisenga, bityo
ntibabiyegereza ahubwo bakabivamo. Ariko abatekerezwa ku
Mana, bakayitekerezaho, kandi bakayibwira mu mitima yabo
barayegera kandi bakagira ibyishimo byo mu mutima mu
.busabane bwabo bucece na Yo

Imana yonyine ni yo ishoboye gusohoza inzizi z'abantu
n'ibyiringiro byabo by'ibyishimo birambye. Bityo rero, nta
kintu na kimwe gikwiye kwemererwa gufata umwanya
w'Imana mu mutima

Hariho ibimenyetso byera bishobora gufasha uwifuza
kwibuka Imana no kuyegera. Ariko, iyo umuntu atangiye
gusenga ibyo bimenyetso, ingaruka zabyo zizaba nyinshi
kurusha inyungu ze. Gusenga bigomba kwerekezwa ku Mana
.gusa, kuko nta kindi gikwiye gusengwa

Uko ugusenga kw'imihango kwaba kumeze kose, Imana
irabikunda igihe cyose umuntu uyisenga ayikorera
asobanukiye n'iby'umwuka kandi ayifuza. Nyamara, abantu
benshi ntibasobanukirwa ishingiro ryo gusenga, kandi
ibitekerezo byabo n'imitima yabo biva ku Mana bijya ku
.mihango, bityo ntibigire icyo yungukira mu gusenga kwabo

Abasenga by'ukuri ntibemera ko ubwenge bwabo
bugarukira ku ishusho cyangwa ishusho iyo ari yo yose,
ahubwo bibanda ku rukundo rwinshi no kwita ku mwuka
.w'Imana uri inyuma y'ishusho n'imiterere yose

Imana ni umwimerere kandi nta mupaka, kandi nta
shusho cyangwa igishushanyo bishobora kuyimushyiramo

Bishobora kuvugwa ko Imana yigaragariza muri buri
wese uyikunda by'ukuri kandi ihuje na yo, kuko iba ahantu
hose bityo ikaba ihari muri buri wese. Ariko, si buri wese
ufite ubushobozi bwo kugaragaza ubumuntu bw'Imana.

Izuba rirasira kimwe ku makara na diyama, ariko diyama
yakira kandi ikagaragaza urumuri rw'izuba, mu gihe ikara
ritabishobora. Mu buryo nk'ubwo, abantu bose binjira mu
mucyo w'Imana, ariko bake gusa ni bo bashobora kwakira
uwo mucyo no kuwugaragaza mu bitekerezo byabo no mu
bikorwa byabo. Kugira ngo babigereho, bagomba kwisukura
binyuze mu gutekereza no gukurikiza inyigisho n'amategeko
.by'Imana

Iyo tuvuga izina ry'Imana, tugomba kumenya neza ibyo
tuvuga. Iyo ushobora kubona ibitekerezo by'abantu mu gihe

cy'amasengesho, wasanga abenshi batekereza ku bintu byose uretse Imana, nubwo bavuga izina ryayo! Isengesho .nk'iryo nta cyo rimaze kandi nta gaciro rifite Iyo dusenga, twagombye kwihatira kwerekeza ibitekerezo byacu byose ku Mana, aho gusubiramo izina ryayo ry'icyubahiro gusa mu gihe ibitekerezo byacu bizenguruka. Umwe muri ba masenge yakundaga kuvuga amasengesho ye ku masaro yo gusenga, atari menshi cyane. Ariko yanyemereye umunsi umwe ko nubwo yamaze imyaka mirongo ine akora uyu mucu wo gusenga, Imana ntiyasubije amasengesho ye. Ntabwo bitangaje! "Amasengesho" ye yari .akamenyero ko guhangayika gusa Iyo dusenga, nta kindi tugomba gutekerezaho uretse Imana. Tugomba kwihatira kuba inyangamugayo mu gusenga kwacu no kwitanga mu masengesho yacu. Gukoresha amasaro yo gusenga no guhora duhamagara izina ry'Imana byemewe neza iyo iyo migenzo iturutse ku mutima kandi igashyigikirwa n'ukuri n'ubwenge bwibanda ku ntego. Ariko, iyi migenzo ishobora guhinduka ikora uko igihe .kigenda gihita Tugomba kuvuga izina ry'Imana mu mitima yacu, ku ishapule y'irari ry'urukundo rw'Imana; uku ni ugusenga kw'ukuri gukora ku mutima w'Imana. Guvuga izina ry'Imana mu buryo butuje no mu bwenge butembera ni ugutuka Imana no kuyisuzugura. Iyo umuntu asenga, umutima we n'ubwenge bwe bigomba kuba byuzuyemo urukundo rw'Imana. Kwitoza kwibanda ku bitekerezo binyuze mu myitozo yo mu rwego rwo hejuru ya yoga bidufasha kwegera Imana, isoko ihebuje y'icyubahiro n'ubwiza, kandi .binadufasha kuyitekerezaho no kuyisabana nayo Ni ngombwa guharira umunsi umwe mu cyumweru kwiherera mu buryo bw'umwuka (niba bishoboka) kugira ngo utekereze ku Mana kandi ugire ituze, amahoro n'amahoro yo mu mutima. Igihe umara muri ubu buryo kizaba umuti

uhumuriza w'ibibazo n'imihangayiko uhura na byo mu gihe
.gisigaye cy'icyumweru

Buri wese akeneye kumara umunsi umwe buri
cyumweru yiherereye cyangwa "kwiruhukira mu buryo
bw'umwuka" kugira ngo akize ibikomere n'ububabare bwe
mu byiyumvo. Iyo uwo munsi uzaba uw'amahoro, ibyishimo,
no kunyurwa, uzawutegerezanya amatsiko icyumweru ku
.kindi

Kwigunga ni igiciro cy'ubuhanga Uzatangazwa
n'ibisubizo byiza bizagerwaho ku bwenge bwawe, umubiri
wawe, n'ubugingo bwawe binyuze muri ubu bwiherero bwo
mu mwuka no guhuza umwuka wawe n'Imana. Niba wifuza
ibyishimo nyakuri, ugomba kwishyira mu nyanja y'amahoro
y'Imana kare mu gitondo ubyutse, ndetse na mbere yo
.kuryama nijoro

Abanyabwenge bo mu Buhinde ntibagira inama yo
kwiherera umunsi umwe gusa, ahubwo bashimangira ko ari
ngombwa gutekereza mu buryo butuje mu bihe bine
byihariye buri munsi. Mu gitondo cya kare, mbere yo
kubyuka no kubona umuntu uwo ari we wese, umuntu
agomba kwishimira ituze no kumva afite amahoro. Mu
masaha ya saa sita, umuntu agomba gutuza ubwenge mbere
yo gufata ifunguro rya saa sita, kandi akongerera akishimira
igihe cy'amahoro mbere yo gufata ifunguro rya nimugoroba.
Amaherezo, mbere yo kuryama nijoro, umuntu agomba
.kongera kwinjira mu ituze

Abareba neza ituze mu gihe bari bonyine no muri ibi
bihe bine bya buri munsi, nta gushidikanya ko bumva bahuje
n'Imana. Abatabasha kubahiriza ibi bihe byose bagomba
kwiha nibura amasaha ya mu gitondo na nimugoroba.

Babikoze, ubuzima bwabo buzahinduka bwiza, kandi
bazagira ibyishimo; ubunararibonye ni cyo gihamya cyiza
.cyane

Nukomeza kwandika no gusinya sheki udashyizemo
amafaranga ahagije yo kwishyura konti yawe ya banki,

amafaranga azabura. Ni nako bigenda ku buzima bwawe. Iyo
udashyizemo amahoro buri gihe muri konti yawe y'ubuzima,
imbaraga zawe zizagabanuka, ituze ryawe rizashira, kandi
ibyishimo byawe bizashira. Muri make, amaherezo uzagira
ikibazo cyo guhomba mu buryo bw'amarangamutima, mu
mutwe, mu mubiri no mu mwuka. Ariko gutekereza cyane ku
.Mana buri munsu bizakuraho intege nke mu bugingo bwawe

Umuntu ukunda Imana ahora atekereza buri munsu,
avugana n'Imana n'urukundo rwose n'inyota mu mutima we,
ayisaba kuyigaragaza. Niba ukunda Imana kandi ukaba
wifuza kubona aho iri, ugomba kwinjiza ubwenge bwawe
n'umubiri wawe mu mahoro yayo, maze ubuzima
buzakuryohereza, kandi ibintu byawe bizagenda neza mu
buryo bwinshi. Umuntu utuje ntakunze gukora amakosa
.kandi agatsinda aho abantu ibihumbi bananirana

Abatekereza ku Mana cyangwa ngo bayiteho baracika
intege kandi bakababara. Bahinduka abarakaye,
.bagahinduka imashini zigenda n'amaguru
Izuba ry'ubwenge n'amahoro rizava mu kirere cy'ituze
kandi rizatwikira ubuzima bwawe n'imirasire yabwo ikiza
igihe cyose ushyizeho imihati yo mu mwuka kandi ugaha
.Imana umwanya wa mbere mu mutima wawe

Umunsu wo gutekereza ku byo wagombye kuba umunsu
wo kuruhuka mu mutwe no mu mubiri no gukura amahoro
yo mu mutima. Igikorwa icyo ari cyo cyose gitanga ubwenge
.n'amahoro ni igikorwa cy'umugisha kuri uwo munsu
Ku bijyanye no kubaha ababyeyi, ibitabo byera byatanze
inama yo kubafata neza: “Wubahe so na nyoko” na “Ugirire

”neza ababyeyi

Ba se na ba nyina b'abantu bagomba kubahwa
nk'abahagarariye Imana, yabahaye impano yo kurema
abantu. Umubyeyi ni ishusho y'urukundo rw'Imana ruzira
inenge, kuko umubyeyi ukunda ababwirira aho nta wundi
ubikora. Se ni ikimenyetso cy'ubwenge bw'Imana n'uburindi
.bwayo ku bana bayo

Umuntu ntakwiye gukunda se na nyina atari Imana,
ahubwo agomba kuba ikimenyetso cy'urwo rukundo. Urinda
kandi akaba n'umunyabwenge. Umwuka w'Imana uhebuje
uba umubyeyi na nyina kugira ngo ufashe umwana, bityo
.ugomba kubahwa mu babyeyi

Ibyanditswe Byera binatugira inama yo kwirinda kwica
umuntu kubera kwica, kuko icyo gihe umuntu aba
umwicanyi. Umuntu ntagomba kwica undi mu gihe
cy'amarangamutima akomeye. Ariko, iyo abakunzi be
babangamiwe, agomba kurwana kugira ngo arinde abo
Imana yamushinze, kuko ari inshingano yera kurinda
.umuryango we n'igihugu cye

Ku bijyanye no kubuza ubusambanyi, intego nziza yo
guhuza ibitsina igomba kuba kubyara abana baremwe mu
ishusho y'Imana no kugaragaza urukundo rutunganye
rwumvwa n'abashakanye babona Imana muri bo. Ababaho
ku rwego rw'umubiri gusa, batitaye ku rukundo nyakuri
cyangwa intego yo hejuru yaremeweho irari ry'ibitsina,
barasambana nk'uko iri tegeko ribivuga. Muri iki gihe, ntaho
batandukaniye n'inyamaswa zihaza irari ryazo ry'ibitsina
.hanyuma zigakomeza urugendo rwazo

Imana yaremye iyi ntego yo guhanga udushya mu
bagabo n'abagore yo kubyara no kugaragaza urukundo
nyakuri mu buzima bw'abashakanye, kandi ntabwo ikwiye
gukoreshwa nabi ukundi, ahubwo igomba guhindurwamo
.igikorwa n'ubumenyi byera

Niba ushobora kugenzura no gukwirakwiza imbaraga
z'imibonano mpuzabitsina mu mubiri wawe, uzabasha
guteza imbere ubushobozi bwo mu mutwe bwo kwandika,
gushushanya, cyangwa kugaragaza impano zihishe mu
.bundi buryo bwinshi

Kandi igihe uzaba ushoboye kugenzura no guhindura
mu buryo bw'umwuka ibikorwa byo guhanga, uzagira
amahoro menshi, urukundo rwinshi, n'ibyishimo byo mu
.mwuka byiyongera

Abatagatifu n'abayobozi b'umwuka bahinduye ibikorwa
byabo by'imibonano mpuzabitsina mu buryo bw'umwuka ni
ibihangange bifite ubushobozi bwo gukora ibintu bitangaje
kandi bitangaje ku isi no mu gushakisha ukuri mu buryo
.budasanze

Bityo, uburyo bwo gukoresha imbaraga z'imibonano
mpuzabitsina cyane ni ukongera imbaraga zayo, ni ukuvuga
kuyishyira mu ntego yo hejuru kugira ngo igaragaze
ubwenge, ibitekerezo bihanitse, n'amahame y'umwuka.
Umuntu ntagomba kwishimira ibitekerezo by'imibonano
mpuzabitsina cyangwa kwifuza ibibujijwe. Iyo ubwo bwoko
bw'ukwifata bugezweho, umuntu azaba afite ibitekerezo
.bizima ku mibonano mpuzabitsina n'intego yayo yo hejuru
Kuba imbata y'ibintu biyanye n'imibonano mpuzabitsina
bivuze gutakaza ubuzima bwiza, kwifata, n'amahoro yo mu
mutwe, kandi muri make, ibintu byose by'ibyishimo umuntu
akeneye

Ibitabo byera kandi bidushishikariza kutiba Iyo itsinda
ry'abantu igihumbi rigirana ubujura, buri wese yagira abanzi
999. Bityo rero, umuntu ntagomba guhonyora uburenganzira
bw'abandi, cyangwa ngo yigarurire ubutaka bwe, amahoro,
urukundo, icyubahiro, cyangwa ikindi kintu cyose afite mu
buryo bw'umubiri cyangwa mu buryo bw'umwuka. Niba
utumvise icyifuzo cyo gufata ibitari ibyawe, icyo ukeneye
cyangwa wifuza kizakugeraho. Ubujura butangira mu
bitekerezo igihe umuntu atangiye kugirira abandi ishyari.
Imbuto z'irari ribi zigomba kurandurwa mu bitekerezo.
Ubufasha mu by'umwuka ni bwo buryo. Hanyuma, umuntu
azikurura ubukire, kandi imigisha izava kuri we iturutse ku
masoko azi n'ayo atazi. Ni itegeko ry'Imana ridakuka. Ku
bajura n'abantu bikunda, bamara ubuzima bwabo
bakurikirana ubutunzi, amaso yabo ahora ku byo abandi
.bafite, nubwo isanduku yabo yuzuye zahabu
Isi ntishobora kumenya ibyishimo keretse iyo ubwikunde
bw'ibintu buteranywe

Ibyishimo bizanwa gusa n'ubufatanye mu by'umwuka.

Biza iyo umuntu yumva ibyo abandi bakeneye nk'aho ari
.ibye bwite kandi agakorera abandi nk'uko yikorera ubwe
Irindi tegeko ry'ingenzi ni ukwirinda guhamya ibinyoma
Kwangiza umuntu uwo ari we wese ugoreka ukuri ni ubundi
buryo bwo kwangiza ubwumvikane mu mibereho. Niba
umuntu yifuza gufatwa neza, agomba gufata abandi uko
.bikwiye

Ukuri gukwiye kuvugwa buri gihe, ariko hagomba
gutandukana hagati yo kuvuga ukuri no kuvuga ibintu gusa.
Gufata umuntu nk'ikimuga cyangwa impumyi birababaza
kandi ntibifasha; umuntu agomba kwita ku byiyumvo
by'abandi no kwirinda kumukoza isoni. Mu buryo nk'ubwo,
kugaragaza ukuri gushobora guhemukira umuntu udafite
intego nziza na byo ni bibi. Ku rundi ruhande, umuntu
ntagomba kubeshya kugira ngo yirinde kuvuga ukuri;
ahubwo, umuntu ashobora guceceka mu bihe bimwe na
bimwe kugira ngo yirinde gutesha abandi agaciro cyangwa
.kubagirira nabi

Umuntu agomba kwirinda ishyari, indwara isenya irya
amahoro y'umutima. Uko umuntu arushaho kwifuza
iby'abandi, ni ko agahinda n'imibabaro ye birushaho
kwiyoungera. Umuntu ufite ishyari abaho mu buzima bugoye,
atazi uburyohe bw'ituze. Ni byiza cyane ko yiyubaha,
akishingikiriza kuri we ubwe, kandi agashaka ubutunzi bwo
.mu mwuka bw'imbere

Icyubahiro cy'umuntu n'agaciro ke bwite biruta kure icyo
ari cyo cyose yifuza cyangwa yifuza kugira Imana igaragarira
muri buri muntu mu buryo butagaragara mu wundi muntu
uwo ari we wese. Isura yabo irasa n'iy'undi muntu uwo ari we
wese, kandi ubugingo bwabo ntibusa n'ubw'undi muntu uwo
ari we wese, kuko muri bo hari ubutunzi buruta ubw'ibindi
byose byaremwe—kandi ubwo butunzi buruta ubw'Imana
Ntabwo duhambiriwe n'ibyahise

Iyo umuntu afite ukwizera gukwiye kandi agakora
ibikwiye, aba yishimye kurusha abadafite ukwizera kandi
.badasohoza inshingano zabo mu ntambara y'ubuzima
Ukwizera guhamye n'ibikorwa bikiranuka (bishyigikiwe
n'impamvu nziza n'imigambi myiza) bihora biboneka aho
ibyishimo biba biri, kandi bikabura aho ibyishimo bitaba.
Muri ibi, dushobora kwemeza ko ari ibintu bibiri by'ingenzi
kugira ngo umuntu agire ibyishimo, bitagerwaho
hatabayeho. Abifuza ibyishimo bagomba kugira gusa ibi
.bintu bibiri by'ingenzi, ari byo inkingi n'inkingi byabyo
Abantu ntibashobora kugenzura—uko bishakiye—ibice
bitagira ingano by'isanzure, cyangwa ngo babihindure
cyangwa ngo babihanagure. Ibi bice bifatanye mu buryo
buhambaye n'imiterere y'ubuzima bw'umuntu, kandi abantu
ntibashobora gukora bonyine na byo. Ariko, bashobora
.kugenzura ubwenge bwabo kugira ngo buhuze n'ibi bice

Ntumugire icyo umutwara

Ba sogokuruza bacu bari bishimye kuturusha atari uko
bari bafite ibintu byinshi byo mu isi n'ibinezeza kurusha uko
tubifite ubu, cyangwa kuko batari bahura n'ibibazo byinshi
byo mu buzima, ahubwo ni uko bari bafite uburinganire mu
mitekerereze bwabahaga ihumure, amahoro, kunyurwa, no
.mu magambo make ibyishimo

Ntibari bishingikirije ku bintu byo hanze kugira ngo bibe
ibyishimo, kandi ntibigeze batsindwa n'ibintu byo hanze
byari kubabuza kubyumva. Ibiyumvo byabo byo kumererwa
neza, amahoro, ibyishimo no kunyurwa byari bisanzwe,
bisanzwe, bifite ubuzima bwiza kandi biramba. Natwe
twagombye kwihingamo ibi byiyumvo niba twifuza kugira
?ibyishimo. Kandi ni nde muri twe utabifite
Iherezo ni ingaruka z'ikoreshwa ry'ubushake cyangwa
ubwisanzure bwo guhitamo twakoze kera. Binyuze mu
myitwarire yacu ya kera y'ubushake, twizanye kandi
dukomeje kwishyira hejuru y'ibyadutegereje
n'ibyadutegereje. Ariko, ntabwo duhambiriwe

n'ibyadukurikiye, kandi ntabwo duhora dutegekwa
n'ingaruka z'ibikorwa byacu. Dushobora gusenya ibyo
twabibye no gusiba ibyo twanditse niba tubishatse kandi
tugaharanira gukosora inzira yacu no kunoza ubwiza
bw'umusaruro wacu. Niba turandura imbuto z'ibikorwa
bibabaza kandi tukabiba imbuto zikwiriye kamere
y'ubugingo, nta kabuza tuzasarura imbuto z'ibyishimo muri
izo mbuto nziza zabibwe mu butaka bw'ubugingo. Tugomba
gukoresha ubushake ubu, ubu ntabwo ari ejo, niba twifuza
kugera ku byishimo byinshi cyangwa kugabanya imibabaro
.n'ububabare

Bityo rero, ibintu bijyana n'ibyishimo biri mu muntu,
kandi icyo agomba gukora ni ugukora cyane kuri icyo
kigereranyo kidakosa, kandi ibisubizo bizamugirira akamaro
aramutse akoze isuzuma ryiza kandi akarikemura. Ariko
umuntu ufite ubushake bukomaye aba ahuje n'Imana

Ingufu zo mu mutwe zishyize hamwe
Iyo ushyize urumuri rw'izuba ku kintu gito, bitanga
ubushyuhe, kandi ubwo bushyuhe bushobora gutwika ibiti.
Imyenda, impapuro, n'ibindi. Mu buryo nk'ubwo, iyo wibanze
ku bwenge bwawe, imbaraga zabwo zishyize hamwe.
Gutwika ibibi n'imizi yo gushidikanya, impamvu y'ibinani
byose, no gutuma urumuri rw'ubwenge rumurika neza kandi
.rurabagirana

Iyo igitekerezo gihuye n'Imana, isoko y'ibyiza byose
n'inkomoko y'imbaraga zose z'umugisha, amenya ko Imana
ihari kandi akagira ibintu byose bigize intsinzi. Ibi bintu
bifitanye isano rya hafi n'imbaraga zikomeye z'Imana,
zishobora kurema impamvu nshya zo gutsinda mu rwego
.urwo arirwo rwose

Imana ihe intsinzi ku bikorwa byiza n'ibikorwa byiza
Ingorane n'ibibazo bivuka bitewe n'uko umuntu atazi
ibikorwa bye bya kera, byakozwe mu gihe runaka n'aho
byabereye Imibabaro ye y'ubu ituruka ku bitekerezo

n'ibikorwa yavugaga, byashinze imizi mu butaka
bw'ubwenge bwe, bigakura bikaba ikimera kandi byera
.imbuto zigaragaza imiterere y'ibyo bitekerezaho n'ibikorwa
Iyo urebye izuba riri mu birometero byinshi mu kirere,
Iyo nyenyeri nini cyane isa nkaho ari nta cyane ugereranyije
n'isi yacu. Nyamara, umurambararo w'isi ni hafi ibirometero
7.900, mu gihe umurambararo w'izuba ukubye inshuro ijana.
Iyo ushobora gushyira isi yacu imbere y'izuba, yagaragara
nk'akadomo gato ugereranyije na ryo. Tekereza ikirere kinini
cy'izuba cyaguka kugeza ubwo uburemere bwaryo bunini
butwikira ikirere cyose cy'ubururu. Ijuru tubona ni agace
gato, agace gato, k'ikirere kitagira umupaka cyuzuye
isanzure. Nubwo izuba ryakomeza kwaguka mu buryo
butagira umupaka, ntirashoboraga kubamo iherezaho. Iki
kinyoma cy'ubuto n'ubugari bugabanya ubushobozi
bw'ubwenge bwo gusobanukirwa ubwinshi bw'isanzure,
.inkomoko yaryo, n'imbibi zaryo

Udashyira ku bipimo n'ibipimo, utagira umupaka kandi
nta inkomoko, ni Imana, iri hose kandi ibaho mu isanzure rya
kure cyane. Iri mu nyenyeri za kure cyane, nk'uko iri muri
wowe no muri nyine, kandi izi neza buri mwanya
ihereyemo. Byaba ari muto cyangwa munini. Kuva mu
"gitabo "Intego y'Umuntu

Gusaba

Nyagasani

Fata ukuboko kwanjye ukure mu mwijima ujye mu

mucyo

Yewe ituze ry'isi yose

Ndumva ijwi ryawe mu rusaku rw'imigezi no mu rusaku

rw'inkoko zo mu bwoko bwa nightingales

Mu mivurungano y'umuyaga, urusaku rw'imiraba,

n'inkuba y'imitingito

Nyagasani ukundwa

Sinkuramya mu magambo, ahubwo nkuramya umutima

ugurumana kandi uhora ukurariye

Reka ndebe ahantu heza cyane hawe
Uhora uhari inyuma ya byose
Wenda nzamenya ko ndi umwe mu bagize ubuzima
.bwawe budahinduka iteka ryose
Inyanja yuzuye
Iyaba imigezi y'ibyifuzo byanjye yashoboraga gutemba
mu butayu bw'imbogamizi n'imbogamizi
Amaherezo, imvururu zawe zikomeye zaravanze
Mfasha kumva ijwi ryawe, Mwami
Ijwi ry'ikirere ryaturutsemo gutigita kw'isanzure
Reka ndebe ko uriho binyuze mu ijwi ry'umugisha (Om -
Amen)

indirimbo Yera ku majwi yose y'abahire
Kwagura ubumenyi bwanjye mu gihe numva urusaku
rw'ubuzima

Reka numve nk'inyanja y'isi yose
Kandi imigendere y'umubiri irabyina ku gituza cye
Reka ijwi ryera cyane rivugike muri njye
Kwagura ubumenyi bwanjye kuva ku mubiri kugeza ku
isanzure

Ese nshobora kumva ibyishimo bihoraho, byose hamwe
Guturika mu nyanja y'urumuri rwinshi
O imbaraga zitagira iherezo
Yemwe bwenge buhoraho
Shyira imbaraga roho yanjye mu kunyura kwawe mu
mwuka

Ewe ijwi ry'ijambo ry'Imana rihebuje
Kosora amakosa yanjye
Nkeneye

Fata ukuboko kwanjye ukure mu mwijima ujye mu
mucyo

Igihe cyose nkwibutse, Mwami, umwuzure w'inyota
igurumana uvuka muri njye, uhinda amarangamutima yanjye
kandi ugatemba uva mu mutima wanjye ujya muri buri

karemangingo k'umubiri wanjye, ukawushyiramo urukundo
.rw'Imana

Icyifuzo cyanjye gikomeye ni ukugera ku mutima wawe
no kwishimira kuba uri kumwe nawe

Maze mu buryo butunguranye urugi rw'ubugingo
rurakinguka, maze ndasagwa n'ibyishimo byinshi iyo ndebye
!urumuri rwawe rumurika

Ibyahise ntibizwi n'abantu benshi, usibye abantu bake
batoranijwe bafite ubumenyi Nyamara, kutamenya ibyahise
nabyo ni inyungu kuri twe. Iyo tuza kuba tuzi ibyo twakoze
byose muri ubu buzima no mu buzima bwashize,
twarengerwa n'ubwinshi bw'ibikorwa byacu kandi
tugatangara rwose. Koko rero, ubushake bwacu bushobora
no guhungabana bitewe n'ihungabana, bigatuma
tudashobora gukomeza ibikorwa byacu kandi bikadusiga
twihebye. Nubwo muri ubu buzima bwo ku isi, kwibagirwa ni
umugisha uturuka ku Mana, ubuza kwibuka ibyahise, cyane
cyane ibibabaza kandi bibabaza, kwirenga ibitekerezo
.n'amarangamutima yacu

Ariko igishimishije ni uko urumuri rw'Imana ruri muri twe
ruhora rumurikirana ibyiringiro n'icyifuzo cyo gukomeza
urugendo rudashira rw'ubuzima. Tugomba gushimira Imana
kuri iyi migisha ibiri: kwibagirwa ibyahise no kwiringira
.iby'ejo hazaza

Ntidukwiye gufata umwanzuro ko ibihe bizaza bitera
inzitizi mu buryo bwo kwihitiramo. Ariko, tugomba gukora
uko dushoboye kose kugira ngo turwanye ingaruka mbi
abantu benshi bavuga ko ziterwa n'ibihe bizaza n'ibizaba,
kandi tugakoresha uburenganzira bwacu bwo guhitamo
dukurikije ibyo twizera imbere, mu gihe ibyo byizere
bishingiye ku kwizera gukomeye kandi bishingiye ku
mategeko y'Imana, umuntu udafite ibyo adashobora
.kuryohereza n'ibyishimo nyakuri

Iyo dutangiye akazi, ntidukwiye guterwa ubwoba
n'ibintu bibi, ahubwo tugomba kugira icyizere ku rugero

runini, twizeye tudashidikanya ko nta kintu na kimwe gishobora kubangamira gushyira mu bikorwa ubushake bwacu no gushyira mu bikorwa ubwisanzure bwacu bwo .guhita

Iyo tunaniwe kugera ku ntego yacu, ni byiza kwemera tudashidikanya ko hari inzitizi twishyiriyeho zatubujije kuzigeraho. Tugomba kwihangana no kongera imbaraga zacu kugira ngo tugere ku ntego yacu. Tugomba kandi kwiyeemeza ubwacu ko inzitizi n'ibibazo byaba bikomeye kandi bikomeye, tugifite imbaraga zihagije zo kubikuraho no kubitsinda. Nubwo twananiwe nubwo twagera byose, nta mpamvu yo kwiheba no kwiheba, igihe cyose dusobanukiwe ko ubushake bw'umuntu bukomaye kuruta iherezo, ari ryo twakoze. Bityo, ntugomba kureka kugerageza, nubwo twatsindwa kangahe, kuko buri gihe hariho imiryango ikinguye. Tugomba gukomeza guharanira no gusubiramo kugeza igihe tuzabona intsinzi Imana izaduha ubufasha igihe cyose tuyishingikirizaho kandi tugashyira imbaraga zacu. Ugendera mu nzira azagera aho agana, .kandi uwiringira Imana ntazatenguha Iyo umuntu yifuza ikintu, kandi icyo cyifuzo kikaba gikomaye kandi cyihutirwa, icyo cyifuzo ntikijya kiva mu bwenge bwe, aho aya hose n'aho agana hose, kandi uko ibyo yitayeho byose n'ibyo yitayeho byaba biri kose. Binyuze mu bikorwa byacyo bihoro kandi bidashira, icyo cyifuzo gifite umurava n'imbaraga bidasanzwe. Uku guhwihwisa mu bwenge kurakomeye kandi bigira ingaruka nziza kuruta kwinginga mu buryo bw'imyitoto, kudapfa kurenza kunyeganyega iminwa. Ibi nibyo abakunzi b'Imana bakora; bahwihwisa urukundo rwabo ku Mana ubudahwema, kandi guhwhwisa kwabo ni ukwumvikana ku mutima kandi ntikumvikana, mu bikorwa byabo byose bya buri muni. Uku guhwhwisa ku mutima ntikubarangaza, cyangwa ngo bihabanye n'indi mirimo yabo. Uko icyifuzo cyabo ku Mana kigenda gikura, urukundo rwabo kuri Yo rurakomera kandi

rukarushaho kwiyongera, kugeza igihe bakora ku kuboneka
kwayo bakabona urumuri rwayo n'ijisho ry'ubugingo,
bakumva ibyishimo byinshi kandi bumva amahoro arenze
.ibisobanuro

Imana itwoherereza amasomo dukeneye mu buzima
kugira ngo tuyagiremo inyungu kandi tugire ubumenyi
n'uburambe. Umuntu wese wirinda ayo masomo azahatirwa
.kuyamenya uko byagenda kose

Ikizamini cyose ni inshuti iyo tucyigiyeho, kandi ni
igitugu cy'umunyagitugu iyo dupfushije ubusa amahirwe
tukayakoresha nabi twinubira, twinubira, kandi tugafata
.ibyemezo bidakwiye

Iyo dufite ubumenyi buhamye n'imyitwarire ikwiye ku
buzima, biba byiza cyane Kandi nta ngorane zibaho

ibibazo by'imitekerereze

Umuntu ntashobora kuguma atwarwa n'umuraba
w'ibyishimo iteka ryose, cyangwa ngo arohamane muni
y'amazi y'agahinda, cyangwa ngo arohamane mu bwigunge.

Muri iyi si irangwa n'ibintu bibiri bivuguruzanya, Umuntu
usanzwe ahura n'ibibazo bikomeye n'ibitotsi. Azamuka mu
byishimo maze akinjira mu bwigunge bw'ubwiyongere
bw'uburangare, kandi agasunikwa n'imiraba y'agahinda
gakomeye. Nta na rimwe azi ikindi kintu cyose cyo
gutekereza. Kwemerera ibintu kugutera gutekereza muri ubu
buryo. Bisobanura kwegurira ubushake bwawe iherezo
.ritunguranye kandi rihindagurika

Icyo umuntu akeneye kugira ngo agire ubuzima bwiza
kandi bushimishije ni ukwifata neza mu mutwe
Ibi bishobora kugerwaho gusa hibandwa ku bwenge.
.Kugenzura ubushobozi bwo mu mutwe

Ndetse n'agahinda gakomeye gakira uko igihe kigenda,

bityo nta mpamvu yo kwibanda ku gahinda buri muni
w'ubuzima bwacu. Guheranwa n'agahinda igihe kirekire ku
muntu wapfuye ntacyo bimufasha cyangwa ngo bidufashe,
kandi mu by'ukuri ntacyo bihindura. Guteza imbere ikibazo

cyo kwisuzugura cyangwa kwihanira Gukomeza gutekereza
ku makosa cyangwa ibyananiranye mu bihe byashize ntacyo
bimaze Bituma ubuzima buba bubi gusa kandi
bikabangamira ubushobozi bwo gutekereza
Ntitugomba kwemera kugwa mu mwobo w'ingeso mbi,
kuko iyo ari imimerere yo mu mutwe idashimishije na gato,
kuko ihangayikisha ubwenge kandi igatwika ubushobozi
.buhishe mu itanura ry'uburangare
Gutsindwa bigomba kurandurwa mu mizi yabyo, kandi
imirima y'ubuzima igomba guhingwana umwete n'ubwitange
no gutera imbuto z'ibyiza kugira ngo ubone umusaruro
.mwinshi ku bufasha bw'Imana
Icyuma muri Yubile y'ifeza
Hari igihe natumiwe mu birori bya yubile y'ifeza ku
bashakanye basaga n'aho ari bamwe mu bashakanye
bishimye cyane, ariko ubwo ninjiraga mu rugo rwabo
numvise hari ikintu kitagenda neza nasabye abanyeshuri
banjye babiri kureba uko bafatanaga nimugoroba, maze
nyuma bambwira bati: "Umugabo n'umugore baramwenyura
imbere y'abandi kandi bavugana amagambo meza cyane
nka "Yego, mukunzi wanjye" na "Birumvikana, mukunzi
wanjye," n'andi magambo nk'aya y'inshuti. Ariko iyo
batekereje ko bari bonyine, baratongana kandi bakavugana
.amagambo ababaza
Navuganye nabo ndababwira nti: Mwantumiye mu birori
byanyu, ariko umwuka uragoye kandi numva hari
amakimbirane menshi muri iyi nzu, kandi kuri njye bisa
.nkaho hari ibyuma byinshi muri iyi yubile y'ifeza
Mbere na mbere, barababaye, ariko nyuma bemeye ko
nari mfite ukuri kandi bansaba imbabazi. Yakomeje agira ati:
?Ni iki wunguka mu gutongana no gutongana igihe cyose
Bisa nkaho mubana kugira ngo mugumane izina ryiza
nk'abashakanye, ariko mugomba kumera gutyo hagati
yanyu kandi mukabana mu mahoro no mu bwumvikane
.kugira ngo mugire ibyishimo n'amahoro yo mu mutima

Ibiryo by'amakuru

Iyo abantu bavuga ku biribwa cyangwa imirire, akenshi baba bashaka kuvuga ibiryo bifatika bikoreshwa kugira ngo umubiri ubeho. Ariko hari ubundi bwoko bw'intungamubiri butari ingenzi cyane nk'ibiryo bifatika, kandi akenshi burushaho kuba ingenzi, nko kugaburira mu bwenge cyangwa mu mwuka. Ibikorwa byo mu mutwe cyangwa .kwibanda ku bitekerezo, ubwenge n'ubushishozi mu mwuka Ibiryo bifatika bikomeza uturemangingo tw'umubiri, mu gihe ibiryo by'ubwenge byuzuzwa ubwenge ibitekerezo bizima, kandi ibiryo by'ubwenge bikongera imbaraga .z'ubugingo kandi bigateza imbere ubushobozi bwabwo Ubusanzwe, indyo yuzuye mu bwenge igizwe n'ibitekerezo umuntu atekereza n'ibyo yakira ku bandi .binyuze mu kuvugana nabo no kubana nabo Abantu bafite imico ituje n'imico myiza bafasha gutuma ibitekerezo byacu birushaho kuba byiza kandi bikurura .ubuzima

Ntabwo bigoye kumenya niba umuntu akuramo ibyo akeneye mu bwenge bwe mu mutuzo cyangwa ahantu hateye imvururu. Guhangayika, guhangayika no kwitiranya ibintu byose bituruka ku kuba umuntu afitanye isano n'abantu babi, baba inshuti cyangwa abavandimwe. Ibi bitera ibitekerezo bihangayikishije n'umwuka mubi Umubiri ukura imbaraga n'ubuhanga mu biribwa bifatika, mu gihe ibiryo bikurura imbaraga bitanga umubiri n'ubwenge imbaraga zoroshye kugogora kurusha ibiryo bikomeye n'ibikomoka ku mazi, bidashobora guhinduka .byoroshye imbaraga nzima

Iyo ushobora guhindura ubujiji mu bwenge, intege nke n'intege nke bikaba ubuzima bwiza n'imbaraga, kandi ukagenda mu nzira z'ubuzima ufite icyizere n'ubutwari - ndetse uri wenyine -, kandi ukagira ibyishimo byo mu mutima mu kugira umutimanama muzima kandi uhamye, no

kwizera kudacogora mu butabera bw'Imana no gutsinda
.icyiza ku kibi n'ukuri ku bw'ubuyobe

Kandi iyo ugerageje buri munsu kurekura ibitekerezo
byawe ukabishyira ku rwego rwo hejuru kandi runoze, kandi
ukaba ufite umutima ukunda kandi ushimira, n'imigambi
myiza ku bandi, indyo yawe y'ubwenge izaba nziza cyane,
hanyuma uzikururira ibintu byose byiza kandi
by'ingirakamaro, uhereye ku bintu, abantu n'imimerere,
bikenewe kugira ngo ukomeze urugendo rugana ku nkombe
.z'umutekano n'umutekano

Iyo ushyizeho imbaraga kugira ngo ubone ibyo ukeneye,
kandi ukanyurwa n'ibyo Imana itanga, uzaba umukire mu
mutima kandi unyurwe kurusha abashishikajwe n'ubutunzi
.bw'isi kandi bararikira ibinezeza byayo by'akanya gato
Iyo umuntu ashaka Imana, yo nshuti nyayo yonyine,
kurusha inshuti zose, birashoboka gushinga ubucuti nyakuri
mu mibanire yose y'abantu: mu muryango, mu muryango,
.mu muryango no mu mwuka

Ubucuti ni ikintu cy'ingenzi mu mibanire y'abashakanye,
kandi hakwiye gushyirwa imbere kubana neza mu buryo
bw'ubwenge no mu marangamutima, kumva ko umuntu
akunzwe mu by'umuco, ndetse n'urukundo n'ubucuti
.nyakuri

Abdashobora gutandukanya urukundo nyakuri
n'ibikurura irari ry'umubiri bahora batengushywe igihe cyose
Iyo ishyingiranwa rishingiye ku ntego nziza no
kubahana, riba ubumwe bwiza kandi bugira ingaruka nziza
hagati y'abantu babiri bakundana. Bagafatanya mu koroshya
imitwari y'ubuzima hagati yabo, no kwirukana imihangayiko
yo kubaho binyuze mu kugirana impuhwe no kumvikana
.neza

Nta muntu ushobora kuntegeka cyangwa ngo
anyambure ubushake bwanjye, keretse nemeye ko
ibitekerezo n'ibikorwa by'abandi bingiraho ingaruka

Mwami, ndabizi ko mfite amahirwe menshi imbere
yanjye yo gusuzuma ubushobozi bwanjye no kuvumbura
ubushobozi bwanjye bwo mu mwuka, nzasimbuza ibintu
by'umubiri n'ibyifuzo byo hejuru. Kandi nzamenya ko
umwuka w'ubudahemuka uhora uri kumwe nanjye
Uyu munsu nzakora ibintu byinshi bigaragaza icyizere,
nzakomeza kwitandukanya n'ibintu bibi, kandi nzakora
ibizabatunga umubiri, ubwenge n'umwuka mu buryo buri ku
.rugero kandi buhamye
Imbyino y'ubuzima n'urupfu ihora ihari, ariko nzakomeza
kwibohora iteka ryose nkirinda umwirondoro wanjye wo mu
mwuka. Kandi igihe inkubi y'umuyaga n'amakuba
bizangeraho, nzahaguruka mu bwato bw'ubugingo bwanjye
hakurya y'inyanja y'ubuzima Ngeze ku nkombe z'Imana
.zitekanye
Iyo nkora kandi nkarema, nibuka ko Imana ikorera muri
njye; ni Umwami w'isi yose kandi nshobora kwihuza na we
.mu kumutekerezaho cyane
Mana yanjye nkunda, ndabizi neza ko ibitekerezo
byanjye bizampa gutsindwa cyangwa gutsinda, bitewe
n'igitekerezo gikomeye mu buzima bwanjye. Bityo rero,
nzagerageza kwibuka ko umfasha kandi bikantegurira
.impamvu zo gutsinda
Iyo ibyago n'amakuba bimbayeho, nzashyira imbaraga
zanjye kandi nkomeze icyemezo cyanjye cyo kubitsinda.
Nzakoresha ukuri n'ubunyangamugayo mu mibanire yanjye
n'abantu bose, kandi nzashyira ibitekerezo by'urukundo
n'ibyifuzo byiza. Hanyuma Imana izanshyigikira ikoresheje
.imbaraga zayo n'ubwenge bwayo
Uwiteka, nzakoresha ubushake bwanjye n'ubwenge
bwanjye kugira ngo mbanze nkore ibintu bito, hanyuma
nkomeze ku bikorwa binini
Nubwo ibyifuzo byose by'ubutunzi byagerwaho,
bikomeza kuzana ibyishimo bidahagije, kandi kubona Imana
ni byo byishimo by'ukuri byonyine nzavumbura ibigega

by'ibyishimo bidashira Kandi ntibihwema gutemba no
gutembera, mu busitani bw'ubugingo n'ubwatsi bwabwo
.butoshye

Amagambo y'izahabu

Ibyishimo ni uburenganzira bwanjye, umurage wanjye,
n'ubutunzi bwanjye bw'Imana buhishe. Nyobora, Uwiteka,
kugira ngo mbone imbere yanjye ubutunzi buruta inzozo
.z'abami

* * *

Imana ituye mu mitima imurikira abigishwa bayo -
kubera imbabazi zayo n'impuhwe - amatara yaka y'ubwenge
yirukana umwijima w'ubujiji

* * *

Ubuzima ni urugendo rw'ubwenge rufite umuvuduko
uhoraho. Rwishushanya mu bintu bidafite ubuzima, cyangwa
rikagira ishusho nzima kandi igenda. Ubuzima buri muri
.byose kandi bukwirakwira muri byose

* * *

Wowe Mukunzi Ukomeye, Uri ubuzima ubwabwo Uri
intego yanjye n'icyifuzo cyanjye Umpe indabyo z'indabyo mu
busitani bwawe bwo mu ijuru, cyangwa isaro ribengerana mu
mukufi w'urukundo rwawe rubengerana, cyangwa umpe
icyubahiro gikomeye: ahanu hato mu mutima wawe

* * *

Aho abandi bashima imbaraga zanjye mu gukora ibyiza,
niho nshobora gutanga serivisi nziza cyane

* * *

Reka dukore tapi ya zahabu y'inzozo irimo imigozi
y'ubudodo bwiza n'ibitekerezo binoze

* * *

Ubwenge budafite icyo buvuze [budafite ibitekerezo
byiza kandi byubaka] ni uruganda rw'ibibazo, imihangayiko,
kwiheba, no kubura ibyiringiro

Niba urukundo rw'isi yose rugutuye mu mutima wawe,
ruzakuzanira ibyishimo birambye kandi bishya nta kindi
cyaguha

Indabo z'ubuzima zirimo kurabya mu busitani bw'isi ni
nziza cyane kandi zishimishije kuzireba. Ariko ikiruta byose
ni isoko y'ubwiza n'ubwenge iri ahantu runaka, aho
.twaturutse kandi tuzagaruka tukongera kwivanga

Igihe umwigishwa yabyukaga mu gitondo, yiyemerera
ati: "Sindi umubiri, ndi umwuka utagaragara... Ndi
ibyishimo... Ndi urumuri... Ndi ubwenge... Ndi urukundo
Nubwo mba muri uyu mubiri, umwuka wanjye ntupfa kandi
"ntukirangwa no kubora

Nk'uko amatonyanga y'ikime afasha indabyo kurabya no
gukura, ni ko n'ubuntu bukomeza ubucuti kandi bugatuma
bukura
* * *

Hari imiraba igaragara hejuru y'inyanja n'imiraba ishira
mu bwigunge bwayo; muri ibyo bihe byombi, iba iri mu
nyanja kandi ikaba imwe nayo. Mu buryo nk'ubwo, abantu
bareremba mu gihe cy' "ubuzima" ku buso bw'inyanja y'isi
cyangwa bashira muri yo mu "rupfu" baba bari mu nyanja
.y'iteka ryose
* * *

Ishusho y'ukwezi ntigaragara neza mu mazi ashyushye,
ariko iyo hejuru y'amazi hamaze gutuza, ishusho y'ukwezi
iba isobanutse neza. Ni ko bimeze no ku bwenge: iyo ituje,
ushobora kubona isura y'ubugingo bwawe mu buryo
.busobanutse neza kandi bunoze

Ohereza, Nyagasani, imirasire y'izuba ry'ubwenge
bwawe kugira ngo inyobore mu minsi yanjye y'ibyishimo byo

kugera ku ntego, n'umucyo w'ukwezi kuzuye kw'imbabazi
.zawe igihe nzanyura mu ijoro ryijimye ry'agahinda

Gutekereza ku bintu ni bwo buryo butuma uhuza
ubwenge bw'isi yose, kandi nuhuza n'ubwo bumenyi
butagira iherezo uzabasha kumenya amabanga yose y'irema

Icyifuzo cyo kwegera Imana no kuyimenya ntikiza
ubwacyo, ahubwo kigomba guhingwa, kandi ubuzima ntacyo
bumara budafite icyo cyifuzo

Ubuzima bwo ku isi ni uguhagarara by'agateganyo,
kandi inshingano y'ibanze y'abantu ni ugusobanukirwa
intego n'intego by'uru rugendo. Iyo ntego ni ukumenya
Imana, kandi ntabwo ishobora kuba ikindi kintu icyo ari cyo
.cyose

Amahoro yawe ni ubutunzi bwawe bw'agaciro,
ntukemere ko hagira umuntu ugutwara ubwo butunzi

* * *

Menya kwihagararaho wenyine, utekanye kandi
utekanye mu gihome cy'imico myiza yawe n'agaciro kawe

* * *

Byose bihari kuko Imana ibaho Kandi kuko ibaho, nawe
uriho Kubera kubaho kwayo, wishimira ihumure n'ibyishimo
byo mu buzima. Bityo rero, gushimira Imana kwawe bigomba
.kuba byimbitse

Ibitabo byiza bishobora kuba inshuti zicetse, zifite
ikinyabupfura kandi ziyubaha. Ntugatererane ibi bitabo mu
bihe bikomeye, kuko bitazigera bigusiga, bitandukanye
.n'inshuti zisanzwe zishobora kugutererana

Umuntu wese ufite ubuzima bwiza, ubuzima bwiza,
n'ubushobozi bwo gutekereza buhebuje, ariko adafite

ibyishimo, ntaragera ku ntego mu buzima. Iyo ushobora kuvuga by'ukuri uti "Ndishimye, kandi nta muntu ushobora kuntwara ibyishimo," uba wabonye ishusho y'Imana muri .wowe

Shimangira ituze n'amahoro, kandi woherenze ibitekerezo by'urukundo n'imigambi myiza gusa niba wifuza kubaho mu mahoro no mu bwumvikane. Ubeho ubuzima bushingiye ku gukiranuka no kubaha Imana, kandi abo ubuzima bwabo bwose bufitanye isano n'ubwawe bazakungukirwa no kuba .uri kumwe nawe

Niba udafite inshuti, cyangwa niba inshuti zawe zigupfusha ubusa, cyangwa niba utabanye neza nazo, reka ibitabo [n'ibikoresho] bifite ubwenge bibe inshuti zawe, kuko ushobora kunyura mu mapaji yazo ukagera mu isi .y'ibitekerezo bitangaje kandi bishimishije

Kubona Imana bivuze kubona ibyo umutima wifuza byose, kandi kuba umuntu w'umwuka bivuze gufungura .amarembo y'ubuzima bwiza, ibyishimo n'intsinzi

Muri twe hari urumuri rw'imbaraga z'Imana zirema kandi zigashyigikira ubuzima bwose kandi zitegereje gushya

Gusoma ni igikorwa cy'ingirakamaro cyane mu mutwe; bikoresha ubwenge kandi bibukomeza mu buryo bworoshye.

Isaha imwe cyangwa ebyiri zo gusoma buri munsu ziha umuntu wese ubumenyi butandukanye mu myaka mike, mu gihe ahisemo ibitabo bifite akamaro. Ntugapfusha ubusa cyangwa ngo wangize ubushobozi bwawe bwo mu mutwe usoma ibitabo bihendutse cyangwa ibitabo bidafite icyo .bigamije cyangwa icyo bisobanuye

Abafite imitekerereze yo gusabana n'abandi bazabona
mu bitabo by'agaciro imbaraga nshya zo gufasha abantu
binyuze mu masomo ari mu bitabo byanditswe n'abagabo
.n'abagore b'abanyacyubahiro kandi bafite impano

* * *

Gusoma ni igikorwa cy'ingirakamaro cyane mu mutwe;
bikoresha ubwenge kandi bibukomeza mu buryo bworoshye.
Isaha imwe cyangwa ebyiri zo gusoma buri munsi ziha
umuntu wese ubumenyi butandukanye mu myaka mike, mu
gihe ahisemo ibitabo bifite akamaro. Ntugapfushye ubusa
cyangwa ngo wangize ubushobozi bwawe bwo mu mutwe
usoma ibitabo bihendutse cyangwa ibitabo bidafite icyo
.bigamije cyangwa icyo bisobanuye

* * *

Ubwibone n'ubwibone bigomba gukurwaho kuko ari byo
bibangamira ubumenyi bw'umwuka cyane

* * *

Udafite Imana, iyi si isa n'iyuzuyemo amakimbirane,
urugomo, n'ibintu bibabaje bibabaje. Ibyishimo biri mu
.kumva hafi y'Imana

* * *

Abazi Imana bafite ibyishimo n'ibyishimo bihoraho mu
mitima yabo Kubera ko bumva bafite umutekano n'ituze,
inkubi y'uburakari ntishobora kubahungabanya, kandi
.ubwoba ntibushobora kwinjira mu mitima yabo

* * *

Ibitabo byiza ni byo nshuti zawe magara; binyuze muri
byo, ushobora kumva abantu bakomeye bakuvugisha
buhoro, bakaguhumuriza kandi bakakugira inama nziza.
Kunanirwa kugira icyifuzo nyacyo cyo gusoma ibitabo byiza
.bivuze gutakaza umurage w'ibisekuruza

* * *

Iyo umuntu adafite ubufasha bw'Imana, nta kabuza ko
atsindwa, kuko imbaraga n'ubwenge bikenewe kugira ngo
atsinde mu ntambara y'ubuzima bituruka ku isoko itagira

iherezo Iyo umuntu yirengagije Imana, agabanya umugozi
.umuha ubufasha n'inkunga bikenewe kugira ngo atsinde
Abashaka gukomanga ku rugi rw'amahirwe yo mu
mwuka bazabona ko amarembo akinguwe kubera ko Imana
.ifasha abifasha ubwabo
Iyo uhuje n'Imana, kamere yose iba ihuje nawe

* * *

Urukundo ni nk'impapuro zitunganya ubwenge kandi
zigakuraho ubukana mu mico

* * *

Iyo ubonye Imana ahantu hose mu buryo butunguranye,
kandi iyo ije ikwakira, ikagutera imbaraga, ikakuyobora,
inkuru y'urukundo rw'Imana iba yaratangiye

* * *

Urukundo rusendere mu mitima kandi rwohereze
imirasire ikiza ku bandi

* * *

Shaka kumenya Imana ukiri muto kandi ukomeye, kuko
mu busaza n'uburwayi ushobora kutazongera kuyishaka. Iyo
abantu batangiye gusobanukirwa icyo ubuzima busobanura,
umubiri uba ufite intege nke, maze bamara ubuzima bwabo
bwose bitaye ku bushobozi bwabo bworoshye bw'umubiri
.aho gushaka ukuri

* * *

Nzafata ibyiza bya buri muntu, kandi nzubahiriza imico
.myiza y'ibihugu byose nta kwibanda ku nenge zabyo

* * *

Nk'uko twita ku ntungamubiri ziboneka mu byo kurya
bya buri muni, tugomba no kwita ku ntungamubiri zo mu
.mutwe dutanga mu bwenge bwacu buri muni

* * *

Amagambo meza ni umuti utangaje w'indwara nyinshi,
afite imbaraga zikomeye, hafi ya za gihanga, zikurura
imigisha myinshi n'ubutunzi ku bavuga. Abakoresha
amagambo ahumuriza kandi yoroshya bumva umugezi

utemba muri bo nta nkomyi, wuzuyemo ituze rikomeye. Ibi
biterwa nuko uyu mugezi ufitanye isano n'isoko yawo yo
hejuru, umugezi uhoraho ugera ku mitima ihuje n'iyo soko,
.ukabashoboza kohereza ibyishimo ku bifuzwa amahoro

* * *

Mbega amagambo menshi meza aturutse mu mutima
yakuyeho agahinda kenshi, kandi ese amajwi menshi
y'abanyabwenge yamurikiye inzira z'umwijima amatara
!y'ibyishimo n'ituzwe

* * *

Dukura mu bunararibonye bwose tunyuramo, igihe
cyose tuzi neza ko dushobora kwigiramo amasomo
y'ingirakamaro. Ububabare bwose n'imibabaro duhura na
byo bifite icyo bivuze n'icyo bigamije. Nubwo ibi bintu
bikomeye, ni nk'umuriro ushongesha amabuye y'icyuma,
ukayahindura icyuma cyiza, gikomeye kandi gikoreshwa mu
.buryo butandukanye

* * *

Ibintu byose bitangaje nagezeho mu buzima bwanjye
byagezweho binyuze mu mbaraga z'ubwenge buhuje
n'Imana. Iyo igikoreshe cy'Imana kirimo gukora, icyo nifuzwa
cyose kirasohora nta gutandukana, kibanza gufata ishusho
nk'igishushanyo kitagaragara, gishingiye ku bushobozi
hanyuma kikagaragara mu by'ukuri n'imbaraga
.zidasubirwaho

* * *

Iyo ubwenge bubwiye Imana ijwi rivuye ku mutima kandi
rishyushye riturutse mu mutima w'umuntu ufite icyifuzwa
gikomeye, umuhamagararo w'umwuka uzagera ku mutima
w'abantu bose, maze igisubizo kizaza, kizana ibyishimo
byinshi. Iri jambo rivuye ku mutima ritera imbaraga kugeza
ubwo rigira imbaraga zikenewe kugira ngo rigere ku ntego
.ryifuzwa

* * *

Iyo ubwenge bw'umuntu n'ubushake bwe bihuye
n'Imana, aba afite imbaraga zitagira imipaka, ku buryo
gutekereza ku kintu gusa bihagije kugira ngo akigereho,
kuko amategeko y'Imana akorera ku bw'abahuje n'ubushake
.buhebuje
* * *

Uko impungenge zacu zaba ziri kose, Imana igomba
gufata umwanya wa mbere mu buzima bwacu Kimwe mu
bintu by'ingenzi mu gukura mu mwuka ni ugukomeza
kubwira Imana amagambo aturuka ku mutima, aho uzabona
.impinduka nziza zizagutangaza cyane
* * *

Umuntu ntagomba kwiyegegurira ubushobozi bwose bwo
gutekereza Imana yamuhaye mu gushaka ibintu by'akanya
gato, bitabaye ibyo azibagirwa mu buryo bwo gukunda ibintu
no kwiremera imipaka n'inzitizi adakeneye. Ahubwo, agomba
gukoresha imbaraga ze zo gutekereza kugira ngo abone ibyo
akeneye mu buzima kandi agaharanira guteza imbere
ubushobozi bwe bwo mu mwuka kugira ngo atandukane
.hagati y'icyiza n'ikibi, n'ikibi n'icyiza
* * *

Ukuri kurenze ibitekerezo n'inyigisho, kandi benshi
.bafata ubu buryo bagengwa n'imyanzuro yabo bwite
* * *

Mwami, fungura amarembo y'amahoro kandi urinde
ubuturo bw'ibitekerezo byanjye byo mu mwuka ibitero
by'amajwi mabi. Reka indabyo z'ibyo nifuza zishime mu
.busitani bw'umutima wanjye mu gihe ntegereje ko uzaza
* * *

Ubumenyi bw'inyigisho ntibushobora kubona *
ubumenyi bw'Imana, kandi ni byiza kudapfusha ubusa igihe
cyawe cy'agaciro ku nyigisho zidashobora gukoreshwa mu
by'ukuri, bitabaye ibyo uzisanga uri mu mashyamba
y'ubwenge menshi kandi ntushobora kurenga inyigisho
.z'inyigisho

* * *

Ibyishimo ni imbuto yo gutsinda mu mitekerereze mu
bihe bigoye by'ubuzima

* * *

Uwo Imana izi ashobora kuba atazwi n'isi

* * *

Iyo umuntu yishyize hamwe n'ubumenyi
bw'imitekerereze [atapimye], azaba nk'igikoresho gifata
amajwi gisubiramo imigani kandi kigasubiramo amagambo
akomeye, abandi bakamufata nk'umuhanga mu
by'ubumenyi, ariko ubwo bumenyi ntibukomezwa no kubona
ukuri mu buryo butaziguye, cyangwa ngo buhuzwe no
.kugera ku byo mu buryo bw'umwuka

* * *

Ibibazo bizakomeza kubaho mu isi, none se umuntu
ashobora kwerekeza he kugira ngo ahabwe ubuyobozi
n'icyerekezo? Ibitekerezo bye, bigizweho ingaruka
n'imyitwarire, ivangura, ivangura, n'ubufana, ntacyo bimaze,
kandi ingaruka z'ibidukikije bye, umuryango we, igihugu cye,
cyangwa isi ye ntizishobora gutanga ubuyobozi nyakuri.
Bityo rero, umuntu agomba guhindukirira Imana no kumva
.ijwi rituje, rituje riva mu mutima we, ijwi rihuye n'ukuri

* * *

Mukungurire imitima yanyu ku isuka ry'Imana kugira ngo
risendere muri mwe kandi ryuzuze ubuzima bwanyu imigisha
n'ineza byo mu mwuka

* * *

Akazi kose ukora n'ibyo wageraho byose, ibuka ko
Imana ari yo soko iguha imbaraga zose ukeneye kugira ngo
.ukore kandi ugere ku byo wagezeho

* * *

Reka nkwibuke, Mwami, mu bukene no mu buhire, mu *
ndwara no mu buzima bwiza, mu bujiji no mu bwenge, kandi
reka ndebe urumuri rwawe rwiza rutanga ubuzima bwiza no
.gukira muri ako kanya

* * *

Mu bitekerezo byanjye byonyine, ndifuza kumva ijwi ryawe ry'umugisha. Nkuramo amajwi akaze yo mu isi ahishe mu byibutso byanjye. Ndashaka kumva ijwi ryawe rituje .kandi riryoshye iteka ryose mu ituze ry'umutima wanjye

* * *

Ubuzima butwikiriwe n'umwijima, kandi tugomba kureka umucyo w'Imana ukaba itara rituyobora mu gihe tunyura mu nzira zabwo z'umwijima. Ni ukwezi kuzuye mu ijoro ry'ubujiji n'umwijima, ni izuba ry'urumuri mu masaha yo gukanguka, urumuri rw'ubuyobozi, n'inyenyeri y'Amajyaruguru ku .banyura mu nyanja z'ubuzima bw'isi, bumara igihe gito

* * *

Igihe kirageze ngo abantu bakanguke bave mu bitotsi byo kwibagirwa bajye mu by'umwuka Turagusaba, Mwami, kuzamura ubwenge bwacu tuva mu bwigunge bw'uburangare n'ibitekerezo bito, bigarukira, tujye mu mucyo w'amahoro, umucyo, urukundo, n'impuhwe za muntu .ku isi yose

* * *

Ibintu bizagenda neza kuko imbaraga n'ibitangaza by'Imana byihishe inyuma y'ivuguruzanya ry'ubuzima bw'abantu, kandi uwo ari we wese utemera ko ibintu bidashoboka kandi akagerageza kwinjira mu bwenge bwe no mu kwizera kwe ku biri hirya y'igitambaro azakingurirwa .urugi

* * *

Kwizera ntibivuze kuba umuntu utagira icyo akora cyangwa kudafatana ubushishozi n'ibintu. Ahubwo, uko byagenda kose, umuntu agomba kwiyemeza ko Imana yonyine ari yo ishobora kumushyigikira mu bihe bigoye kandi bigoye niba ayihindukiriye n'umutima we wose, ubugingo .bwe bwose, n'amarangamutima ye yose

* * *

Iyo ibyumviro byacu bishobora kutwereka ukuri kose,
twabona isi nk'imigezi ya elegitoroniki, kandi agace kose
k'umukungugu nk'urumuri ruzenguruka Abagera mu isi
y'ibintu bakagera mu mwuka basobanukiwe imiterere
.y'ubuyobe kandi bazi ishingiro ry'ukuri

* * *

Haba mu ishyamba rya Afurika, ku rugamba, urwaye
cyangwa ukennye, umuntu agomba kwemeza ko ukuboko
kw'Imana gukomeye kurusha akaga ako ari ko kose kandi ko
gushobora kurinda abashaka kuyihungiraho Nta bundi buryo
bwiza bwo kuyirinda buhari Birumvikana ko umuntu agomba
gukoresha ubwenge mu guhangana n'ibintu mu gihe ari
.nako yiringira ubufasha bw'Imana mu buryo bwuzuye

* * *

Urukundo rutuye mu mitima y'ibiremwa byose—
urukundo rw'ababyeyi bose, ba se, inshuti n'abakunzi—
rukomoka ku rukundo rw'Imana

* * *

Hagomba gutandukana inshingano zikomeye n'izito,
hagashyirwa imbere iz'ingenzi kurusha iz'ingenzi gusa.
Byongeye kandi, nta nshingano igomba kuvuguruza indi.
Ibyanditswe bitubwira ko iyo inshingano imwe igongana
.n'indi, ari ikimenyetso cy'uko atari inshingano nyakuri

* * *

Uko imirasire y'izuba ikomeza gukwirakwira,
nzakwirakwiza imirasire y'ibyiringiro mu mitima y'abakene
n'abatereranywe [abo umuryango watereranye], kandi
nzashyiramo ubushake bushya mu mitima y'abibwira ko ari
.abananiwe

* * *

Umwarimu Paramahansa yabwiye umwe mu bigishwa

:be ati

Ntukice umuntu uwo ari we wese mu rukundo rwawe."

Komeza buri wese mu mutima wawe, na we azagukomeza

"mu we

* * *

Uwiteka, mfasha gukoresha ubushake bwanjye buri gihe
kugira ngo nkore ibikorwa byiza kandi by'ingirakamaro
Mfasha gukurikiza ubushake bwawe kugira ngo
ibitekerezo byanjye byose bihuze n'imigambi yawe kandi
bihuze n'ubushake bwawe
Yamfashije gukangura imbaraga zihishe kandi
z'umugisha ziri muri nje kugira ngo mbashe gutsinda
ingorane n'ibigeragezo byose

* * *

Kanguka ugire uwo muco wo mu mwuka w'ubutwari
n'ubwiyoroshye - uhuza imbaraga z'intare n'ubwitonzi
bw'inuma

* * *

Sinzita ku kunengwa gukabije, kw'ibinyoma, cyangwa ku
gushimwa no gushimwa cyane. icyifuzo cyanjye cyonyine ni
.ugukora ibyo ushaka, Mwami, no kubona ubutoni bwawe

* * *

Ntushobora kwiyumvisha ibyishimo byinshi bizakuzura
igihe wumvise ubuturo bw'Imana. Ubwo rero ubugingo
bwawe buzasindishwa n'urukundo rw'Imana rutagira
imipaka. Ni urukundo ruruta incuro miliyoni z'urukundo
rw'umuntu uwo ari we wese—urukundo rusohoza ibyifuzo
byawe byose kandi rwuzuza umutima wawe ibyishimo
.n'ibyishimo

* * *

Binyuze mu kwibanda imbere, ushobora kwibonera
ibyishimo byo mu mwuka muri wowe no hafi yawe. Iyo
ubyibushye, imico yawe izakura neza, kandi uzagira
.imbaraga zo gukurura abantu n'ibindi biremwa

* * *

Umurinzi Mukuru, ntabwo nitaye ku byo natakaje byose
kubera iherezaho ryanjye, ari naryo nishyiriyeho, ariko
ndagusaba, wowe buhungiro bwanjye bwonyine, kurinda

urumuri rw'urukundo rwanjye kuri wewe imiyaga yo kutita ku
.byo nshaka no kwibagirwa

* * *

Nimuze tunywe amazi meza y'amahoro ahumura
aturuka mu masoko y'ibihe byiza, dukomezwa n'icyemezo
cyacu gikomeye cyo gutekerezwa neza no kugira icyerekezo
.cyiza

* * *

Umutimanama ni uburyo bwo kumva ibintu buhishura
kamere nyayo y'umuntu n'impamvu ze lyo umutimanama
wawe ugororotse, kandi ukaba uzi neza ko ukora ibikwiye,
ntacyo ugomba gutinya. Umutimanama ugororotse ni
igihamba cy'imyitwarire myiza ituruka ku Mana. Kuba
umwere mu rukiko rw'umutimanama bivuze kugira ibyishimo
.no kwakira imigisha y'Imana

* * *

Gerageza gukora ibintu bishimishije kandi by'ubutwari
abantu benshi badakora, kandi uhe urukundo n'amahoro abo
abandi bitaho

* * *

Umwari mu Paramahansa yabwiye umwe mu bigishwa
:be ati

Niba udamara umwanya uhinga ubwenge, nta"
burumbuke bw'ibintu bushobora kugushimisha. Ubu buhinzi
si ukwica urubozo ahubwo ni ukwitoza ubwenge kugira ngo
".bugaburire ibitekerezo n'ibikorwa bijyana ku byishimo

Ibyishimo byawe ni intsinzi yawe, bityo ntukemere ko
hagira ubikwiba. Irinde abagerageza kukubangamira. Nkiri
muto, nakundaga kubura kwihangana igihe cyose abantu
bakwirakwizaga ibihuha by'ibinyoma kuri njye. Nyuma, naje
kubona ko amahoro yanjye yo mu mutima ari yo y'ingenzi
.kuruta kwemerwa n'abantu cyangwa gushimwa nabo

* * *

Iyaba wari uzi inkuru y'urukundo rw'Imana bamwe mu
bayisenga bahura na yo! Nta bundi bunararibonye mu
buzima bwagereranywa n'ubwo bwishimo nari nzi
umutagatifu wahoraga yinjijwe mu rukundo rw'Imana, kandi
isura ye irabagirana urukundo rwera Ijisho ry'Imana rihora
.rireba abayikunda, kandi ntabwo ibatererana na gato

* * *

Abashishikajwe no guteza imbere imbaraga zabo zo mu
mutwe no mu mwuka ni bake cyane

* * *

Ntukemere ko winjira mu gihe cyo gutinda. Haguruka
uve mu bitotsi by'ukuri kurambiranye kandi ujye mu
migambi y'ubuzima bwiza aho hari ibyo ugeraho, ibyishimo
.n'amahoro

* * *

Muri wowe hari ubushobozi bunini butegereje
gushorwamo, kandi ni wowe wenyine ushobora kubukoresha
.no kububyaza umusaruro

* * *

Kubohoka ku ngeso mbi n'ibyifuzo bibi bizana ibyishimo
byinshi kuruta intsinzi y'ibintu. Mu ntsinzi y'ubwenge harimo
imibereho myiza yo mu mutwe ibintu bidashobora gukuraho.
Ushobora kumara igihe cyawe cyose wirundanyiriza
ubutunzi, ariko ubwo butunzi ntibuzaguha amahoro
n'umutekano urambye ushaka. Ahubwo, bizakuzanira
agahinda kenshi kuko ibyishimo nyakuri n'amahoro biba mu
.bwenge, ntabwo biba mu butunzi bw'ibintu
Iyo umaze gushinga imizi mu mutima wawe nyakuri,
usohoza buri gikorwa kandi ukishimira ibyiza byose ufite
.ibyishimo by'Imana

* * *

Ntukemere ko intege nke zinjira mu mutwe wawe, kandi
witondere iyo wifatanya n'abantu bafite ibitekerezo bibi
n'ibitekerezo bibi, kugira ngo ibitekerezo byabo by'intege
nke bitakwinjira mu mutwe wawe, keretse ubwonko bwawe

bugeze ku rwego rwo hejuru ku buryo ibitekerezo by'abandi
bitashobora kubuca intege, ahubwo, ahubwo, bushobora
.gukomeza ibitekerezo by'abandi no kongera icyizere cyabo

* * *

Imana iza imbere, kandi ntidukwiye gutangira cyangwa
kurangiza umunsi wacu tutayitekerejeho. Tugomba kwibuka
ko tudafite imbaraga n'imbaraga duhabwa n'Imana, ntacyo
twashobora kugeraho. Bityo rero, inshingano yacu ikomeye
.ni iyo kuyikorera

* * *

Hari uburyo bwo gusuzuma no gucira imanza imigenzo
n'imigenzo Mbere na mbere, buri muco wari ufite impamvu.
Niba dusanze impamvu ihari, iyo ngeso ifite icyo ivuze
n'inyungu. Ariko, si byiza gukurikiza imigenzo mu buryo
buhumyi. Tugomba kumenya ukuri no kugukurikiza,
tugasobanukirwa icyatuzanira ibyishimo hanyuma
.tukabishyira mu bikorwa

* * *

Iyo ubona abantu benshi badafite ibyishimo cyangwa
intsinzi, ntugatekereze ko ari yo ntego yabo. Ushobora
kwigira icyo ushaka kuba cyo cyose. Intsinzi yawe y'imbere
.niyo iguhesha intsinzi by'ukuri

* * *

Niba ntacyo ufite muri wowe ubwawe, ntuzishima Ariko
niba ntacyo ufite iruhande rwawe kandi ukaba wishimye
muri wowe, nta gushidikanya ko uba ufite icyo ugeraho
Bityo, ntibishoboka gucira abantu urubanza ukurikije
.imimerere yabo yo hanze

* * *

Mu mbaga nyamwinshi y'abantu, hashobora kuba hari
umuntu wageze ku rwego rwo hejuru mu buryo bw'umwuka
kandi akaba afite amahoro yo mu mutima n'ibyishimo byo
.mu buryo bw'umwuka bihebuje

* * *

Ndazi neza ko ibyo nkeneye byose bizangeraho, bityo
sinhangayikishwa n'ibyo ejo hazaza habitse. Ibi si ukwirata
cyangwa kwiyitirira, kuko nabonye umurimo n'ubushobozi
.bw'izo mbaraga nziza mu buzima bwanjye inshuro nyinshi

* * *

Naba ndimo ndemba hejuru y'ubuzima cyangwa ndimo
nrohama mu nyanja, nzi ko ndi kumwe n'Imana kandi ko iri
kumwe nanjye, kandi ko nta kintu na kimwe gishobora
kungirira nabi. Ubwo bumenyi bwampaye ibyishimo
.bitavugwa kandi byimbitse

* * *

Nta gushidikanya ko kugura ikintu gishya ari ibintu
bishimishije Ariko nyuma y'igihe runaka, icyo cyizere
cy'ibyishimo kirashira buhoro buhoro, ndetse ushobora no
kutakigiraho uruhare rwose, ukibagirwa ikindi kintu. Ariko,
fagitire y'icyo kintu ntizibagirana, cyane cyane niba
!wagiguze mu byiciro

* * *

Umuntu agomba kugenzura ubuzima bwe no
kubworoshya uko bishoboka kose. Agomba kuzigama
amafaranga yo gukoresha mu bintu by'ingenzi n'ibyihutirwa,
gushyira imbere kuzigama amafaranga kuruta kuyakoresha
mu bintu by'agaciro, no gufasha abandi uko ashoboye kose.
Iyo ufashije abandi, ubufasha buzakugeraho mu buryo
bumwe cyangwa ubundi, kandi ntacyo uzabura kandi
.ntuzabura icyo wakenera

* * *

Mu byishimo by'imitima yose, numva ijwi ry'ibyishimo
byawe, Mwami, kandi mu bucuti bw'abizera bose, numva
urukundo rwawe ndishima kandi umutima wanjye wishimira
intsinzi n'iterambere ry'inshuti zanjye, nk'uko nishimira
imibereho myiza yanjye n'uburyohe bwanjye Uko nshyira
ubwenge mu bandi, ngwiza ubutunzi bw'ubwenge bwanjye,
kandi mu byishimo bya bose, mbona ubwanjye

* * *

Umwanzi ukomeye w'ibyishimo ni uguza amafaranga
kugira ngo ugure ibintu by'akataraboneka Abantu bibeshya
ko badashobora kugira ibyishimo keretse babonye ikintu
cyihariye Aiko nubwo bamaze kubona icyo kintu,
ntibazabona ibyishimo nyakuri, nubwo bizana ibyishimo
by'igihe gito. Ni iki gituma umuntu yiruka inyuma y'ibyishimo
byo mu isi bisezeranya gusenye gusa? Abantu bagomba
kubaho mu buryo bworoshye, badakeneye ubutunzi bwinshi
.busaba kwitabwaho buri gihe

* * *

Paradizo yanyye iri muri nje Uko nishimira imigisha
y'Imana, ndayishimira, kandi ibyishimo byanyye byo mu
mutima bikura Nta byishimo byo mu mutima, ndetse
n'ibinezeza n'ibyishimo byo mu isi biba ikuzimu Naje kubona
ko iyo nta byishimo byo mu mutima, umutwari w'inshingano
nahawe wari kunyiba amahoro yanyye kandi ukambura
.ibyishimo byanyye

* * *

Niba ubutunzi bujyanye n'indwara n'ibibazo, ingaruka
zizaba nyinshi Isuku n'ubuvuzi biri mu mbaraga
z'Uburengerazuba Udukoko twangiza n'udukoko twica
bigenzurwa neza mu bihugu byateye imbere, mu gihe ari
twinshi mu bindi. Aiko gukuraho utwo dukoko si cyo kintu
cy'ingenzi cyagezweho, kuko hari izindi ngorane mu bihugu
byateye imbere, nko kwishyura fagitire bigoye no kubura
amafaranga bitewe na sisitemu zo kugura mu byiciro—
ibibazo bibangamira ibitotsi no kugabanya amahoro yo mu
.mutima

* * *

Turi igice cy'ingenzi cy'ubwenge bumwe iyi si ikomeye
yaturutsemo

* * *

Ese wigeze ubona umukumbi w'intama? Iyo imwe muri
zo isimbutse, izindi mukumbi ziwugana nta gushidikanya
Abantu benshi bameze batyo Umuntu ashobora kuzana

igitekerezo cyangwa akazana ikintu gishya, abandi bagahita
bagifata nk'uko bisanzwe. Iki gishushanyo cyakomeje
kubaho mu bisekuruza bitandukanye Buri gihugu gifite
imigenzo yacyo, kandi ntitwavuga ko yose ari ukuri cyangwa
ari ukuri. Ariko se ni nde ubizi? Ahari imwe muri iyo migenzo
n'imigenzo ntacyo ivuze kandi ntacyo imaze

* * *

Iyo inkubi y'umuyaga y'ibitekerezo igabanutse, twinjira
mu bwami bw'amahoro kandi tugakora ku kuboneka
kw'Imana

* * *

Tekereza ku Mana, cyangwa ahantu heza hatera
amahoro, cyangwa uburambe bushimishije kandi
bushimishije. Igikorwa cyiza kandi gituje cyo mu mutwe
.kirakomeza kandi kigarura ubuyanja

* * *

Tuba mu isi irimo akajagari n'imidugararo Ushobora
gutekereza ko amafaranga asobanura ibyishimo, ariko iyo
uyabonye, ugasanga uracyari mubi Ushobora kubona
ubutunzi ugatakaza ubuzima bwawe (Imana iragufashe)

Cyangwa ushobora kugira ubuzima bwiza ugatakaza
amafaranga yawe Cyangwa ushobora kugira ubutunzi
n'ubuzima bwiza ariko ugahura n'ibibazo byinshi hamwe
n'abandi, utanga ubuntu ariko ugahura n'urwango
n'umujinya udafite Imana, nta kintu na kimwe muri ubu
buzima gishobora kukunezeza by'ukuri

* * *

Isi ihinduka icyumba cy'imibabaro ku bantu babaho
batazi gahunda y'Imana. Ariko iyo ubona ibibera mu buzima
nk'abarimu bawe kandi ukabyigiraho imiterere nyayo y'iyi si
n'uruhare wahawe mu isi, ibyo bibera urumuri rw'agaciro mu
.nzira igana ku kunyurwa no ku byishimo birambye

* * *

Aho ngaho, inyuma y'umwijima utari wijimye, ituze
ritagira amajwi, n'ubusa butararemwa, hari ikintu cy'iteka

ryose, ari cyo nkomoko y'ubuzima n'isoko y'imbaraga zose
.n'ibiremwa, ibiboneka n'ibitagaragara

* * *

Imana ntiyaturemeye iyi si kugira ngo turye, dusinze
kandi dupfe gusa, ahubwo yaturemeye kugira ngo tumenye
ubushake bwayo kandi dusobanukirwe intego yo kubaho
kwacu. Abantu bake b'abanyabwenge basobanukiwe icyo
gahunda y'isi isobanura, ariko abantu benshi ni impumyi
.kandi ntibazi iyo ntego

* * *

Amafaranga ntabwo yari intego yanjye mu buzima;
intego yanjye kwari ugukorera abavandimwe banjye bo mu
buntu. Bityo, Imana yamfunguriye imiryango myinshi
.y'amahirwe yo kwibeshaho no gusohoza inshingano zanjye

* * *

Imana yaremye iyi si kugira ngo ikore ikurikije itegeko
rihoraho kandi ridahinduka Iyo turenze kuri rimwe muri aya
mategeko rusange, tuba twihaniye Umuntu usimbuka ava ku
gisenge cy'inyubako ndende azavuna amagufwa ye. Bityo
rero, ntidushobora kwirengagiza itegeko ry'imbaraga
.rukuruzi tutagize ingaruka mbi

* * *

Iyo twitegereje mu buryo bwimbitse imico y'isi kandi
tugasuzuma amabanga yihishe y'imico ya kera, ishusho nini
igaragara, ifite imirongo ifatanye, ibice bitandukanye,
n'ibisobanuro birambuye, maze tugasanga umuntu ari
.umuntu ku giti cye kandi ari n'umubano icyarimwe

* * *

Iyo Imana ishaka ko tubaho mu buryo bwo kumenya
ibintu gusa, twari kunyurwa byuzuye n'ibintu bifatika kandi
.tukanyurwa n'inzira z'isi

* * *

Imirasire y'ubuziranenge, amahoro, n'ibyishimo birenze
inzozi irabengerana kandi irabyina mu bwigunge bwacu
bw'ingenzi

* * *

Muri buri bunararibonye bugaragara mu kirere
cy'ubuzima bwacu muri uru rugendo rwacu rwo ku isi,
tugomba kwiga uburyo bwo kwagura ubumenyi bwacu
n'uburyo bwo gusobanukirwa neza imimerere ituzengurutse
cyangwa iyo tunyuramo, hanyuma tuzabashe kubaho mu
.bwumvikane bwiza no kubana neza n'abantu n'ubuzima

* * *

Abantu benshi bigana abandi. Umuntu agomba kuba
umwimerere kandi agahanga udushya, kandi akaba
.umuhanga mu byo akora byose

Mu Burasirazuba, intego nyamukuru yari iyo guteza
imbere ibyishimo byo mu buryo bw'umwuka, mu gihe ibintu
by'umubiri mu buzima byakunze kwirengagizwa. Mu
Burengerazuba, hari ibintu bimwe na bimwe byo kwishimisha
mu buryo bw'umubiri ariko ibyishimo byo mu mutwe ni bike
cyane. Igikenewe ni uburinganire hagati y'ibyo byombi, kuko
kwibanda ku kintu kimwe gusa cy'ubuzima bitera
ubusumbane no kunanirwa guhangana n'ibyo umuntu
.akeneye mu buryo bushyize mu gaciro

* * *

Ibyishimo bikomeye - nyuma y'ibyishimo by'Imana - ni
uko umuntu abana amahoro n'abavandimwe be ba hafi
.bagomba kubana nabo buri munsu w'umwaka
Abantu batakaza umwanya munini bihuta kandi bakora
ibintu bahubutse ariko ntibagere ku ntego zabo. Bake
bahagarara gato kugira ngo batekereze kandi bagerageze
.gusobanukirwa icyo ubuzima butanga

* * *

Tugomba gukora kugira ngo twubake inyubako
z'ubwenge mu busitani bw'amahoro bukura kandi
bukarabagirana indabyo nyinshi z'imico myiza y'umwuka

* * *

Ubwumvikane bw'imbere ni isoko ikomeye y'imbaraga
kandi butanga ingufu zishobora kuvugururwa

* * *

Urebye ubuzima, umuntu asanga gutsinda atari
byoroshye Ubuzima akenshi buragoye kandi ntibubabarira,
kandi tugomba kurwana no kubona imibereho Tekereza
imbaraga zisabwa kugira ngo umubiri wawe ukomeze
kubaho neza kandi utagira indwara! Nubwo wabigeraho, iyo
ntsinzi ni iy'igihe gito. Umubiri - urambe igihe kirekire -
amaherezo uzashyirwa mu gihirahiro. Ibisabwa ni ukurwanya
imbaraga nyinshi, haba iz'imbere n'iz'inyuma, kugira ngo
ugere ku ntsinzi wifuza. Izi mbaraga zikora cyane kugira ngo
.zikubuze kugerwaho n'ibintu by'ingenzi

* * *

Gerageza gutuza mu bihe byose, kandi ureke imbuto
y'amahoro yawe ishime mu byishimo no mu nseko
.z'ibyishimo

* * *

Ndetse n'abera bakomeye ntibabona agakiza kuzuye
keretse gusangije abandi intsinzi yabo—ubunararibonye
bwabo mu by'umwuka n'ubumenyi bwo hejuru mu buryo
bw'umwuka. Niyo mpamvu abageze kuri izo ntambwe kandi
bakagera kuri izo ntambwe bifuza kugeza ku babyifuza. Niba
wifuza intsinzi nyayo, ntuzabona ibyishimo byawe gusa,
.ahubwo uzanabihesha n'ibyishimo by'abandi

* * *

Umuntu wese ufite ubwenge ashobora kubona
amafaranga Ariko niba afite urukundo mu mutima we,
ntabwo azigera ayakoresha mu nyungu ze bwite; ahubwo
azayasangira n'abandi Amafaranga ni umuvumo n'ibyago
biri mu maboko y'abikunda n'abanyanteye nke, kandi ni
umugisha n'impano biri mu maboko y'abafite imitima myiza
.n'imitima itanga ubuntu

* * *

Umuntu ashobora guhitamo guceceka igihe kirekire,
yanga kuvugana n'umuryango we Nubwo uyu muntu
ashobora kugira amahoro yo mu mutima, imyitwarire ye ni

ubwikunde kandi ikabangamira ibyishimo by'umuryango we.
Ntibishobora gufatwa nk'aho ari umuntu watsinze by'ukuri
keretse abakunzi be nabo bungukiye ku byo bagezeho. Mu
buryo nk'ubwo, kugera ku ntsinzi mu by'umubiri ntabwo ari
uburenganzira bwacu bwo kwishimira gusa iterambere;
ahubwo binakubiyemo inshingano zacu ku bandi zo
.kubafasha kunoza ubukungu bwabo n'imibereho yabo

* * *

Ndinzwe n'umutimanama wanjye ukeye. Natwitse
.amateka mabi kandi ndahangayikishijwe n'uyu muni gusa

* * *

Uyu muni ndabona ko ndi umwe mu bafite urumuri
rw'ibyiza bihebuje kandi ko ndi urumuri rw'abarwana
n'imiraba y'inyanja y'umubabaro

* * *

Abantu bafite ibitekerezo n'ibitekerezo bitandukanye ku
bijyanye n'intsinzi, bitewe n'ibyo bifuza mu buzima. Ni
ibisanzwe kumva bamwe bagereranya intsinzi n'ubujura,
bavuga ibintu nk'ibi ngo "Yari umujura watsinze!" Ibi
bigaragaza ko intsinzi mu buryo bwose n'ubwoko bwayo ari
nziza kandi irashakishwa. Ariko, intsinzi yacu ntigomba
.kwangiza abandi

Hariho kandi ikindi gipimo cyo gutsinda: iyo dushoboye
kuzana umusaruro uhuye kandi w'ingirakamaro kuri twe
ubwacu, twagombye no gushyira abandi mu ntsinzi yacu no
.gusangira nabo imbuto zayo

Intsinzi bivuze kunyurwa n'ibyishimo by'umuntu mu
bidukikije. Intsinzi nyakuri ni umusaruro w'ibikorwa
bishingiye ku mahame yo gukiranuka, kandi ikubiyemo
ibyishimo n'imibereho myiza y'abandi nk'igice cy'ingenzi
cy'ibyishimo bye. Iyo dushyize mu bikorwa iri hame mu
buzima bwacu bw'umubiri, mu bwenge, mu by'umuco no mu
by'umwuka, tuzagira ibisobanuro byuzuye kandi byuzuye
.by'intsinzi

* * *

Aha muri iyi si nto, tubona uburebure, ubugari,
n'ubucucike, ariko hari urundi rwego aho ingano zitabaho;
byose birasobanutse kandi bisobanutse—byose ni ubwenge
n'ubushishozi. Uburyo bwo kumva uburyohe ni uburyo bwo
kumva, kimwe n'uburyo bwo guhumurirwa.
Amarangamutima yacu, ibitekerezo byacu, n'imibiri yacu ni
imiterere y'ubwenge. Nk'uko dushobora kubona, kumva,
guhumurirwa, kuryohereza, no gukoraho mu nzuzi, ni ko
bimeze no kuri urwo rwego rwo hejuru, ese tugerwaho n'ibi
?byose binyuze mu bwenge busanzwe

* * *

Uwiteka, duhe ibyishimo wumva ko uri hafi yawe,
udukure mu ngoyi z'ibyifuzo, kandi uduhe ibyishimo byo mu
mutima bitagizweho ingaruka n'ibyo ubuzima buhura na byo
.n'ibintu bihinduka

* * *

Iyo ubwenge bwacu buhuje n'ibitekerezo byo hejuru,
ubwenge bw'umwuka burabyuka muri twe maze tukabona
ibitangaza bitangaje by'ubwenge n'urukundo by'Imana

* * *

Nidukunda Imana byuzuye kandi tukayihindukirira
n'ibitekerezo byacu byose n'imitima yacu yose, tuzumva turi
hafi yayo kandi tuzasanga ari yo buhungiro bukomeye
.bw'umutekano mu buzima

* * *

Mu isanzure rinini kandi risa n'aho ririmo ubusa, hari
isano iri hagati y'isi n'ubuzima buhoraho buduhuza n'ibintu
byose bifite ubuzima n'ibidafite ubuzima mu isanzure—
umuraba w'ubuzima buhebuje bunyura mu kubaho kose.
Ubuziraherezo ni urugo rwacu nyakuri n'ubuturo buhoraho,
kandi kubaho kwacu muri iyi mibiri ni iby'igihe gito,
.nk'ikiruhuko gito ku modoka zigenda mu butayu

* * *

Iyo twishyize hamwe n'imbaraga z'umwuka zirema,
tuzahuza n'ubwenge bw'isi yose kandi butagira iherezo

bushobora kutuyobora no gukemura ibibazo byacu.
Imbaraga zo guhanga zizatugeraho nta nkomyi ziva ku isoko
ikomeye y'ubugingo bwacu, zidushoboza kugera ku ntsinzi
.mu bikorwa byacu byose

* * *

Urukundo rukura kandi rugakura mu muryango
w'abizerana, kwihanganirana no kubahana

* * *

Uwiteka, duhe umugisha umucyo w'ibitekerezo
bitunganye n'ingeso nziza, kugira ngo umwijima w'ingeso
mbi n'ibitekerezo bibi bitugeraho, uzakita uvanwaho.
Udufashe kugukunda urukundo rwimbitse ku buryo ibishuko
by'umubiri cyangwa ibishuko by'isi bitashobora kutugusha
.mu mutego cyangwa ngo bifate ubwenge n'imitima yacu

* * *

Ibintu biboneka byoroshye ntabwo ari ingenzi cyane. Ibi
tubizi mu kwiga ubuzima bw'abagabo n'abagore bakomeye
n'uburyo babaye indashyikirwa binyuze mu guteza imbere
impano zabo, gusohoza inshingano zabo, kubaka
indangagaciro zabo z'umuco, kwiga kwabo byimbitse, no
kwirinda kwikunda. Umusaruro babonye n'ibyo bagezeho
.byari biruta cyane imbaraga bakoze

* * *

Ubwisanzure nyakuri buri mu bwigenge bwo guhitamo
buyobowe n'ubwenge kandi bugashyigikirwa n'ubushishozi,
ubunyangamugayo, n'ubushake buhamye

* * *

Iyo ukanguye ubushake bwawe, icyemezo cyawe,
n'ubushishozi bwawe, imbaraga zitagaragara zirekurwa mu
bwenge bwo hejuru—binyuze mu bwenge bw'ubugingo—
kugira ngo zigufashe kandi zimurikire inzira zigana ku
.ihumure n'ibyishimo byo mu mutwe, ubifashijwemo n'Imana

* * *

Umuntu agomba gufungura imiyoboro y'ubugingo
binyuze mu mbaraga ze bwite Ntawe uhisemo ku bushake

imibabaro n'agahinda kuruta amahoro n'ibyishimo Ubujiji ni
umuzi w'imibabaro n'imbogamizi igomba gukurwaho no
kuvanwaho Ubujiji ni icyatsi kibi, gifite imizi ikomeye, gikura
mu busitani bw'abantu, kikinjiza ibimera byiza kandi
by'ingirakamaro Ubujiji bugomba kuganzwa n'ubushake
budasubirwaho n'ubushake buhamye Ubutaka bw'ubwenge
bugomba guhingwa hibandwa ku bitekerezo neza [ku byiza]
kandi imbuto nziza zivomerwe n'amazi yo kwizera Iyo
imirasire y'urukundo ishyushye kandi irabagirana, imbuto
y'ineza izakura kandi itsinde ibyatsi n'ibyatsi bibi, kuko
umwijima udashobora kubaho imbere y'umucyo

* * *

Ibinezeza by'ibintu bifatika birashira kandi bikayoyoka,
ariko ibyishimo by'Imana ntibizigera bishira. Ni ibyishimo
.by'Imana bitagira iherezo kandi bitavugwa

* * *

Ntitugomba gukoresha uburyo butari bwo kugira ngo
tugere ku byishimo, kandi ntitugomba kureka amahoro
n'ubutunzi bw'umwuka dufite imbere yacu dushakisha
ihumure ryihishe n'ubuzima bwiza bushobora kumanikwa
imbere yacu n'ibikorwa n'imyitwarire mibi bifite ingaruka
.mbi

* * *

Ubwiza ni kamera nziza yo gufata ishusho y'Imana.
Binyuze mu mucyo w'ituze ritunganye kandi ryimbitse neza,
.ishusho nziza izagaragara neza

* * *

Mu by'ukuri, ubwenge bwose buri muri wowe kandi icyo
ukeneye ni ukubimenya neza

* * *

Kunywura biri mu kwiteza imbere, kugira ngo abandi
bagushake aho kubashaka. Urukundo n'ubucuti bigomba
gutangwa nta cyizere cyangwa ubusabe, kuko kwitega bitera
inzika n'uburakari. Nubwo umuntu aharanira kwiteza imbere,

agomba kwihagararaho wenyine, afite umutekano kandi
.afite amahoro mu gihome cy'imico myiza n'agaciro ke

* * *

Amasumo y'ibyishimo n'icyizere ahora aturuka mu
mutima wanjye, kandi amasumo yabo ahumura akore ku bo
.nhura nabo bose

* * *

Ibyishimo byo mu mwuka bitera mu mutima icyifuzo cyo
gufasha abandi mu buryo bwose, kandi bigateza imbere
ubushobozi bwo kwishimira ibinezeza by'umuco bitanga
ibyishimo, bityo bigabanye ubushake bwo gushaka ibinezeza
.bidafite akamaro

* * *

Uko uruhare rwawe rwaba ruto kose, ruracyari ingenzi
kimwe n'inshingano zikomeye mu bijyanye no kugira
uruhare mu gutsinda kw'ikinamico y'isi roho zikina ku
.rubyiniro rw'ubuzima

* * *

Ubwenge rusange ni ubwenge bwuzuye kandi butagira
iherezo, buhora bwivugurura kandi budashira mu guhanga
kwabwo, kandi binyuze muri wowe bugerageza kugaragaza
.umwihariko wabwo

* * *

Nuryoherwa n'urukundo rw'Imana nubwo rwaba rimwe
gusa, ntuzigera urureka kuko nta kindi kintu gisa narwo mu
.isi yose

* * *

Abazi Imana bageze ku ntera zikomeye cyane mu
by'umwuka, ku buryo batanyurwa no guha abanyabyaha
inama zo mu buryo bw'umwuka gusa, ahubwo bashobora -
ku bw'ubuntu n'ubufasha bw'Imana - kubaha imbaraga
.z'umwuka zibakura mu ngaruka z'ibikorwa byabo by'icyaha

* * *

Ibikorwa byose byiza n'ibibi biba mu ngirabuzimafatizo
z'ubwonko kandi bigaragarira nk'ingeso nziza cyangwa mbi

cyangwa ingeso mbi mu bitekerezo. Umuntu urwaye ingeso
mbi bitewe n'uko ungirabuzimafatizo z'ubwonko bwe
zihabwa imbaraga z'izo ngeso ashobora kwibohora binyuze
mu bushake, gutekereza, gusenga bivuye ku mutima, no
gukomeza kwemeza neza kugeza igihe ingeso ze zose
zidashimishije zihindutse ingeso nziza z'amahoro n'ituze. Ibi
bibaho iyo imbaraga z'ubuzima ziyobowe neza zikora kugira
ngo zihindure imiterere idasanzwe y'ungirabuzimafatizo
z'ubwonko, bityo utwo tungirabuzimafatizo twuzure ibyiza
.byose, byiza, n'ubwiza

* * *

Gusobanukirwa ni ijisho ry'imbere, kureba roho, na
telesikope y'umutima. Ni uburinganire hagati y'ituze
.ry'ubwenge n'ubugwaneza bw'umutimanama

* * *

Buri muni tubona ahantu hatandukanye, kandi buri
muni uzana isomo rishya. Biteganijwe ko umuntu aziga
isomo yibanda ku ntego nyamukuru yo kubaho kwe:
.kumenya isoko y'ubuzima bwe n'ishingiro ry'ubuzima bwe
Dukore twibagirwe imibabaro yo mu bihe byashize kandi
twiyemeze kutabitekerezaho. Dufite umurava udacogora
n'ubushake bufatika, tuvugurure ubuzima bwacu, twongere
.intsinzi zacu, kandi twizigamire imico myiza n'imico myiza
Imana ni yo mbaraga zanjye kandi sinizera izindi
mbaraga zose

Rwana intambara z'ubuzima kandi ukomeze kwihangana
kugeza ku iherezo, ntucike intege Ntukigere uvuga uti
"Simbona inzira, bityo nzahagarika kugerageza" Saba
ubuyobozi niba warakoze amakosa, ariko ntucike intege
Benshi bemera gutsindwa iyo bahuye n'imbogamizi
Abananiwe bagomba kwifatanya n'abantu batsinze, ntabwo
ari ukunanirwa lyemeza gutsinda; ibyo bibe filozofiya yawe
mu buzima

Buri muni tugomba gukomeza imbaraga zacu
z'umubiri, kongera imbaraga zacu zo mu mutwe, no

kumenya uko turi by'ukuri binyuze mu gutekereza,
gutekereza neza, n'umurimo mwiza kandi utanga umusaruro
.ugirira akamaro umubiri, ubwenge, n'umwuka hamwe
Iyo ushaka gushinga ingeso nziza cyangwa gucika ku
yindi mbi, shyira imbaraga mu ngirabuzimafatizo z'ubwonko
aho imikorere y'ingeso zitandukanye iba. Kugira ngo
ushyireho ingeso nziza, banza wicare utuje utekereze,
.ushaka ubuyobozi bw'Imana

Shyira ubwenge bwawe ku gice cy'imbaraga z'ubushake
kiri mu gahanga kawe, hagati y'amaso yawe, kandi wemeze
neza ingeso ushaka gushyira mu bwonko bwawe. Iyo ushaka
gukuraho ingeso mbi, shyira kandi ibitekerezo byawe ku gice
cy'imbaraga z'ubushake kandi wemeze neza ko imiyoboro
.yose aho izo ngeso zashinze imizi irimo gusibangana
Ukoresheje imbaraga n'ubushake, ushobora gusiba
ndetse n'imirongo miremire y'ingeso za kera zashinze imizi

Isubiremo kenshi ko ufite ubushake bwo kurandura
ingeso mbi mu bwonko bwawe. Igihe cyiza cyo kwemeza ni
mu gitondo cya kare ubwo ubushake bwawe n'intego yawe
bizaba biri ku rwego rwo hejuru. Komeza kwiyeemeza ko
udafite amategeko yose, kandi umunsi umwe uzabona—ku
bufasha bw'Imana—ko koko wibohoye ku ngeso wifuza
.kuvamo

Icyo utinya cyose, kivane mu bitekerezo byawe kandi
ugishyire mu maboko y'Imana. Komeza ukwizera kwawe mu
Mana kandi wizere ko ishobora kugufasha, kandi umenye ko
.imibabaro myinshi iterwa no guhangayika no guhangayika
Kuki wagombye kubabara ubu kandi ikintu utinya
kitaraba? Kubera ko inyinshi mu ngorane zacu ziterwa
n'ubwoba, nituvanaho ubwoba mu buzima bwacu tuzumva
.dufite umudendezo kandi gukira bizahita bibaho

Buri joro, mbere gato yo gusinzira, yemeza ko Imana iri
kumwe nawe, ikurinda kandi ikakwitaho. Tekereza umucyo
wayo ukurinda uturutse impande zose, maze uzumva
.uburinzi bwayo butangaje

Muri iki gitaramo cy'isi, abantu b'amoko yose bakina
ikinamico y'ubuzima ku rubyiniro rw'igihe

Tugomba gusobanukirwa icyo ubuzima busobanura
tudahugiye cyane ku nshingano zacu z'igihe gito cyangwa
ngo twibande cyane ku nshingano zacu z'igihe gito.

Gusobanukirwa ubuzima akenshi biragoramyeye kandi
birayobera kuko tubureba mu maso y'ubwikunde n'uburyo
bwo kubona ibintu mu buryo budahagije; iyo tureba mu
maso y'umwuka, twabona ibintu mu buryo butandukanye
.rwose

Iyo dufunguye ijisho ry'ubwenge, tubona urumuri
rw'Imana rukikije byose, kandi muri urwo mucyo tubona
kamere yacu y'umwuka, ikaba ari ishusho y'imiterere
.y'ubwenge bw'isi yose bukwirakwira mu bice byose by'isi
Ukuri kw'umwuka kuradukikije, gukomanga ku nzugi
z'amaso yacu afunze, kudushishikariza kubona umucyo aho
kubona umwijima, gukorana ubwenge aho gukorana
n'ubujiji, kuzuza imitima yacu urukundo aho kuba urwango,
no gufatanya mu gushyiraho amahoro no kuzana
uburumbuke n'umutekano ku isi yacu Iyo tubikoze, ubujiji
buzashira, itandukaniro ry'isi rizashira, tuzabona ubumwe
mu budasa, kandi tuzarushaho guhuza n'ubushake
.bw'Imana

Isano yacu n'Imana si iy'ubukonje cyangwa itagira
urukundo, nk'iyo hagati y'umukoresha n'umukozi. Turi abana
bayo, kandi itwitaho iteka; idutega amatwi buri gihe. Turi
igice cy'ingenzi cy'ubugingo bwayo, kandi umubano wacu
nayo ni muzima kandi uzima. Yaduhaye ubutunzi butagira
iherezaho bw'urukundo, gusobanukirwa, ubushishozi, ubushake
bwiza, n'imbaraga zo mu mwuka, ariko abenshi muri twe
.twapfushije ubusa ubu butunzi ku busa

Imana ishaka ko tubaho mu mutekano, mu mahoro no
mu bufatanye bwiza, nk'uko bikwiye abagize umuryango
mwiza kandi urangwa n'urukundo, ariko umururumba
n'imatekerereze y'ubwikunde byarakuze kandi bishinga imizi
mu mitima y'abantu kandi byateje amacakubiri mu
.muryango

Imana ishaka ko tuba abatware, ariko twahisemo kuba
imbata Abantu bagiye kure y'aho batuye mu ijuru kandi
batakaje paradizo y'imbere yo kumva begereye Imana
n'Imana hafi yacu, kandi ntibazashobora kongera kuyigarura
nta mbaraga zabo bwite Imana yaturemye mu ishusho yayo,
.ariko uku kuri kwaratuvuye mu bitekerezo byacu
Twemeye kwibeshya ko iherezo ryacu ari ingorane kandi
ko iherezo ryacu ari ukurimbuka, kandi tugomba
gusibanganya umwenda w'ubupfumu n'icyuma cy'ubwenge
.kugira ngo turebe ukuri gukomeye inyuma y'umwenda
Imana yampaye umugisha wo kumpa ibyishimo muri iyi
myaka myinshi y'ubuzima bwanjye, abantu baba babona
inseko yo kunyurwa mu maso cyangwa batabona, ibyishimo
by'Imana bihora biri kumwe nanjye kandi ntibijya binsiga.
Uruzi runini rw'ibyishimo rutemba buri gihe munsu
y'umusenzi wo mu bwenge bwanjye kandi rukavubuka
nk'amasoko y'imigisha yuhira ubusitani bw'ubuzima
.bwanjye

Nta n'ubwo ari uguhindagurika gutunguranye mu
buzima bishobora kumbura amahoro, cyangwa ngo bikureho
.ibyishimo byo mu buryo bw'umwuka numva
Byari bigoye gutuma icyo mimerere ihoraho kandi
idahinduka, ariko imbuto z'umwuka ubu nishimira kandi
nkazisangiza abandi zari zikwiriye imihati yose nashyizeho
.muri yo

Ntekereza kandi nkora nyobowe n'umwuka w'Imana.
Amafaranga ntiyigeze aba intego yanjye mu buzima, ahubwo
ni ugukorera abavandimwe banjye mu bantu. Bityo, Imana
yamfunguriye imiryango myinshi y'ibyiza kugira ngo

nyibesheho kandi nsohoze ubutumwa bwanjye. Igihe cyose
.nkeneye ubufasha, Imana ihita ibumpa ako kanya
Icyifuzo cyanjye cyonyine ni ugukorera wowe, niyo
mpamvu ndi hano

Imbaraga z'Imana zirimo gukorera mu buzima bwanyu.

Muzabyibonera ubwanyu uku kuri igihe ukwizera kwanyu
gukomeye kandi mugasobanukirwa ko ubutunzi nyakuri
budaturuka ku ntsinzi y'ibintu ahubwo buturuka ku
.Mushoborabyose

Igihe cyose umarana n'Imana kizakugirira akamaro
kanini, kandi ibyo ugeraho byose kubera urukundo no
.gushimisha Imana bizandikwa mu nyandiko y'iteka ryose
Subira mu bwigunge bw'ibitekerezo byawe byimbitse
kandi wishimire amahoro atemba aturuka ku isoko y'ituze
Iyo tubibye ibikorwa byiza, dusarura ibyishimo
n'imigisha, kandi iyo tubibye ibikorwa bibi, dusarura ubwoko
.butandukanye n'urwego rw'ibibazo n'ibibazo
Igikorwa cyiza cyose ni nk'agapira dukoresha mu
gucukura mu butaka bw'ubwenge kugira ngo tubone isoko
y'ibyishimo by'Imana

Menya kwinjira mu nyanja yo kwisuzuma no gushakisha,
haba mu bijyanye n'ibitabo byiza, imyizerere, ibibazo,
filozofiya, cyangwa ibyishimo byo mu mutima, umenye ko
kwigunga bisanzwe [gutekereza] ari cyo giciro cy'ibyishimo
.nyakuri

Nubwo ubuzima busa n'aho butari bwitezwe,
buhindagurika, kandi buyoberanye, bwuzuyemo
gushidikanya n'ibibazo bitandukanye n'imihindagurikire,
dukomeza kuba munsi y'uburinzi bw'Imana. Ntitugomba
gukabya ibintu cyangwa ngo dutakaze ituze mu gihe
habayeho ibintu, kuko iyo twemeye ko ubwoba budutsinda,
tuba duha imbaraga ikibi kandi tugashimangira imizi yacyo,
.gikura kandi kigakura mu butaka bw'ubwoba n'imihangayiko

Ibaze buri joro uti: Ni ibihe bihe wamaze uri kumwe
n'Imana, ni ibihe watekerejeho, ni ibihe wagezeho, ni ibihe
?wakoreye abandi, kandi ni ibihe wagenzuye ibyifuzo byawe
Ntidukwiye kwitega kubona ibyishimo n'amahoro
birambye mu bigeragezo by'ubuzima; ahubwo tugomba
kubishakisha no kubivumbura muri twe. Hanyuma, uko
twanyura mu bihe byose, tuzabyitwaramo nk'uko tureba ibyo
abandi banyuzemo muri filime, byaba byiza cyangwa
.bibabaza

Umuntu ashobora guhindura ibyamubayeho byose mu
ibigeragezo bibabaza kandi biteye agahinda niba yemereye
ubwenge bwe kubikora. Ashobora kugira ubuzima bwiza
ariko ntabone agaciro kabwo. Ariko niba arwaye, azicisha
bugufi kandi yishimire umugisha wo kubaho neza. Tugomba
kwemera ubuntu bw'Imana no kuyishimira imigisha iduha
tuategereje ko ibintu bibi bidutera gushima no kwemera
.ubuntu bwayo

Ubuzima bukwiye kuba uruvange rwo gutekereza no
gukora Iyo umuntu atakaje uburinganire bwe mu
mitekerereze, aba ashobora guhura n'ibibazo
by'imihangayiko, ibicu by'agahinda, n'ububabare. Kandi niba
agerageje kwica amategeko y'ubuzima, iterambere
.n'ubwenge, nta kabuza azahura n'indwara, ubukene n'ubujiji
Tugomba kugumana imigambi yacu iboneye, intego
zacu zisukuye, kandi tugakora ibintu biduhesha amahoro yo
mu mutima, kandi ntitureke ngo imimerere y'ubuzima
.iduhungabanye kandi isenye ibyishimo byacu

Imitima ibabaye n'ibitekerezo byangiritse birankurura,
uko byaba biri kose kure cyane
Kwagura imbibi z'ubwami bwawe bw'urukundo
bubengerana buhoro buhoro kugira ngo bugere ku
muryango wawe, abaturanyi bawe, umuryango wawe,
igihugu cyawe, n'ibihugu byose bifite ubwenge n'ibiremwa
byose

Tugomba kandi gukomeza ubwenge bwacu no kwanga
umutwaro w'intege nke z'ubwenge n'iz'umuco twarazwe
n'ibisekuruza byinshi. Ibi bihumanya bigomba gutwikwa mu
muriro w'ubushake bushya n'ibikorwa bitanga umusaruro.
Dukoresheje ubu buryo bwubaka, umuntu wiyemeje by'ukuri
.ashobora kugera ku ntego yo kwibohora no kwisanzura
Koresha imbaraga zitagira iherezo ziri muri wowe kugira
ngo ushobore gukina uruhare rwawe rw'icyubahiro ku
rubyiniro rw'ubuzima
Iyo umuntu atangiye gusenga ubutunzi, amafaranga,
icyamamare, cyangwa ikindi kintu cyose kitari Imana,
agahinda kaba akabo Abashyira ibitekerezo byabo byose
kuri ibyo bintu mu by'ukuri baba babisenga, bityo
ntibabiyegereza ahubwo bakabivamo. Aiko abatekereza ku
Mana, bakayitekerezaho, kandi bakayibwira mu mitima yabo
barayegera kandi bakagira ibyishimo byo mu mutima mu
.busabane bwabo bucece na Yo
Imana yonyine ni yo ishoboye gusohozza inzozo z'abantu
n'ibyiringiro byabo by'ibyishimo birambye. Bityo rero, nta
kintu na kimwe gikwiye kwemererwa gufata umwanya
w'Imana mu mutima
Hariho ibimenyetso byera bishobora gufasha uwifuza
kwibuka Imana no kuyegera. Aiko, iyo umuntu atangiye
gusenga ibyo bimenyetso, ingaruka zabyo zizaba nyinshi
kurusha inyungu ze. Gusenga bigomba kwerekezwa ku Mana
.gusa, kuko nta kindi gikwiye gusengwa
Uko ugusenga kw'imihango kwaba kumeze kose, Imana
irabikunda igihe cyose umuntu uyisenga ayikorera
asobanukiwe n'iby'umwuka kandi ayifuza. Nyamara, abantu
benshi ntibasobanukirwa ishingiro ryo gusenga, kandi
ibitekerezo byabo n'imitima yabo biva ku Mana bijya ku
.mihango, bityo ntibigire icyo yungukira mu gusenga kwabo
Abasenga by'ukuri ntibemera ko ubwenge bwabo
bugarukira ku ishusho cyangwa ishusho iyo ari yo yose,

ahubwo bibanda ku rukundo rwinshi no kwita ku mwuka
.w'Imana uri inyuma y'ishusho n'imiterere yose
Imana ni umwimerere kandi nta mupaka, kandi nta
shusho cyangwa igishushanyo bishobora kuyimushyiramo
Dushobora kuvuga ko Imana yigaragariza muri buri
wese uyikunda by'ukuri kandi ihuje nayo, kuko ibaho hose
bityo ikaba ihari muri buri wese. Ariko, si buri wese ufite
ubushobozi bwo kugaragaza ubumuntu bw'Imana. Izuba
rirasira kimwe ku makara na diyama, ariko diyama yakira
kandi ikagaragaza urumuri rw'izuba, mu gihe ikara
ridashobora

Mu buryo nk'ubwo, abantu bose binjira mu mucyo
w'Imana, ariko bake gusa ni bo bashobora kwakira uwo
mucyo no kuwugaragaza mu bitekerezo byabo no mu
bikorwa byabo. Kugira ngo babigereho, bagomba kwiyeza
binyuze mu gutekereza no gukurikiza inyigisho n'amategeko
.by'Imana

Iyo tuvuga izina ry'Imana, tugomba kumenya neza ibyo
tuvuga. Iyo ushobora kubona ibitekerezo by'abantu mu gihe
cy'amasengesho, wasanga abenshi batekereza ku bintu
byose uretse Imana, nubwo bavuga izina ryayo! Isengesho
.nk'iryo nta cyo rimaze kandi nta gaciro rifite
Iyo dusenga, twagombye kwihatira kwerekeza
ibitekerezo byacu byose ku Mana, aho gusubiramo izina
ryayo ry'icyubahiro gusa mu gihe ibitekerezo byacu
bizenguruka. Umwe muri ba masenge yakundaga kuvuga
amasengesho ye ku masaro yo gusenga, atari menshi cyane.
Ariko yanyemereye umunsi umwe ko nubwo yamaze imyaka
mirongo ine akora uyu mucu wo gusenga, Imana ntiyasubije
amasengesho ye. Ntabwo bitangaje! "Amasengesho" ye yari
.akamenyero ko guhangayika gusa
Iyo dusenga, nta kindi tugomba gutekerezaho uretse
Imana. Tugomba kwihatira kuba inyangamugayo mu
gusenga kwacu no kwitanga mu masengesho yacu.
Gukoresha amasaro yo gusenga no guhora duhamagara

izina ry'Imana byemewe neza iyo iyo migenzo iturutse ku
mutima kandi igashyigikirwa n'ukuri n'ubwenge bwibanda ku
ntego. Ariko, iyi migenzo ishobora guhinduka ikora uko igihe
.kigenda gihita

Tugomba kuvuga izina ry'Imana mu mitima yacu, dufite
ubushake n'urukundo rw'Imana; uku ni ugusenga kw'ukuri
gukora ku mutima w'Imana. Guvuga izina ry'Imana mu buryo
butuje no mu bwenge buzerera ni ugutuka Imana no
kuyisuzugura. Iyo umuntu asenze, umutima we n'ubwenge
.bye bigomba kuzura urukundo rw'Imana
Uwiteka, uri Inyenyeri y'Amajyaruguru y'Imana aho
ibitekerezo byanjye byo kuzerera biyoborwa mu nyanja
y'ibigeragezo n'amakuba

Kwitoza gutekereza cyane binyuze mu myitozo yo mu
rwego rwo hejuru ya yoga bifasha kwegera Imana, isoko
y'icyubahiro n'ubwiza, nk'uko bifasha gutekereza ku Mana
.no kuvugana na Yo

Ni ngombwa guharira umunsi umwe mu cyumweru
kwiherera mu buryo bw'umwuka (niba bishoboka) kugira ngo
utekereze ku Mana kandi ugire ituze, amahoro n'amahoro yo
mu mutima. Igihe umara muri ubu buryo kizaba umuti
uhumuriza w'ibibazo n'imihangayiko uhura na byo mu gihe
.gisigaye cy'icyumweru

Buri wese akeneye kumara umunsi umwe buri
cyumweru yiherereye cyangwa "kwiruhukira mu buryo
bw'umwuka" kugira ngo akize ibikomere n'ububabare bwe
mu byiyumvo. Iyo uwo munsi uzaba uw'amahoro, ibyishimo,
no kunyurwa, uzawutegerezanya amatsiko icyumweru ku
.kindi

Kwigunga ni igiciro cy'ubuhanga Uzatangazwa
n'ibisubizo byiza bizagerwaho ku bwenge bwawe, umubiri
wawe, n'ubugingo bwawe binyuze muri ubu bwiherero bwo
mu mwuka no guhuza umwuka wawe n'Imana. Niba wifuza
ibyishimo nyakuri, ugomba kwishyira mu nyanja y'amahoro

y'Imana kare mu gitondo ubyutse, ndetse na mbere yo
.kuryama nijoro

Abanyabwenge bo mu Buhinde ntibagira inama yo
kwiherera umunsi umwe gusa, ahubwo bashimangira ko ari
ngombwa gutekereza mu buryo butuje mu bihe bine
byihariye buri munsi. Mu gitondo cya kare, mbere yo
kubyuka no kubona umuntu uwo ari we wese, umuntu
agomba kwishimira ituze no kumva afite amahoro. Mu
masaha ya saa sita, umuntu agomba gutuza ubwenge mbere
yo gufata ifunguro rya saa sita, kandi akongera akishimira
igihe cy'amahoro mbere yo gufata ifunguro rya nimugoroba.
Amaherezo, mbere yo kuryama nijoro, umuntu agomba
.kongera kwinjira mu ituze

Abakomeza kwitondera guceceka mu gihe bari bonyine
no muri ibi bihe bine bya buri munsi nta kabuza bazagirana
ubumwe n'Imana. Abadashobora gukurikiza ibi bihe byose
bagomba kubiha nibura amasaha ya mu gitondo na
nimugoroba. Babikoze, ubuzima bwabo buzahinduka bwiza,
kandi bazagira ibyishimo nyakuri; ubunararibonye ni cyo
.gihamya cyiza cyane

Nukomeza kwandika no gusinya sheki udashyize
amafaranga ahagije yo kwishyura konti yawe ya banki,
amafaranga yawe azashira. Ni nako bigenda ku buzima
bwawe. Udafite amafaranga ahoraho yo kubika amahoro
muri konti yawe y'ubuzima, imbaraga zawe zizagabanuka,
ituze ryawe rizashira, kandi ibyishimo byawe bizashira. Muri
make, amaherezo uzagira ikibazo cyo guhomba mu buryo
bw'amarangamutima, mu mutwe, mu mubiri no mu mwuka.
Ariko gutekereza cyane ku Mana buri munsi bizakuzuza konti
.yawe y'amarangamutima

Umuntu ukunda Imana ahora atekereza buri munsi,
avugana n'Imana n'urukundo rwose n'inyota mu mutima we,
ayisaba kuyigaragaza. Niba ukunda Imana kandi ukaba
wifuza kubona aho iri, ugomba kwinjiza ubwenge bwawe
n'umubiri wawe mu mahoro yayo, maze ubuzima

buzakuryohera, kandi ibintu byawe bizatera imbere mu
.buryo bwinshi

Umuntu utuje ntakunze gukora ikosa, kandi ageraho aho
abandi ibihumbi n'ibihumbi bananiranye
Abadatekereza ku Mana cyangwa ngo bayiteho baracika
intege kandi bakababara. Bahinduka abarakaye,
.bagahinduka imashini zigenda n'amaguru
Izuba ry'ubwenge n'amahoro rizava mu kirere cy'ituze
kandi rizaguhaza imirasire yaryo ikiza igihe cyose ushyizeho
imihati yo mu mwuka kandi ugaha Imana umwanya wa
.mbere mu mutima wawe

Ukwezi kumwe kurabagirana kurusha inyenyeri zose
hamwe Izuba, risa n'aho ari rito, rikuraho umwijima mu gace
kanini kurusha ryo inshuro miliyoni. Mu buryo nk'ubwo,
umuntu mwiza, mu kubaho gusa ku isi, atanga imitingito
irwanya kandi igakuraho imitingito myinshi ivanwaho
.n'abantu babi

Umunsi wo gutekereza ku byo wagombye kuba umunsi
wo kuruhuka mu mutwe no mu mubiri no gukuza amahoro
yo mu mutima. Igikorwa icyo ari cyo cyose gitanga ubwenge
.n'amahoro ni igikorwa cy'umugisha kuri uwo munsi
Ku bijyanye no kubaha ababyeyi, ibitabo byera byatanze
inama yo kubafata neza: “Wubahe so na nyoko” na “Ugirire
”neza ababyeyi

Ababyeyi b'abantu bagomba kubahwa nk'abahagarariye
Imana, yabahaye impano yo kurema abantu. Nyina ni
ishusho y'urukundo rw'Imana ruzira inenge, kuko umubyeyi
ukunda ababarira aho nta wundi ubikora. Se ni ikimenyetso
.cy'ubwenge bw'Imana n'umurinzi w'abana bayo
Umuntu ntakwiye gukunda se na nyina atari Imana,
ahubwo agomba kuba ikimenyetso cy'urukundo rwayo
rumurinda kandi rufite ubwenge. Umwuka w'Imana uhebuje
uba umubyeyi na nyina kugira ngo ufashe umwana; bityo,
.ugomba kubahwa mu babyeyi

Ibyanditswe Byera binatugira inama yo kwirinda kwica
umuntu kubera kwica, kuko icyo gihe umuntu aba
umwicanyi. Umuntu ntagomba kwica undi mu gihe
cy'amarangamutima akomeye. Ariko, iyo abakunzi be
babangamiwe, agomba kurwana kugira ngo arinde abo
Imana yamushinze, kuko ari inshingano yera kurinda
.umuryango we n'igihugu cye

Ku bijyanye no kubuza ubusambanyi, intego nziza yo
guhuza ibitsina igomba kuba kubyara abana baremwe mu
ishusho y'Imana no kugaragaza urukundo rutunganye
rwumvwa n'abashakanye babona Imana muri bo. Ababaho
ku rwego rw'umubiri gusa, batitaye ku rukundo nyakuri
cyangwa intego yo hejuru yaremeweho irari ry'ibitsina,
barasambana nk'uko iri tegeko ribivuga. Muri iki gihe, ntaho
batandukaniye n'inyamaswa zihaza irari ryazo ry'ibitsina
.hanyuma zigakomeza urugendo rwazo

Imana yaremye iyi ntego yo guhanga udushya mu
bagabo n'abagore yo kubyara no kugaragaza urukundo
nyakuri mu buzima bw'abashakanye, kandi ntabwo ikwiye
gukoreshwa nabi ukundi, ahubwo igomba guhindurwamo
.igikorwa n'ubumenyi byera

Niba ushobora kugenzura no gukwirakwiza imbaraga
z'imibonano mpuzabitsina mu mubiri wawe, uzabasha
guteza imbere ubushobozi bwo mu mutwe bwo kwandika,
gushushanya, cyangwa kugaragaza impano zihishe mu
.bundi buryo bwinshi

Kandi igihe uzaba ushoboye kugenzura no guhindura
mu buryo bw'umwuka ibikorwa byo guhanga, uzagira
amahoro menshi, urukundo rwinshi, n'ibyishimo byo mu
.mwuka byiyongera

Abatagatifu n'abayobozi b'umwuka bahinduye ibikorwa
byabo by'imibonano mpuzabitsina mu buryo bw'umwuka ni
ibihangange bifite ubushobozi bwo gukora ibintu bitangaje
kandi bitangaje ku isi no mu gushakisha ukuri mu buryo
.budasanze

Bityo, uburyo bwo gukoresha imbaraga z'imibonano mpuzabitsina cyane ni ukongera imbaraga zayo, ni ukuvuga kuyikoresha mu buryo burambuye kugira ngo igaragaze ubwenge, amahame meza, n'amahame y'umwuka. Umuntu ntagomba kwishimira ibitekerezo by'imibonano mpuzabitsina cyangwa kwifuza ibibujijwe. Iyo ubwo bwoko bw'ukwifata bugezweho, umuntu azaba afite ibitekerezo bizima ku .mibonano mpuzabitsina n'intego yayo yo hejuru Kuba imbata y'ibintu bijyanye n'imibonano mpuzabitsina bivuze gutakaza ubuzima bwiza, kwifata, n'amahoro yo mu mutwe, kandi muri make, ibintu byose by'ibyishimo umuntu akeneye

Ibitabo byera kandi bidushishikariza kutiba Iyo itsinda ry'abantu igihumbi rigirana ubujura, buri wese yagira abanzi 999. Bityo rero, umuntu ntagomba guhonyora uburenganzira bw'abandi, cyangwa ngo yigarurire ubutaka bwe, amahoro, urukundo, icyubahiro, cyangwa ikindi kintu cyose afite mu buryo bw'umubiri cyangwa mu buryo bw'umwuka. Niba utumvise icyifuzo cyo gufata ibitari ibyawwe, icyo ukeneye cyangwa wifuza kizakugeraho. Ubujura butangira mu bitekerezo igihe umuntu atangiye kugirira abandi ishyari. Imbuto z'irari ribi zigomba kurandurwa mu bitekerezo. Ubufasha mu by'umwuka ni bwo buryo. Hanyuma, umuntu azikurura ubukire, kandi imigisha izava kuri we iturutse ku masoko azi n'ayo atazi. Iri ni itegeko ry'Imana ridakuka. Ku bajura n'abantu bikunda, bamara ubuzima bwabo bakurikirana ubutunzi, amaso yabo ahora ku byo abandi .bafite, nubwo isanduku yabo yuzuye zahabu Isi ntishobora kumenya ibyishimo keretse iyo ubwikunde bw'ibintu butereranywe

Ibyishimo bizanwa gusa n'ubufatanye mu by'umwuka.

Biza iyo umuntu yumva ibyo abandi bakeneye nk'aho ari .ibye bwite kandi agakorera abandi nk'uko yikorera ubwe Irindi tegeko ry'ingenzi ni ukwirinda gutanga ubuhamya bw'ibinyoma Kwangiza umuntu ugoreka ukuri ni ubundi

buryo bwo kwangiza ubwumvikane mu mibanire y'abantu
Niba umuntu yifuza gufatwa neza, agomba gufata abandi
uko bikwiye. Ukuri kugomba kuvugwa buri gihe, ariko
hagomba gutandukana hagati yo kuvuga ukuri no kuvuga
ibintu gusa. Gufata umuntu nk'ikimuga cyangwa impumyi
birababaza kandi birababaza; umuntu agomba kwita ku
byiyumvo by'abandi no kwirinda kumukoza isoni. Mu buryo
nk'ubwo, kugaragaza ukuri kwagambanira umuntu nta ntego
nziza na byo ni bibi. Ku rundi ruhande, umuntu ntagomba
kubeshya kugira ngo yirinde kuvuga ukuri; ahubwo, umuntu
ashobora guceceka mu bihe bimwe na bimwe kugira ngo
.yirinde gutesha abandi isoni cyangwa kubagirira nabi
Umuntu agomba kwirinda ishyari, indwara isenya irya
amahoro y'umutima. Uko umuntu arushaho kwifuza
iby'abandi, ni ko agahinda n'imibabaro ye birushaho
kwi Yongera. Umuntu ufite ishyari abaho mu buzima bugoye,
atazi uburyohe bw'ituze. Ni byiza cyane ko yiyubaha,
akishingikiriza kuri we ubwe, kandi agashaka ubutunzi bwo
.mu mwuka bw'imbere
Icyubahiro cy'umuntu n'agaciro ke bwite biruta kure icyo
ari cyo cyose yifuza cyangwa yifuza kugira Imana igaragarira
muri buri muntu mu buryo butagaragara mu wundi muntu
uwo ari we wese. Isura yabo ntabwo isa n'iy'undi muntu uwo
ari we wese, kandi roho yabo ntabwo isa n'iy'undi muntu
uwo ari we wese, kuko muri bo hari ubutunzi buruta
ubw'ibindi byose byaremwe—kandi ubwo butunzi buruta
ubw'Imana
Twifuza ko ubuzima bwacu bwaka kandi bugasagamba
mu bikorwa byiza, bugahumura neza ibyishimo n'ibyishimo,
.kandi bugahora mu kwibuka abadushimira
Iyo umuntu afite ukwizera gukwiye kandi agakora
ibikwiye, aba yishimye kurusha abadafite ukwizera kandi
.badasohozza inshingano zabo mu ntambara y'ubuzima

Ukwizera guhamye n'ibikorwa bikiranuka (bishyigikiwe n'impamvu nziza n'imigambi myiza) bihora biboneka aho ibyishimo biba biri, kandi bikabura aho ibyishimo bitaba. Muri ibi, dushobora kwemeza ko ari ibintu bibiri by'ingenzi kugira ngo umuntu agire ibyishimo, bitagerwaho hatabayeho. Abifuza ibyishimo bagomba kugira gusa ibi .bintu bibiri by'ingenzi, ari byo inkingi n'inkingi byabyo Abantu ntibashobora kugenzura, guhindura, cyangwa gusiba ibice bitagira ingano by'isanzure uko bishakiye. Ibi bice bifatanye mu buryo buhambaye n'imiterere y'ubuzima bw'umuntu, kandi abantu ntibashobora gukora bonyine muri byo. Ariko, abantu bashobora kugenzura ubwenge bwabo kugira ngo buhuze n'ibi bice kandi birinde kwangizwa na .byo

Ba sogokuruza bacu bari bishimye kuturusha atari uko bari bafite ibintu byinshi byo mu isi n'ibinezeza kurusha uko tubifite ubu, cyangwa kuko batari bahura n'ibibazo byinshi byo mu buzima, ahubwo ni uko bari bafite uburinganire mu mitekerereze bwabahaga ihumure, amahoro, kunyurwa, no .mu magambo make ibyishimo

Ntibari bishingikirije ku bintu byo hanze kugira ngo bibe ibyishimo, kandi ntibigeze batsindwa n'ibintu byo hanze byari kubabuza kubyumva. Ibiyumvo byabo byo kumererwa neza, amahoro, ibyishimo no kunyurwa byari bisanzwe, bisanzwe, bifite ubuzima bwiza kandi biramba. Natwe twagombye kwihingamo ibi byikumvo niba twifuza kugira ?ibyishimo. Kandi ni nde muri twe utabifite

Iherezo ni ingaruka z'ikoreshwa ry'ubushake cyangwa ubwisanzure bwo guhitamo twakoze kera. Binyuze mu myitwarire yacu ya kera y'ubushake, twizanye kandi dukomeje kwishyira hejuru y'ibyadubayeho. Ariko, ntabwo duhambiriwe n'ibyadubayeho, kandi ntabwo duhora

dutegekwa n'ingaruka z'ibikorwa byacu. Dushobora gusenya
ibyo twabibye no gusiba ibyo twanditse niba tubyifuza kandi
tugaharanira gukosora inzira yacu no kunoza ubwiza
.bw'umusaruro wacu

Niturandura imbuto z'ibikorwa bibabaza kandi tukabiba
imbuto zikwiriye kamere y'ubugingo, nta kabuza tuzasarura
imbuto z'ibyishimo muri izo mbuto nziza zabibwe mu butaka
bw'ubugingo Tugomba gukoresha ubushake bwacu ubu, ubu
ntabwo ari ejo, niba twifuza kugera ku byishimo byinshi
.cyangwa kugabanya imibabaro n'ububabare
Bityo rero, ibintu bijyana n'ibyishimo biri mu muntu,
kandi icyo agomba gukora ni ugukora cyane kuri icyo
kigereranyo kidakosa, kandi ibisubizo bizamugirira akamaro
.aramutse akoze isuzuma ryiza kandi akarikemura
Uwiteka, ubugingo bwanjye bwuzuzwe imbaraga zawe,
umutima wanjye wuzuzwe n'ubuturo bwawe buhumuriza
kandi bw'impuhwe, ubwenge bwanjye wuzuzwe n'ubwenge
bwawe, kandi ubugingo bwanjye bwuzuzwe n'ubumenyi
.bwawe bw'Imana

Mu butaka bw'imitima yanyu, imbuto z'urukundo
zirakura. Muvomere izo mbuto amazi y'urukundo rw'isi yose
.n'impuhwe z'isi yose

Imbaraga z'ubwenge ntizigira imipaka, bityo rero, niba
utekereje cyane ku ngingo iyo ari yo yose, uzabona igisubizo
.cy'ikibazo icyo ari cyo cyose kijyanye n'iyi ngingo
Iyo umuntu yiyeguriye akazi ke kose n'ibikorwa bye
byose kugira ngo akorere abandi kandi akabikora afite
imitekerereze ishimishije, aba akwiye kwitabwaho no
.gushimirwa

Ntidukwiye kuba abantu barebera ku ruhande rumwe.

Ahubwo, tugomba kuringaniza ibikorwa byacu no gushyira
imbere akazi n'inshingano zacu, dukurikije akamaro ka buri
Inshingano ni igikorwa umuntu akora yishimye atari
ukugira ngo akunde ibintu bifatika, kandi inshingano zo mu

mwuka no mu myitwarire myiza zigomba kuza ku mwanya
.wa mbere mu buzima bwe

Buri muntu afite ubushobozi butarakoreshwa. Afite
imbaraga zose zikenewe. Ubwenge ubwabwo ni imbaraga
ihebuje, kandi bugomba kuba bubohowe ku ngeso
.n'ibitekerezo bishaje kandi bibuza ibintu
Ingaruka z'imibumbe n'inyenyeri ku buzima bw'abantu
.ziterwa n'imbaraga zihuza imibumbe n'imibiri y'abantu
Ibitekerezo bibi biyobora umuntu ahantu habi aho
ashobora kwigaragaza akurikije ibyifuzo bye. Ariko, umuntu
ashobora guhindura ibitekerezo bye n'ubwenge bwe binyuze
mu mbaraga z'ubushake, bityo, ibidukikije bye. Iyo umuntu
agumye ahantu habi igihe kirekire, iyo mimerere itangira
kumugiraho ingaruka atabizi. Uko igihe kigenda gihita,
atakaza burundu ubwisanzure bwe bwo guhitamo ahantu
hazima kandi heza maze agahinduka umuntu ugengwa
n'ingaruka mbi z'aho hantu habi. Ku rundi ruhande, abafite
.ubushake bukomeye, baba bahuje n'Imana

Ingufu zo mu mutwe zishyize hamwe

Iyo ushyize urumuri rw'izuba mu kirahuri gikurura ibintu
ku gace gato, bitanga ubushyuhe, kandi ubwo bushyuhe
bushobora gutwika ibiti, imyenda, impapuro, n'ibindi. Mu
buryo nk'ubwo, iyo wibanze ku bwenge bwawe neza,
imbaraga zabwo zishobora gutwika imizi yo gushidikanya
inyuma ya buri gutsindwa no kwemerera urumuri
.rw'ubwenge kurabagirana cyane
Iyo ubwenge buhuje n'Imana, isoko y'ibyiza byose
n'inkomoko y'imbaraga zose zihebuje, bumenya ko Imana
ihari kandi bukagira ibintu byose bigize intsinzi. Ibi bintu
bifitanye isano rya bugufi n'imbaraga nyinshi z'Imana,
zishobora guhanga amahirwe mashya yo gutsinda mu rwego
.urwo arirwo rwose

Ingorane n'ibibazo bivuka bitewe n'uko umuntu atazi
ibikorwa bye bya kera, byakozwe mu gihe runaka n'aho
byabereye Imibabaro ye y'ubu ituruka ku bitekerezo
n'ibikorwa yavugaga, byashinze imizi mu butaka
bw'ubwenge bwe, bigakura bikaba ikimera kandi byera
.imbuto zigaragaza imiterere y'ibyo bitekerezo n'ibikorwa
Ibigeragezo n'amakuba ntibiza ngo bivune umuntu
cyangwa ngo bimubuze gukora ibyo ashaka, ahubwo biza
kugira ngo bimutere kwishimira ubukuru bw'Imana no
kubaha amategeko yayo, aho bashobora kugera ku byishimo
by'ukuri Imana ntiyohereza ibi bigeragezo bikomeye kuko
ahanini ari ibyaremwe n'abantu. icyo umuntu asabwa ni
ukubyutsa ubwenge bwe mu bitotsi byo kutitaho no kuva mu
.mwijima w'ubujiji akajya mu mucyo w'ubumenyi
Akenshi, ibyumviro byacu bidusezeranya ibyishimo
by'akanya gato ariko amaherezo bikatuzanira ububabare
n'imibabaro igihe kirekire. Ingeso nziza n'ibyishimo nyakuri,
ariko, bidusezeranya bike, ariko amaherezo bikaduha
ibyishimo bizima. Niyo mpamvu mbona ibyishimo byo mu
mutima, birambye nk'ibyishimo nyakuri, n'ibyishimo by'igihe
.gito nk'ibinezeza gusa

Iyo urebye izuba uri mu birometero byinshi mu kirere,
iyo nyenyeri nini cyane isa nkaho ari nto cyane kurusha Isi
yacu
Ariko, umurambararo w'Isi ni hafi kilometero 7.900, mu
gihe umurambararo w'Izuba uruta uw'Isi inshuro ijana. Iyo
ushobora gushyira Isi yacu imbere y'Izuba, yagaragara
.nk'akadomo gato ugereranije n'Izuba
Dufate ko imbaraga zikomeye z'izuba zirimo kwaguka
no kwaguka kugeza ubwo ubunini bwazo bumira ikirere
cyose cy'ubururu. Ijuru tubona ni agace gato, koko ni akantu
.gato cyane, k'ikirere cyuzuye isanzure ritagira iherezo

Nubwo izuba ryakomeza kwaguka no kugera mu kirere
mu buryo burambye, ntiryashobora kuzenguruka ikirere
kitagira iherezo
Ishusho y'isi yose y'ubuto n'ubugari bw'ibintu bigabanya
kandi ikabuza ubwenge kubona ubunini bw'isi yose
Ubwo budasa busesuye bwaturutse he, kandi aho
?bugarukira ni hehe
Udashyingira ku bipimo cyangwa ibipimo, udafite
umupaka cyangwa inkomoko, ni Imana, iri hose kandi ibaho
mu isanzure rya kure cyane. Ari mu nyenyeri za kure, Nk'uko
ari muri wowe no muri njye, azi neza buri mwanya arimo,
.uko waba muto cyangwa munini

Ibyahise ntibizwi n'abantu benshi, usibye abantu bake
batoranijwe bafite ubumenyi Nyamara, kutamenya ibyahise
nabyo ni inyungu kuri twe. Iyo tuza kuba tuzi ibyo twakoze
byose muri ubu buzima no mu buzima bwashize,
twarengerwa n'ubwinshi bw'ibikorwa byacu kandi
tugatangara cyane. Ubushake bwacu bushobora no
guhungabana bitewe n'ihungabana, bigatuma tudashobora
gukomeza ibikorwa byacu kandi bikadusiga twihebye. Nubwo
muri ubu buzima bwo ku isi, kwibagirwa ni umugisha uturuka
ku Mana, ukatubuza ibitekerezo byacu n'amarangamutima
yacu kwibagirwa ibyahise, cyane cyane ibyababaye kandi
bibabaza. Ku bw'amahirwe, urumuri rw'Imana muri twe
ruhora rumurika dufite ibyiringiro n'icyifuzo cyo gukomeza
urugendo rudashira rw'ubuzima. Tugomba gushimira Imana
kuri iyi migisha ibiri: ubushobozi bwo kwibagirwa ibyahise
.n'ibyiringiro by'ejo hazaza

Ntidukwiye gufata umwanzuro ko ibihe bizaza bitera
inzitizi mu buryo bwo kwihitiramo. Ariko, tugomba gukora
uko dushoboye kose kugira ngo turwanye ingaruka mbi

abantu benshi bavuga ko ziterwa n'ibihe bizaza n'ibizaba,
kandi tugakoresha uburenganzira bwacu bwo guhitamo
dukurikije ibyo twizera imbere, mu gihe ibyo byizere
bishingiye ku kwizera gukomeye kandi bishingiye ku
mategeko y'Imana, umuntu udafite ibyo adashobora
.kuryohereza n'ibyishimo nyakuri

Iyo dutangiye igikorwa, ntidukwiye guterwa ubwoba
n'ibintu bibi, ahubwo tugomba kugira icyizere ku rugero
runini, twizeye tudashidikanya ko nta kintu na kimwe
gishobora kubangamira mu gukoresha ubushake no
.gukoresha ubwisanzure bwo guhitamo

Abantu bakunze kumera nk'ikibabi kireremba hejuru
y'uruzi, kandi bagomba kwikura mu muyoboro w'ingeso
zikora zibajyana mu mazi y'ubuyobe n'uburiganya. Abantu
benshi basa n'aho batitayeho kandi bemera gutwarwa
.n'umuyoboro w'amazi

Iyo tunaniwe kugera ku ntego yacu, ni byiza kwemera
tudashidikanya ko hari inzitizi twishyiriyeho zatubujije
kuzigeraho. Tugomba kwihangana no kongera imbaraga
zacu kugira ngo tugere ku musaruro twifuza. Tugomba kandi
kwiyeemeza ko nubwo inzitizi n'ibibazo byaba bikomeye kandi
bikomeye, turacyafite imbaraga zo kubitsinda. Nubwo
twananiwe nubwo twagerageza byose, nta mpamvu yo
kwiheba cyangwa gucika intege, igihe cyose dusobanukiwe
ko ubushake bw'umuntu bukomaye kuruta iherezo, ari ryo
twishyiriyeho. Bityo, ntutugomba kureka kugerageza, nubwo
twatsindwa kangahe, kuko buri gihe hariho imiryango
ikinguye. Tugomba gukomeza guharanira no gusubiramo
kugeza igihe tuzabona intsinzi Imana izaduha ubufasha igihe
cyose twishingikirije kuri yo kandi tugashyiraho imbaraga

zikenewe [Ugendera mu nzira azagera aho agana, kandi
uwiringira Imana ntazatenguha]

Iyo umuntu yifuza ikintu cyane kandi adahwema, icyo
cyifuzo ntikiva mu bwenge bwe, aho ajya hose n'ibyo
yitayeho byose. Binyuze mu bikorwa byacyo bidahwema
kandi bidacogora, icyo cyifuzo gifite umurava n'imbaraga
nyinshi. Iri jambo ry'imbere rifite imbaraga kandi rigira
ingaruka nziza kuruta kwinginga mu buryo bw'intege nke,
rituma iminwa ikora gusa. Uko ni ko abakunda Imana
bakora. Bavuga urukundo rwabo kuri yo badahwema,
amagambo yabo y'umutima agakomeza kutumva mu
bikorwa byabo bya buri munsu. Iri jambo ry'umutima
ntiribarangaza cyangwa ngo rivange n'indi mirimo yabo. Uko
icyifuzo cyabo ku Mana kigenda gikura, urukundo rwabo kuri
yo rurushaho kwi Yongera, kugeza igihe biboneye ukubaho
kwayo kandi bakabona urumuri rwayo n'amaso y'ubugingo.
Baryohereza n'ibyishimo byinshi kandi bumva amahoro
.arenze urugero

Imana itwoherereza amasomo dukeneye mu buzima
kugira ngo tuyagiremo inyungu kandi tugire ubumenyi
n'uburambe Umuntu wese wirinda ayo masomo azahatirwa
.kuyamenya uko byagenda kose

Ikizamini cyose ni inshuti iyo tucyigiyeho, kandi ni
igitugu cy'umunyagitugu iyo dupfushije ubusa amahirwe
tukayakoresha nabi twinubira, twinubira, kandi tukagira
.ibitekerezo bidahwitse

Iyo dufite ubumenyi buhagije n'imyumvire ikwiye ku
buzima, biba byiza kandi nta ngorane bifitanye

ibibazo by'imitekerereze

Umuntu ntashobora kuguma atwarwa n'imiraba
y'ibyishimo iteka ryose, arohamye mu mazi y'agahinda,
cyangwa ngo arohamye mu bwigunge. Muri iyi si y'imibanire
inyuranye, umuntu usanzwe ahura n'ibibazo n'ibiza—
azamuka ku miraba y'ibyishimo, agwa mu rwobo
rw'uburangare, kandi agatembanwa n'imiraba y'agahinda
.gakabije—adashobora kugira ikindi kintu cyose cyo kumva

Kwemerera imimerere kugenga ibitekerezo by'umuntu
muri ubu buryo bivuze kwegurira ubushake bwe iherezaho
rihindagurika kandi rihoraho icyo umuntu akeneye kugira
ngo abeho ubuzima bwiza kandi bushimishije ni ukwifata
neza mu mutwe, kandi ibi bishobora kugerwaho gusa
binyuze mu gutekereza no kugenzura ubushobozi bwe
.bw'amarangamutima

Ndetse n'agahinda gakomeye gakira uko igihe kigenda,
bityo nta mpamvu yo guhora dutekereza ku gahinda buri
munsi w'ubuzima bwacu. Guhora duhangayika kubura uwo
dukunda ntacyo bifasha kuri bo cyangwa kuri twe, kandi
ntacyo bihindura. Mu buryo nk'ubwo, kwishyira mu mwanya
w'abandi cyangwa kwihanira amakosa cyangwa ibitagenda
neza byashize ntacyo bitanga; bituma ubuzima buba bubi
.kandi bikabangamira ubushobozi bwo gutekereza

Ntitugomba kwemera kugwa mu mwobo w'ingeso mbi,
kuko iyo ari imimerere yo mu mutwe idashimishije na gato,
kuko ihungabanya ubwenge kandi igatwika ubushobozi
.bwihishe mu itanura ry'uburangare

Gutsindwa bigomba kurandurwa mu mizi yabyo, kandi
imirima y'ubuzima igomba guhingwana umwete n'ubwitange
no gutera imbuto z'ibyiza kugira ngo ubone umusaruro
.mwinshi, ku bufasha bw'Imana
Kora ikintu kitari cyarigeze gikorwa mbere—ikintu
kizatangaza isi Garagaza ko imbaraga z'Imana zo kurema
zirimo gukorera muri wowe

Abantu bafite imico ituje kandi myiza badufasha gutuma
ibitekerezo byacu birushaho kuba byiza kandi bifite ubuzima
bwiza. Ntabwo bigoye kumenya niba umuntu akuramo ibyo
akeneye mu bwenge bwe mu mutuzo cyangwa ahantu
hatekanye. Imihangayiko, akababaro no kwitiranya ibintu
byose bituruka ku kwifatanya n'abantu babi, baba inshuti
cyangwa abavandimwe, biganisha ku bitekerezo
.bihangayikishije no kugira imitekerereze mibi

Umubiri ukura imbaraga n'ibikorwa mu biribwa bifatika,
mu gihe ibiryo bifite imbaraga zidasanzwe bitanga umubiri
n'ubwenge imbaraga zoroshye gusya kurusha ibiryo
bikomeye n'ibinyobwa bidashobora guhinduka imbaraga
.nzima byoroshye

Iyo ushobora guhindura ubujiji mo ubwenge, intege nke
n'intege nke bikaba ubuzima bwiza n'imbaraga, kandi

ukagenda ufite icyizere n'ubutwari - ndetse no wenyine - mu
nzira z'ubuzima, kandi ukabona ibyishimo byo mu mutima
mu kugira umutimanama muzima kandi uhamye, no kwizera
kudacogora mu butabera bw'Imana no gutsinda ikibi n'ukuri
kuruta uburiganya, kandi iyo uharanira buri munsu kuzamura
ibitekerezo byawe ku rwego rwo hejuru kandi rutunganye,
kandi ukagira umutima ukunda kandi ushimira n'imigambi
myiza ku bandi, indyo yawe y'ubwenge izaba nziza, kandi
uzikururira ibintu byose byiza kandi by'ingirakamaro - ibintu,
abantu, n'imimerere - by'ingenzi kugira ngo ukomeze
urugendo rwawe rugana ku nkombe z'umutekano
n'umutekano. Hanyuma, iyo ushyizeho imbaraga zo kubona
ibyo ukeneye kandi ukanyurwa n'ibyo Imana itanga, uzaba
umukire mu mwuka kandi unyurwe kurusha abatwarwa
.n'irari ry'isi kandi bararikiye ibinezeza byayo by'akanya gato

Impuhwe ni ikiraro gihuza buri roho n'indi roho Impuhwe
ni irembo rigana kuri buri mutima

Iyo umuntu ashaka Imana, yo nshuti nyayo yonyine iruta
izindi zose, birashoboka gushinga ubucuti nyakuri mu
mibanire yose y'abantu—ubucuti bw'umuryango,
ubuvandimwe, ishyingiranwa, n'ubw'umwuka ni ikintu
cy'ingenzi mu mibanire y'abashakanye, kandi kwegerana mu
buryo bw'ubwenge no mu buryo bw'amarangamutima,
kumva ko umuntu akururana mu buryo bw'umwuka,
n'urukundo nyakuri bigomba kuba iby'ingenzi Abananiwe
gutandukanya urukundo nyakuri n'urukundo rw'umubiri
.bakunze kwiheba kenshi

Iyo ishyingiranwa rishingiye ku mahame meza no
kubahana, riba ubumwe bwiza kandi bugira ingaruka nziza
hagati y'abantu babiri bakundana kandi bakorana,

boroherezanya imitwaro y'ubuzima kandi bagakuraho
.imihangayiko yo kubaho mu bwumvikane n'ubwumvikane

Nta muntu ushobora kuntegeka cyangwa ngo
anyambure ubushake bwanjye keretse nemeye ko
ibitekerezo n'ibikorwa by'abandi bingiraho ingaruka
Iyo ushyize ibitekerezo byawe ku bintu by'ingenzi mu
mwanya wabyo, uzabona byose mu buryo bw'umubiri. Ariko
numara kuzamura ubwenge bwawe mu buryo bw'umwuka,
uzabona umugezi w'umucyo w'Imana uzenguruka hirya no
hino mu bintu byose, kandi uzabona byose mu buryo
.bw'umwuka

Mwami, ndabizi ko mfite amahirwe menshi yo gusuzuma
ubushobozi bwanjye no kuvumbura ubushobozi bwanjye bwo
mu mwuka. Uyu munsu nzuzuzura ibitekerezo byanjye icyizere
kandi nitandukanye n'ibintu bibi. Nzakora imyitozo
izabungabunga umubiri wanjye, ubwenge bwanjye,
.n'umwuka wanjye mu buryo buringaniye kandi bunoze

Nzasimbuza ibintu by'ingenzi n'ibyifuzo byo hejuru
Kandi nzamenya ko umwuka w'ubudahemuka uhora uri
kumwe nanjye

Imbyino y'ubuzima n'urupfu ihora ihari, ariko nzakomeza
kwibohora iteka ryose nkiza umwirondoro wanjye wo mu
mwuka. Kandi ninhura n'inkubi y'umuyaga n'amakuba,
nzahaguruka mu bwato bwanjye bwo mu mwuka
mbumbutse inyanja y'ubuzima njye ku nkombe zitekanye
.kandi z'Imana

Iyo nkora kandi nkarema, nzajya nibuka ko Imana irimo
ikora binyuze muri nje. Ni Umwami w'isi yose, kandi
.nshobora kwihuza na yo binyuze mu kuyitekerereho cyane

Mana yanjye nkunda, ndabizi neza ko ibitekerezo
byanjye bizanzanira gutsindwa cyangwa gutsinda, bitewe
n'igitekerezo gikomeye mu buzima bwanjye. Kandi
nzagerageza kwibuka ko urimo urambura ukuboko kwawe
.kandi utegura inzira yo gutsinda kwanjye

Iyo ibyago n'amakuba bimbayeho, nzakoresha imbaraga
zanjye kandi nkomeze icyemezo cyanjye cyo kubitsinda.
Nzaba inyangamugayo kandi ndi inyangamugayo mu
mibanire yanjye na buri wese, kandi nzakwirakwiza
ibitekerezo by'urukundo n'ibyifuzo byiza. Hanyuma Imana
.izanshyigikira n'imbaraga zayo n'ubwenge bwayo

Indwara zo mu mwuka n'uburyo zivurwa
Umwigisha Paramhansa Yogananda

Gerageza kwiyumvisha itsinda ry'abantu badafite
:uburinganire kandi badafite amakimbirane
Imwe ifite umutwe muto ungana n'amashaza n'umubiri
!munini ungana n'ingamiya
Undi afite ukuboko gukomeye nk'ukuboko kwa
!Samusoni cyangwa Hercules n'umubiri nk'uw'imbwa ntoya
Kandi iya gatatu ifite umutwe w'inzovu nini n'umubiri
!w'imbeba nini cyane
Ese iyo nkuru ntiyaba itangaje kandi igutangaza,
cyangwa ibabaje kandi ibabaje, uramutse ubonye imbaga
?y'ibyo biremwa bifite imiterere idasanzwe kandi idahuje

Noneho tekereza irindi tsinda ry'abantu basanzwe mu
miterere no mu isura, ariko bafite ibibazo byo mu mutwe
.kandi bafite isura mbi mu mutwe

Nk'uko imyenda ihisha ibikomere, ibisebe, n'ubundi
bumuga bw'umubiri, ni ko n'umubiri ukomeye, ufite ubuzima
bwiza n'isura nziza kandi irabagirana bihisha indwara nyinshi
.zikomeye zo mu mutwe n'ubumuga bwo kuvukana
Uramutse uhuye n'imbaga y'abantu basanzwe bazwiho
ubwiza n'ubuzima bwiza, kandi ukabasha kwinjira mu mibiri
yabo yo mu mutwe ukoresheje icyerekezo cyawe
cy'umwuka, gutungurwa kwaba gutangaje, kandi ushobora
.kubabara cyane bitewe n'ibyo wavumbura
Ushobora kureba imibiri yabo yo mu mutwe nk'uko
:bikurikira

Ubwonko bugaragazwa n'umutwe, ibyumviro
n'amarangamutima bigaragazwa n'umubiri, naho ubushake
bugaragazwa n'amaboko n'ibirenge byose bidasanzwe,
.birwaye kandi bifite ubumuga

Uzasanga bamwe bafite umutwe muto ufite ubwenge
budakura, ushyizwe ku mubiri ushaje wuzuyemo ibyifuzo
.by'ubwikunde n'irari ry'irari ry'umubiri

Uzasanga kandi hari abantu bafite umubiri udafite
ibiyumvo n'imbaraga, nubwo bafite ukuboko gukomeye
kandi gukora neza

Abandi bashobora kuba bafite ubwonko bunini kandi
bufite ubushobozi bwo guhanga udushya, ariko impuhwe
zabo n'ubushobozi bwabo bwo kumva ibintu mu buryo
bw'amarangamutima biragabanuka kandi biragabanuka.

Hari n'ikindi cyiciro cy'abantu bafite imiterere isanzwe
y'umubiri n'iy'ubwenge, ariko ubushake bwabo n'ukwifata
kwabo bikaba ari intege nke cyangwa bikaba byacitse
.intege

Kandi urutonde rw'ibyo wabonye rurakomeza kandi
!rukomeza. Muraho igihe kirekire

Guhindagurika kw'imatekerereze mu mibiri yo mu mutwe
kudatera imbere mu buryo bumwe na bumwe no mu bundi
mu buryo bukabije birahari - nubwo bihishe - mu bantu.
Bibatera ububabare mu mitekerereze kandi bikababuza
kwerekana impano zabo n'ubushobozi bwabo nk'uko bikwiye
.kugaragazwa

Gukemura zimwe mu ndwara zo mu mutwe hano
bishobora gufasha kumenya impamvu nyamukuru z'ibibazo
byose by'abantu, kugira ngo byibuze bimenyekane
n'ababirwaye bose, ndetse no mu buryo butaziguye, kugira
ngo basobanukirwe imiterere y'izo nenge, ibimenyetso
byazo, n'uburyo zinjira mu bwenge bucece, kugira ngo
.babashe gukumira irimbuka ryabo ry'amahoro n'ibyishimo
agahinda ko mu mwuka

Iyi ndwara ikwirakwiriye mu bantu badakora cyane mu
bwenge no mu mubiri bitwaje ko bahugiye cyane mu bintu
by'umwuka. Aba bantu barwaye birengagiza inshingano
zikomeye n'izito z'ubuzima bw'umubiri bitwaje gukorera
Imana, bityo bakishyira mu maboko ya Satani, ushobora
kubagirira nabi bikomeye. Bagira ibibazo byo kutishimira
ikintu cyose cy'ingirakamaro cyangwa cyiza kibakikije. Iyi ni
indwara yandura, kandi abafite ibyifuzo by'umwuka bose
bagomba kuyitondera no kuyikuramo bakomeza kugira
imbaraga zabo n'ubudahangarwa bwabo bukomeye binyuze
mu gutekereza neza, kugira icyizere, no gukora akazi keza
.kandi gatanga umusaruro

kutaryoherwa mu buryo bw'umwuka

Ibi bibaho bitewe n'uburyo butunguranye (gutenguha),
ni ukuvuga, kwinjizwa vuba kw'imiti myinshi yakozwe mu
buryo bw'imatekerereze yanditswe ku mazina atangaje,
kandi igaragazwa mu buryo bw'ibitabo by'impimbano
by'iyobokamana n'amasomo y' "abaganga b'iyobokamana"
.bafite uburambe mu buhanzi bw'uburiganya n'ubupfumu

Iyi ndwara ntiyica gusa inzara yo mu mwuka yo
kumenya ukuri, ahubwo inasenya ubushobozi bwo
.gutandukanya icyiza n'ikibi, ingirakamaro n'ibibi
Uhora aya ibitekerezo bya tewolojiya kandi akarya
ikintu cyose kimugwa mu biganza ntabwo azarya cyane
gusa, ahubwo azarya n'ibitekerezo by'uburozi hamwe
n'iby'ingirakamaro, bikamukururira indwara yo mu mutwe
.bityo agapfa buhoro buhoro mu buryo bw'umwuka
Kwiga cyane kandi ku buryo buhoraho ibitekerezo
bitandukanye bya roho na filozofiya, nta gushishoza
cyangwa imbaraga zo kubisesengura no kubisuzuma binyuze
mu bunararibonye bwite kugira ngo hamenyekane ishingiro
ryabyo, amaherezo bitera gushidikanya, kutita ku bintu, no
.kutizera amahame n'amategeko yose ya roho
Ishyari n'ibyo umuntu akunda cyane
Abarwaye iyi ndwara babaho ubuzima budafite icyo
buvuze kuko bafite amafaranga menshi n'igihe kinini, kandi
.kubera ko badafite intego n'ubumenyi bukwiye ku buzima
Aba bantu bayoborwa n'irari ryabo; bakora icyo ari cyo
cyose kibaje mu mutwe kandi kibashimisha. Buzuza ubuzima
bwabo inkuru zihendutse kandi zidafite akamaro, filime
zitangaje, n'imyidagaduro idafite akamaro. Ntibamenya ko
barwaye iyi ndwara iteje akaga kugeza igihe bahuye
n'ihungabana rikomeye cyangwa indwara y'ubwonko—ni
.ukuvuga nyuma y'uko ibyangiritse birangiye
ibicurane byo mu mutwe
Iyi ndwara ifite irindi zina: kwiheba Umuntu ntabwo azi
igihe izahurira n'ibimenyetso byayo bibabaza, nko kwiheba,
kutihanganira abandi, guhangayika no kutihangana. Ikirenze
ibyo, akenshi iramara igihe kirekire, kandi ababirwaye
bakunze kongera kugaruka mu buryo bworoshye, nubwo
.baba bizera ko bakize vuba
Indwara yo mu mutwe
Iyi ndwara iterwa no guhora ku mpungenge zidashira
z'isi Abayirwaye bakunze kwirengagiza gukoresha intwaro

y'ubushake bwabo bityo bakiyegurira ubwoba bwabo
buhoraho aho guhangana na bwo babigiranye ubutwari no
.kubukuraho bakiri bato

kwiambira ku buryo budasanzwe mu mutwe
Abarwaye iyi ndwara baba abantu bashyigikiye
ibyishimo. Bizera ko ibyishimo bishingiye ku kwigwizaho
ubutunzi, kugera ku cyamamare, cyangwa kugira ubuzima
bwiza cyangwa imbaraga, batanga byose—ubuzima bwiza,
izina ryiza, amahoro yo mu mutima, icyubahiro n'icyubahiro
—ku gicaniro cy'imigambi yabo ikomeye. Bitinze, bamenya
ko ubuzima burunganiye gusa, bubaha amategeko
y'ibidukikije n'amahame y'Imana, kandi buhuza ibikorwa
n'ituze, ari bwo bushobora kuzana ibyishimo nyakuri no
.gusohozza intego y'ubuzima bwiza

Abafite ibibazo byo kwiambira ku bintu bidafite
akamaro batwarwa n'ibitekerezo byo kwifuza cyane,
bigatuma babona ubuzima mu buryo butari bwo. Urugero,
umucuruzi yageze ku ntsinzi ikomeye kandi yigwizaho
ubutunzi, ariko mbere yuko yishimira ubutunzi bwe, yagize
ikibazo cyo guhangayika no gutinya cyane, maze apfa afite
.agahinda kenshi

Abandi bizera ko byose byemewe kugira ngo bagere ku
ntego. Kubera uru rujijo, babura intego yabo nyayo kandi
ntibashobora kugera ku byishimo na gato, kabone n'iyi baba
bafite ibyo bifuzaga, kuko kamere muntu ari nini kandi ifite
impande nyinshi kandi isaba iterambere rirunganiye ku nzego
.zose

Gufata mu buryo bw'umwuka buhumye
Ubu bufana budasanzwe ku myizerere imwe n'imwe
buturuka ku gukomera ku bitekerezo n'ibitekerezo runaka
nta kubishidikanyaho cyangwa ngo ubisuzume, bityo
bigatuma abarwaye iyi ndwara bagira uburakari n'urwango
ku gitekerezo cyose cyuzuye cy'umwuka cyangwa

igitekerezo gifunguye kandi cyigenga. Ubu bwigunge
butuma abantu bigomeka ku mategeko y'Imana, agaragarira
mu mikorere myiza y'ubwenge, imibereho myiza y'ibintu,
ubuzima bwo mu mutwe n'ubw'umubiri, no gukunda no
.kubaha abantu b'ingeri zose

Gushyiramo amahame y'umwuka

Kubera ko indwara z'umubiri zigaragara, zibabaza, kandi
zidashimishije, zidutera imbaraga zo kuzirwanya cyane,
bigatuma tugerageza kuzitsinda dukoresheje uburyo
butandukanye bwo kuvura, kuva ku myitozo ngororamubiri
n'imirire myiza kugeza ku miti n'ibiyobyabwenge
bitandukanye. Ariko, indwara zo mu mutwe, nubwo ari zo
ntandaro y'ububabare n'ubwoba ku bantu, ntizikumirwa
cyangwa ngo zivurwe vuba bihagije, kandi zemerewe
.kwangiza no kurimbura ubuzima bwacu

Abarezi, abarimu b'uburezi bw'imyitozo ngororamubiri,
abavugabutumwa, abavugurura, abaganga,
n'abashingamategeko bazashobora gutera imbere mu gihe
bazaba babanje kwiga, bahereye kuri bo ubwabo, hanyuma
bakigisha abandi uburyo bukwiye bwo gukuza kamere
muntu mu buryo burunganiye kandi bunoze, hakurikijwe
amategeko y'ubuzima n'amahame y'ubuzima bwiza. Ubu ni
bwo burezi bufite akamaro n'umuco wuzuye w'abantu
.abantu bose ku isi bakeneye

Ibigo by'uburezi bibona ko bidashoboka kwigisha
iby'ibanze by'umwuka mu mashuri ya leta bitewe n'urujijo
ruri hagati y'aya mahame n'inyigisho zitandukanye
z'amadini. Ariko, iyo aya mashuri yibanda ku mahame
rusange y'amahoro, urukundo, gukorera abandi, ukwizera,
gufungura ibitekerezo, no kwakira abandi—ari byo bintu
by'umwuka bihamye—kandi agashyiraho uburyo bufatika
bwo gushyira aya mahame mu butaka bwiza bw'ubwenge
bw'abana n'ubugingo bwabo, igisubizo cyumvikana kandi
cyemewe kuri iki kibazo cy'ibibazo by'imitekerereze
n'ibitekerezo byatekerejweho cyaboneka. Ni ikosa rikomeye

kwirengagiza iki kibazo kubera gusa ingorane zigaragara
.zijyanye na cyo

Abenshi mu barangije kaminuza bava muri kaminuza
bafite imitwe iremereye kandi ibyimbye kubera ibikubiye mu
bitabo ku buryo badashobora kugenda mu nzira z'ubuzima,
kuko ubushake bwabo n'ukwifata byabo byagiye bicika
intege kubera kutitabwaho no kudakoreshwa. Bityo,
ubabona bakora ibintu bidakwiriye kandi bigasenyuka,
biruka mu rwobo rw'ingo zitari nziza, bakoresha nabi
imibonano mpuzabitsina yabo, bashakisha amafaranga,
kandi bananirwa akazi kabo kuko batize gukoresha neza
icyuma gityaye cy'ubwenge bwabo buhanitse mu
by'ubumenyi. Ingaruka zabyo ni uko biciragura ubwabo
.kandi bakigirira nabi

Igitangaje ni uko urubyiruko rwinshi rusa n'aho
rwishimira gukora ibikorwa bibateza ibyago n'umubabaro
Bamwe bakoresha ubujura n'ibindi bikorwa bibi, ndetse
n'ibikorwa by'ubugizi bwa nabi, nta nkomyi cyangwa ngo
bibabuze gukumira ikwirakwira ry'ibibi muri sosiyete. Abantu
bananiwe gukumira ikwirakwira ry'ibibi muri sosiyete
bashishikariza bamwe kugira imyitwarire mibi. Buri muntu
ufite umutimanama n'ukwizera nyakuri agomba kuba
urugero rwiza ku bandi mu bijyanye n'ubunyangamugayo,
ubunyangamugayo, icyubahiro, no kwiubaha. Amashuri,
amashuri makuru, za kaminuza n'ibigo by'imibereho myiza
ntabwo bitanga uburyo buhagije bwa siyansi bwo kugabanya
ibyaha binyuze mu gukemura impamvu zabyo, ziboneka
.cyane cyane mu mutwe

Amashuri yihariye agomba kandi gushingwa kugira ngo
yigishe ubuhanzi bwo kubaho ubuzima bwiza kandi
bushimishije, guteza imbere ubushobozi bw'umuntu no
.kongera ubushobozi bwe bwite

Amashuri nk'ayo azaba nk'ubusitani na pariki aho
ubwenge bw'abana bukura kandi bugatera imbere Abarezi
bagomba gutoranywa neza no kwemezwa ko bagira

ubufatanye bw'ababyeyi n'abaturage. Aya mashuri azafasha
mu kurema abantu neza. Tugomba kuzirikana ko indyo
y'umwuka y'umuntu mu ntangiriro ze igena ubuzima bwe
.n'ubushobozi bwe bwo gukura nyuma

Uburyo bwo gutoza mu mutwe no mu mubiri
bukoresha mu mashuri ya none nta gushidikanya ko ari
ingirakamaro, ariko nta shingiro bufite mu buryo
bw'umwuka. Iyo hatabayeho iterambere ry'imico myiza,
.gukura ntikuzaba kurangiye

Ubumenyi bw'iterambere ry'umubiri, ubwo mu mutwe
no mu mwuka bugomba kwigishwa abakiri bato bafite
ubwenge bukiri bworoshye kandi buhindagurika kandi
.imbaraga zabo zitarakoreshwa mu buryo bumwe na bumwe
Nyuma y'amahugurwa yuzuye, abanyeshuri bo muri ayo
mashuri bagomba gukora ibizamini byo kwisuzuma buri gihe,
kandi impamyabumenyi bazahabwa zizaba ubuzima bwiza,
izina ryiza, ubushobozi, ubutunzi bw'ibintu n'ubw'umwuka,
.ibyishimo, intsinzi, no kwigirira icyizere

Ibisubizo by'ikizamini cya nyuma ku iherezo ry'uru
rugendo rwo ku isi bizagenwa hakurikijwe umubare rusange
w'ibyo umuntu yagezeho mu mutwe no mu mwuka ndetse
n'impamyabumenyi yabonetse mu bizamini bito mu buzima
.bwe bwose

Abazaba batsinze muri iki kizamini cya nyuma kandi
gikomeye bazahabwa icyemezo cyera cyo kwihaza
.n'umutimanama ukeye, utunganye kandi wuzuye ibyishimo
Kandi imigisha yanditswe iteka ryose ku rupapuro
rw'ubugingo

Iki gihembo kidasanzwe ntikizahindurwamo imbaraga
n'inyenzi

Kandi amaboko y'abajura ntazayageraho
Cyangwa igihe kizabikuraho
Izaba pasiporo

Ku bw'ubunyamuryango bw'icyubahiro mu itsinda rya

Righteous

Ibyishimo biri he?

**Imana, mu mbabazi zayo zisesuye, iduha
ibyishimo byayo n'ihumure ryayo**

Kandi biduha ubuzima nyakuri

Ubwenge nyakuri

Kandi ibyishimo nyakuri

**Ugusobanukirwa nyakuri kuza binyuze mu
bunararibonye butandukanye bw'ubuzima bwacu**

**Ariko ubwiza bw'Imana bugaragarira gusa mu
mahoro yo mu mwuka umutima uhura na yo no mu
kugerageza kw'ubwenge bwe kwiyinga na Yo. Aho,
duhanganye n'ukuri. Hanze, ibitekerezo birakomeye
cyane, kandi bake cyane ni bo bashobora guhunga
ingaruka z'ibidukikije byo hanze. Isi ikomeza
n'ingorane zayo zitagira iherezo n'ibigeragezo
bitabarika. Ijwi ry'Imana riri inyuma y'ibigaragara
by'ubuzima, rihora riduhamagara kandi rikatuvugisha
riturutse mu ndabyo, mu byanditswe byera, mu
mitima yacu, no mu bintu byose byiza bituma
ubuzima bugira agaciro.**

**Uko twibanda ku bintu byo hanze, ni ko turushaho
kunanirwa kubona ubwiza bw'imbere; kandi uko
turushaho kwihindukirira imbere, ni ko turushaho
guhura n'ingorane zo hanze. Ni ikintu gihoraho. Ariko
abantu benshi ntibamenya uku kuri bitewe n'ingaruka
z'ubucuti bw'isi, umuryango babamo, n'ingeso mbi
Umuryango utuma umuntu ahora yishora mu bintu
byo hanze, bikamubuza gutekereza ku kuri kwimbitse.**

**Ndetse n'ahantu ho mu mwuka hari abasurwa
badafite icyifuzo cy'ukuri cyo kungukirwa n'ikirere
cyaho cyiza, bityo ntacyo babona muri izo ngendo.**

**Umuntu wese wifuza kubona Imana azayisanga
ahantu hose Ingeso z'abantu zirasenya, ziraryana,**

kandi ziraryana; zirasenya, zirasenya, kandi zirarimbura Igihe kirageze ngo abantu bige uburyo bwo kwishima no kunyurwa n'ibyo bafite. Ntitugomba kwifuza ikintu kirenze icyo kidutunguye Imana ni umunyabuntu; Izi ibyo dukeneye kandi ikaduha mu gihe gikwiye. Ibi ntibivuze ko tugomba kwishingikiriza ku Mana tudashyizeho imihati. Ntabwo ari na gato. Bivuze ko tugomba gukora uruhare rwacu uko dushoboye kose, ibisigaye tukabirekera Imana, itazigera itubuza ibyo dukeneye kandi dukwiriye.

Uburyo bwiza bwo kugira ibyishimo by'iteka ryose ni ukumva ko Imana iriho. Icyifuzo cyacu gikomeye gikwiye kuba ukumenya Imana no kwiyeemeza kubana na Yo. Imana igomba kuba iya mbere mu bitekerezo byacu no mu byiyumvo byacu, kandi tugomba kuyifata nk'inkingi ikomeye kandi ihamye mu buzima bwacu.

(Nuko rero mukomere ku mugozi w'Imana, muyishakira ubuhungiro)

Kuko ari we nkingi niba izindi nkingi zose zitagushobokeye

Naje kubona ko intego rukumbi y'ubuzima ari ukumenya Imana Hari abashobora kuba batemera ko gushaka Imana ari yo ntego nyamukuru y'ubuzima Ariko ntawahakana ko intego y'ubuzima ari ukubona ibyishimo Kandi mvuga mfite icyizere n'urwiyerurutso ko Imana ari yo munezero uhebuje Ni ibyishimo bihebuje Ni urukundo rusesuye, ni ibyishimo by'iteka ryose bitava mu mitima y'abahuje na Yo None kuki tudaharanira kugera kuri ibyo byishimo bitunganye? Nta wundi wabiduha Tugomba guhora tubihingamo no kubikuza muri twe Ingufu za kamere ziharanira guha abantu ibinezeza by'isi, ariko ibyo byishimo by'akanya gato amaherezo biganisha ku kwicuza, kurakara, no kwicuza Ndetse n'umuntu ufite amahirwe menshi, usa

n'aho afite byose, ashobora kuba adashimishijwe by'ukuri. Ntabwo azanyurwa n'ibintu byo ku isi igihe kirekire kuko ibi bintu bitamara inyota nyakuri cyangwa ngo bihaze inzara ye yo mu buryo bw'umwuka

Ubutunzi butanga gusa ibyiyumvo by'amahoro n'ibyishimo by'akanya gato Isi yose yuzuye urujijo n'akajagari, iterwa n'irari ry'ubwikunde n'umururumba bibyara intambara Nta kindi gitera intambara

Intwari nyayo mu ntambara y'ubuzima ni uwitsinda kandi agatsinda ibyifuzo bye. Amafaranga, icyamamare, irari, n'ibindi byose binyuranyije n'iri hame bibangamira amahoro n'ibyishimo byacu. Iyo abantu biga guhora batekereza ku ndangagaciro nyazo z'ubuzima, bari kubona ibyishimo bashaka, ariko bakava ku ntego yabo kandi bagatwarwa n'umuyoboro w'irari ry'isi. Nasanze nta kigeragezo gishobora kumbuza inzira nahisemo kandi nakurikiye ubwanjye.

Nashoboraga gukurura abantu ibihumbi nkoresheje imbaraga Imana yampaye, ariko iyo nzira yangirira nabi Uko byagenda kose, sinshaka gukurura abantu ibihumbi no kwigarurira ubwenge bwabo Ndashaka gusa kubona abigishwa b'ukuri bashikamye mu Mana Abakunda Imana bazishimira ibi bitekerezo, kandi abakomeje kugira ishyaka bazumva imigisha y'Imana no kubana nayo binyuze muri izi nyigisho

Ntibishoboka ko umuntu ashuka Imana, kuko ihora ihari, izi ibiri mu bitekerezo bye n'ibyo yifuza Iyo baretse isi bakifuza ubumwe mu buryo bw'umwuka, Imana izabageraho Iyo icyo cyifuzo gishinze imizi mu mutima w'umuntu uyishaka, Imana iza kuri uwo mutima ikawuzuzamo ibyiza n'imigisha. Ikintu kimwe cyonyine gikwiye kubaho ni ukuba mu bumwe n'Imana

no kubona ubutoni bwayo. Ubwo bumwe bugomba kuba isezerano rihoraho n'isezerano ridakuka (abakomeza isezerano ry'Imana ntibarirenzeho)

Buri wese yifuza ubutunzi kurusha abandi. Nubwo abubonye, ntibanyurwa, bamenya ko undi muntu akize. Abantu baba mu kaga k'imibabaro bikururira, baterwa imbaraga n'ibyifuzo byabo. Tugomba kunyurwa n'ibyo dufite. Ibintu bifatika ntabwo bizana ibyishimo; ahubwo akenshi byongera imihangayiko, impungenge, n'ubwoba.

Inzira igana ku Mana ni yo nzira yoroshye kandi yoroshye, nyamara bake bayinyuramo nubwo hari imihango myinshi y'idini n'imihango. Ni byiza kwerekeza imitima yacu ku Mana tukayisaba icyatugirira akamaro kandi kirambye. Mu by'ukuri, Imana iradutegereje kuko ishaka kuturinda ikibi n'akaga. Iradushakaho mu mitima no mu bitekerezo byacu kuko ibintu bihendutse byo muri iyi si bitashobora guhaza irari rya muntu cyangwa ngo byuzuze icyuho cy'umwuka twumva imbere mu mutima wacu. Imana ihora ituvugisha, ariko bake bumva ijwi ryayo. Iryo jwi rituje rikunze kunyurwa n'urusaku rw'ibitekerezo bivanze n'ibyifuzo bitagira ingano. Ariko iyo ibitekerezo bigabanutse kandi ibyifuzo bigatuza, twumva ijwi ry'Imana neza, nubwo rituje kandi ridafite imbaraga. Mu by'ukuri, Imana ikora byose kugira ngo ifashe abantu, ikingura imiryango kandi ikatumurikira kugira ngo tubone aho dukwiye gutera intambwe, kugira ngo tudasitara cyangwa ngo tunyerere. Ariko abantu benshi ntibamenya uku kuri.

Sinshaka ko abantu batekereza ko bashobora kubona ubumenyi bunyuze mu gutega amatwi abandi cyangwa gusoma ibitabo. Bagomba gushyira mu bikorwa ibyo basoma n'ibyo bumva. Kuja mu

rusengero ni byiza kuruta kuguma mu rugo ukumva amagambo adafite umumaro. Ariko no mu rusengero, umuntu agomba kumva ko Imana iri mu mitima ye no kumenya uko yabyibonera. Gutangara mu marangamutima no gusesengura ibintu mu buryo bwumvikana ntibishobora kuduha ubumenyi roho zacu zifuza kubona.

Iyo twiyeguriye Imana tugasezera ku byifuzo byacu bwite, kandi tukaba twizeye ko Imana ihora iri kumwe natwe, ikaba mu mitima yacu kandi ikadushishikariza ibitekerezo byiza n'amarangamutima meza, tuzagira ibyishimo n'umudendezo, kandi tuzabona izuba ry'ubwenge mu mfuruka y'ubugingo bwacu.

Tekereza! Nyuma y'imyaka ibarirwa muri za mirongo, kubaho kwacu kuzaba inzozu, kandi ibyo dukora byose ubu bizaba igice cy'izo nzozu Ndetse n'abantu bakomeye cyane bazaba ibigirwamana by'ubwenge bw'abantu gusa Ariko abo bantu bakomeye bageze ku ntango yabo y'ibanze kuko bageze ku rwego rwo hejuru kandi bagakomeza kuba bazima mu mwuka, bazi neza kandi bazi ibiri kuba byose, kuko bahuje ubwenge bw'Imana Umuntu wese ugerageza guhuza nabo binyuze mu bitekerezo n'inyigisho ze azumva ko bariho, ahabwe imigisha yabo, kandi azi neza ko koko bafitanye ubumwe nabo.

Ubuzima ni inzozu zikomeye Nyamara, iyo urebye umubiri wawe ubu ukawubona urimo ubuzima bwuzuye, uba wizeye neza ukuri kw'izi nzozu. Utekereza ko ugomba kugira iki cyangwa kiriya kugira ngo wishime. Ariko uko ibyifuzo byawe byaba biri kose, ntuzabona ibyishimo binyuze muri byo. Uko umuntu arushaho kugira, ni ko arushaho kwifuza. Ibyifuzo bigomba kuyungururwa, kandi ubuzima

bworoshye niba ushaka kubaho mu ituze, mu mutekano no mu byishimo.

Ibyanditswe bivuga ko umuntu ufite ibyifuzo bihora bisunika imbere (yerekeza ku bugingo bwe) ari umuntu ufite amahoro yo mu mutima. Muri ibi, bameze nk'inyanja, idahinduka cyangwa ngo igabanuke, ahubwo ikomeza kuba yuzuye amazi ayisukamo ubudahwema. Ariko umuntu urema imyobo y'irari mu kigega cy'amahoro ye, akareka amazi y'ingenzi akayapfusha ubusa, nta kintu na kimwe azi ku mahoro yo mu mwuka n'ibyishimo byo mu mutima.

Dukeneye ubuyobozi buturutse ku bazi Imana, bafite ubushobozi bwo kuvugana na yo kandi bakumva ko iriho. Abahanuzi badusabye gushaka Imana mu mahoro yo mu mutima, mu bwigunge bw'ubugingo aho umwuka wizerwa n'ibyishimo by'umwuka bihebuje biba. Abarimu b'umucyo bo mu Buhinde nabo bashyigikira ibi bitekerezo kandi bashimangira akamaro ko gutekereza cyane kugira ngo umuntu amenye Imana ubwayo mu bwigunge bw'ubugingo bwe.

Ibintu byose biriho ni nk'umuraba utembera uyobowe n'ubwenge bw'Imana. Uku gutembera kw'ubwenge ni Umwuka Wera, cyangwa Umwuka wizerwa, umuntu ashobora kuvugana na we binyuze mu isengesho no gutekereza cyane.

Mu ituze ry'umutima wawe no mu bwonko bwawe bw'ibanze, urukundo n'Imana yuzuye kandi itagira iherezo ntirugira iherezo Ariko biragoye kubona Imana niba dukurikirana amafaranga mbere na mbere. Tugomba kugira Imana igice cy'ingenzi cy'ubuzima bwacu, hanyuma tukagira ibyo dukeneye byose muri ubu buzima. Umuntu wese uha Imana umwanya uhoraho mu mitima ye, Imana izabaha umugabane mwinshi w'imigisha y'isi n'ijuru, kandi

izabafungurira imbere yabo ahantu hanini aho izuba ry'ubwenge rirabagirana, rikamurikira inzira zabo kandi rigakuraho umwijima ubakikije. Imana ni yo ikunda iteka ryose, kandi nta byishimo ku bantu keretse iyo bakunda Imana nk'uko bakunda—nibura—abakunzi babo bakunda cyane, kuko iyo Imana idafite, ntitwamenya ishingiro ry'urukundo, cyangwa ngo turyoherwe n'uburyohe bwarwo.

Tugomba kwiga gukoresha ubushake bwacu no gushyira ubwenge bwacu mu gushaka Imana n'imitima yacu yose Ibikorwa by'abantu bigengwa n'irari, kandi izi ngeso zihora ziduhatira gukora ibyo tudashaka gukora Mu by'ukuri, umuntu ni umwanzi we bwite, ntabizi Ntazi kwicara atuje, kandi ntaha Imana umwanya, nyamara yifuza ibyishimo no kwinjira muri Paradizo bidatinze Ubunararibonye bweranda ntibushobora kugerwaho no gusoma ibitabo gusa, kumva inyigisho, cyangwa gukora ibikorwa byiza Ibi byose nta gushidikanya ko ari ingirakamaro, ariko ntibihagije Kugera ku Mana bisaba kwitonda no gutekerezwa cyane

Tugomba gushaka ubutoni bw'Imana mbere ya byose Ntidushobora gushimisha buri wese, kuko ibyo bidashoboka Ngerageza kudakomeretsa umuntu uwo ari we wese Nkora uko nshoboye kose, kandi ibyo ni byo byonyine nshobora gukora Intego yanjye yonyine ni ugushimisha Imana Nkoresha amaboko yanjye nsenga imbere yayo nicishije bugufi, ibirenge byanjye nshakashaka ahantu hose, n'ubwenge bwanjye ntekereza kuri yo no gutekereza ku bitangaza byayo Imana igomba gufata umwanya wa mbere mu mitima yacu kugira ngo tuyibone nk'amahoro, urukundo, ubumva, ineza, impuhwe n'ubwenge Ibi, nta kindi kintu na kimwe, nibyo naje guhamya no kubabwira.

Uretse gutekereza, umuntu agomba gukomeza kubana neza. Ntitugomba kwiruka inyuma y'abantu, ahubwo tugomba gukurikira Imana. Niba ubona inyungu muri ibi bitekerezo, bifata nk'umugisha uturuka ku Mana, kuko icyubahiro cyose ari icyayo. Bisangize abandi kugira ngo babone muri bo icyo ubona (Kandi ku bw'ineza y'Umwami wawe, vuga kuri byo) Kandi ntukibagirwe gufasha umuntu buri munsu ukurikije ubushobozi bwawe. Igihe cyose mfite amafaranga mu mufuka wanjye, sinzareka gutanga, kuko isoko yanjye idashira kandi ihora itemba ni Imana.

Amaherezo, tugomba kumenya Imana nk'uko abakomeye bayimenya. Ibi birashoboka binyuze mu gutekereza no gushyira imbaraga mu bikorwa.

Igihe kimwe, nari ndimo nsohoka hanze y'aho hantu haberaga ibiza, ntekereza ku mwarimu wanjye ukomeye, Sri Yuktiswar, wari warapfuye imyaka mike mbere yuko numva ndamushaka cyane kandi nari mbabajwe n'uko atari kumwe nanjye ngo nishimire ubwiza n'ikirere cy'aho hantu haberaga ibiza. Ako kanya, yaranyiyeretse ari mu ijuru arambwira ati: "Utekereza ko ari wowe wenyine wishimira aha hantu heza? Nanjye ndimo ndahakunda nkawe!"

Ushaka gusaba ubumwe n'Imana agomba kwihatira binyuze mu kwitoza kwa buri munsu kuyitekererezaho no kuyikunda, no kuyigaragariza urukundo kuri bese. Ubu ni bwo buryo bwonyine bwo kwirinda amakimbirane. Ubufatanye mu by'umwuka ni ingenzi. Nta mwuka w'ukuri, nta byishimo by'umuntu ku giti cye cyangwa ibya bese. Ubwumvikane bwera ni bwo buryo bwonyine bwo gukemura ibibazo byose by'umubiri, iby'amafaranga, iby'ishyingiranwa, iby'umuco n'iby'umwuka.

**Ibyishimo bituruka mu kumva uri hafi y'Imana.
Abantu bifungiyeye mu nzu y'ubujiji, kandi igihe
kirageze cyo kwibohora muri iyi gereza
y'agasuzuguro. Ubwenge bugomba guhora bwerekeza
ku Mana, uko ibintu byaba bimeze kose, hanyuma
uzagira amahoro n'ibyishimo byinshi.**

**Abashaka Imana kandi bakayiyegurira,
bagaterana inkunga, kandi bakibuka Imana buri gihe,
ni bo bishimye muri iyi si kandi ni bo batsindira
ibyishimo by'imperuka.**

Amahoro abe kuri mwe

Umurimbo uzazamuka kandi uhanagure

Buri wese muri twe yaremwe mu ishusho y'Imana.
Twakomotse kuri Mwuka wayo w'Imana, kandi kamere yayo
ituye muri twe mu buziranenge bwayo bwose, ubwiza
bwayo, n'ibyishimo bihebuje. Uyu murage mutagatifu ni
igihome kidashamaje. Ku muntu kwicira urubanza
nk'umunyabyaha, akigendera mu nzira z'icyaha, ni kimwe
mu byaha bikomeye kurusha ibindi byose. Kuko mu
kubikora, yicira urubanza rwo kubura imbaraga, kwiheba, no
kudashobora kuzamuka no kuzamuka. Ni ukuri ko umuntu
ashobora gukora ibikorwa binyuranyije n'amategeko
karemano n'ay'Imana, ariko agomba guhita ahindura inzira
agahindukira mu nzira ikwiye. Muri kamere ye iboneye,
umuntu ni urusengero rwera, kandi Umwuka w'Imana aba
.muri we
Tugomba guhora twibuka ko Imana idukunda gusa kandi
nta mananiza. Ariko kubera ko yaduhaye amahitamo
ahamye yo kuyegera cyangwa kuyireka, iradutegereza
kugira ngo tugaragaze icyifuzo cyacu cy'urukundo rwayo
.mbere yuko idusanga

Igihe kimwe numvise ijwi rye rivuga mu gihe cyo
gutekereza rigira riti: “Uravuga ko ntari kumwe nawe, ariko
nturebye imbere Sinigeze ngusiga na gato. Injira mu
rusengero rw'ubugingo uzambona Kuko mpora ndi hano,
kugira ngo nkwakire kandi ngusuhuze n'indamukanyo
”y'urukundo rw'Imana
Ubunyangamugayo bwimbitse ni ingenzi mu nzira
y'umwuka. Mu butungane n'ukuri, umutima uratangira gucya

Ubwenge bwacu bwa kimuntu nta cyo buvuze
ugereraniye n'Imana. Uburyo bwonyine dushobora kuyegera
.ni ukuyiha urukundo rutunganye nk'urwo iduha
Buri wese amaherezo azabona agakiza, ariko abacika
intege mu nzira bagwa mu rwobo rw'uburangare Kutagira
icyo twitaho bidubuza gusobanukirwa akamaro gakomeye ko
gushaka Imana muri iki gihe, muri iki gihe Umubumbe wacu
ukomeye w'Isi, ureremba mu kirere, n'imiterere yacu
y'ubumuntu, ntitwahawe ngo tumarane imyaka mike hano
hanyuma tukabura aho tuba. Ahubwo, twagenewe
gutekereza cyane no gusobanukirwa ibanga ryo kubaho.
Kubaho tudasobanukiwe intego y'ubuzima ni ubupfapfa,
ubupfapfa, no gupfusha ubusa igihe. Amayobera y'ubuzima
aradukikije impande zose, kandi Imana yaduhaye ubwenge
.bwo gushaka ibisubizo byayo
Mu gushaka urukundo rurambye, nabonye ko Imana
inkunda mu buryo bwose bushoboka. Yankunze
.nk'umubyeyi, data, n'inshuti
,Nashatse iyo nshuti ihoraho kurusha inshuti zose
Kandi ku byerekeye uwo mukunzi ukomeye mbona ubu
arabagirana mu maso hese kandi arangwa n'urukundo. Iyo
nshuti y'Imana ntiyigeze intenguha, kandi ntiyigeze
.intenguha
Imana ni yo iri inyuma y'ibiriho byose Tugomba kubaha
no gufata neza ababyeyi bacu, ariko tugomba gukunda

Imana n'imitima yacu yose n'ubugingo bwacu bwose
Tugomba kumenya akamaro ko kugirana umubano ukomeye
.na yo, tudatakaje ikindi gihe

Iyo dusinziriye, ntituzi niba tuzabyuka cyangwa
tutazabyuka. Tuva kuri iyi si umwe umwe. Ariko iki
gitekerezo ntikigomba gutera impungenge Iyo dupfuye,
duhamagarirwa kuvuka ubwa kabiri ku isi, tugatangira
.ubuzima bushya aho twarekeye muri iki gihe

Mbona ubuzima nk'irema n'ishonga ry'imiraba ku buso
bw'inyanja Umuraba w'umuntu uzamuka uva ku buso
bw'inyanja y'Imana igihe yavutse, kandi mu rupfu, uba mu
mutima w'Imana. Nasobanukiwe uku kuri kandi nzi ko ntapfa
by'ukuri, nubwo umubiri wapfuye. Kuba ndi mu nyanja
y'umwuka w'Imana cyangwa ndi maso mu mubiri, ndi umwe
mu nyanja y'isi. Ibyishimo byinshi ntibishobora kuboneka ku
isi. Muri icyo gihe, nta mpamvu yo guhungira mu ishyamba
dushaka intego. Dushobora kubona Imana muri iri shyamba
ry'ubuzima bwa buri muni—mu bwihisho bw'uburibwe
.bw'ituze

Abantu bashobora gukora amakosa menshi, ariko
bashushanywa n'umwuka w'Imana Imana yaremye iyi si
y'ibinezeza byo ku isi ku bw'umugambi umwe gusa: kugira
ngo abantu bamenye ko ari inkuru y'isi gusa, bareke ibitari
byo, kandi bakunde Imana yonyine Uku ni ukuri, kandi
ntibishoboka ukundi Kuki Imana yaturemye kugira ngo
dukunde abagize imiryango yacu kugira ngo ibabone
badusiga umwe umwe? Ibi bintu bibaho kugira ngo bitume
tumenya ko ari Imana idukunda by'ukuri, kurusha abo
dukunda bese

Ubuzima ni urukurikirane rw'amashusho akora ku
mutima, ariko uku kuri kuragoye gusobanukirwa kuko ibitari
ukuri bisa n'ukuri kandi ukuri gusa n'ibitari ukuri. Isi irashira
mu bwenge bwacu buri joro iyo dusinziriye, wenda kugira
.ngo dusobanukirwe ko isanzure rifatika atari ukuri

Iri somo ry'ibitotsi ntabwo riduteye ubwoba, ahubwo
rituma twifuza ukuri kw'Imana Nta kintu gishobora guhaza
ubugingo keretse Imana n'urukundo rwayo Umwuka w'Imana
ni ukuri kutagereranywa Nta kintu kidashoboka, kandi
icy'ukuri ntigishobora kuba impamo abanyabwenge
basobanukiwe uku kuri kurabagirana
Imyaka myinshi y'ubuzima bwacu irashize, kandi
hasigaye imyaka, ibyumweru, iminsi, n'amasaha gusa Kuki
twapfusha ubusa igihe ku bintu bidafite akamaro? Tugomba
kwifuza kwihuza n'Imana amanywa n'ijoro, kandi tukaba
abanyakuri muri iki cyifuzo mbere yuko igihe cyagenwe cyo
kubaho kirangira tukava kuri iyi si nta kintu na kimwe
.cy'ingenzi twagezeho
Muri ako kanya, nabonye urumuri rukomeye rw'Imana
rutwikira ibyaremwe byose Mbega ibyishimo bidasanzwe!
!Mbega urumuri rutangaje
Mana yanjye, ndagushimira kandi ndagupfukamira ku
bw'iyi migisha myinshi yo kumva ko uriho
Imigisha kuri buri wese mu buryo bumwe, kugira ngo
tumenye ko uri ukuri kw'ikirenga mu isanzure kandi ko ari
.wowe ntego yacu y'ibanze, nta yindi ntego irenze iyo
Tugomba kumukunda no kumuvugisha buri segonda
ry'ubuzima bwacu—ku kazi no kuruhuka, mu ngendo no mu
ituze—dusenga cyane kandi tumwifuriza byinshi. Hanyuma
tuzabona igitambaro cy'ubupfumu kizamuka kandi kigenda
gishira. Imana iri kumwe natwe mu kanya kose k'ubuzima
bwacu. Abamutekerezaho kandi bakamuhuza na we
bamubona mu bwiza bw'indabyo, icyubahiro cy'imitima
myiza, amarangamutima meza kandi meza, n'inzizi nziza.
Amaherezo, azava inyuma y'igitambaro kinini kugira ngo
:abwira buri wese umushaka by'ukuri ati
Tumaze igihe kinini tudahuje kuko nifuzaga ko umpa"
urukundo rwawe ku bushake Nakuremye mu ishusho yanjye,
kandi narategereje kugeza igihe ukoresheje ubwisanzure
"bwawe ukampa urukundo rwawe ku bushake bwawe

Tugomba gusaba Imana kuduha impano ihoraho kandi
ihoraho y'urukundo rwayo rw'Imana Ariko se ni nde ushobora
kubona iyi Mana yuje urukundo nta mbaraga? Niba
ushyizeho 25 ku ijana by'imbaraga, ibisigaye ni iby'Imana
n'umuyobozi wawe wo mu mwuka ntacyo mbisaba, kuko
icyubahiro cyose ari icy'Imana, isoko y'ibyiza byose n'ubuntu
Ubuntu bwayo buguherekeze, kumenya kwayo kube hamwe
nawe, kandi ubone ubwinshi bw'ubuhari bwayo muri wowe
no hirya no hino yawe

Imana ntabwo idusubiza ako kanya kuko tudashaka
kwerekana uburyo tuyifuza. Ntidukwiye gutinya kuyegera,
ahubwo tugomba kumufata nk'uwacu, Inkundwa yacu, kandi
tukamushaka ubudahwema dukoresheje ibitekerezo byacu,
ibikorwa byacu, imitima yacu n'ubwenge bwacu, maze
tukamubona nk'ubuhungiro bukomeye bw'umutekano
.n'amahoro muri ubu buzima

Nyagasani, ndaguhaye iyi ndabyo y'imitima myiza,
kugira ngo yubakishe urusengero rwo kubaho kwawe.
Iherekeze izi roho, ari zo muryango wawe n'abakunzwe.
Turirimba izina ryawe ry'icyubahiro. Wirukane umwijima
w'ubujiji n'urumuri rwawe rwera. Wirukane umwijima mu
bitekerezo byacu n'urumuri rudashira rw'ubumuntu bwawe.
Turi abawe, uko imimerere yacu yaba iri kose. Itwiyereke,
Nyagasani w'icyubahiro n'ubuntu. Ha umugisha buri wese
muri twe. Emera ibitekerezo byacu bigushishikariye
n'imivurungano y'imitima yacu ikunda. Tuguhaye urukundo
rwose, icyubahiro, n'inyota, kuko uri Umukunzi wacu n'ibyo
.dutunze byose muri iyi si

Duhe umugisha n'ubuntu bwawe Senya inkuta z'irari
ridutandukanya nawe Ba umwami w'Imana wicaye ku byo
twifuza byose. Umucyo w'icyubahiro cyawe ukwirakwira ku
isi yose. Duhe umugisha twese. Utwuzuze impumuro nziza
yo kubaho kwawe. Turusheho kumenya ko wahoranye
natwe, uri kumwe natwe ubu, kandi uzabana natwe iteka
.ryose

Turagushimira ubuntu n'urukundo wagiriye abayoboze
bawe biyeguriye Imana bifuzaga ko uba hafi kandi
bategerezanyije amatsiko ko uzaba uri hafi. Twiringiye ko
uruziga rw'abigishwa bawe ruzakura kugira ngo twishimire
.ko uzaba uri hafi kandi twishimire ko uri hafi

Duhe umugisha kugira ngo dukingurire imitima yacu
kandi dusukure imigambi yacu, kugira ngo tube abakwiriye
uburinzi n'ubwitonzi bwawe. Igaragaze, imbere no inyuma.
Duhuze twese, kandi mu mucyo w'ubwo bumwe, tumenye
.kubaho kwawe kwihariye

Tubigiranye umutima wacu wunze ubumwe n'ubushake
bw'imitima yacu irangwa n'ubwumvikane, turagupfukamira,
tugusaba ubufasha, ubuyobozi, no guhora tumenya ko uri
.mu mitima yacu

Umuriro w'urukundo udashira uraka mu mitima yacu,
kandi twumve ko uri hafi yacu ubu n'iteka ryose, Mwami
!wacu, Mukundwa wacu

Icyifuzo cy'ikirenga n'udupira two mu mutwe

Ubwiza bw'Imana ni bwinshi Ni we shingiro
ry'ukuri kandi ashobora kuboneka muri ubu buzima
Mu mitima y'abantu harimo amasengesho menshi
n'amasengesho yo kwinginga: gusaba amafaranga,
icyubahiro, ubuzima bwiza—amasengesho y'ubwoko
bwose Ariko isengesho rikwiye kuba irya mbere na
mbere mu mitima yose ni iryo kumva ko Imana iriho
Mu gihe tugenda mu nzira z'ubuzima mu ituze kandi
tudashidikanya, tugomba kumenya ko Imana ari yo
ntego nyamukuru ishobora kudukuraho no gusohoka
ibyifuzo byacu, kuko mu Mana ari ho hari igisubizo
cya buri cyifuzo cy'umutima

Iyo udashobora gusohoka icyifuzo cyawe binyuze
mu mbaraga zawe bwite, uhindukirira Imana mu
isengesho. Bityo, buri sengesho usaba rihishura
icyifuzo cyihisha imbere yawe. Ariko iyo ubonye

Imana, ibyifuzo byose birashira, kandi ibyifuzo byose birasohozwa.

Ibyifuzo by'isi bikomoka ku bitekerezo bitari byo ku byerekeye intego y'ubuzima Iyi si si iwacu nyakuri Ibyanditswe bitubwira ko turi ab'Imana, ko twaremwe mu ishusho yayo, kandi ko ubushake bwayo ari uko dusubira mu nkomoko yacu y'Imana Icyo abantu bananirwa kumenya ni uko keretse bagarutse ku isoko yabo y'Imana, bazahatirwa guhatana kugira ngo basohoze ibyifuzo bitabarika Tekereza ibyo! Ni ukuri ko abantu badashobora kwirinda kugira ibyifuzo, kandi nta kibi kiri mu kubigira. Ariko, ibyifuzo byinshi by'abantu bibangamira isohozwa ry'icyifuzo cy'ibanze cyo kugaruka ku Mana. Bityo, byangiza ibyishimo by'abantu. Keretse abantu bifuza Imana bakayibona, bazakomeza gushyuha kubera kwifuza icyo ari cyo cyose babona ko kizabazanira ibyishimo. Ariko isohozwa ry'ibyifuzo byose rihita rigera ku bantu babona Imana.

Hari ibyiciro bibiri by'ibyifuzo: ibidufasha kubona Imana, n'ibitubuza kuyisanga. Urugero, iyo umuntu akugiriye nabi, ushobora kumva ushaka kwihorera. Ariko, niba utsinze iki cyifuzo ukoresheje imbaraga z'urukundo zo hejuru kandi zemerwa cyane, uzaba warakoresheje igikoresho kizagufasha kubona Imana. Ibyifuzo byose bigomba gusohozwa mu buryo bwiza, kuko iyo bisohojwe binyuze mu buryo bw'isi, ibyifuzo biragwira, hamwe n'ingorane n'imibabaro. Niba twize guha Imana ibyifuzo byacu byose, izakorera kugira ngo isohoze ibyifuzo byacu byiza kandi irandure ibyacu byangiza kandi byangiza. Nta burinzi buruta umutimanama ukeye, kandi nta bwishingizi bwiza bwo kurwanya ibikomere by'ubuzima kuruta kugira ibyifuzo byiza kandi bihebuje.

Iyo tumenye ko ishusho y'Imana itunganye iri muri twe, ibyifuzo byacu byose birasohozwa Muri ubwo buryo bweranda, buruta ubutunzi bwose bw'isi n'ubutunzi, ntuzahungabana nubwo wahabwa isi yose. Nta shimwe rizagutera kwirata, cyangwa ngo rigutere ishozi, kuko uzaryoherwa n'ibyishimo by'Imana muri wowe, kandi ibyo bizaba ari byo by'ingenzi cyane mu buzima bwawe.

Mbere na mbere twagombye gusaba Imana ubuyobozi mu byo dukora kugira ngo tugere ku byifuzo byacu byemewe, kandi ubwo ni bwo buryo bwiza bwo kubona ibisubizo by'amasengesho yacu yose. Ariko kwinginga bigomba gukurwa mu isengesho. Uburyo bwa kera bwo gusenga bugomba guhinduka, kandi tugomba guhindukirira Imana dufite icyizere cyuzuye n'ukwizera kudacogora ko itwumva kandi izaduha ibyo dusaba. Imana ntishaka ko tureka ubushake bwacu—ndetse n'iyi tuyisenga—kuko ubwo bushake ari impano y'agaciro gakomeye twahawe n'ukuboko kwayo kw'ubuntu, uburenganzira bwera yaduteganyirije kuva turemwa.

Birumvikana ko umuntu agomba gutandukanya amasengesho n'ibyifuzo bifite ishingiro n'ibidafite ishingiro. Wibuke ko icyifuzo ari imbaraga; niba ukomeje ku cyifuzo—cyaba cyiza cyangwa kibi, gifite akamaro cyangwa kibi—ukacyitondera ku manywa na nijoro, amaherezo kizasohora. Bityo rero, umuntu agomba kwitonda no kwirinda kugira ibyifuzo bibi, kuko bizasohora kandi bizazana n'ingaruka mbi zikomeye n'umubabaro udasanzwe.

Uko igihe kigenda gihita, uzasanga nubwo ibyifuzo byawe byasohojwe, umutima wawe ukomeza kuba ubusa, kandi uzagira ubugome bw'imbere Tekereza ko igogora ryawe ridafite imbaraga, nyamara wifuza ibiryo bikaranze Birumvikana ko

uzumva ububabare igihe cyose ubiriye, nubwo hari ibyishimo uhura nabyo mu gihe ubyishimira. Bityo, uzumva wakoze ikosa. Ubwenge butegeka gukoresha ubushishozi kugira ngo utandukanye ibyifuzo byiza n'ibibi, kandi ibi bimaze kugerwaho, ibyo byifuzo bibi ntibigomba kuzura. Abantu bafite imbaraga z'imbere zo gutandukanya kandi bagomba kuzikoresha buri gihe, bayobora ubuzima bwabo hakurikijwe amabwiriza y'umutimanama, ari ryo jambo ry'Imana.

Ibyifuzo bitaragerwaho biguma mu mutima Ni ikihe kibazo kiri mu kubibikamo? Dore igisubizo:

Buri cyifuzo cyose kigizwe n'imbaraga zihariye: zaba nziza cyangwa mbi, cyangwa byombi Iyo umuntu apfuye—Imana imugirire impuhwe—izi mbaraga ntizipfa nubwo umubiri wabora kandi ukabora. Ahubwo, zijyana n'ubugingo aho bujya hose mu buryo bwa capsules zo mu mwuka. Iyo umuntu avutse mu mubiri mushya, izi capsules cyangwa ibinini byo mu mwuka bigaragarira nk'imyitwarire. Bityo, umuntu wapfuye ari umusinzi azana n'ibyifuzo byo kunywa inzoga iyo avutse, kandi iyi myitwarire ikomeza kugeza igihe atsindiye irari ry'inzoga. Ibi bireba n'ibindi bintu.

Ndetse n'abana bato bagaragaza imico bakura mu buzima bwa kera Bamwe mu bana barwara uburakari bukomaye Abandi bagira uburakari bubi Birumvikana ko Imana atari yo yabaremye muri ubu buryo Ibyifuzo bitaragerwaho mu buzima bwa kera byagize uruhare muri izi ngeso zo mu mutwe, kandi kubera zo, ubugingo busa n'aho butangaje, nubwo bwaremwe mu ishusho yera y'Imana Niba ishusho y'Imana yahindutse mu muntu muri ubu buzima, haba ku burakari, ubwoba, cyangwa irari, kandi izi ngeso ntizitsindwe ubu, noneho bazavukana na zo (cyangwa bazavukana na zo), bikoreye umutwari w'izo ngeso

mbi kugeza bazitsinze muri ubu buzima cyangwa mu gihe kizaza Nta nzira yo kuzihunga kugeza bazitsinzwe

Kubwibyo, ni byiza kuzuza ibyifuzo byose ubu cyangwa kubitsinda

Uburyo bwiza bwo kwikuramo ibyo byifuzo burundu ni ukwishimira Imana cyane. Bitabaye ibyo, ibyo byifuzo bihagaritswe n'ibyifuzo bitaragerwaho bizababaza kandi bibabaza roho.

Umuntu agomba kumenya, binyuze mu bushishozi n'ubwenge, ko Imana yonyine ari yo ishobora gutanga ibyishimo bitunganye kandi birambye

Akenshi, ibyifuzo biguma byihishe mu byo umuntu atazi Ushobora gutekerezwa ko byazimye, ariko ntabwo byarazimye; iri ni rimwe mu mayobera y'ubuzima, naryo ubwaryo ni ibanga rikomeye

Ariko amayobera arashira iyo dusesenguye ubuzima kandi tugatekerezwa ku cyo busobanura. Iyo wicaye gato buri munsu ukisuzuma, wasanga ufite ibyifuzo byinshi bitaragerwaho. Ibi byifuzo ni nk'udukoko twica umuntu agendana na two aho ajya hose, haba muri ubu buzima no mu buzima butaha.

Uburyo bwiza bwo kugera imbere ni ugusobanukirwa—binyuze mu guhitamo neza— ibyifuzo bibi muri ubu buzima no gushyira imbaraga zawe mu gusohozwa ibyifuzo byawe byiza Niba wumva ushaka kwiyahura cyangwa gukora ikintu icyo ari cyo cyose kibi, ugomba kwirukana icyo cyifuzo ubu. Izere, mu bitekerezwa no mu bikorwa, ko ufite ikibatsi cy'ubumana mu bugingo bwawe, kandi wibuke ko waremwe mu ishusho y'Ishoborabyose, bityo ukaba ufite ububasha bwo kurenga kamere yawe n'imyitwarire yawe.

Ntugakomeze kwibanda ku by'akataraboneka ahubwo witandukanye n'ibyifuzo, kandi uzatsinda

intambara y'ubuzima Niba urwaye ububabare budasubirwaho, gerageza uko ushoboye kose kwitandukanya n'ubumenyi bw'umubiri. Binyuze mu gushishoza, ushobora gutsinda ibyumviro. Gushishoza kw'ubwenge ni umuriro utwika ibyifuzo bibi n'irari ribi, bikahinduka ivu.

Ni ibisanzwe ko abantu babika ibintu bishaje, byashaje kandi bitari ngombwa mu mfuruka y'inzu, kandi bagasukura inzu rimwe na rimwe. Mu buryo nk'ubwo, mu mfuruka y'ubwenge bwawe bwo mu mutwe hari ibyifuzo byinshi bifite ingaruka mbi zihishe, bishobora kuguteza ibibazo bikomeye umunsi umwe niba utabyitwayemo neza.

Kwisuzuma ni ingenzi mu nzira y'umwuka Ushobora kuba ufite inzika, urakaye, cyangwa urakaye vuba Niba ari uko bimeze, izi ngeso mbi zibitse mu bwenge bwawe ni ingaruka z'ibikorwa byawe bya kera Kugira ngo uvane mu mutwe wawe ibi bikoresho byangiritse kandi byashaje, ugomba gutangirira ku bikorwa byiza kandi byubaka kandi ugatera abandi urukundo Uko urushaho gukunda abantu, ni ko nabo bazagukunda, kandi uzumva urukundo rwabo Ariko niba ubanenga, ndetse nawe ubwawe, bazumva icyo banenga kandi bagusubize byinshi!

Dufate ko umwanzi wa kera yapfuye, ariko ugakomeza kumugirira inzika n'urwango. Uzababazwa n'ubu bubabare, kandi ingaruka mbi zabwo zizagaragara mu mubiri no mu bwenge bwawe. Ni byiza kumubabarira kubera Imana, kuko mu kubikora, uzaba wibohoye ku byifuzo bibi byo kwihorera byangiza amahoro yawe yo mu mutima no gusenya ituze ryawe. Kwirundanya urwango ku rundi, cyangwa gusubiza urwango mu rwango, ntabwo byongera gusa urwango rw'umwanzi wawe kuri wowe ahubwo

**binangiza umubiri wawe n'amarangamutima yawe.
Bityo rero, mubabarire mubabarirane neza.**

**Rimwe na rimwe, umuntu agomba gusiga byose
kugira ngo abe wenyine, kugira ngo atekereze ku
ntego y'ubuzima Abantu benshi bagendera ku
migenzo n'imico. Mu by'ukuri, ntibigeze babaho
ubuzima bwabo bwite, ahubwo bigeze babaho
ubuzima bw'isi. Ni iki bagezeho, kandi bageze he?**

**Kubwibyo, ni byiza ko umuntu rimwe na rimwe
yikura mu mirimo ya buri munsu n' "inshingano"
kugira ngo atuze imihangayiko yo mu mutwe we kandi
agerageze gusobanukirwa ishingiro ryayo no kugena
intego ashaka kugeraho.**

**Wibuke ko ubuhamya bukomeye ushobora kubona
ari ubwo umutimanama wawe: ijwi ritabeshya kandi
ritabeshya ry'ubugingo bwawe icyo umutimanama
wawe ukubwira ni uwo uri we by'ukuri, nta mitako
cyangwa kwihishahisha.**

**Tekereza imbaraga za Yesu Kristo wavuze ati
"Data, bababarire kuko batazi gukora ibyo batazi"**

**Kandi tekereza ku Muhanuzi ukomeye wavuze ati:
"Ese sinakubwira icyo umuntu azamurira urwego rwe?"
Baravuze bati: "Yego, yewe Ntumwa y'Imana"
Yaravuze ati: "Wihangane n'utakuzi, uhe uwo
uguhakanira, ukomeze umubano n'uwo ugucamo
amasano, kandi ubabarire uwo ugukoshereje"**

**Gutega amatwi ijwi ry'umutimanama wawe
uboneye bizazana urumuri mu nzira yawe n'umugisha
mu buzima bwawe icyo wumvise ufite icyifuzo
gikomeye mu mutima wawe cyo gusohozza icyifuzo
runaka, koresha ubushishozi bwawe wibaze uti: "Ese
ni icyifuzo cyiza cyangwa kibi nshaka gusohozza?"**

**Hari ibintu byinshi bitera ibyifuzo by'abantu icyo
umuntu abonye imodoka nshya y'icyitegererezo, aba
ashaka gutunga isa nayo icyo abonye inzu nshya**

**y'icyitegererezo, aba ashaka gutunga isa nayo
Imyambarire mishya irakundwa, abantu bakifuza
kugura no kwambara iyo myambarire!**

**Ibyifuzo biva he? Namaze amasaha menshi
ntekereza kuri ibi. Ese ushobora gushyira mu byiciro
ibyifuzo byawe byose? Nabashije kubisesengura
byose no kugumana ibyiza gusa. Maze kubona
isangira ry'Imana, nasanze ibyifuzo byanjye byose
byiza byasohojwe icyarimwe. Uyu munsu wifuza ikintu,
ejo roho yawe irarikira ikindi kintu. Ubwenge bwawe,
bukomoka ku Mana Ishoborabyose, ntibushobora
guhazwa n'ibintu by'iyi si, kandi ntibizigera bibaho,
kuko, nshuti yanjye nkunda, watakaje ubutunzi
bw'agaciro kandi bw'agaciro kanini bw'ubugingo
bwawe, ari bwo bwonyine bufite ububasha bwo
guhaza icyifuzo cyawe no gusohozza ibyifuzo byawe.
Ubwo butunzi bwatakaye ni Imana.**

**Nibyo koko hari ibyifuzo byiza cyangwa bikenewe,
kandi ko ukwiye gukora kugira ngo ubigereho Ariko
mu gihe uharanira gusohozza ibyifuzo byawe bito,
ntukibagirwe kubanza gusohozza icyifuzo cyawe
gikomeye ku Mana. Kwemeza ko ibyifuzo bito
n'inshingano bigomba kubanza gusohozwa ni
ukwibeshya no kwibeshya. Ndacyibuka mu ntangiriro
y'urugendo rwanjye rw'umwuka ko nari umuntu uhora
atekereza kandi ntatekereza buri gihe, nubwo
nakomezaga kwibwira ko nzabigenera umwanya.
Umwaka wose warashize nk'uyu mbere yuko mbona
ko ntari nararangije ibyo nari narasezeranye
ubwanjye. Nahise niyemeza ko ikintu cya mbere
nakora mu gitondo ari ugukaraba hanyuma
ngatekereza ku Mana. Imirimo ya buri munsu yari
myinshi icyo gihe, kandi ntibyari byoroshye
kuyihunga, ndetse n'igihe gito. Bityo, nahisemo
kubanza gusohozza inshingano zanjye zo mu mwuka.**

Bityo, nize isomo rikomeye: inshingano zanjye ku Mana ziza mbere, kandi ni bwo gusa nita ku zindi nshingano zitari iz'ingenzi cyane.

Kuki Imana yagombye gukingurira abantu amarembo y'iteka niba abantu bashyira imbere izindi nshingano n'ibyo batekereza kuruta Imana? Imana yashyize amababa y'umwuka muri twe kandi itwitezeho kuzamuka mu mwuka. Aya mababa ni ibyifuzo byacu byo mu mwuka, ibitekerezo byacu byo hejuru, n'icyifuzo cyacu cy'ukuri cy'isoko yacu y'Imana.

Dushake Imana mbere na mbere. Si byiza guha agaciro imirimo yo ku isi cyane, kuko Azrael ashobora guhamagara ubugingo igihe icyo ari cyo cyose, hanyuma imirimo yose, ibyo yiyemeje, impungenge, n'inshingano byose bigahagarara burundu None se kuki wakwihambira cyane ku buzima?

Umuntu yibwira ko ari kwishimira umutekano n'amahoro yo mu mutima, hanyuma agahita atakaza uwo akunda, cyangwa akabura ubuzima bwe cyangwa akazi ke, maze umutekano n'amahoro yo mu mutima bigashira!

Mbega ukuntu urukundo nakundaga mama rwari rukomeye! Nibwiraga ko azahora ari kumwe nanjye, ariko mu buryo butunguranye naje gusanga yarantaye nkiri umwana! Ntidukwiye gutinya urupfu, ahubwo tugomba kurutegura

Ubuzima si uko busa. Ntubushyireho icyizere cyawe, kuko buhindagurika, bushukana, kandi bwuzuyemo gucika intege n'ibyiringiro byacitse. Ubutungane ntibuboneka hano. Sinshaka kuguha ishusho idafatika y'ubuzima. Iyi si si paradizo. Ni laboratwari y'Imana aho Imana igerageza ubugingo kugira ngo irebe niba izatsinda ibyifuzo bibi ikoresheje ibyiza, maze ikamugira—ni ukuvuga Imana

—icyifuzo cyayo gikomeye, kugira ngo igaruke mu bwami bwayo.

Ubuzima bwuzuyemo ibyago n'urwenya, ibyago n'ibyishimo. Ni ubwoko bunini, buhora buhinduka kandi butangaje bw'imiterere itabarika. Nta bintu bibiri bisa neza. Ubuzima bwa buri muntu ni bwihariye. Buri muntu afite imiterere itandukanye, imitekerereze itandukanye, n'ibyifuzo bitandukanye. Iyo tuza kuba duhura n'ibigeragezo bimwe buri munsi, twananirwa kandi tukarambirwa. Ndetse na Paradizo, iyo iza kuba isanzwe, yatakaza ubwiza bwayo. Dukunda ubwinshi n'ubutandukanye. Igitekerezo gakondo cya Paradizo ni kibi rwose. Iyo iza kuba irambiranye koko, abera n'abantu b'Imana b'abera bari gusenga basubira ku Isi kwishimisha! Paradizo ihora ivugururwa mu buryo bushimishije cyane, mu gihe Isi ikunze guhindurwa, ariko mu buryo burambiranye kandi butari bwiza.

Ariko, nubwo ubuzima bunaniza kandi bugoye, abantu benshi barabumenyera, bizera ko nta bundi buryo bwo kubaho. Badashobora kugereranya ubu buzima n'ubuzima bwo mu mwuka, bananirwa gusobanukirwa ingano y'ububabare n'umunaniro byihishe muri iyi si.

Mu by'ukuri, ubuzima si ukuri Ni imyidagaduro gusa, nta kindi Nk'uko filime za kera zisubirwamo kenshi, ni ko n'ibyabaye kera bisubiramo mu buryo butandukanye. Nubwo ubuzima bukomeza, ingingo zimwe zagaragajwe muri filime za kera zisubirwamo imwe ku yindi. Mu by'ukuri, amateka arisubiramo, kandi abantu ni ibihangano gusa mu nzu ndangamurage z'igihe.

Kureka ubuzima bukagaragaza ibitangaje, kubyakirana ibyishimo, ukuri, no kwishyira ukizana, nta marangamutima agize, nk'aho ureba filime.

Guseka cyane ni umuti mwiza w'ibibazo byose by'abantu.

Ugomba kwegera ubuzima mu buryo bworoshye kandi butuje. Ibi nibyo nize ku mwarimu wanjye. Mu ntangiriro y'imyitozo yanjye y'iby'umwuka mu rugo rwe, nakoze imirimo yanjye mu maso hababaye, ntamwenyura. Umunsi umwe mwarimu wanjye yarabibonye maze aravuga ati: "Imana nibishaka, byose ni byiza! Uri mu mihango yo gushyingura? Ntuzi ko kubona Imana bivuze guhisha imihangayiko no gushyingura agahinda kose? Ntugafate ubuzima nk'ikintu gikomeye cyane."

Yanyigishije ko ari inshingano y'umuntu kuzamura ubwenge bwe hejuru y'ibintu byose bimutera kwiheba n'ibibazo byo ku isi kugira ngo abone umudendezo wuzuye mu Mana

Umuntu agomba kugira uburinganire mu byishimo n'agahinda, inyungu n'igihombo, intsinzi n'inanirwa kugira ngo ahangane n'ibibazo by'ubuzima afite ubutwari n'icyizere.

Kugumana amahoro yo mu mutima nubwo ibintu byose byagenze ni bwo buryo bwiza bwo gutsinda ibyifuzo by'uburiganya. Ibi nibyo nize ku bakomeye batagizweho ingaruka n'ibihe bihindagurika, ariko bakomeje gushikama kandi badahinduka kugeza ku iherezo. Ndetse n'abahanuzi, igihe bababazwaga, ntibigeze batakaza ubwenge bwabo bwera, cyangwa ngo bemerere umuntu uwo ari we wese kwiba urukundo rw'Imana. Ibyishimo byo mu mwuka ubwabyo ni uburinzi bwiza kandi ni igihome gikomeye kurusha ibindi byose. Hagati y'ibigeragezo n'amakuba, ibuka imigisha Imana yaguhaye. Roho yawe ni urusengero rwera rw'Imana. Ntugomba kwemera ko umwijima w'ubujiji wanduza aho hantu heza. Mbega ukuntu ari byiza kuba mu mwuka,

wubashywe, urangwa n'icyubahiro, utekanye, kandi ufite amahoro! Ntugatinye kandi ntukange umuntu uwo ari we wese. Humura urukundo rw'Imana kandi urebe ko ihari mu bantu bose, kandi reka icyifuzo cyawe gikomeye kube uko ihari iteka mu mutima wawe. Iyi ni yo nzira yo kubaho mu mahoro no mu ituze muri iyi si. Ariko biragoye kumva uburyohe bw'iyi nyurwa mu gihe cyose imiyaga ikaze y'ibyifuzo ihuha mu mwobo w'umutima kandi igatigisa ibiti byawo.

Ibyifuzo bishyirwaho n'aho umuntu atuye Bivuka mu buryo twumva ibintu kandi bigakumirwa n'intege nke z'ibyo bitekerezemo. Kwitabira imurikagurisha ryo mu cyaro byuzuzwa icyifuzo cyo kwishima, ariko nyuma yo gusura imurikagurisha ry'isi yose no kureba ibitaramo bitandukanye, imurikagurisha rito ritakaza ubwiza n'igikundiro cyaryo. Bityo, tugomba kubanza kwishimira gusabana n'Imana kugira ngo tubashe kugereranya ibyo byishimo n'ibinezeza byo mu isi. Hanyuma, ibyifuzo bizaba bifite kamere yo hejuru. Icyifuzo ntikigira iherezemo; icyifuzo kimwe kimaze gusohorwa kurusha ikindi. Ariko iyo ubonye Imana, ibyifuzo byawe byose birasohorwa. "Mubanze mushake ubwami bw'Imana no gukiranuka kwayo, kandi ibyo byose muzabihabwa (Kandi ibiri ku Mana ni byiza kandi biramba)" None se kuki mutabanza gushaka isohozwa ry'icyo cyifuzo gikomeye hanyuma mugahabwa n'Imana ibyiza kandi birambye?

Iyo Imana ishubije isengesho ry'umushaka ryo kuyimenya, ibindi byifuzo bye byose bizagerwaho ako kanya kandi iteka ryose.

Hari abantu bibwira ko nta byifuzo bafite.

Nabonye ibikunze kubaho iyo abantu bagiye ku isoko. Bashobora kuba badafite icyifuzo cyihariye cyo kugura, ariko mu buryo butunguranye ikintu

kibakurura amaso bakibwira bati "Yego rwose, ngomba kukigura!"

Nubwo batabigura ako kanya, biba mu bitekerezo byabo ku manywa na nijoro kugeza igihe babigurije, nubwo byaba ngombwa ko baguza amafaranga. Babishimira igihe runaka, ariko buhoro buhoro ubwiza bwabyo burashira kandi ibyishimo byo kubitunga biragabanuka, bityo bakifuza ikindi kintu, n'ibindi.

Hari igihe duhura n'umuntu uvuga ati: "Ah, iyaba nari mfite amafaranga angana gutya (cyangwa imodoka yihariye cyangwa pisine cyangwa se)" maze icyo cyifuzo kikumara kugerwaho, havuka ikindi cyifuzo cyo gushaka ikintu gishya.

Ibyifuzo bya muntu biratunganye, bityo ntibishobora kugera ku byishimo byuzuye ku ba nyirabyo

Isi izagerageza kukubuza kwibuka ko icyifuzo kimwe cy'ingenzi ari ukubona Imana. Ariko ugomba kwibuka ibi buri munsu. Iyo umuntu afashe icyemezo cyo kureka kunywa itabi, kureka kurya cyane, kureka kubeshya, cyangwa kureka gukopera, agomba kuba yiyemeje gufata icyemezo ntagire icyo ahindura. Ibidukikije bibi bigabanya imbaraga kandi bigatera intege nke ubushake, bigatera ibyifuzo by'ibinyoma mu muntu. Bimutwara ibyiza kandi bikamuha ibibi. Ababana n'abajura bizera ko ari bwo buryo bwonyine bwo kubaho. Ariko kwifatanya n'abantu beza byerekeza ubwenge ku bintu byo hejuru, ku buryo ibyifuzo by'ibinyoma bitazongera gushuka umuntu. Ibintu byose muri ubu buzima bishobora guhinduka no guhinduka. Ariko akanya gato ko gutekereza cyane cyangwa kwiga no gutekereza ku ngingo z'umwuka zitunganye bizaba isoko y'umwuka, bizatwara umuntu ubishakisha cyane mu nyanja y'uburiganya n'uburiganya bikamujyana ku nkombe z'Imana aho

"nta munaniro uzamukoraho, kandi ntazabirukanwamo"

(Ikiruhuko kinini cyateguriwe abarushye, kandi utitaye ku gushaka ukuri ni we ukunesheje)

Ibyishimo nyakuri biri mu kwifuza Imana no kuyitekerezaho buri gihe. Igihe kiragera aho icyo gitekerezo kiba gihamye kandi kidahungabana ku buryo nta kibazo cy'umubiri, ubwonko, cyangwa amarangamutima gishobora kugukura ku Mana. Ntabwo ari igitangaza kubaho uzirikana Imana, kuyitekerezaho no kuyiyumvamo igihe cyose, no kuguma mu buturo bwayo butagereranywa, aho urupfu cyangwa ikindi kintu cyose kitashobora kukwiba amahoro yo mu mutima? (Abemera kandi imitima yabo iruhukira mu kwibuka Imana. Mu by'ukuri, mu kwibuka Imana imitima iruhukira)

Iyo ubaye ubudahangarwa ku byifuzo byose, uryoharwa no kubaho iteka ryose

Ubuzima ni butangaje koko, kuko byose bishobora guhinduka Bityo rero, umuntu ntagomba guhagarara ubwato bw'ibyishimo ku musenyi uhindagurika w'ubu buzima Igihe cyacu kizashira, kandi ibyo tubona ubu umunsi umwe bizashira Impinduka iremewe igihe cyose utazemera ko ikugiraho ingaruka mbi Kandi iyo igukomeretse, ihungabana ry'imbere uhura naryo ni ubutumwa kuri wewe bwo kudatwarwa n'irari Iyo uri mu mutekano mu mwuka w'Imana, wishimira byose nta kwishingikirizaho cyangwa kwishingikirizaho. Bityo rero, guharanira kumumenya ni ingenzi cyane ku bamwitaho; bitabaye ibyo, ubuzima buzaba ari ugutenguha gukabije, kwiheba gushenjagura mu buryo buteye ubwoba.

Ubwo nagarukaga mu Buhinde mu 1935, nifuzaga gusura ahantu nakundaga nkiri umwana, ariko ubwo nageragayo, nasanze byose byarahindutse. Ubuzima

bwari bwarahinduwe mu buryo butandukanye. Gutenguhwa no gutungurwa bikomeye byaje ubwo nasuraga inzu yanjye ishaje i Aykapur, aho nakundaga gukina no kureba inyoni. Hari hasigaye igiti kimwe gusa mu byo nibukaga. Ubuzima ni bwo! Ibintu bisanzwe kandi bikundwa biva mu maso yacu kimwe kimwe kimwe. Niteguye gutanga ikintu cyose kugira ngo mbone inzu yacu uko yari imeze mu bwana bwanjye. Nyamara, Imana yankoreye icyifuzo cyanjye, kuko nyuma nabonye inzu mu iyerekwa, aho twogaga muri pisine, hanyuma nzamuka hejuru, ndyama ku buriri, ndarya imyembe, nk'uko nari narabikoze imyaka myinshi mbere yaho.

Ibyifuzo bigomba gusuzumwa no gusuzumwa neza, bigashyirwa mu byiciro neza, kandi ibyiza gusa bigakomeza, ndetse n'ibyo byifuzo byiza ntibishobora guhagarika icyifuzo cy'ingenzi cyane ku Mana.

Icyo cyifuzo kigomba kugumaho kandi gishyushye, kandi ntikigomba kwemererwa gushira cyangwa ngo kizime. Umuntu aba ari mu ikosa rikomeye iyo asabye Imana ngo imusohoze ibyifuzo bye byo ku isi ariko ntayimusabe kuyihishurira. Tekereza umwana uhora asaba ababyeyi be ko bamuha ibyo asaba, kandi bitabaye ibyo ntabibabaze cyangwa ngo abitekerezeho. Ibyo ni ukutashima no kwanga ineza yabo, kandi muri ibyo hari isomo ku batekereza

Iyo iki gitabo cy'ubuzima gishyizwe mu bikorwa, umuntu azaba aherekejwe gusa n'ubumenyi bw'umwuka yabonye mu gihe cy'ubuzima bwe bwo ku isi. Bityo rero, Imana igomba kuguma ihari mu bitekerezo bye, ihora imutakambira kandi ntiyibagirwe niba koko umuntu ahangayikishijwe n'ejo hazaza he ho mu mwuka. Iyo dufitanye isano n'Imana, tuzasanga ibyifuzo byose bigerwaho mu buryo

bw'amayobera. Ariko tugomba gushaka Imana mbere na mbere ni umunyabuntu kandi yaduhaye byose, ariko tuzayibona gusa iyo tutanyuzwe n'impano zayo ahubwo tugahindukirira Uwayitanze ubwe.

Tuzayimenya igihe cyose turi abanyakuri mu byo tuyikurikira, twifuza cyane kuyegera no kwibonera umugisha wayo.

Imbogamizi ikomeye umuntu ahura nayo ni we ubwe Iyo agerageje kwicara acecetse atekereza ku bintu by'umwuka, ibitekerezo by'isi bihita bivuka, bikabayobya kandi bikababuza kugera ku ntego ye. Bagomba kwitoza kugenzura ibitekerezo byabo n'imibiri yabo, kandi mu kubikora, bazagira paradizo igendanwa mu bugingo bwabo. Mu buzima cyangwa mu rupfu, mu ijuru cyangwa mu muriro, ibyo byishimo bihebuje bizajyana na we.

Tugomba gusenga Imana cyane, tuyisukira inyota yacu ikomeye, tuyisaba mu rurimi rw'umutima, icyifuzo cy'ubugingo, n'ibitekerezo byo mu mutima, kugira ngo itwumve kandi idusubize. Ariko niba umuntu asenga mu mutima umwe, ariko icyarimwe agatekereza ikindi kintu—ikintu Imana izi ko atari cyo kintu cy'ingenzi gihangayikishije uwo muntu—ntizasubiza

Tugomba kubanza kugira Imana Igihe ni iki Ntitugomba gutegereza, kuko ibishuko bifite imbaraga nyinshi Ubuzima buhita vuba, kandi ni ikimwaro kuva kuri iyi si utazi intego y'ubuzima. Tugomba gutekereza igihe cyose dufite umwanya wo kuruhuka. Nubwo amasengesho yawe yaba adasubijwe bwa mbere, ntukihebe imbabazi z'Imana, ahubwo komeza usenge. Senga ubikuye ku mutima kandi wizere ko isengesho ryawe rizasubizwa.

Mu buzima bwanjye niboneye igihamya gikomeye cy'uko Imana isubiza amasengesho. Ariko igisubizo

nk'icyo gisaba imbaraga, kuko nta kintu na kimwe cy'ingenzi kiza kitarimo kwihatira. Gutekerezwa ni ingenzi kugira ngo uhishure amabanga y'ubuzima no kwinjira mu bwami bw'Imana.

Ingeso mbi n'ibindi bintu bikurangaza bizagerageza kubangamira imbaraga zawe no kugabanya umurava wawe. Ariko niba ushaka kwishima, komeza gutekerezwa ku Mana, uzayisanga hafi yawe.

Ibyifuzo byo kwinezeza ku isi birema imbaraga zikurura umuntu kuri iyi si, ubuzima nyuma y'ubuzima Gusubira mu mubiri biba atari ngombwa ku bantu basanze ibyifuzo byabo mu Mana Igihe cyose bifuza gusohozwa icyifuzo icyo ari cyo cyose, barabyibuka, kandi bigaragarira imbere yabo Mama yarambonekeye nyuma y'urupfu rwe, kandi nahumuriye no kumubona no gushimira Imana ku bw'ineza yayo Mu by'ukuri, ni Nyir'ubuntu bwinshi n'Imbabazi nyinshi. Asohozwa ibyifuzo byacu kugira ngo agaragaze urukundo rwe n'ishimwe rye kuri twe iyo tumuhaye umwanya wa mbere mu mitima yacu.

Iyo umuntu ageze ku Mana, aba ari we ugenga ubuzima n'iherezwa. Ntitugomba kuruhuka kugeza igihe Imana izaba ihamye mu buzima bwacu. Izaduha ibyo twifuza byose kandi izatugerageza.

Ibigeragezo n'inzitizi mu nzira y'umwuka ni byinshi kandi bikomeye, ariko uko tunyura muri ibyo bigeragezo tukabitsinda, tugomba kuvuga tuti: “Mwami, wasubije amasengesho yanjye kandi wasohoje ibyifuzo byanjye bikomeye, bityo umutima wanjye wuzuye ubusugire bwawe kandi roho yanjye irabagirana n'umucyo wawe”

Amahoro abe kuri mwe

Kuva mu mvugo z'umwarimu Paramhansa

Yogananda

Abantu binubira igitekerezo cyo guhara ibintu bimwe na
bimwe mu buzima, nubwo mu by'ukuri bahara ibintu byinshi
by'agaciro, cyane cyane amahoro yo mu mutima, ndetse
rimwe na rimwe bakitanga kubera amafaranga, ibyo bikaba
.bishobora kwangirika no guhomba

Mujye muyoboka Imana, muzabona ko ubuzima bwanyu
bwahindutse nk'indirimo nziza kandi ishyushye

Hindura ibitekerezo byawe uva kuri iyi si ujye mu bwami
bunini bw'Imana buri muri wowe

Mu bwato bw'ituze ushobora kuja muri iyo si irenze
inzizi zacu aho isoko y'Imana itemba idahwema kuva mu
.bwiho bw'umutima n'ubugingo

Mwami, mfasha kugira uruhare rwanjye mu gukina
ubuzima mu buryo bugushimisha, naba mfite intege nke
cyangwa mfite imbaraga, ndwaye cyangwa mfite ubuzima
bwiza, icyamamare cyangwa kitazwi, umukire cyangwa
.umukene, nzi ko unkunda kandi ko utazigera untererana

Ubutunzi bushobora kwamburwa umuntu, cyangwa
bugakurwamo, ubwo yavaga muri iyi si, kandi ntibashobora
kubujyana. Agaciro kabwo nyakuri kari mu kubukoresha mu
bikorwa by'ingirakamaro no mu kuzanira umuntu ibyishimo
no kuzana ku bandi mu buryo bushimisha Imana
.n'umutimanama we

Abatekereza gusa ku mutekano wabo n'ihumire ryabo,
bakibagirwa cyangwa bakirengagiza ibyo abandi bakeneye,
mu by'ukuri baba bishakira ubukene buzababera
umwihariko. Abakomeza ubutunzi bwabo aho kubukoresha
mu bikorwa byiza ntibizanira ubukire mu buzima bwabo bwa
nyuma y'urupfu ahubwo bavuka ari abakene, bafite ibyifuzo

n'irari by'abakire. Ariko abasangira ubukire bwabo
n'ubutunzi bwabo n'abandi bakurura ibyiza n'ubukire aho
.bajya hose

Iyo uhayeho ababikwiye ku bushake, uzasanga Imana
ihora iri kumwe nawe kandi ntizigera igusiga kandi ntacyo
uzakenera. Ntitugomba kwibagirwa ko ubuzima bwacu
bushyigikirwa n'Imana mu buryo butaziguye, kandi iyo
tumenye ko ubwenge bwacu, ubushake bwacu n'ibikorwa
byacu byose bishingiye ku Mana kandi bikayihira imbaraga,
icyo gihe tuzabona ubuyobozi buturutse kuri Yo kandi
tuzamenya ko ubuzima bwacu ari bumwe n'ubuzima bwayo
.butagira iherezo

Gutekereza ku bintu bitanga igihamba cy'uko Imana
ibaho Iyo imiraba y'amarangamutima ivuye mu kidendezi
cy'ubwenge, ibyishimo by'Imana biva mu bugingo. Ibi
.byishimo biba biri mu bugingo, ariko biratwikiriwe
Nyagasani Nzakoresha ubushake bwanjye n'ubwenge
bwanjye mbere na mbere kugira ngo ngere ku bintu bito
hanyuma nkomeze kugera ku bintu binini
Nubwo ibyifuzo byose by'ubutunzi byagerwaho, ariko
bitanga ibyishimo bidasesuye - kandi mu gushaka Imana
nzavumbura ibigega by'ibyishimo bidashira kandi
ntibihwema gutemba no gutemba Mu busitani no mu nzuri
.z'ubugingo

Inzu: Victory Square

Iyo umuntu amara ubuzima bwe akurikirana ibintu
bishimishije, ntazigera amenya uburyohe bw'ibyishimo
nyakuri. Umuntu agomba kubaho mu buryo bworoshye kandi
akitwara mu buzima bworoshye. Ni byiza ko umuntu amara
igihe ari wenyine, agatekereza ku bikorwa bye rimwe na
rimwe, kandi agashyira mu bikorwa amahoro yo mu mutima,
.akizana gukira, kugarura imbaraga no kongera imbaraga
Iyo ibintu bihora bibangamira abandi kandi ibindi bintu
bikangiza ibyumviro, imitsi izababara, imbaraga nyinshi

z'ubuzima zizapfa ubusa, kandi roho izumva ihangayitse
kandi ibabaye. Byongeye kandi, umuntu ntagomba
guhanga yikishwa cyane no gukosora abandi; ahubwo
.agomba kwikosora mbere yo kugerageza gukosora abandi
Bimenyekane ko urugo ari rwo kibuga cy'intambara
gikomeye. Umuntu uri marayika mu rugo rwe azaba
.marayika aho ari ho hose
Uburyohe bw'ijwi n'amahoro bigaragazwa n'imyitwarire
.myiza birakenewe cyane mu rugo kuruta ahandi hose
Nk'uko umwijima udashobora kuguma aho umucyo
umurikira, ni ko n'umwijima w'indwara ugomba gucika iyo
umucyo w'Imana umurikira mu turemangingo tw'umubiri,
.kandi ni bake bamenya uku kuri
Iyo abantu bumvise bifuzwa cyane gukira, basenga bafite
imitima ibabaye Cyangwa bumva bihebye, bakeka ko Imana
itazumva amasengesho yabo Cyangwa bagasenga ariko
ntibategereze Kugira ngo bamenye niba amasengesho yabo
.yageze ku Mana
Nk'uko umuntu adashobora kumva umuziki unyura mu
kirere akoresheje icyuma gitanga amakuru kidakora neza, ni
ko umuntu adashobora kumva imivuduko y'ubuzima,
imbaraga n'ubwenge biva ku Mana hamwe n'igikoreshe
cy'ubwenge kidakora neza gifite ubwoba, imihangayiko,
n'ubwoko bwose bw'imihangayiko, gushidikanya, no
.kutizera
Reka tukwibuke kandi tugushimire, Mwami, mu bihe
by'ubukene n'uburumbuke, mu ndwara n'ubuzima bwiza, mu
mwijima no mu mucyo, no mu bihe byose Reka twibuke
twishimye iminsi y'imibereho myiza waduhaye Dufashe
gufungura amaso y'ukwizera kugira ngo tubone urumuri
rwawe rwiza, rukiza indwara zose n'indwara
Ndi kapiteni w'ubwato bwanjye bw'ibitekerezo byiza,
ubushake bwanjye bwiza, kandi igikorwa cyanjye
cy'ingirakamaro kizabyara umusaruro. Nzayobora ubwato
bw'ubuzima bwanjye, iteka nkomeza guhanga amaso ku

mubumbe w'amahoro ugaragara mu kirere cy'ibitekerezo
.byanjye byimbitse

Nzakoresha ubuhanga bwanjye bwo gutekereza neza

kugira ngo ngere ku ntsinzi muri byose nkora Imana
izamfasha ningerageza kwifasha

Uyu munsu nzahinga ubusitani bw'ubuzima nshyizeho
imbaraga nshya kandi mbutere imbuto z'ubwenge, ubuzima
bwiza, kunyurwa, n'ibyishimo. Nzahira imbuto n'ukwizera no
kwiyizera, kandi nzategereza umugisha w'Imana
Ishoborabyose wo kumpa umusaruro ukwiye. Nubwo
ntasarura umusaruro niteze, nzakomeza gushima no
gushimira amahoro yo mu mutima aturuka mu kwihatira
.gukora uko nshoboye kose

Nzashimira Imana ko nshoboye gukomeza kugerageza

kugeza igihe nzatsindira, ku bw'ubuntu bwayo kandi
nzayishimira nigera ku cyifuzo cy'umutima wanjye,
nzaharanira gukora ibikorwa byiza kandi bikwiye gusa,
.nshaka ibyo Imana ishaka

Isi yuzuyemo inkubi z'umuyaga zisanze n'iz'abantu,
kandi Imana ni yo ngabo ikomeye n'ubuhungiro bukingira
inkubi z'umuyaga, inkubi z'umuyaga n'ibibi byo muri iyi si.

Aho Imana iri hose, nta bwoba cyangwa agahinda biba.
Umwizera nyakuri ahagarara ashikamye kandi atewe ishema
n'intambara y'ubuzima n'intambara y'ibintu, yizeye ko Imana
iri kumwe na we, imurinda ibyago kandi ntizamutererana na
gato. Bityo, ubwoba burashira mu mutima we kandi icyizere
.kiramufata, uburinzi budashobora gushyirwaho

Kudatinye bivuze kwizera Imana n'uburinzi bwayo, no
kwizera ubutabera bwayo, ubwenge bwayo, imbabazi zayo,
.urukundo rwayo, no kuba hose kwayo

Ubwoba butuma umuntu atakaza imbaraga ze zo mu
mutwe, bugapfukirana ubwenge bwe, kandi bugatuma
umutima we uhora uhindagurika. Byongeye kandi, ubwoba
bushobora gutera ibibazo by'umubiri n'indwara zo mu

mutwe. Aho kugira ngo umuntu agire imihangayiko no kwifungirana mu mutwe, agomba kwiyeemeza ko arinzwe n'Imana, Ibona Byose, Iyumva Byose, Ifite umutekano mu gihome cyayo kidacika, kandi ikikijwe n'imbabazi zayo .n'ubwitonzi bwayo

Haba mu ishyamba rya Afurika, ku rugamba, urwaye cyangwa ukennye, umuntu agomba kwemeza ko ukuboko kw'Imana gukomeye kurusha akaga ako ari ko kose kandi ko gushobora kurinda abashaka kuyihungiraho Nta bundi buryo bwiza bwo kuyirinda buhari Birumvikana ko umuntu agomba gukoresha ubwenge mu guhangana n'ibintu mu gihe ari nako yizeye ubufasha bw'Imana mu buryo bwuzuye Kwizera ntibivuze kuba umuntu utagira icyo akora cyangwa ngo akore ibidakwiriye mu gihe cy'amakuba. Ahubwo, uko byaba bimeze kose, umuntu agomba kwemeza ko Imana yonyine ari yo ishobora gufasha mu bihe bigoye kandi bigoye iyo umuntu ayihindukiriye n'umutima we wose, ubugingo bwe .bwose, n'ibyumviro bye byose

Iyo ingorane zije nk'inkubi y'umuyaga, ntitugomba kuzireka ngo ziduce intege cyangwa ngo zitwibagize icyerekezo cyacu gisobanutse neza n'uburyo bwacu bwo gutekereza neza. Ahubwo, tugomba gukomeza kwizera Imana no kumva neza icyiza n'ikibi, kandi tugaharanira gushaka inzira yo kubivamo. Dufashijwe n'Imana, tuzabibona. Amaherezo, ibintu bizagenda neza kuko imbaraga n'ibitangaza by'Imana byihishe inyuma y'ivuguruzanya ry'ubuzima bw'abantu. Abatemera ko ibintu bidashoboka, ahubwo bakagerageza kwinjira mu ruzitiro bakoresheje ubwenge bwabo n'ukwizera kwabo, bazasanga urugi rubakinguriwe—urugi buri wese uwizera akomanzeho

Ubuzima buri mu mwijima, kandi rimwe na rimwe turagwa tugatinda kujya imbere Tugomba kureka umucyo w'Imana ukaba itara rituyobora mu gihe tunyura mu nzira

z'umwijima z'ubuzima. Imana ni ukwezi kuzuye mu ijoro
ry'ubujiji n'umwijima, ni izuba ry'urumuri mu masaha yo
gukanguka, urumuri rw'ubuyobozi, n'inyenyeri iyobora
.abanyura mu nyanja z'ubuzima bw'isi, bumara igihe gito

Ibibazo bizakomeza kubaho mu isi, none se umuntu
ashobora kwerekeza he kugira ngo ahabwe ubuyobozi
n'icyerekezo? Ibitekerezo bye, bigizweho ingaruka
n'imyatwarire, ivangura, ivangura, n'ubufana, ntacyo bimaze,
kandi ingaruka z'ibidukikije bye, umuryango we, igihugu cye,
cyangwa isi ye ntizishobora gutanga ubuyobozi nyakuri.
Bityo rero, umuntu agomba guhindukirira Imana no kumva
.ijwi rituje, rituje riva mu mutima we, ijwi rihuye n'ukuri

Itandukaniro riri hagati yo gutekereza mu bwenge no
kwisuzuma mu buryo bw'umwuka

Iyo umuntu yishyize hamwe n'ubumenyi
bw'imitekerereze, aba ameze nk'umwanditsi uagenda
asubiramo imigani n'amagambo meza, abandi bakabifata
nk'ababyize kandi bafite ubumenyi. Ariko ubwo bumenyi
ntibukomezwa no kubona ukuri mu buryo butaziguye,
cyangwa ngo buhuzwe no kugera ku byo mu mwuka. Ubwo
bwoko bw'ubwenge cyangwa ubumenyi butuma "umuntu"
yihambira ku bwenge bw'ibyumviro, ubwabwo bugamirwa
n'ibyumviro by'umubiri. Ubumenyi bw'imitekerereze
ntibushobora kubona ubumenyi bw'Imana, kandi ni byiza
kudapfusha ubusa igihe cy'agaciro ku bitekerezo
bidashobora gukoreshwa mu by'ukuri, kugira ngo umuntu
asange yazimiye mu ishyamba ry'ubwenge rinini,
.adashobora kurenga inyigisho

Iyi gahunda ntabwo izayobora ku kumenya ukuri kuko
ukuri kurenze ibitekerezo n'inyigisho, kandi benshi mu
.bakurikiza ubu buryo bagengwa n'imyanzuro yabo bwite

Iyo umuntu akoresha ubushobozi bwe bwo gutekerezwa
gusa kugira ngo abone amafaranga n'ibintu bifatika,
ubwenge bwe buzakururwa n'isi y'ibintu bifatika kandi
bugafatwa n'ibintu bigoye bitagira iherezo. Bityo, abantu
b'abanyabwenge bavugaga ko umuntu adakwiye kwiyegegurira
ubushobozi bwose bw'ubwenge Imana yamuhaye kugira ngo
akurikirane ibintu by'akanya gato, kugira ngo atazimira mu
buryo bw'ibintu bidasanzwe kandi yiremememo inzitizi
n'imipaka bitari ngombwa. Ahubwo, bagomba gukoresha
ubushobozi bwabo bwo gutekerezwa kugira ngo babone
ibikenewe mu buzima kandi baharanire guteza imbere
ubushobozi bwabo bwo mu rwego rw'umuco kugira ngo
batandukane hagati y'icyiza n'ikibi, n'icyangiza n'icyagirira
akamaro Iyo bakuze ubwenge bwabo bwo mu mwuka,
bazashobora kumva Imana muri bo no kumenya ukuri
kw'umwuka kwihishe inyuma y'udupfundikizo tw'ibintu
bifatika. Iyi mimerere yitwa kwisuzuma mu buryo
.bw'umwuka

Uko impungenge zacu zaba ziri kose, Imana igomba
guhora ifata umwanya wa mbere mu buzima bwacu Kimwe
mu bintu by'ingenzi mu gukura mu mwuka ni uguhorana
umubano uhoraho n'Imana, aho uzabona impinduka nziza
.kandi nziza zizagutangaza cyane

Iyo umuntu ashaka kureba igitaramo, cyangwa kugura
imyenda mishya cyangwa imodoka nshya, si ukuri ko
ubwenge bwe buhora buhugiyemo? Ku bijyanye n'ibyo bintu
n'uburyo bwo kubigeraho cyangwa kubibona? Ntazaruhuka
kugeza igihe asohoje ibyifuzo bye, kandi azakomeza gukora
.cyane kugira ngo agere kuri ibyo byifuzo

Bityo, ubwenge bw'umuntu bugomba kwibanda ku
gutekerezwa ku Mana, hanyuma ibyifuzo byose bito bito
bizahinduka bibe icyifuzo gikomeye cyo kumva Imana no
.kuvugana na yo

Iyo ubwenge bubwira Imana ijwi rivuye ku mutima kandi
rishyushye rituruka mu mutima w'umutima urarikiye

Umuhamagararo w'ubugingo uzagera ku mutima w'isi
yose, kandi igisubizo kizaza, kizana ibyishimo byinshi

Gusuhuza mu bitekerezo bitera imbaraga zo gukora
ubushake, kugeza igihe uzaba ufite imbaraga zihagije zo
.kugera ku ntego wifuza

Iyo ubwenge bw'umuntu n'ubushake bwe bihuye
n'Imana, aba afite imbaraga zitagira imipaka, ku buryo
gutekereza ku kintu gusa biba bihagije kugira ngo kibeho,
kuko amategeko y'Imana akorera ku bw'abemeranya
.n'ubushake buhebuje

Ibintu byose bitangaje nagezeho mu buzima bwanjye
byagezweho binyuze mu mbaraga z'ubwenge buhuje
n'Imana. Iyo igikoreshe cy'Imana kirimo gukora, icyo nifuza
cyose kirasohora nta gutandukana, kibanza gufata ishusho
nk'igishushanyo kitagaragara, gishingiye ku bushobozi
hanyuma kikagaragara mu by'ukuri n'imbaraga
.zidasubirwaho

Ibanga ryo gukura

Dukura mu bunararibonye bwose tunyuramo, igihe
cyose tuzi neza ko dushobora kubigiramo amasomo
y'ingirakamaro. Kuko buri bubabare n'imibabaro duhura na
.byo bifite icyo bisobanuye n'icyo bigamije

Nubwo ibigeragezo bikomeye, bimeze nk'umuriro
ushongesha amabuye y'icyuma, ukayahindura icyuma cyiza,
gikomeye, kandi gikoreshwa mu buryo butandukanye.
Ubwenge dukoreshe mu muriro utwika w'uburambe ni ikintu
gitangaje. Ubuzima buradutunganya, bugahindura kamere
zacu z'ibanze mu ibintu by'agaciro, butuma tubana
n'ubugingo butunganye nk'amabuye y'agaciro, bukomeye

nk'icyuma, ariko bugahinduka kandi bugakomeza gukomera,
.butinyutse mu gihe cy'ibibazo n'ingorane

Iyo tubonye amasura yahinduwe nabi n'uburakari, afite
inkovu z'ubugome, amaso yabo atuma twifuza kwirukana
ububi mu mitima yacu—ubugingo butagizweho ingaruka
n'imigambi mibi n'inzika zikomeye zihishe ishusho nziza
y'Imana iri muri twe, nk'uko ivu rihumanya indorerwamo.
Ibikorwa bibabaza by'abandi bigomba kubyutsa muri twe
icyifuzo cyo kunoza imyitwarire yacu no kwifata, kugira ngo
tube abagenga b'irari ryacu ritagengwa, aho kuba imbata
.zaryo

Amagambo meza ni umuti utangaje w'indwara nyinshi,
afite imbaraga zikomeye, hafi ya za gihanga, zikurura
imigisha myinshi n'ubutunzi ku bavuga. Abakoresha
amagambo ahumuriza kandi yoroshya bumva umugezi
utemba muri bo nta nkomyi, wuzuyemo ituze ryinshi. Ibi
biterwa nuko uwo mugezi uhujwe n'isoko yawo yo hejuru,
ihora itemba kandi ihora igera ku bantu mu buryo buhuje
nayo. Hanyuma bazashobora kohereza uyu mugezi
.w'ibyishimo ku bantu bifuzwa amahoro

Buri muni, umuntu yireba mu ndorerwamo kugira ngo
arebe isura ye kuko ashaka kugaragara neza imbere
y'abandi. Mbega ukuntu ari ingenzi cyane ko ahagarara buri
muni ari kumwe na we ubwe, akareba mu ndorerwamo
y'isesengura ry'imbere kugira ngo avumbure ibiri muni
y'ubuso burabagirana! Kuko ikintu cyose gikurura inyuma
gikurura umuntu imbere kandi nta kintu na kimwe cyanduza
indorerwamo y'ubugingo nk'ihindagurika ry'imitekerereze
nk'uburakari, inzika, ishyari, n'urwango Umuntu wese
uharanira kwibohora kuri ibi bintu, bidasanze ku miterere
y'umwuka, azatuma urumuri rw'ubwiza bw'imbere ruturuka
imbere

Mu isesengura, twasanze ibibazo by'abantu ari bitatu:

hari ibibazo n'ibibazo byibasira umubiri w'umuntu, ibindi byibasira ubwonko, n'icyiciro cya gatatu gifunga inzira .z'ubugingo

Indwara, ubusaza, n'urupfu ni ingorane n'inzitizi umubiri uhura nazo. Indwara zo mu mutwe, ariko, zinjira mu bwenge binyuze mu gahinda, ubwoba, uburakari, ibyifuzo bihagaritswe, inzika, urwango, gutwarwa n'amarangamutima, gushyuha gukabije kw'imitsi, na kanseri yo mu mutwe igabanya ubushobozi bwo mu mutwe. Ariko, indwara iteje akaga cyane ni indwara y'ubugingo, igaragarira .mu bujiji, aho izindi ndwara zose zikomoka zikanakwirakwira

Hari icyiza kiruta ikibi ku isi

Iyo gushidikanya kujegajega, twagombye kwibuka ubuzima bw'abantu bakomeye. Nibyo koko turi abantu, ariko Imana yaduhaye imbaraga zidasanzwe tudakunze gukoresha. None se kuki dutinya gusaza, indwara n'agahinda? Tugomba gukora uko dushoboye kose kugira ngo twite ku mibiri yacu, ariko ntidukwiye kugwa mu bwoba .cyangwa ngo twihishe mu mirundo y'ubujiji

Umubiri si umuntu wese

Icyiza kiruta ikibi muri iyi si kuko Imana ari yo mbaraga z'ikirenga. Ariko iyo ikibi kidugezeho, twibwira ko nta .bubasha dufite bwo kukigenzura cyangwa kukivamo

Inkubi z'ibibi zizapfa, ariko dushobora gutsinda ingaruka .zabyo no kuzitsinda

Ntabwo twahawe ubuzima ngo tuburimbure, ahubwo twahawe kugira ngo dusobanukirwe iby'iteka ryose, kandi tugomba kwibuka uku kuri

Udafite ubwisanzure bwo gutekereza, umuntu
ntashobora kwigaragaza mu buryo buboneye, butunguranye,
kandi busanzwe. Wibuke ko ufite umudendezo w'ibanze.
.Imbaraga z'ubushake zihora zigenga

Iyo ukoresheje ubushake bwawe neza, bizaguha karma
nziza, ariko abantu benshi ntibashaka guhinduka kandi
ntibashaka gushyiraho imihati, bityo bagwa mu bibazo kandi
.ntibashobore guhangana n'ibibazo

Gukora icyo umuntu ashaka cyose si ubwigenge, kuko
abantu bayobowe n'ibyifuzo byabo, bityo ibikorwa byabo
ntibishobora kwitwa ubwigenge na gato. Ubwigenge nyakuri
busobanura gukora byose ufite ubushake buyobowe
n'ubwenge. Umuntu ashobora kugenzura ingaruka z'ibikorwa
bye bya kera, bizabikurikira nta kabuza, niba abyutsa
ubushake bwe akabukoresha mu bikorwa byiza kandi
by'ingirakamaro. Iyo ukora ibikorwa byawe ufite ubwenge
n'imbaraga, imbaraga z'ibikorwa byawe bibi bya kera
zizagabanuka kandi ingeso zikomoka ku bikorwa byawe
.byiza zizakomera

Duhora twifuza ibyo tubura kandi tugakunda ibintu bitari
ngombwa Iyo ikintu kidufashe, dutakaza uburenganzira
bwacu bw'agateganyo Nk'uko Abanyaburasirazuba
bakoreshwa n'imigenzo ya kera, ni ko Abanyaburasirazuba
bakoreshwa n'iyo muri iki gihe. Twihangira iherezo ryacu
.kandi tukarihambiraho

Kuki umwana umwe avukira mu muryango mubi undi
akavukira mu muryango mwiza? Buri wese muri bo
yakoresheje umudendezo we kugira ngo abeho mu buryo
runaka mu gihe cyashize (mu buzima bwabanje) bityo
.yishyira mu mimerere nk'iyo muri ubu buzima

Nta mudendezo nyakuri ubaho udafite Imana Tugomba
kuyitekererezaho buri gihe Uko impungenge zacu n'ibitekerezo

byacu byaba biri kose, Imana igomba gufata umwanya wa
mbere mu mitima yacu, kandi niduhuza nayo by'ukuri,
tuzahabwa ubushobozi bwo gusohoza ibyo tugomba, igihe
.icyo ari cyo cyose, tubifashijwemo n'Imana

Inama ku mwigishwa

Umwe mu banyeshuri yasabye mwarimu Paramhansa
inama zo kwiteza imbere, aramubwira ati: Niba ushaka
gukundwa Tangira ukunda abandi bakeneye urukundo
rwawe

Kandi niba utegereje ku bandi, babere indahemuka
kandi ube indahemuka kuri bo kugira ngo bakubere
.indahemuka

Niba wifuza gukumira abandi gukora nabi no mu buryo
bw'uburiganya, ntukemere ko uburiganya bwinjira mu
.bitekerezaho byawe, kandi ntugakore ibintu byangiza abandi

Niba ushaka ko abandi bakwishyira mu mwanya wawe,
tangira ubereka impuhwe kuri bo, cyane cyane ku bo
.bagukikije

Niba ushaka ko abandi bakubaha, ugomba kubaha
.abato n'abakuru

Niba ushaka amahoro ku bandi, ugomba kubaho mu
bwumvikane

Niba ushaka ko abantu baba abanyadini, ba umuntu
w'umwuka kandi ureke abandi bumve ko uri icyitegererezo
.cyiza kandi ko bashobora kukwiringira no kukwizera

Muri make, icyo ushaka ko abandi bagaragaza Kimwe
mu byiza ni ukubanza kubyerekana mu buzima bwawe,
.kandi uzabona ko abantu bazakwitwaraho kimwe

Niba ushobora kumenya ahantu mu buzima bwawe
hakenewe kunozwa udacitse intege cyangwa ngo ugire
ikibazo cyo kwiyoroshya, kandi niba uhora ukora ibishoboka
byose kugira ngo wongere imico yawe, igihe umara kuri ibi
kizaba cyiza cyane kuruta uko wapfusha ubusa icyifuzo
cyawe cyo kwiyoroshya. Urugero rwawe rwiza n'imyitwarire
myiza bifite imbaraga zo guhindura abandi kuruta ibyifuzo
.byawe, uburakari, n'amagambo gusa

Uwiteka, uri isoko y'ibyiza byose n'inkomoko y'imbaraga
zose. Duhe umugisha kugira ngo tugaragaze imigisha yawe
kuri twe mu buzima bwacu, mu byifuzo byacu by'ubwenge,
no mu miterere yacu y'umwuka. Uri urumuri mu nyenyeri,
imbaraga mu matome, ineza mu mitima, n'ubwiza mu kuri.
Dufashe kuzura imbaraga zawe zihebuje, ubwenge bwawe
.butagira imipaka, n'ukuri kwawe kutagira imipaka

Mwami, tumenye ko uri isoko y'ubuzima, inyanja
y'ubuzima, n'isoko y'ubwenge bwose n'ubumenyi. Utubohore
mu bujiji n'ingaruka zabwo, mu bwoba n'imihangayiko, kandi
ureke ubwenge bwawe bukureho imyanda yose n'ibisigazwa
.mu buzima bwacu

Kuraho, Nyagasani, imyenda itwikiriye isura yawe,
tukubone nk'urumuri rumurika cyane, nk'izuba ritabarika riri
mu iherezo ry'ubuzima bwacu, tukumve nk'imbaraga ihora
ivugurura ihumeka ibitekerezo byacu, igatunga roho zacu,
.igashyigikira imibiri yacu, kandi igasohozza inzozi zacu

Amina

Abantu benshi ntibazi impamvu Kuva aho bari ku isi,
bizera ko intego y'ubuzima ari ugusohozza ibyifuzo byabo,
kubona ibya ngombwa mu buzima, gushaka ibinezeza no
.gukundwa n'abantu, hanyuma bakiyegurira uwa nyuma

Abantu batangira ubuzima bwabo Abategura
porogaramu bafite ibyifuzo n'ibyifuzo byihariye
bitaragezeweho mu bihe byashize Kandi bagerageza -
bakoresheje ubushake buke basigaranye - Bigana ibyifuzo
n'ibikorwa by'abandi, niba bifatanyaga n'abacuruzi, bifuzaga
kumera nka bo, kandi niba bifatanyaga n'abahanzi, ubuhanzi
buba byose kuri bo

Imana ishaka ko tuba abantu bashyira mu gaciro muri
iyi si Yaduhaye inzara idusaba gukora kugira ngo tuyihaze,
ariko gushakaga ibiryo, aho kuba, amafaranga n'ibintu gusa
.bivuze ko umuntu yibagirwa isoko y'ibyishimo bye

Nibyo koko tugomba gukora kugira ngo tugere ku byo
dukeneye kandi duharanira kugera ku ntego zacu zemewe,
ariko mbere ya byose, tugomba gukingurira Imana imitima
yacu no gushakaga ubuyobozi bwayo no kwemerwa nayo mu
byo dukora byose. Hanyuma tuzatsinda mu ishuri
ry'ubuzima, kuko tuzahabwaga ubuyobozi n'Umuyobozi Mukuru
akaba n'Umutanga uzi ibyo dukeneye n'ibidukwiriye. Bityo
rero, tugomba kuyiringira no kuyigandukira mu bushake
.bwayo bw'ubwenge

Kuva mu biganiro byatanze n'umwarimu

Paramahansa

Iyo ibyishimo by'imbere mu mutima bipfukiranywe
n'uruhererekane rw'ibinezeza by'igihe gito, urumuri
rw'izahabu rw'umwuka ruragabanuka, kandi ubushobozi
bw'umutima bugaragara bwihisha inyuma y'ubucucike
bw'ibintu Iyo ubwenge bw'umuntu bukururwa n'ishyamba
n'ishyamba, kandi bugatwikirwa n'ibicu by'ubwoba
n'impungenge, aba umunyamubabaro, umunyamubabaro,
kandi agatsindwa Ariko iyo umuntu yerekeje ibitekerezo
bimwe ku rukundo, amahoro n'ubwumvikane, agira
.ibyishimo bikomeye

Roho yumva ibyishimo iyo ivuye ku byifuzo by'umubiri
bivanze n'imibabaro n'agahinda ikajya ku mico igaragara
.y'umwuka, yuzuyemo ibyishimo bihebuje

Iyo roho yinjiriye mu byishimo bikomeye byo mu isi, iba
itagishishikajwe no gukurikirana ibyishimo byo hejuru kandi
ikaba itabasha kubona ibyishimo byo mu buryo bw'umwuka.
Benshi bashobora kuvuga ko kureka ibinezeza byo mu buryo
bw'umubiri bisa nkaho bidashoboka muri iyi si cyangwa mu
gihe babana n'abantu ibitekerezo byabo bishingiye gusa ku
bintu by'umubiri. Ariko, ntabwo ari ngombwa ko umuntu
usanzwe areka isi agasubira mu misozi no mu mashyamba
kugira ngo abone ituze n'amahoro. Ahubwo, bagomba
kuguma muri iyi si badaretse ngo imigezi yayo ikomeye
.ibakureho, kugira ngo barengerwe n'imiraba y'ubu buzima

Umuntu ntagomba kuba umuntu urangwa n'ibitekerezo
bibi ku bimukikije, kandi icyo gihe ntagomba kwemera ko
ibintu by'umubiri bimuhuma amaso, kugira ngo atazatakaza
kamere ye y'umwuka maze ntashobore kuryoherwa
.n'ibyishimo no kubona urumuri rw'Imana
Ubuzima, hamwe n'ishingiro ryabwo, ibice byabwo,
n'intego zabwo, ni ikibazo kigoye kumva ariko ntabwo
kidashoboka kugikemura, kandi hamwe n'imatekerereze yacu
igenda itera imbere, dukemura amabanga amwe n'amwe
.buri muni

Ibikoresho bishingiye ku mahame ya siyansi nyayo muri
iki gihe biratangaje rwose, kandi ibyo siyansi izana biduha
ishusho isobanutse neza y'uburyo ubuzima bushobora
kunozwa. Nubwo hari ibikoresho byose, ibihangano,
n'ingamba dufite, turacyasa nkaho turi nk'ibipupe biri mu
maboko y'amateka, kandi inzira iracyari ndende Mbere yuko
.tubahohotewe kuyoborwa n'ibidukikije

Nta gushidikanya, kubaho dukurikije kamere si
ubwisanzure. Ubwenge bwacu bushishikaye burarengerwa

kandi bugafungwa n'ibiyumvo byo kutagira icyo dukora iyo twumva ko turi abagwiririwe n'imyuzure, inkubi y'umuyaga, cyangwa imitingito, cyangwa iyo ibintu bitubayeho - nta mpamvu yumvikana - abacu dukunda hafi y'imitima yacu. Hanyuma tukamenya ko tutageze ku ntsinzi nyinshi, kandi ko tutashoboye gutsinda ibintu bibi. Nubwo twashyizeho imihati yose kugira ngo ubuzima bube uko tubyifuza, hari ibintu bimwe na bimwe bizahora bigaragara kuri uru rwego rwo ku isi, n'ibintu biyobowe n'ubwenge bukomeye tutazi byinshi, bukora butishingikirije ku bitekerezo byacu n'ubushake bwacu. icyiza dushobora gukora ni ugukora no .kunoza bimwe na bimwe

Duhinga ingano tugakora ifu, ariko se ni nde waremye imbuto ya mbere? Turya umugati ukozwe mu ifu, ariko ni nde wahaye imibiri yacu ubushobozi bwo kuyisya? Kandi se ?twahindura dute ibiryo mo intungamubiri

Mu mfuruka zose z'ubuzima Hagaragara ko hari ukuboko kw'Imana gukenewe cyane. Ntidushobora gucunga imirimo yacu tudafite, kandi dufite icyizere cyose. Ntituzi igihe umutima uzakagarara gukora. Bityo rero ni ngombwa kwishingikiriza ku mbaraga z'Imana zihebuje no kwishingikiriza ku muntu wacu wo hejuru, ukomoka kuri .ubwo bubasha bwose dukurikiza

Tugomba kugira ukwizera kuzira ubwibone, kandi tukagenda mu nzira z'ubuzima dufite icyizere

Nta bwoba n'umushyitsi, nta mibabaro n'ifungwa

Kurwanya allergie

Gutsinda uburyo bwo kumva ibintu neza ni ubuhanga buhambaye, kandi kugenzura uburyo umuntu yihutira gusubiza ni ingenzi kugira ngo umuntu agire imico iboneye .kandi yuzuye

Ubwibone buturuka ku kutumvikana, kwisuzugura,
ubwibone bukabije, n'ubwikunde bukabije

Iyo umuntu atekereje ko ibyiyumvo bye byamubabaje,
icyo gitekerezo gishinga imizi mu mutwe we, kikangura
imitsi ye, hanyuma ikagira intege nke maze ikarakaza.

Uburakari bugatangira mu mutima we bitewe
n'amarangamutima yakomeretse. Ariko, hari abantu bafite
ubushobozi bwo kugenzura amarangamutima yabo, bityo
ibimenyetso byabo byo hanze ntibigaragare nubwo hari
uburakari bwinshi bubarimo. Abandi bagaragaza uburakari
bwabo binyuze mu buryo bwihuse, bugaragara mu mitsi
y'amaso yabo no mu maso, ndetse no mu buryo
.butunguranye, butanga amakuru

Amarangamutima akabije agira ingaruka zikomeye;
arushaho kugorana kandi agatera ubwumvikane buke bugira
ingaruka mbi ku bandi

Hagomba gushyirwaho imbaraga zo kwifata no gutuza,
bigatera imbere ikirere cy'ubwumvikane n'ubwumvikane
bitera amahoro aho kugira imihangayiko no kwirukana
umwuka w'imihangayiko Abazabikora bazaba abahanga mu
by'ejo hazaza habo kandi bazahembwa icyubahiro n'ishimwe
.n'icyubahiro n'ababakikije

Ubwibone bukabije ni ikintu abantu benshi bahuriyeho,
kandi iyo iki kinyabupfura kidasobanutse kigurumana,
gihuma amaso y'ubwenge kandi kigapfukirana amaso
y'ubwenge. Ikirenze ibyo, umuntu ufite ubwitonzi bukabije
yibwira ko atekereza, yumva kandi akora neza, mu gihe mu
!by'ukuri imyitwarire ye ishobora kuba itari yo rwose

Abantu benshi bizera ko bagomba kwigirira impuhwe iyo
banenzwe, kandi ko kwigirira impuhwe bibaha ihumure.
Ariko kimwe n'abasinzi b'ibiyobyabwenge, uko barushaho
.kubiyhanganira, niko ubusinzi bwabo burushaho gukomera

Umuntu ufite ibyiyumvo bikomeye akunze kubabara
bitari ngombwa Akenshi nta muntu uzi icyamuteye
akababaro cyangwa imiterere y'akababaro ke, bigatuma
agira agahinda kenshi mu kwishyira mu kato. Nta kintu na
kimwe gishobora kugerwaho mu kwibanda ku bitutsi
cyangwa kunengwa bucece. Ni byiza cyane gukemura
impamvu nyamukuru z'ubwo burwayi binyuze mu
.gusesengura no kwifata

Ubwo bwoko bw'allergie idafite akamaro bugira ingaruka
zikomeye; burya umutima nk'umuriro kandi bugasenya
ingingo z'amahoro. Bityo, bugomba gukemurwa mu buryo
bw'ubwenge, mu buryo bwumvikana, kandi bufite ubushake
.buhamyeye

Nkora cyane kugira ngo nkorere buri wese, ariko iyo
nisubiye inyuma kugira ngo ntekereze, sinshobora
kwemerera umuntu uwo ari we wese kubangamira
ibitekerezo byanjye. Ibindi bintu bishobora gutegereza, ariko
gahunda yanjye ya buri munsu n'Imana ntigomba
.kwirengagizwa cyangwa ngo yirengagizwe

Mbere yo gukora ikintu icyo ari cyo cyose, hagarara gato
utekereze witonze ku ngaruka n'ingaruka zabyo ku bwenge
bwawe, umubiri wawe, na roho yawe. Ibikorwa biyobowe
n'agahato si ukwibohora, kuko ibikorwa binyuranyije
n'amategeko y'ubwumvikane n'iterambere bizabangamira
umuntu. Ibinyuranye n'ibyo, ibikorwa byemejwe
n'ubushishozi kandi bikurikije umutimanama w'umuntu ni
.byiza kandi bitanga umudendeko

Iyo uhisemo gukora ikintu cyiza, cyangwa kwirinda
gukora ikintu kibi, kandi ugakomera kuri icyo cyemezo kandi
ugakora ibikwiye, menya ko umugabane wawe
.w'ubwisanzure ari mwinshi

Imana ishaka ko dukoresha uburenganzira bwo
guhitemo twahawe kugira ngo tuyishakishe kandi tuyibone,
ariko ntishaka kutwishyiramo

Icyifuzo cyo kwegera Imana no kuyimenya ntikiza
ubwacyo, ahubwo kigomba gushyirwamo imbaraga no
gukuzwa. Nta cyifuzo icyo ari cyo cyose, ubuzima nta gaciro
.cyangwa uburyohe buba bufite

Reka ubushishozi bwawe bwo mu mwuka buyobore
imitekerereze yawe kandi intsinzi izagukurikira aho ujya
hose

Nyeguriye Imana ijwi ryanjye, amaboko yanjye, ibirenge
byanjye, umutima wanjye, umubiri wanjye,
amarangamutima yanjye, ubushake bwanjye na byose

Urukundo ni intwari y'umwuka irangiza intambara zose

Hirya y'iyi si hari isi itagira imipaka aho tuzongera
.guhura n'abo twibwiraga ko badusize burundu

Ubu buzima bwo ku isi buhora buhinduka agahinda
gakurikira agahinda, amayobera ku mayobera. Iki
kimenyetso kigaragara mu butayu bw'ubwenge bwacu
kigomba kuvaho, kandi tugomba gukangura twebwe ubwacu
.kuva muni y'umwenda muni w'ibintu

Ntugereze gushingira ibyiringiro byawe kuri ubu
buzima Ingwate yawe iri he? Uba ufite umutekano gusa iyo
uhungiyemo mu bumenyi bw'Imana

Ishingiro ry'ubugingo rimeze nk'izahabu ya kera
yahishwe muni y'ubutaka Iyo ubutaka bukuwe muri zahabu
bukagezwa n'amazi yo gutekereza, bucya bugashya kandi
.bukagira isuku n'ubuziranenge

Uwiteka, reka turebe ibyiza, dutekereze ibitekerezo
bizima, kandi twifatanye n'abafite imico myiza. Dufashe

kugutekereza no kugutekerezaho, wowe soko y'ubutungane
.bwose n'inkomoko y'ibyiza byose

Ubwigenge ku ntege nke

Uburyo bwiza bwo gutsinda intege nke ni ukureka
kuzitekerezaho; bitabaye ibyo, igitekerezo cy'intege nke
kizarenga ubwenge bwawe kandi kigenge imbere yawe Iyo
twinjije umucyo muri twe, umwijima uzashira nk'aho utigeze
.ubaho

Icyo gitekerezo kimpa imbaraga zidasanzwe

Iyo urumuri rwinjijwe mu buvumo bwari bumaze imyaka
ibihumbi butwikiriwe n'umwijima, umwijima uhita ushira. Mu
buryo nk'ubwo, intege nke n'amakosa birashira iyo
twemereye urumuri rw'Imana kwinjira mu bwenge bwacu,
kandi umwijima w'ubujiji ntushobora kugumaho. Iyi ni
.filozofiya tugomba kubahomo

Gutinda ntacyo bimaze Uruziga rw'ubuzima
ntiruhagarara, kandi iminsi y'ubuzima bwacu ihita vuba Buri
munota dukoresha dutekereza neza kandi dukora neza ni
.ishoramari ryiza kandi ryunguka mu byishimo byacu

Abantu benshi bamara ubuzima bwabo bwose
batekereza ku mafaranga, igitsina, n'icyamamare, kandi
ntibakunze kwibanda ku bintu by'ingenzi bibazanira amahoro
yo mu mutima no kuzamura ubumenyi bwabo ku rwego rwo
.hejuru

Uko uruhare rw'umuntu rwaba ruciriritse kose, afatwa
nk'uwatsinze mu maso y'Imana iyo azi gukoresha umwanya
we neza no kwerekeza ibitekerezo bye mu cyerekezo
.gikwiye

Iyo umucyo w'Imana umurikiye umuntu, ntabwo yumva
ko hari icyo akeneye kuko ibyishimo bimurenze bisohoza

inzosi ze zose kandi bigatuma yumva mu mutima we ko ari
we mukire ukize kurusha abandi kandi ko ari we wishimye
.kurusha abandi bose muri ubu buzima

Umuyoboro w'urumuri

Abo ubwenge bwabo mu by'umwuka bukangurirwa
n'ibitekerezo biboneye, ibikorwa byiza, amarangamutima
meza, no gutekereza cyane bashobora kumva ko bavuye mu
mubiri mu gihe cya nyuma cyo kuva binyuze mu jisho
ry'umwuka. Mu gihe cy'urugendo rwabo rwo ku isi, yoga
ikora imyitozo yo kubona inzira y'ijisho ry'umwuka ku
mupaka uri hagati y'ibintu n'umwuka, kandi mu gihe cyo
kuva ku isi, bashobora kwinjira muri iyi nzira imurika bakava
muri iyi si bakajya mu bwami bw'Imana butagira akagero
.bw'umucyo, ibyishimo, amahoro, n'ubwisanzure busesuye

{Umucyo ku wundi}

Itara ry'umubiri ni ijisho [ry'umwuka]

Niba ijisho ryawe ari rimwe

Ubwo rero umubiri wawe wose uzuzura urumuri

Kandi umucyo uca mu mwijima, ariko umwijima}

{ntiwawumenya

Kwita ku bandi ni ukumva agahinda k'abandi, kubegera,
kuvugana na bo, kugerageza by'ukuri kubahumuriza mu
byago byabo, kwishimira ibyishimo byabo, no gukora uko
dushoboye kose kugira ngo tubakureho ubwoba, ubukene
.n'imihangayiko

Umuntu ufite umutima wo gufasha abandi ntakora
akurikije imibare n'ibyo yiteze, ahubwo akoresha ubushishozi
bwe n'ubushishozi bwe kandi agafasha abandi, ashimira
Imana ku bw'intsinzi yagezeho. Iyo ananiwe rimwe cyangwa
inshuro nyinshi, ntabwo yumva acitse intege, ahubwo

arushaho kwiyeemeza, akongera imbaraga ze agasubiramo,
agashakisha ibitekerezo bishya n'inzira, ayobowe n'umucyo
w'ubwenge, kandi agashaka ubufasha bw'Imana kugeza
igihe agereye ku ntogo ye kandi akagera ku mugambi we
.mwiza

Ukora kugira ngo abandi bagire ibyishimo Imana imuha
ibyishimo afite ihumure ryo mu mutima. Kandi iyo abuze
ikintu ku bw'abo agerageza gufasha, ntakibona nk'igihombo
kuko ku bw'ibyo abona ibyishimo by'Imana n'amahoro yo mu
mutima. Abaho kugira ngo akunde, akore, atange, kandi
.abiba imbuto z'ineza n'amahoro mu mirima y'abantu

Umuntu wese urenga isi ye bwite mu bitekerezo bye
n'amarangamutima ye yongera ubumenyi bwe, yongera
impuhwe ze, kandi yumva ko isi ari urugo rwe kandi ko
ubumuntu ari umuryango we. Amenya ko intego yo kubaho
kwe kuri iyi si ari ukwivugurura mbere yo kugerageza
kuvugurura abandi, kuko umuntu wese wivugurura afasha
abandi kwivugurura binyuze mu rugero rw'ubuzima bwe.
Ibikorwa bigira ingaruka zikomeye kandi bigira ingaruka
.zikomeye ku buringo bw'abandi kuruta amagambo

Ahantu hagufi ho guhagarara

:Ubwiza bw'ukuri

Hari abantu bagerageza guhunga ibibazo byabo baseka,
ariko ubwo bwoko bwo guhunga busaba umutimanama
ukeye, udafite uburyarya n'uburiganya lyo umuntu yitayeho
ubwe no ku bandi, kandi agakora ibintu mu buryo
bw'icyubahiro no mu bunyangamugayo, amaso ye
arahumura, kandi akabona urumuri rudasanzwe—urumuri
rw'ukuri rudashidikanywaho

:Ubunyangamugayo

Hari abantu bavuga ibintu byinshi bitwaje ko ari
inyangamugayo, ariko ntushobora kubwira buri wese ibintu
byose Iyo utanze inama n'ubuyobozi, hari abantu bumva
nabi amagambo yawe kandi ntacyo bungukira ku byo uvuga;
iki ni igikorwa cy'ubusa kandi ni igikorwa kidashimwa
Guceceka muri bene ibyo bihe ni byiza, ariko ibi
ntibisobanura guceceka ku makosa

:Kwishyira hamwe

Kwishyira hamwe ni byiza cyane Abantu benshi bazi
ukuntu bigoye kuba mu bwumvikane n'abandi, ariko se
wigeze utekereza kuba mu bwumvikane n'abandi? Biragoye
cyane, ariko birashoboka Iyo wisesenguye, uzabona ko uhora
uhanganye nawe Niba utikunda, ntuzakunda undi muntu
Kandi niba umuntu adahuje nawe, ni gute ashobora kuba mu
?bwumvikane n'abandi

Kwishyira hamwe ni ingenzi kugira ngo umuntu agire
ubumwe n'isi Bityo rero, ni ngombwa kwiha agaciro no
kwikunda, kuko ukwiriye urwo rukundo Umuntu agomba
kwikunda kuko Imana yaturemye ikaduha ubushobozi bwiza
Gukunda uyu muntu w'imbere, uyu mwuka wuzuyemo imico
myiza, bitera imbaraga zo kugira imyitwarire myiza kandi
bigasukura ubwenge ku byanduza n'umutima ku bubi
.n'inzika

:Gupima icyerekezo cy'ubuvanganzo

Umuntu ntashobora gushuka umutimanama we,
gushingira ku makosa ye, cyangwa guhunga ingaruka
z'imyitwarire mibi, kabone n'iyo yaba agiye mu wundi
mubumbe. Ingaruka z'ibikorwa bye zirajyana na we, kandi
umuntu agomba gukosora inzira ye no gukosora umurongo
ngenderwaho w'umuco kugira ngo urushinge rwayo ruhore
.rwerekeza mu cyerekezo gikwiye

Hari abantu baba mu mimerere mibi cyane nyamara
bakaba biyumvamo neza, abandi bakaba bafite amahirwe
yose n'ibyo bakeneye byose ariko bakaba bahora
bahanganye na bo. Bityo rero, umuntu ntagomba
gutegereza ko ibintu bihinduka. Yemeze ko umeze neza
.nubwo ibidukikije byaba bitandukanye n'ibyo wifuza

Umuntu wese wishyira mu maboko y'ibintu, ategereza
ko ibintu bihinduka, kandi gutegereza kwe kuzamara igihe
.kirekire

Bivugwa ko umugabo yavugaga indimi cumi n'umunani
neza, nyamara yari umukene cyane ku buryo atashoboraga
kubona itara ryo gusoma. Yajyaga mu mfuruka akicara
muni y'urumuri rwo ku muhanda kugira ngo asome. Mu
by'ukuri, ubushake butanga uburyo, bugatanga amahirwe,
bukongera icyizere, bugasohozza imirimo, kandi bugasohozza
.ibyifuzo n'inzozi

Gushyikirana nyabyo n'abazi Imana bishobora gukorwa
binyuze mu kubana nabo ubwabo, gusoma inyandiko zabo
mu buryo bwimbitse, cyangwa kubatekerezaho mu buryo
bwimbitse kandi burangwa n'ubucuti Ingingo y'ingenzi yo
kwibuka Ijyanye n'ubwenge bwabo, bujyanye n'Imana

Iyo duhuje ubwenge bwacu n'ubugingo bukomeye
bukunda Imana, ubwo bwumvikane buhindura ubuzima
bwacu buhoro buhoro mu buryo butangaje cyane. Ubwo
bwumvikane ntibushyira ubushake mu bucakara ahubwo
bwagura ubushobozi bwabwo kandi bugakomeza imbaraga
zabwo. Iri ni itandukaniro riri hagati yo kuba mu bwumvikane
n'abantu buzuye ubwikunde kandi bashishikajwe n'ibyo
bashobora kunguka, no kuba mu bwumvikane n'abakunzi
b'Imana n'abantu bagamije gutanga no gukangura urukundo
rw'Imana mu mitima y'abahuje nabo. Ubuhanga bw'aba
bantu b'imigisha butuma tugirana isano ya bugufi
.n'ubuhanga bw'Imana

Tugomba kuzirikana ko nubwo duharanira guhaza ibyo
dukeneye, tugomba no gufasha abandi kubona ibyo
bakeneye no gusangira n'abatishoboye ibyiza byo mu
buzima bidutegereje. Twibuke ko turi igice cy'ingenzi
cy'umuryango mpuzamahanga kandi ko tudashobora kubaho
.tudafite uyu muryango mugari

Ubuzima bwaba bumeze bute hatabayeho ababaji,
abavumbuzi, abahinzi, n'abandi? Binyuze mu gutanga no
kwakira, no guhana serivisi, Imana ishaka ko dutekereza ku
bandi kandi tukabagirira impuhwe. Ni ikosa rikomeye kubaho
ku giti cyacu gusa tudatekereza ku bandi. Iyo dutekereje ku
byishimo byacu, tugomba no gutekereza ku byishimo
by'abandi. Ntidusabwa gutanga ibyo dufite byose kugira ngo
umuryango w'isi yose ubeho neza, kuko ibyo bidashoboka.
Ahubwo, tugomba kugirira impuhwe abandi kandi tugakora
uko dushoboye kose kugira ngo tubafashe kandi
.tubagabanyirize imitwaro

Hari isano iri hagati y'intsinzi no hagati y'ibyishimo
.by'umutima, mu rwego rw'ibidukikije umuntu abamo

Intsinzi nyakuri ni umusaruro w'imyitwarire ijyanye
n'amahame yo gukiranuka, kandi irimo ibyishimo
n'imibereho myiza y'abandi nk'igice cy'ingenzi cyo kunyurwa
ku giti cyabo. Umuntu wese ushyira mu bikorwa iri hame mu
buzima bwe bw'umubiri, mu bwenge, mu by'umuco no mu
by'umwuka azasanga ubu busobanuro bw'intsinzi ari
.bwuzuye kandi bwuzuye

Abantu batekereza ku ntsinzi mu buryo butandukanye
bitewe n'intego zabo mu buzima. Hari igihe bamwe
bayigereranya n'ubujura, bavuga ibintu nk'ibi ngo "Ni
umujura watsinze!" Ibi bigaragaza ko atari ko gutsinda kose
.ari ingenzi; gutsinda kwacu ntikugomba kwangiza abandi

Ikindi kintu cy'ingenzi kugira ngo umuntu agire icyo
ageraho ni ukuzana ubwumvikane n'umusaruro mwiza, atari
kuri twe ubwacu gusa, ahubwo tugomba no gusangira ibyo
.byiza n'abandi

Kugera ku ntsinzi mu by'imari ntibisobanura gusa
kwishimira ibyo dukwiriye; bivuze kandi kugira inshingano
nziza zo gufasha abandi kwihangira ubuzima bwiza Umuntu
wese ufite ubwenge ashobora kubona amafaranga, ariko
niba afite urukundo mu mutima we, ntabwo azashobora
kuyakoresha mu buryo bw'ubwikunde; ahubwo, azasangira
.n'abandi ibyo afite

Amafaranga aba umuvumo mu maboko y'abantu
b'abanyanteye nke n'abanyamahane, ariko ni umugisha
.n'impano ku bafite amaboko meza n'imitima myiza

Roho nziza zikurura imitima myiza kandi zikayikurura

Tugomba kwiga gukunda bagenzi bacu nk'uko twikunda
no kwibuka ko turi hano muri ubu buzima igihe gito,
hanyuma tukajya mu yindi si, aho urwego rwayo rushingiye
ku rwego rw'imatekerereze yacu n'ubwiza bw'ibikorwa byacu
.muri iki gihe cyo ku isi

Abo dusangiye umuryango nyakuri ni bande? Ku muntu
w'umunyabwenge, buri wese ni umuvandimwe, kandi buri
wese ni "umuturanyi" Birumvikana ko umuntu
w'umunyabwenge ashobora gushishoza kandi akumva ko
nubwo izuba rimurikira akarabyo k'amakara na diyama,
diyama, itandukanye n'amakara, ifite ubushobozi bwihariye
bwo kwakira no kugaragaza urumuri neza. Umuntu agomba
gushaka incuti z'abantu bafite ibitekerezo
n'amarangamutima bisa n'amakara kandi bagomba guha
umwanya wo gushaka inshuti z'ukuri. Ababaho ubuzima
buzira umuze kandi bw'inyangamugayo bazakurura inshuti
zirangwa n'isuku n'ubunyangamugayo, mu gihe ababaho ku

bw'imitekerereze mibi badafite ubushishozi bazakurura
.inshuti zimeze nk'izo

Niba uha agaciro amahame meza n'amahame meza, ni
byiza kwirinda kwifatanya n'abantu batemera ayo mahame
n'amahame kandi bavanga ibitekerezo kandi bakabangamira
ibyiyumvo, kugira ngo imitingito yabo idagabanya urugero
rw'imitingito yawe. Ariko kandi, ntugakure umuntu uwo ari
.we wese mu rukundo rwawe

Byongeye kandi, umuntu ntagomba gutanga urukundo
gusa, ahubwo agomba no kugira amahoro, kugira ngo aho
agiye hose, areme ubwumvikane n'ituze, ahumurize abari
hafi ye kubera ubuntu bwe Nta muntu ushaka kwegera
inzoka ihumura nabi—mumbabarire iyo mvugo—buri wese
abyirinda. Mu buryo nk'ubwo, umuntu ufite ubwoba,
uhubuka, kandi ukunda impaka ararakaza kandi akabuza
abandi. Twifuza kumera nk'indabyo z'indabyo zitanga
impumuro nziza ishimisha umutima. Nimureke dukore
ibishoboka byose kugira ngo dukwirakwize impumuro
.y'amahoro n'imiyaga myiza aho tujya n'aho tuba

Ubwami bw'Imana ntiburi mu bicu cyangwa ahantu
runaka mu kirere. Buri hirya y'umwijima tubona iyo dufunze
amaso, kandi iyo dutekereje kandi tugasenga, ijisho
ry'umwuka riri mu gahanga rirakinguka muri twe, maze
tukabona umucyo mwiza kandi tukumva ibyishimo
bikwirakwira muri buri karemangingo k'umubiri, maze
tukumva ko umwenda ukuweho kandi ko urugi rwihishe
.rufunguye mu bwami bw'Imana

Imana ni ibyishimo bihora bishya, ibyishimo bikubiyemo
byose Tugomba kumva turi kumwe n'ibyo byishimo biba
.muri twe kandi bikikije ubuziraherezo

Hirya y'imbibi z'ibintu birebire, hari ubwenge butagira
umupaka, bukubiyemo byose, buenze ibisobanuro mu bwiza

bwabwo bwose, ubunini, n'ubudashyikirwa. Ubu ni ubwami
bw'ijuru, ibyishimo by'iteka, bitagira umupaka kandi bitagira
.iherezo

Iyo ibyo umutima utekereza byagutse, kandi ukumva ko
uhari hose, noneho wifatanya n'umwuka w'Imana

Icyubahiro kibe ku Mana Itagira Umupaka, yicaye ku
isanzure, aho ijuru rihurira n'inyanja, n'icyubahiro kibe ku
Mana Itagira Umupaka, yicaye ku mahoro ari muri twe;
twibanda ku Mana Itagira Umupaka iri imbere, dushobora
.kubona imbaraga zayo zitagira umupaka

Ubumenyi buboneka mu kwigira ibitabo cyangwa ku
bantu ni ubumenyi buke, mu gihe ubumenyi buboneka
buturutse ku Mana butanga imbaraga z'ubwenge, ubwiza
.bw'icyizere, ituze ry'umutima, n'amahoro y'umutima

Mwami, nyigisha gusenga nshyizeho umutima cyane no
kuvanga gutekereza cyane n'ibyo nshaka bivuye ku mutima,
kandi umutima wanjye wezwe buri munsu n'urukundo
.rwanjye rutunganye nkunda wowe

Kwibohora ku nzitizi za karma

byaba ibyo mu mutwe cyangwa ku mubiri, ibyo ,
umuntu azi cyangwa ibyo atazi, bigira ingaruka ku buzima
bwe Ibikorwa bya kera si ibyakozwe mu minsi, amezi,
cyangwa imyaka ishize gusa, ahubwo ni n'ibikorwa byo mu
.buzima bwa kera

Wari warapfuye, kandi yaguhaye ubuzima; hanyuma
azabatera gupfa, hanyuma azabaha ubuzima bundi bushya;
hanyuma muzasubizwa kuri we

Ingaruka nziza n'ibibi by'ibikorwa by'umuntu Mu buzima
bwe bwa none, ibi bimenyetso biguma bibitswe mu buryo
budafite icyo buvuze cyangwa mu buryo busobanutse, kandi

ingaruka umuntu afite (cyangwa roho ye) zo mu buzima bwe
bwa kera ziba zisinziye nk'imbuto mu buryo budafite icyo
buvuze, zitegereje imimerere ikwiye yo kumera no gukura
mu gihe runaka cya karmic Itegeko rya karma, rihuza ibintu,
rikubiyemo ibikorwa n'ingaruka, impamvu n'ingaruka, kubiba
no gusarura

Buri muntu ashyiraho iherezo rye binyuze mu bitekerezo

bye n'ibikorwa bye, kandi imbaraga asohora, zaba ari
iz'ubwenge cyangwa iz'ubupfapfa, nta kabuza ziragaruka
nk'aho ari ho ahera, nk'uko uruziga rwiuzura neza [Ikibazo
ni] ugomba guhangana n'ingaruka zitazibagirana z'ibikorwa
bye bya kera, cyangwa ni iki cyitwa gushingira ku mateka
y'igihe kizaza? Igisubizo ni oya Imana ni itegeko n'urukundo,
kandi umuntu uyishaka ayihindukirira afite icyifuzo cyuzuye
n'ukwizera, agahuza ibikorwa bye n'amategeko y'Imana,
kandi agashaka urukundo rw'Imana rutagira icyo
rushingiyeho nta kabuza azahabwa umugisha w'Imana
.woroshya imitwaro iremereye kandi ukanoza imimerere

Imana yadushyize muri iyi si yuzuyemo ibihimbano,
kandi izi imibabaro yacu n'ibigeragezo n'amakuba duhura na
byo Abantu barushaho kwijima mu mwijima w'ubujiji bwo mu
mwuka iyo bibwira ko barohama mu cyaha kandi badafite
imbaraga zo kuva mu bwigunge bwacyo. Ni byiza ko
baharanira kwikosora, bagashaka ubufasha n'impuhwe
bivuye mu mutima w'imbabazi z'Imana, biringira imbabazi
ziturutse ku Mana yuje urukundo, impuhwe n'imbabazi

Iyo tumenye isano ya hafi dufitanye n'Imana, ni iyihe
karma ishobora kuduha? Ntukemere ko hagira umuntu
ukubwira ko ububabare bwawe n'ingorane zawe ari ingaruka
za karma yawe. Nk'umwuka uri mu shingiro ryawe, nta
karma ufite. Ahubwo, ugomba kumenya uku kuri wiyemerera
ko uri umwe n'ishingiro ry'ubuzima, urumuri, n'imbaraga zo
mu kirere. Niba usobanukiwe n'uku kuri, nta cyo ugomba

gutinya, kandi Imana izagukingurira imiryango myinshi kandi
.iguhe amahirwe menshi

Niba utanyuzwe n'uko ubuzima bwawe buri kugenda,
hindura imitekerereze yawe hanyuma ushyire imbaraga
nziza mu bwenge bwawe maze nawe ubwawe uzumva
.itandukaniro

Nta mpamvu y'uko abantu barira kandi bakababazwa
n'ibyo babuze, cyangwa ngo bashyire imimerere mibi yabo
mu makosa bakoze muri ubu buzima cyangwa mu bihe
byashize, kuko ubu ni uburyo bwo kwirengagiza ibintu mu
buryo bw'umwuka. Bagomba gukora no kurandura ibyatsi
bibu mu busitani bw'ubuzima, hanyuma indabyo nziza kandi
ziryoshye cyane zizarabya kandi zere imbuto nziza kandi
.zifuzwa cyane. Ku bw'ubuntu bwe, Usumbabyose

Kugandukira Imana ntibisobanura kudakoresha
ubushake bwacu kugira ngo tunoze ibintu byacu no
gutegereza ko Imana ikemura ibibazo byacu nta mbaraga
.dufite, kuko Imana ifasha abifasha ubwabo

Ingingo ni uko twiga uburyo bwo kujya ku Mana kugira
ngo iyobore ubushake bwacu kandi ihe umugisha kandi
ikomeze imbaraga zacu. Iyo tunesheje inzitizi zo kutiyemeza
kwitanga, tubona mu Mana uburinzi nta muntu n'umwe muri
iyi si ushobora kuduha, kandi tunabona imbaraga nta
.kigeragezo gishobora gutsinda

Buri wese ashobora gushinga umubano wihariye
n'Imana niba azi uburyo bwo gukingurira Imana umutima we
kandi akifuza ko Imana ibaho, ibyo bikaba bizana ibyishimo
.n'icyizere

Iyo umuntu yumvise akeneye Imana cyane, azi ko
adashobora kubaho atayifite, azabona ko Imana imusubiza
mu buryo bumwe cyangwa ubundi. Ariko agomba kubanza

gukuza iyo mitekerereze ikomeye, kuko igisubizo kitazaza
.mu buryo butunguranye

Nitudaha Imana umwanya wa mbere mu buzima bwacu,
ubwenge bwacu buzahora buhangayika kandi bugatera
urujijo, kandi ntituzashobora guhangana n'ibibazo bitagira
.ingano by'ubuzima

Kandi ni ubuhe buryo bwo guteza imbere icyo cyifuzo?
Igihe cyose duhuye n'ibyago cyangwa ingorane, kandi igihe
cyose twumva ibintu biremereye mu mitima yacu, tugomba
guhindukirira Imana tukayisaba ubufasha, tuzi ko umuntu
wese ukunda Imana Kandi ikayibika mu bwenge bwe no mu
mutima we. Imiterere ye izarushaho kuba myiza. Imiterere
.ye irahinduka ikarushaho kuba myiza

Iyo dukoresheje amasengesho yacu aturutse ku mutima
n'ubusabe bwacu buvuye ku mutima, tuzakuramo ishingiro
.ry'igisubizo cy'Imana kirimo ibiryo, gukira, n'ibyishimo

Ku bantu bifuzwa ifunguro ry'umwuka, gucika intege no
gutsindwa byahise ntacyo bitwaye Amasomo ashobora
kwigirwamo, kandi umuntu ashobora kongera kugerageza,
akongera kugerageza kuva mu ntangiriro. Intsinzi
izagerwaho, ku bufasha bw'Imana, ku bantu bose badacika
intege no gutsindwa, bafite icyemezo kidacika intege kubera
ibyago, kandi bizera bafite ukwizera kutajegajega ko Imana
ishyigikira abihangana Abari mu nzira nziza, kandi ikabaha
ibyiringiro, imbaraga, n'icyizere, kugeza bageze ku ntego
.yabo ya nyuma no kugera ku ntego y'ubuzima

Igitekerezo ni imbaraga nk'amashanyarazi, kandi ni
imiterere y'imatekerereze. Gisubira mu bitekerezo n'uburyo
bwo gutekereza

Amashanyarazi ni ingirakamaro kandi ni mabi;
uyakoresha neza uyashyira mu bikorwa bye. Bitabaye ibyo,

ashobora kumukomeretsa. Ni ko n'ibitekerezo
byatekerejweho. Iyo ayobowe mu nzira nziza, azanira
.nyirawo ibyishimo, bitabaye ibyo akamuteza ibibazo

Igitekerezo ni nk'ifarashi yo mu gasozi, ariko kuyitoza
ntabwo ari ikintu kidashoboka, kandi gutekereza neza ni
bumwe mu buryo bwo kugenzura ibitekerezo

Gutekereza neza ni inshuti magara Kandi ubwenge
burwaye ni umwanzi uhoraho

Gutekereza neza bikurura amahoro n'umutekano, mu
gihe gutekereza nabi bitera imyambi yica isubira kuri nyirayo
inshuro ebyiri. Ni yo mpamvu havugwamo ngo "Ingororano
ni imwe n'igikorwa" Igihe cyose umuntu yohereje imigambi
myiza, ibitekerezo bye bizahinduka amatara, bimurikira
ibyumba by'ubugingo kandi bikirukana umwijima mwinshi,
ku buryo yumva ihumure rikomeye, kandi amaso ye
akarabagirana n'inseko yo kunyurwa! Inseko ikomeze mu
.maso yawe kandi amahoro abe kuri wewe

Ubuzima ni nk'urusyo rusya imbuto z'igerageza
n'igerageza ry'imbuto, kugira ngo rukore umugati w'ubuzima
Ni nk'umuhanda uzunguruka, ufite indabyo nziza ku mpande
zombi z'ibinyugunyugu bitangaje N'ibiti bifite imbuto nziza
ku mashami yabyo, nyamara gake duhagarara Reka
twishimire kubibona no kwishimira uburyohe bwabyo; mu
by'ukuri, akenshi tuba turi ku nkengero z'amazi Kugira ngo
tugere mu turere twagutse, dutekereza ko hari ahantu heza
ho kureba kurusha uko twabonye Ariko uko tugenda buhoro
buhoro Ku nzira z'indabyo, zera imbuto, dusanga ibiti
byijimye kurusha bishya, hanyuma indabyo zikabura. Hamwe
nabyo, ibinyugunyugu n'imbuto, hanyuma tukaza kwisanga
.mu butayu bw'imburamukoro

Ubuzima bw'umuntu bumeze nk'amazi yo mu nyanja,
asukurwa agahinduka mashya Iyo uzamutse mu kirere cyo

hejuru. Ni nk'inzozizi za mu gitondo, zigenda zirushaho kuba
nziza uko imyaka igenda ishira, kuko ibintu bisa
n'ibisobanutse neza kandi bisobanutse neza. Ni nk'urugendo
aho imiterere ihinduka uko tugenda intera ndende. Hanyuma
.imiterere imwe irahinduka uko tugenda tuyigeramo, n'ibindi

Ubuzima ntibutenguha abanyabwenge, kuko
babukorana ubuhanga kandi bakabwishimira Bataretse ngo
bubayobore kandi bababuze umudendezo wabo Urugero,
bishimira amazi Bakayanywa kandi bakayayuhagira, ariko
ntibemera kuyarohama Bakunda imyenda bakunda
Batabanje gukurikiza amategeko n'imigenzo ifatwa
nk'iy'ibanze Bakunda kurya badasabye uburibwe kubarya,
kuko kurya cyane bigabanya imbaraga z'umubiri Kandi birya
imyumvire Kandi azayirimbura burundu. Bityo rero, umuntu
agomba kwishimira ubuzima Ariko adakoresheje ubwenge
binyuze mu kwibiza

Kubana neza n'abandi Ntibivuze kwemeranya na bo kuri
buri kintu cyose, cyangwa kwigomwa amahame ku bwabo,
kuko ubu buryo bwo gukurikiza ibintu budakwiye kandi
ntibujyanye n'ukuri Abavuguruye n'abantu bakomeye
ntibahuje ibitekerezo n'abantu benshi bari babakikije, ariko
bakomeje intego yabo, kuko babonye ko ibyo bakoraga byari
ukuri rwose

Mbere na mbere, umuntu agomba kuba mu buryo
buhuje n'Imana, hanyuma akabikorana n'umutimanama we,
.hanyuma akabikorana n'abantu

Iri hame ntirigomba kwangizwa kandi ntirigomba
gukoresha impamvu zihishe kugira ngo rigere ku ntego
runaka, kuko ibyo bidakwiye abantu bafite amahame

Ni nde ushobora kubaho mu buryo bushimisha Imana?

Ntugagirire nabi abandi, kuko ntacyo bafite cyo gutinya.
Niba ubu buryo budashimisha abandi, birahagije ko umuntu

yumva amereye neza imbere ye kandi akumva afite
.amahoro yo mu mutima amutandukanya n'abandi

Imbaraga n'icyifuzo by'ubugingo Mu guhindukirira Imana
byitwa rukuruzi y'umwuka Kandi hamwe n'iyi rukuruzi,
ubugingo bwikurura imigisha n'imitingito myiza n'ibintu
.byose byiza bya muntu, bibutsa ibyiza n'ubutungane

imbaraga zo mu mwuka. Ni imbaraga zikurura umuntu
kandi zikamukurura. Inshuti nziza n'ibintu by'ingenzi
n'ingenzi. No gusobanukirwa ibintu mu buryo bwumvikana.
.Izi mbaraga ziva mu mbaraga z'Imana zikurura

Buji y'amahoro

Fata ikintu cyo gutekerezaho mu mutwe. Uzuza
amahoro yawe

Fata icupa ry'amarangamutima yanjye, Uryuzuzemo
imbabazi zawe

Fata agaseke kanjye k'ubugingo karimo ubusa,
wuzuzemo imbuto z'ubwenge bwawe

Suka amazi y'urukundo rwawe mu bugingo bwanjye
Nzayasuka mu bikombe by'ubugingo bufite inyota

Senya inkuta z'ubwikunde. Nyinjiza mu maso yawe yose

Umurasire w'urukundo rutunguranye

Nimureke arebe mu mutima wanjye

Binyibutsa urumuri rw'izuba rw'urukundo rwawe

Gukwirakwira mu kirere cy'ubuzima bwanjye

Umucyo w'urukundo rwawe waramurikiye

Kuri njye ubwanjye, maze ndabona urumuri

Umucyo wawe wuzuye umwanya wanjye wo mu mwuka
Uri ubuzima bukomeza umubiri wanjye
Kandi ubwenge butuma ibitekerezo byanjye bihinduka
Kandi ubwenge bukuraho ubujiji bwanjye
Ndacana buji nto y'urukundo rwanjye
Gusoma igitabo cya zahabu
Yabitswe muri njye kuva kera
Urukundo rwawe rwariho kandi ruracyariho
Itara ry'amahoro ritagaragara
Ibyo bikuraho umwijima bikanyereka ubutumwa bwawe
Blog iri ku mapaji y'imitima
Ikuzo ryawe rigaragare, Nyagasani
Umucyo w'ubwenge bwawe ushireho
Ubujiji, amakimbirane, n'ishyari
Kuva ku nkombe z'isi iteka ryose
Hindura intege nke zacu mo imbaraga
Kandi twagize intege nke mu gufata icyemezo
Shyira umubiri wacu umuriro w'amashanyarazi w'ingenzi
Kandi wuzuze ubwenge n'ubugingo bwawe urumuri
rwawe rukiza
Dufate ukuboko kwacu kugira ngo tudapfa mu mazi yo
kutita ku bwawe, kandi wuzuze ubuzima bwacu urukundo
rwawe n'ubwenge bwawe. Twumve ko turi hafi yawe cyane
.kandi ko izuba ry'imbabazi zawe ritumurikira buri gihe

Ndashyira indabyo z'ibitekerezo byanjye bishyushye
kandi bizima

Mu miterere y'ituze

Impumuro ye ituje iraririmba

Kandi aririmba iby'icyubahiro cyawe

Kandi hamwe n'urumuri rwawe rwera

Ndabona ubwiza bw'ubuzima bwawe

Inzosi zanjye nziza zirasohoye

Iyo urumuri rwawe rucanye mu mutima wanjye

Udupfundikizo turaka umuriro w'ubwenge

Ndabona ubwiza bwawe, kandi ibyishimo byanjye
biri Yongera

Imana iguhe urumuri rwayo

Kandi ndagusuhuza umutima wawe

Hari byinshi isi idusaba kandi ikatwemeza ko ari ingenzi
cyane kandi ko kubaho tudafite ibyo bintu bidashoboka
cyangwa kuba twabishobora. Ariko ikintu cy'ibanze gisabwa
ni ukugira ngo tubone amahoro y'Imana, aho amasoko yayo
adakama kandi isoko yayo idakama, kandi igaha buri kintu
.cyose mu buzima uburyohe n'igisobanuro

Twibuke ko Imana ari yo kamere yacu, kandi ko
urukundo ari ryo dirishya tunyuramo turebera mu maso he
h'icyubahiro. Umuntu wese wifuza kumva ubuturo bw'Imana
no kurera icyo cyifuzo gikomeye mu bitekerezo no mu
bikorwa, Imana izamuha ibyo asabye kandi imufashe
.gusenya imyenda imubuza kubona urumuri rw'Imana

Umuntu wese wiyemeje gukomeza inzira ntazacibwa
intege n'ikintu icyo ari cyo cyose, kandi nta n'imbogamizi
izamubangamira kugeza igihe azagera ku ntego ye kandi
.akagera ku cyifuzo cy'umutima we

**Amasaro n'amabuye y'agaciro yo mu buryo
bw'umwuka**

Abagaragaza intege nke z'abandi bakabatera isoni
n'umujinya bari kure y'ubwenge n'ubushishozi. Tugomba
kwanga icyaha, ntabwo ari umunyabyaha, kuko ari
umuvandimwe wacu mu mwuka, nubwo ari umwijima
w'ubujiji umukikije kandi umukikije. Intego yo guciraho iteka
igomba kuba gukiza, ntabwo ari ukwishima no gukomeretsa.
Tugomba gufata umuvandimwe wacu w'umunyabyaha
nk'uko twifuzaga gufatwa iyo tuba turi mu mwanya we no
.mu mimerere ye

Umuntu wese uhisha amakosa ya mwene se muri iyi si,
Imana izahisha amakosa ye ku munsu w'imperuka

Nk'uko ducira abandi imanza, amategeko y'umwuka na
yo araducira urubanza ku rugero rumwe. Ntitugomba
kwitega byinshi ku bandi, kandi ntitugomba guhora twitega
umusaruro mwiza ku muntu uwo ari we wese, kabone n'iyo
.yaba akora uko ashoboye kose

Umuntu ashobora kugwa agasitara, ariko azakomeza
kugira umutekano igihe cyose akora uko ashoboye kose
kugira ngo yongere kuzamuka urwego rw'imico myiza
.n'ubutungane

Buri munsu tugomba kugerageza guhumuriza umurwayi
mu buryo bw'umubiri, mu mitekerereze, cyangwa mu buryo
bw'umwuka mu dukikije, nk'uko twifasha ubwacu cyangwa
.abagize umuryango wacu

Umuntu wese kuva uyu munsu ugerageza kubaho
akurikije amategeko y'Imana - aho kubaho ubuzima bwa
kera bw'ubwikunde buzana ingorane n'amakuba - azasanga
ko nubwo yaba afite uruhare ruciriritse mu buzima,
rukomeza kuba ingenzi mu gihe cyose asohozwa inshingano
ze mu buryo bwuzuye hakurikijwe ubuyobozi bw'umuyobozi
w'ikinamico y'isi n'umuyobozi w'ibihe byose by'iherezaho
.ryacu: Imana Ishoborabyose

Iyo dufitanye umubano n'abandi mu buryo bw'ukuri,
urukundo nyakuri, no kwita ku byiyumviro, tuzazana inshuti
nziza mu buzima bwacu nta nyungu zacu bwite cyangwa
imibare y'ubwikunde ifite icyo itekerezaho na gito; bitabaye
.ibyo, ntabwo tuzabasha kumenya inshuti zacu nyakuri

Ni ngombwa kwikuramo uburyarya n'uburyarya, no
gukora ibintu bitabangamiye abandi nkana

Inshuti ntizigomba kurakara, gusuzugurwa, cyangwa
ngo zigire inzika, kandi ntizigomba guhabwa impamvu yo
kutwiyumvamo nabi Inshuti ntizigomba gufatwa nabi,
gukoreshwa nabi, cyangwa ngo zihabwe inama zitasabwe
keretse iyo zisabwe Iyo hasabwe inama, zigomba gutangwa
zivuye ku mutima kandi mu bugwaneza, nta gutinya
ingaruka Inshuti zirafashanya binyuze mu kunenga kwubaka
.no mu buryo bwa kivandimwe

Ibintu bigoye biduca intege mu buzima ntibituma
tudukomeza ubushake bwacu no kudutsinda, ahubwo
bizanatuma dukomeza icyizere cyacu no kwizera Imana no
kwigirira icyizere. Hari abantu bibeshya ko ibi bintu n'ibibazo
ari imbaraga zidashobora gutsindwa, bityo bakareka.
Imitekerereze myiza ni ingenzi kugira ngo dukore imbaraga
zacu zo mu mutima kugira ngo duhangane neza n'ubuzima
.n'ibigerageze byabwo

Iyo umuntu adahanganye n'umuntu umurusha
imbaraga, ntabwo azakomera. Mu buryo nk'ubwo, iyo
duhanganye n'ibibazo byacu dufite ubutwari n'imbaraga zo
mu mutwe, tuba dufite imbaraga kandi turushaho
.kwihangana

Ubwenge bwacu ni igice cy'ingenzi cy'ubwenge
bw'Imana butuje. Minsi y'umuraba w'ubwenge bwacu hari
inyanja y'ubwenge bwayo butagira iherezo. Iyo umuraba
wibagiwe ko ari igice cy'inyanja nini, witandukanya n'izo
mbaraga zo mu nyanja. Ingaruka zabyo ni uko ubwenge
bw'abantu bucika intege kubera ubushobozi bw'ibintu kandi
ntibuba bugishoboye gukora imirimo myiza no gutanga
umusaruro mwinshi. Iyo ubwenge bukuye umukungugu
w'ubujiji bukaca iminyururu iboshye imbaraga zabo, buzaba
bufite ubushobozi bwo guhanga no kugirana imikoranire
.myiza n'ubuzima

Iyo ukomeje igitekerezo runaka ukagishyiramo
ubushake bukomeye, icyo gitekerezo gihinduka imbaraga
zihinduka. Iyo igitekerezo kibaye imbaraga, gishobora
guhanga ibidukikije bikwiye kugira ngo ugire icyo ugeraho,
hakurikijwe ikarita itagaragara yashushanyijwe mu
.bitekerezo

Abantu baratsindwa kuko bishora mu bihe bigoye
by'ubuzima batabirwanya, aho kubirwanya batabishyigikiye

Ni ngombwa gukora imyitozo no gukoresha ubushake

Abinjira mu buturo bw'amahoro bashobora kuvugana
mu buryo bw'umwuka n'abandi bantu bakunda Imana, kandi
.bashobora kumva ururimi rw'indabyo n'ibinyabuzima byose

Uwiteka, ba Umwami wenyine wimitswe ku rukundo
rwanjye n'icyifuzo cyanjye

Abatekereza bakumva bafite amahoro akomeye, kandi
aya mahoro yo mu mutima agomba kubungabungwa ndetse
no mu gihe bari kumwe n'abandi. Ibyo umuntu yiga mu
gutekereza bigomba gukorwa mu bikorwa bya buri munsu no
mu mibanire ye n'abandi, nta muntu n'umwe wemerera
.guhungabanya amahoro cyangwa ituze rye

Iyo ushaka kugira ingeso nziza cyangwa gukuraho
ingeso mbi, shyira imbaraga mu ngirabuzimafatizo
.z'ubwonko aho imikorere y'ingeso zitandukanye iherereye

Kugira ngo ugire ingeso nziza, banza wicare utuje
utekereze, ushaka ubufasha bw'Imana. Shyira ubwenge
bwawe ku mutima w'ubushake, uri mu gahanga hagati
y'amaso yawe, kandi wemeze neza ingeso wifuzaga gushyira
mu bwonko bwawe. Iyo ushaka gukuraho ingeso mbi, shyira
kandi ibitekerezo byawe kuri uyu mutima w'ubushake kandi
wemeze neza ko inzira zose aho izo ngeso zishinze imizi
zirimo gusibangana. Ukoresheje imbaraga n'ubushake,
ushobora gusiba ndetse n'imizungu yimbitse y'ingeso za kera
zashinze imizi. Wiyizere kenshi ko ufite imbaraga zihagije zo
.kurandura ingeso mbi mu bwonko

Igihe gikwiye cyo kwemeza nk'uko ni mu gitondo cya
kare iyo ubushake n'ubwitonzi biba biri maso

Komeza wiyemeze ko udafite amategeko yose kandi
umunsu umwe uzabona ko - Imana igufashije - wamaze
.kwibohora ku ngeso wifuzaga kwikuramo

Icyo utinya cyose, shyira ibitekerezo byawe kuri cyo
kandi ubirekere Imana. Komeza ukwizera kwawe mu Mana
.kandi wizere ko ishobora kugufasha

Imibabaro myinshi iterwa no guhangayika no
guhangayika Kuki wagombye kubabara kandi ibyo utinya

bitaraba? Tekereza urumuri rw'Imana rurinda rukukikije
impande zose, maze uzumva uburinzi bwayo butangaje

Kubera ko impungenge nyinshi duterwa n'ubwoba,
nituvanaho ubwoba mu buzima bwacu, tuzumva dufite
umudendezo kandi gukira bizahita. Buri joro, mbere yo
kuryama, menya neza ko Imana iri kumwe nawe, ikurinda
.kandi ikurinda

Muri iyi nkuru y'isi, abantu b'amoko yose bakina inkuru
y'ubuzima ku rubyiniro rw'igihe Tugomba gusobanukirwa
icyo ubuzima busobanura tudahugiye cyane ku nshingano
zacu z'igihe gito cyangwa ngo duhangayikishwe cyane
.n'inshingano zacu z'igihe gito

Uko tubona ubuzima akenshi biragoramyeye kandi
birahindagurika kuko tureba n'amaso y'ubwikunde n'aho
ibintu bigarukira Iyo tureba n'amaso y'ubugingo, twabona
ibintu mu buryo butandukanye rwose

Iyo dufunguye ijisho ry'ubwenge, tubona urumuri
rw'Imana rukikije byose, kandi muri urwo mucyo tubona
kamere yacu y'umwuka, ikaba ari ishusho y'imiterere
.y'ubwenge bw'isi yose bukwirakwira mu bice byose by'isi

Ukuri kw'umwuka kuradukikije, gukomanga ku nzugi
z'amaso yacu afunze, kudushishikariza kubona umucyo aho
kubona umwijima, gukorana ubwenge aho gukorana ubujiji,
kuzuza imitima yacu urukundo aho kuba urwango, no
gufatanya mu gushyiraho amahoro no kuzana uburumbuke
n'umutekano ku isi yacu Iyo tubikoze, ubujiji buzashira,
itandukaniro riri hagati y'imimerere rizashira, tuzabona
ubumwe mu ibarura, kandi tuzarushaho guhuza n'ubushake
.bw'Imana

Isano yacu n'Imana si iy'ubukonje cyangwa idafite
urukundo, nk'iyi hagati y'umukoresha n'umukozi. Turi

umuryango wayo, itwitaho iteka, kandi idutega amatwi buri gihe. Turi igice cy'ingenzi cy'ubugingo bwayo, kandi .umubano wacu nayo ni muzima kandi urangwa n'imbaraga

Umuremyi wacu yaduhaye ubutunzi butagira iherezo bw'urukundo, ubushishozi, ubushishozi, ubushake bwiza, n'imbaraga zo mu mwuka, nyamara abenshi muri twe twapfushije ubusa ubwo butunzi ku kintu Imana ishaka ko tubaho mu mutekano, mu mahoro, no mu bufatanye bwiza, nk'uko bikwiye umuryango mwiza kandi urangwa n'urukundo, ariko umururumba n'imatekerereze y'ubwikunde byashinze imizi mu mitima yacu kandi bibiba amakimbirane .hagati yacu

Imana ishaka ko tuba abategets, ariko twahisemo kuba
abagaragu

Umuntu yavuye kure y'aho yari atuye mu ijuru kandi yatakaje paradizo yo kumva yegereye Imana n'Imana yegereye, kandi ntazashobora kongera kuyigarura nta .mbaraga ze bwite

Imana yaturemye mu ishusho yayo, ariko uku kuri kwaratuvuye mu bitekerezo. Twatsinzwe n'ibitekerezo by'uko iherezo ryacu ari ingorane kandi ko iherezo ryacu ari ukurimbuka. Tugomba gukuraho umwenda w'ibitekerezo by'ibinyoma dukoresheje inkota y'ubwenge kugira ngo .turebe ukuri gukomeye inyuma yayo

?Turi bande kandi ni iyihe kamere yacu nyakuri

Abantu bafite itandukaniro rigaragara, haba mu miterere yabo y'imatekerereze cyangwa amarangamutima, inshingano zabo mu buzima, akazi n'ibikorwa bakurikirana, cyangwa ibyifuzo byabo. Ariko muni y'ibi byose bitandukanye hari ibintu bibiri buri muntu wese yifuza kandi akeneye nta kurobanura. Kimwe ni ukubohoka ku bwoko

bwose bw'ububabare n'ibyo yifuza. Ikindi ni ibyishimo byuzuye kandi birambye—kunyurwa byuzuye, aho amahoro, .urukundo, ubwenge n'ibyishimo biba

Mu by'ukuri, icyo abantu baharanira kugeraho ni Imana,
baba bakoresha iryo zina cyangwa batakoresha.
Abanyabwenge bavuga ko Imana ari yo shingiro ry'ibyishimo
n'umwuka w'ibyishimo. Kandi umuntu ntazanyurwa byuzuye
keretse akuye mu isoko y'isi. Iyi ni ingingo y'ingenzi yo
.gusobanukirwa imimerere y'umuntu

?Ariko se abantu bashakira he icyo bashaka

Babishakisha gusa mu bintu by'isi: mu mutungo, mu miterere yo hanze, no mu mibanire n'abandi bantu. Ariko ntibishoboka kubisanga mu kintu icyo ari cyo cyose, uwo ari we wese, cyangwa mu mimerere iyo ari yo yose muri iyi si, .bitewe n'imiterere y'irema

Irema rishingiye ku ihame ry'ubumwe. Ntibishoboka kugira ishusho mu ibara rimwe gusa, kuko nta buryo bwo kubaho udafite ikinyuranyo cyaryo. Mu buryo nk'ubwo, ntibishoboka ko ikintu icyo ari cyo cyose cyo kubaho kibaho ukwacyo. Ariko, iyo dusuzumye ibyifuzo bitera abantu imbaraga, dusanga buri wese muri twe yifuza ibintu byiza gusa, bishimishije, byiza, kandi byiza, nta byifuzo na bike byo guhangana n'ikintu icyo ari cyo cyose kidashimishije .cyangwa kitifuzwa. Ariko ibyo ntibishoboka

Muri iyi si y'abantu babiri, nta byishimo bitabaho nta bubabare, nta mucyo utabaho nta mwijima, nta cyiza kitabaho nta kibi, nta buzima butabaho nta rupfu Impande zombi z'igiceri ntizitandukana Ibi bivuze ko icyo twifuza cyane muri twe kidashobora kuboneka muri iyi si

Abantu barashakisha—yego, barashakisha n'imbaraga zabo zose—ariko ntibabasha kubona icyo bashaka, ibyo

bigatera kwiheba no kubura ibyiringiro. Ibi ntibitera kwiheba gusa ahubwo binatera inzika nini n'uburakari bwinshi, bityo bigatera ibikorwa by'urugomo. Ibi byose bibaho kuko badashakisha icyo bashaka ahantu heza, kandi kubera iyo .mpamvu, ntibabone icyo imitima yabo yifuza

Abantu bo muri iki gihe cyacu ntibazi byinshi ku byerekeye icyo ubuzima buvuze n'intego yabwo, bityo .bakaba bafite urujijo no guhangayika

Muri kamere, abantu ni ibiremwa bifite intego. Iyo badafite intego mu buzima, kandi niba ubwenge bwabo, imbaraga zabo, ubushake bwabo, n'amarangamutima yabo bitagenzuwe mu buryo bwiza kandi bwubaka, bazahindukirira inzira zisenya nko gukoresha inzoga n'ibiyobyabwenge nabi, gukoresha urugomo, n'ibindi. Intego nyamukuru y'ubuzima ni ukumenya Imana kandi ni inshingano ku bantu guhuza inshingano zabo n'ibikorwa byabo byo hanze binyuze mu bikorwa bikiranuka, ibitekerezo bizima, imyumvire myiza, no gushyira mu bikorwa .amarangamutima yabo mu buryo bwiza

Ibi bice bibiri bya kamere yacu—imbere cyangwa mu mwuka n'inyuma—ntibivuguruzanya iyo byumvwa neza. Ahubwo, birashyigikirana kandi bidufasha guteza imbere no kongera ubushobozi bwacu bw'umubiri, mu mitekerereze, .mu byiyumvo no mu mwuka

Abantu baba mu mwanya utagira icyo bageraho mu bwenge cyangwa mu mitekerereze. Bumva barambiwe kubera kutagira intego no kutagira ikintu icyo ari cyo cyose cyatuma ubuzima bwabo bugira agaciro n'icyo buvuze. Umuntu usanzwe ashobora kuba ashobora gukora no kwitwara nk'aho afite ubuzima bwiza mu mitekerereze no ?mu mutwe, ariko se aba yishimye

Intego y'ibanze y'ubuzima ni ukumenya abo turi bo
n'uko turi imiterere nyayo. Iyo duha ibintu byimbitse
by'ubuzima ubwitonzi bikwiye, nta kabuza tuzumva dufite
ibyishimo, kuko ibyishimo by'umuntu bifitanye isano no
kwihuza n'umuntu mu by'umwuka, udafite ibyo nta kubaho
.cyangwa kubaho

Ubwoba bwo gutsindwa cyangwa indwara buterwa no
kubitekerezaho buri gihe kugeza igihe igitekerezo cyo
gutsindwa kiva mu bwenge bw'umuntu kijya mu bwenge
bw'umuntu butiyumvisha maze amaherezo kikagera mu
bwenge bwo hejuru. Hanyuma, ubwoba, bushinze imizi mu
bwenge bw'umuntu butiyumvisha kandi bwo hejuru,
butangira kwiyongera no gukura kugeza igihe bwuzuze
ubwenge bw'umuntu utiyumvisha ibyatsi by'ubwoba
bitarangizwa byoroshye nk'uko igitekerezo cya mbere
kimera. Ibi byatsi bibi amaherezo bigira imbuto z'uburozi
n'iz'urupfu. Ku bw'amahirwe, imizi yabyo ishobora
kurandurwa imbere binyuze mu kwibanda cyane ku butwari
no gushyira mu gaciro kwizera Imana byuzuye kandi ko
.ishoboye gufasha abashaka kwifasha no kubarinda ibyago

Kera cyane, agahu gato karerembaga hejuru y'inyanja,
gafite ubwoba bw'inkubi z'umuyaga n'imirabyo, ubwo
yumvaga ijwi rimwongorera riti: “Gahu gato k'ubuzima,
”?ikibazo cyawe ni iki

Ntuzi ko uri igice cy'inyanja y'ubuzima? Aka gasatsi gato
karebye hirya no hino maze kamenya icyo kintu

Ubwenge bw'umuntu burareremba nk'agahu gato Ku
buso bw'inyanja y'ubwenge bw'isi, utekereza ko ari agahu
k'igihe gito, uhinda umushyitsi kubera ubwoba bw'indwara,
ubukene, n'urupfu. Ese agahu, utinya inyanja? Reba hirya no
hino witegereze witonze Hindura uko ubona ibintu uva ku
bidukikije bikwegereye ujye mu bwami bw'Imana butagira
iherezo. Suzuma cyane, wagure ubumenyi bwawe, kugira

ngo umenye kandi umenye neza ko uri umwe n'inyanja ye
nini, kandi ko Imana iri kumwe nawe. Irakurinda,
.iragukomeza, ubu n'iteka ryose

Kwirinda imitego n'imitego

Igihe cyose wumva icyifuzo gikomeye mu mutima wawe
kigushishikariza kugikora, koresha ubushishozi wibaze uti
"Ese iki ni icyifuzo cyiza gishobora gusohozwa, cyangwa ni
icyifuzo kibi kidakwiye kubahwa?" Ibyifuzo bibi by'ibintu
bitera ingeso mbi zacu binyuze mu kuduha ibyiringiro bitari
byo n'ibyishimo by'impimbano. Muri ibyo bihe, imbaraga
z'ubushishozi zigomba gukoreshwa kugira ngo hagaragazwe
ukuri. Ingeso mbi amaherezo zitera kutagira ibyishimo. Iyo
kamere yazo nyayo ishyizwe ahagaragara, ziba zidafite
imbaraga zo gufata umuntu mu mitego y'imibabaro
.n'imitego y'umubabaro

Ibitekerezo n'inkuru

Mu buzima no mu rupfu, mu bubabare no mu byago,
ukwizera kwanjye kuri wowe, Mwami, gukomeza gukomera
no kudahungabana, gukomera no kutanyeganyega

Buri mwuka wanjye wose w'icyifuzo n'ubusabane
bifungura imiryango n'amadirishya mu mutima wanjye aho
nnyura ngo ngere ku byishimo by'Imana

Nk'uko izuba rica ahantu hahurira abantu benshi cyane,
ni ko nzabona imirasire y'urukundo rw'Imana mu bice byose
.by'ubuzima bwanjye n'ibikorwa byanjye bya buri muni

Uwiteka, mpa umugisha kugira ngo nkangure roho
yanjye mu gitondo maze nkayigeza ku muryango wawe
w'umugisha

Inkuru y'impongo zo musk

Umuse ni ikintu cy'agaciro gifite impumuro nziza,
kiboneka mu kanwa k'impongo zo mu bwoko bwa musk ziba
mu misozi miremire ya Himalaya

Iyo impala imaze kugera ku myaka runaka, ifuro rikurura
abantu ritangira gusohoka mu ibanga mu nda yayo, maze
impala igahangayikishwa n'iyi mpumuro nziza maze
igatangira kubyina no gushaka aho iyi mpumuro nziza
.ituruka

Igenda iva ahantu hamwe ijya ahandi, ihuha hagati
y'amabuye no munsu y'ibiti, ishakisha ahantu hose isoko
y'iyi mpumuro ishimishije

Amaherezo, ararakara cyane kandi arushaho
guhanga yika iyi abuze icyo avugaga kandi adashobora kubona
.icyo ashakaga afite inyota n'ishyamba

Mu kugerageza kwa nyuma kugera aho iyi miski
ituruka, isimbuka iva mu bitare birebire by'amabuye ijya mu
kibaya kirekire kugira ngo ihangane n'ibyayibayeho kandi
ihure n'urupfu rwayo, aho abahigi baba bashobora kuyifata
.no kuyikuramo agasaho cyangwa agahu kayo

Muri urwo rwego, umwe mu basizi b'abahanga yavuze
:ikintu cyagize ingaruka kuri ibi

!Wa mpfizi we, wa musk

?Kuki ubabara? Kuki udasinzira

Iyi musk iraboneka

!Ufite agafuka k'inda yawe, wa muswa we

Nubwo waba warakoze ku mazuru yawe

Impumuro y'ibanga ituruka kuri wowe

Wari gutsinda icyo wari witeze

Kandi wabayeho nta mafaranga ukoresha

Ese, nshuti zanjye, ntimutekerezaza ko abantu benshi
bitwara nk'impala zo musk? Bahora bashakisha ibyishimo
.ahantu hose hanze yabo

Yego, bashaka ibyishimo mu mukino, kandi bakishora
mu mananiza n'irari. Bazamuka mu nzira z'ubutunzi
zinyerera kugeza ubwo amaherezo basimbuka bava mu
bitare by'ibyiringiro bikomeye bakajya mu bitare byo gucika
intege no gutsindwa igihe badashobora kubona ibyishimo
.nyakuri bibitswe mu mfuruka z'imitima yabo

Nidushyira ibitekerezo byacu imbere, tukabitekerezaho
cyane, tuzabona mu ituze ry'umutima isoko y'ibyishimo
nyakuri kandi birambye dushaka

Ntitugomba kumera nk'impongo, iri kurimbuka ishaka
ibyishimo ahantu hadakwiriye. Ahubwo tugomba kuba maso
kandi tukagerageza gushaka ibyishimo muri twe ubwacu,
.atari hanze yacu

Inkuru y'akabuto

Hari umugabo waje kumbwira ko arwaye indwara
:y'umutima idakira, maze yongeraho ati

Nagerageje ibintu byinshi, ariko sinshobora kwikuramo"
"agahinda gakomeye

Nyuma yo gutekerezaza neza, namusabye kunzanira
:imikasi. Yarandebye ahinda umushyitsi maze arambwira ati

"?Ese uragira ngo unkure umutima, bwana"

Narasetse maze ndasubiza nti "Sindi umuganga. Wigeze
"!wumva umuntu ukoresha imikasi kugira ngo abage

Amaherezo, yazanye imikasi atabishaka, nuko ncamo
kamwe mu tubuto tw'ikoti rye ndamubwira ko atagomba

kudoda akandi kabuto mu mwanya wako, kandi ko
atagomba gushyira ikiganza cye aho akabuto kabuze.
Namubwiye kandi ko azagaruka aho ndi nyuma y'ibyumweru
.bibiri, kandi niteze ko azakira muri icyo gihe

Umugabo yarasetse maze aravuga ati "Nzakora uko
wansabye kuko ndakwizera, ariko ndatekereza ko ari wo
"!muti udasanzwe nigeze nhabwa

Nyuma y'ibyumweru bibiri yaje yiruka aho ndi
:arambwira, atangaye ati

Inzobere zanyemereye ko nakize indwara z'umutima."

None se, ku bw'Imana, wakoze iki? Wakuyemo genie mu
"?kabuto

Nasubije nsekera nti: "Yego! Ukuboko kwawe kwahoraga
"gukinisha akabuto, kandi akabuto kari gahuje n'umutima

Urwo rubuto ni rwo rwari ruteye ububabare mu mutima
wawe. Naciye urwo rubuto ndakubwira ngo ntugasimbuze
cyangwa ngo ushyire ikiganza cyawe ku mutima wawe. Muri
ubwo buryo, umutima wawe warorohewe n'igitutu kandi
!ureka kugukomeretsa

Ibintu byose biri kugenda vuba, kandi abantu bahugiye
mu bintu byinshi. Birumvikana ko ari byiza gusarura ibyiza
by'isi kuruta gupfusha ubusa igihe, ukareka ibihe
bikakunyura ukarangiza ubusa. Ariko icyo umuntu agomba
gusarura ni umusaruro mwiza cyane mu buzima: kwegera
Imana no kuyimenya Uburyo bwonyine bwo kugera ku
byishimo nyakuri ni ukugira icyo ugeraho muri iyi si no
.kugera ku ntsinzi yo mu buryo bw'umwuka

Abazi Imana ntibatangira imirimo yabo ya buri muni
mbere yo kubanza gutekereza ku Mana no gushyira
.imbaraga z'Imana mu bwenge bwabo no mu mibiri yabo

Ibintu byinshi isi isaba bishobora gutuma abantu
bashaka intego zabo zo mu buryo bw'umwuka bava mu nzira
bahisemo. Ariko abafite icyemezo kidakuka ntibemera ko
ikintu icyo ari cyo cyose kibaca mu nzira; bakomeza
.kwiyemeza nubwo baba mu bihe bigoye cyangwa bibi

Uko isi yaduha kose, ntabwo izaduhaza ibyifuzo
by'imitima yacu, yifuza ikintu gihamye, gikomeye, kandi
gifite agaciro kurusha byose ubutunzi n'ubutunzi by'isi
.birimo

Iyo umuntu apfuye—urabeho igihe kirekire—nta
mbaraga ku isi zishobora kumukorera ikintu icyo ari cyo
cyose Ni nde wadufasha nyuma yo kuva kuri iyi si? Mana
Bityo rero, tugomba guhora twibuka ko iyi si ari ahantu ho
guhagarara by'agateganyo mu rugendo rwacu rugana mu
rugo rwacu rwo mu ijuru, aho tuzaba iteka ryose imbere
y'Impuhwe nyinshi

Ubukire burenze urugero ntibwizeza ubuzima bwiza,
amahoro n'umusaruro, ariko kugera ku mahoro n'umusaruro
bizatuma umuntu agira intsinzi iringaniye haba mu buryo
.bw'umwuka no mu buryo bw'umubiri

Abantu benshi bakura ubushobozi bwo gutekereza
kugira ngo bagere ku ntsinzi y'ibintu gusa. Ariko iyo umuntu
yigize umutware, agacunga imbaraga ze zo mu mutwe kandi
agakora ibihuje n'umugambi w'Imana, ubuzima bwe
buzahirwa, kandi azaryoherwa n'umutobe w'umwuka akiri
kuri iyi si. Ntazaba akiri imbohe y'ingeso n'ibyifuzo, ahubwo
ubwenge bwe buzahinduka umutima w'Imana, kandi
.azaturayo yishimira ibyishimo bishya bitavugwa

Umubiri ni farumasi ikomeye cyane

Abashakashatsi mu by'ubuvuzi bavumbuye ko iyo dufite
ibyishimo byinshi, umubiri ukora imiti igabanya imihangayiko

n'ibindi bintu bigabanya imihangayiko bifite imbaraga kandi
bikora neza nk'ibyo abaganga batanze. Umubiri ni farumasi
ikomeye ku Isi, ishobora gukora ikintu gikwiye mu gihe
gikwiye iyo duhuje n'uburinganire bw'umwuka Imana
.yadushyizemo

Si stress zose zishobora kwangiza; stress ikangura
imbaraga z'ingenzi zinyura mu mibiri yacu kandi ikarushaho
gutera imbaraga no gukora ingendo Ubushakashatsi
bwagaragaje ko stress nyinshi ari ingirakamaro

Ariko ikibazo kivuka iyo stress irenze urugero rwiza

Buri wese muri twe afite aho agarukira ku muhangayiko,
kandi iyo uwo mupaka urenze, duhangayika cyane kurusha
uko bikwiye, kandi dushobora kutabimenya kugeza igihe
ibibazo bitangiye kugaragara mu mubiri, mu byiyumvo no
.mu bwenge

Ubuzima hamwe n'Imana ni ibyishimo n'ibyishimo, mu
gihe hatari Imana hari imihangayiko, imvururu, ingorane,
ndetse n'ibyago None se twabona dute amahoro n'ituze mu
buzima bwiganjemo ibyago n'amakuba, kandi tukazana
?ibyishimo kuri iyi si

Igisabwa cya mbere ni ukumenya imihangayiko
y'ubuzima iyo turi muni y'uburemere bwayo

Imana ni Umunyebwenge Byose kandi izi Byose, kandi
yahaye imibiri yacu ibimenyetso nko kwihumuriza,
kumererwa nabi, gutuza, no guhangayika, kandi tugomba
kwita kuri ibi bimenyetso Hari ubwenge bw'Imana mu mibiri
yacu bugerageza kutubwira ikintu, kandi tugomba kumva
ubwo butumwa mu bihe by'imihangayiko cyangwa kuruhuka
Iyo wumva ufite imihangayiko, shyira ubwenge bwawe ku
gice cy'umubiri wawe kirimo imihangayiko, hanyuma
uhumeke umwuka mwinshi, kandi icyarimwe, ushyireho

buhoro kugeza igihe kinyeganyega. Hanyuma uruhuke kandi urekure imihangayiko. Ibi bizafasha kugumana imbaraga n'ubuzima bwiza mu mubiri no kuwurinda ingaruka mbi .z'imihangayiko

Dushobora kandi gucunga imihangayiko y'amarangamutima binyuze mu guhumeka lyo wumva ubwoba cyangwa ikindi kintu cyose kibi kigutera, humeka buhoro buhoro, cyane, kandi mu buryo butunguranye inshuro nyinshi, wemerera umubiri wawe kuruhuka buri gihe uhumeka. Ibi bizagufasha kugabanya umutima wawe utera cyane, gusubiza amaraso mu buryo busanzwe, koroshya urujya n'uruza rw'ingufu mu mitsi yawe, kandi bigufashe .gutuzza ubwenge bwawe no gukosora ibitekerezo byawe

Ubuzima si ibintu byihutirwa; ni ishusho nziza y'Imana, kandi twagombye kuyishimira. Twibuke ko inseko ari imbaraga; iyo tutayikoresheje, tuba dutakaje igice cy'ingenzi .cy'ubuzima

Abantu ni roho zifite amarangamutima n'ibiyumvo, kandi bafite umubiri bambara nk'umwenda cyangwa ikoti ryo hanze. Ariko igihe cyose tubaho ku rwego rw'umubiri n'amarangamutima gusa, tuzagwa mu ngaruka mbi .z'imihangayiko n'ihungabana

Iyo duhuje kamere yacu y'ingenzi, ari yo mwuka, ibyishimo by'umwuka bitera mu mutima bigahinduka urukundo. Kumva uru rukundo, rufitanye isano n'amahoro n'ituze by'ubugingo, kandi rugakora kandi rukagirana imikoranire myiza, ni bwo buryo bwiza bwo kubaho mu buryo busanzwe mu isi yuzuyemo amakimbirane n'impaka. Guhuza .n'iyi byishimo ni igisubizo cy'ibibazo by'ubuzima

Icyitonderwa: Ku bijyanye n'imvugo igira iti: "Umubiri ukora umuti ugabanya imihangayiko n'ibindi bintu bigabanya imihangayiko, bidafite imbaraga kandi bigira ingaruka nziza

nk'ibyo abaganga bagutegetse," iyi si inama yo kureka
inama n'imiti ya muganga, bityo hakaba hakenewe
.ibisobanuro birambuye

Ibigereranyo bya rukuruzi

Umuntu ufite umutima mwiza kandi ufite imyifatire mibi
+ umuntu w'umutima mwiza ariko ufite intege nke = ikibi
gikunda ineza

Umuntu ufite intege nke ufite ubushake bubi + umuntu
ufite ubushake bukomeye ufite ubushake bwiza = imbaraga
nziza zitsinda ikibi

Ubukuru bw'umwuka budafite imbaraga + ubukuru
bw'ibinyabuzima = ubukuru bw'ikibi bukomeye

Imbaraga zikomeye mu by'umuco + imbaraga nke mu
by'umuco = imbaraga nyinshi mu by'umuco

Umuntu ufite uburakari n'urugomo + umuntu
w'umunyabuntu kandi w'umurava = imbaraga z'uburakari
ziruta iz'ubwitonzi

Imiterere ikomeye, iringaniye, kandi ituje + imico rimwe
na rimwe ituma umuntu atanyurwa = imbaraga zo gutuza
ziraganza

Kunanirwa guhoraho + kunanirwa guke = imbaraga
zikomeye zo gukurura

Intsinzi ikomeye kandi nziza cyane = intsinzi irushijeho
kwi Yongera

Guhungabana gukomeye kw'inanirwa + guhungabana
gukomeye kw'intsinzi = kuba imbaraga zikomeye z'ingufu
cyangwa imbaraga zikomeye z'ingufu, bitewe n'ibidukikije
.n'imimerere

Ubwenge bukomeye kandi buzima + ubujiji bwuzuye =
ubwenge n'ubuhanga cyangwa ubujiji n'ubupfapfa

Imbaraga z'umwuka zidasanzwe + imbaraga zidasanzwe
zifatika = Gukurura umwuka - imbaraga zidasanzwe zifatika

Iyo abantu babona ibiremwa byinshi byo mu isi
bibakikije, wenda bamwe bagerageza gushaka abakunzi
babo bapfuye Imana yanfunguye amaso yo mu buryo
bw'umwuka, kandi mbona benshi muri abo bantu bavuye mu
isi. Binyuze mu kwibanda cyane ku jisho ry'umwuka (hagati
y'uruhanga), umuntu ashobora kubona imbere isi
irabagirana ituwe n'abantu bose beza bazamutse mu buryo
.bw'umwuka bagana imbere y'Impuhwe nyinshi

Mu bantu, umutima ukora nk'icyuma gifata umugozi
n'ijisho ry'umwuka nk'igikoresho cyo kohereza. Nubwo
udashobora kubona abacu bapfuye, iyo ushyize
amarangamutima yawe mu mutima utuje, ushobora kumva
ko hari abagukunda baba mu mibiri y'umubiri, bishimira
amahoro n'umutekano by'Imana kandi bishimira
umudendezo wabo ku nzitizi z'umubiri, bityo ukumva
ihumure mu mahoro yabo kandi umutima wawe ukumva
.uhumuriywe nabo

Iyo mvuze izina ry'Imana, ubuzima bwanjye bwose
buhinduka ibyishimo bihebuje. Ariko iyi mimerere yaje
nyuma y'umuhate ukomeye. Mbere na mbere, sinari umuntu
ukunda kwishimira cyane, kuko ubwonko bwanjye bwari
bwaragiye. Ariko ubu, iyo nshyize ibitekerezo byanjye
n'ubwenge bwanjye ku gice cy'umwuka - umwanya uri
hagati y'amaso - ibitekerezo byose birashira, guhumeka
birahagarara ubwabyo, umutima urahagarara, imivurungano
y'ubwenge iragabanuka, kandi imimerere yo kumanukira ku
bugingo, ku buryo numva ibyishimo byo mu mwuka kandi
.nkikijwe n'ibyishimo by'Imana

Amagambo y'izahabu

Ibyishimo ni uburenganzira bwanjye, umurage wanjye,
n'ubutunzi bwanjye buhishwe bw'Imana. Nyobora kubona
.muri njye ubutunzi buruta inzozo z'abami

* * *

Ubuzima ni urugendo rw'ubwenge rufite umuvuduko
uhoraho. Rwishushanya mu bintu bidafite ubuzima, cyangwa
rikagira ishusho nzima kandi igenda. Ubuzima buri muri
.byose kandi bukwirakwira muri byose

* * *

Wowe mukunzi ukomeye, uri ubuzima, uri intego yanjye
n'icyifuzo cyanjye

* * *

Umpe indabyo z'indabyo mu busitani bwawe bwo mu
ijuru, cyangwa isaro ribengerana mu ijosi ryawe ry'urukundo
rirabagirana, cyangwa umpe icyubahiro gikomeye: ahantu
hato mu mutima wawe

* * *

Aho abandi bashima imbaraga zanjye mu gukora ibyiza,
niho nshobora gutanga serivisi nziza cyane

* * *

Reka dukore tapi ya zahabu y'inzozo irimo imigozi
y'ubudodo bwiza n'ibitekerezo binoze

* * *

Urukundo ni nk'impapuro zitunganya ubwenge kandi
zigakuraho ubukana mu mico

* * *

Icyorezo, ibyago, n'impinduka zikomeye mu bidukikije
zizana kwangirika, gusenya, no kwangiza ibintu byose si
"amabwiriza y'Imana" Ibi biza bikomoka ku bitekerezo
n'ibikorwa bya muntu Aho isi yose ihurirana neza n'ikibi
bitewe n'imiraba mibi n'ihindagurika ry'ibintu biterwa
n'imigambi mibi n'ibibi bya muntu, akajagari karakomeza
.kandi hagakurikiraho kwangiza ibintu byose

* * *

Nzafata ibyiza bya buri muntu, kandi nzubahiriza imico
.myiza y'ibihugu byose nta kwibanda ku nenge zabyo

* * *

Nk'uko twita ku ntungamubiri ziboneka mu byo kurya
bya buri muni, tugomba no kwita ku ntungamubiri zo mu
.mutwe dutanga mu bwenge bwacu buri muni

* * *

Amagambo meza ni umuti utangaje w'indwara nyinshi,
afite imbaraga zikomeye, hafi ya za gihanga, zikurura
imigisha myinshi n'ubutunzi ku bavuga. Abakoresha
amagambo ahumuriza kandi yoroshya bumva umugezi
utemba muri bo nta nkomyi, wuzuyemo ituze rikomeye. Ibi
biterwa nuko uyu mugezi ufitanye isano n'isoko yawo yo
hejuru, umugezi uhoraho ugera ku mitima ihuje n'iyi soko,
.ukabashoboza kohereza ibyishimo ku bifuzwa amahoro

* * *

Mbega amagambo menshi meza aturutse mu mutima
yakuyeho agahinda kenshi, kandi ese amajwi menshi
y'abanyabwenge yamurikiye inzira z'umwijima amatara
!y'ibyishimo n'ituze

* * *

Dukura mu bunararibonye bwose tunyuramo, igihe
cyose tuzi neza ko dushobora kubigiramo amasomo
y'ingirakamaro. Kuko buri bubabare n'imibabaro duhura na
.byo bifite icyo bisobanuye n'icyo bigamije

* * *

Nubwo igerageza rikaze, ni nk'umuriro ushongesha
amabuye y'icyuma kugira ngo ayahindure icyuma cyiza,
.kiramba kandi gifite ubushobozi bwo gukora ibintu byinshi

* * *

Ibintu byose bitangaje nagezeho mu buzima bwanjye
byagezweho binyuze mu mbaraga z'ubwenge buhuje
n'Imana. Iyo igikoreshe cy'Imana kirimo gukora, icyo nifuza
cyose kirasohora nta gutandukana, kibanza gufata ishusho

nk'igishushanyo kitagaragara, gishingiye ku bushobozi
hanyuma kikagaragara mu by'ukuri n'imbaraga
.zidasubirwaho

* * *

Iyo ubwenge bubwiye Imana ijwi rivuye ku mutima kandi
rishyushye riturutse mu mutima w'umuntu ufite icyifuzo
gikomeye, umuhamagararo w'umwuka uzagera ku mutima
w'abantu bose, maze igisubizo kizaza, kizana ibyishimo
byinshi. Iri jambo rivuye ku mutima ritera imbaraga kugeza
ubwo rigira imbaraga zikenewe kugira ngo rigere ku ntego
.ryifuzwa

* * *

Iyo ubwenge bw'umuntu n'ubushake bwe bihuye
n'Imana, aba afite imbaraga zitagira imipaka, ku buryo
gutekereza ku kintu gusa bihagije kugira ngo akigereho,
kuko amategeko y'Imana akorera ku bw'abahuje n'ubushake
.buhebuje

* * *

Umuntu ntagomba kwiyegegurira ubushobozi bwe bwose
bw'ubwenge Imana yamuhaye mu gukurikirana ibintu
by'akanya gato, kugira ngo atazimira mu buryo
butunguranye bw'ibintu by'umubiri maze akiremamo inzitizi
n'imipaka bitari ngombwa. Ahubwo, agomba gukoresha
imbaraga ze z'ubwenge kugira ngo abone ibyo akeneye mu
buzima kandi agaharanira guteza imbere ubushobozi bwe
bw'umuco kugira ngo amenye itandukaniro riri hagati
.y'icyiza n'ikibi, n'icyangiza n'icyagirira akamaro

* * *

Ukuri kurenze ibitekerezo n'inyigisho, kandi benshi
.bafata ubu buryo bagengwa n'imyanzuro yabo bwite

* * *

Mwami, fungura amarembo y'amahoro kandi urinde
ubuturo bw'ibitekerezo byanjye byo mu mwuka ibitero
by'amajwi mabi. Reka indabyo z'ibyo nifuza zishime mu
.busitani bw'umutima wanjye mu gihe ntegereje ko uzaza

* * *

Ubumenyi bw'inyigisho ntibushobora kubona ubumenyi
bw'Imana, kandi ni byiza kudakoresha umwanya wawe
w'agaciro ku nyigisho zidashobora gukoreshwa mu by'ukuri,
bitabaye ibyo uzisanga uri mu mashyamba y'ubwenge
.menshi kandi udashobora kurenga inyigisho z'inyigisho

* * *

Ibyishimo ni imbuto yo gutsinda mu mitekerereze mu
bihe bigoye by'ubuzima

* * *

Uwo Imana izi ashobora kuba atazwi n'isi

* * *

Iyo umuntu yishyize hamwe n'ubumenyi
bw'imitekerereze [atapimye], azaba nk'igikoreshe gifata
amajwi gisubiramo imigani kandi kigasubiramo amagambo
akomeye, abandi bakamufata nk'umuhanga mu
by'ubumenyi, ariko ubwo bumenyi ntibukomezwa no kubona
ukuri mu buryo butaziguye, cyangwa ngo buhuzwe no
.kugera ku byo mu buryo bw'umwuka

* * *

Ibibazo bizakomeza kubaho mu isi, none se umuntu
ashobora kwerekeza he kugira ngo ahabwe ubuyobozi
n'icyerekezo? Ibitekerezo bye, bigizweho ingaruka
n'imyitwarire, ivangura, ivangura, n'ubufana, ntacyo bimaze,
kandi ingaruka z'ibidukikije bye, umuryango we, igihugu cye,
cyangwa isi ye ntizishobora gutanga ubuyobozi nyakuri.
Bityo rero, umuntu agomba guhindukirira Imana no kumva
.ijwi rituje, rituje riva mu mutima we, ijwi rihuye n'ukuri

* * *

Mukungurire imitima yanyu ku isuka ry'Imana kugira ngo
risendere muri mwe kandi ryuzuze ubuzima bwanyu imigisha
n'ineza byo mu mwuka

* * *

Akazi kose ukora n'ibyo wageraho byose, ibuka ko
Imana ari yo soko iguha imbaraga zose ukeneye kugira ngo
.ukore kandi ugere ku byo wagezeho

* * *

Reka nkwibuke, Mwami, mu bukene no mu buhire, mu
ndwara no mu buzima bwiza, mu bujiji no mu bwenge, kandi
reka ndebe urumuri rwawe rwiza rutanga ubuzima bwiza no
.gukira mu kanya gato

* * *

Mu bitekerezo byanjye byonyine, ndifuza kumva ijwi
ryawe ry'umugisha. Nkuramo amajwi akaze yo mu isi ahishe
mu byibutso byanjye. Ndashaka kumva ijwi ryawe rituje
.kandi riryoshye iteka ryose mu ituze ry'umutima wanjye

* * *

Ubuzima buri mu mwijima, kandi rimwe na rimwe
turagwa tugatinda kuja imbere Tugomba kureka umucyo
w'Imana ukaba itara rituyobora mu gihe tunyura mu nzira
z'umwijima z'ubuzima. Ni ukwezi kuzuye mu ijoro ry'ubujiji
n'umwijima, ni izuba ry'urumuri mu masaha yo gukanguka,
urumuri rw'ubuyobozi, akaba n'inyenyeri iyobora abanyura
.mu nyanja z'ubuzima bw'isi, bumara igihe gito

* * *

Igihe kirageze ngo umuntu akanguke ubwenge bwe ava mu
bitotsi byo kwibagirwa akagera ku gukanguka k'umwuka

* * *

Turagusaba, Mwami, kuzamura ubumenyi bwacu tuva
mu bujiji n'ibitekerezo bito, bigarukira ku ntego z'amahoro,
.urumuri, urukundo, n'impuhwe za muntu ku isi yose

* * *

Ibintu bizagenda neza kuko imbaraga n'ibitangaza
by'Imana byihishe inyuma y'ivuguruzanya ry'ubuzima
bw'abantu, kandi uwo ari we wese utemera ko ibintu
bidashoboka kandi akagerageza kwinjira mu bwenge bwe no
mu kwizera kwe ku biri hirya y'igitambaro azakingurirwa
urugi [rukometse na buri wese wizera]

* * *

Kwizera ntibivuze kuba umuntu utagira icyo akora
cyangwa kudafatana ubushishozi n'ibintu. Ahubwo, uko
byagenda kose, umuntu agomba kwiyeemeza ko Imana
yonyine ari yo ishobora kumushyigikira mu bihe bigoye kandi
bitoroshye niba ayihindukiriye n'umutima we wose, ubugingo
.bwe bwose, n'amarangamutima ye yose

* * *

Iyo ibyumviro byacu bitwereka ukuri kose, twabona Isi
nk'imigezi ya electron, kandi twabona agace kose
.k'umukungugu nk'urumuri ruzenguruka

* * *

Abinjira mu bwenge bwabo kuva ku bintu kugeza ku
mwuka basobanukiwe imiterere y'ubuyobe kandi bazi
.ishingiro ry'ukuri

* * *

Umuntu yaba ari mu mashyamba ya Afurika, ari ku
rugamba, arwaye cyangwa afite ubukene, agomba kwemeza
ko ukuboko kw'Imana gukomeye kuruta akaga kandi ko
.gushobora kurinda abamuhungiraho

Nta bundi buryo bwiza bwo kwirinda. Birumvikana ko
umuntu agomba gukoresha ubwenge mu guhangana n'ibintu
.bibaho kandi akizera ubufasha bw'Imana mu buryo bwuzuye

* * *

Urukundo rutuye mu mitima y'ibiremwa byose—
urukundo rw'ababyeyi bose, ba se, inshuti n'abakunzi—
rukomoka ku rukundo rw'Imana

* * *

Hagomba gutandukana inshingano zikomeye n'izito,
hagashyirwa imbere iz'ingenzi kurusha iz'ingenzi gusa.
Byongeye kandi, nta nshingano igomba kuvuguruza indi.
Ibyanditswe bitubwira ko iyo inshingano imwe igongana
.n'indi, ari ikimenyetso cy'uko atari inshingano nyakuri

* * *

Uko imirasire y'izuba ikomeza gukwirakwira,
nzakwirakwiza imirasire y'ibyiringiro mu mitima y'abakene
n'abatereranywe [abo umuryango watereranye], kandi
nzashyiramo ubushake bushya mu mitima y'abibwira ko ari
.abananiwe

* * *

Umwarimu Paramahansa yabwiye umwe mu bigishwa
be ati: "Ntugakure umuntu uwo ari we wese mu rukundo
rwawe. Komeza buri wese mu mutima wawe, na we
".azagukomeza mu we

* * *

Uwiteka, mfasha gukoresha ubushake bwanjye buri gihe
kugira ngo nkore ibikorwa byiza kandi by'ingirakamaro
Mfasha gukurikiza ubushake bwawe kugira ngo
ibitekerezo byanjye byose bihuze n'imigambi yawe kandi
bihuze n'ubushake bwawe
Yamfashije gukangura imbaraga zihishe kandi
z'umugisha ziri muri njye kugira ngo mbashe gutsinda
ingorane n'ibigeragezo byose

* * *

Kanguka ugire uwo muco wo mu mwuka w'ubutwari
n'ubwiyoroshye - uhuza imbaraga z'intare n'ubwitonzi
bw'inuma

* * *

Sinzahangayikishwa n'ibitutsi bikaze, cyangwa gushima
no gushimwa cyane. icyifuzo cyanjye ni ugukora ibyo
.ushaka, Mwami, no kubona ubutoni bwawe

* * *

Ntushobora kwiyumvisha ibyishimo byinshi bizakuzura
igihe wumvise ubuturo bw'Imana. Ubwo rero ubugingo
bwawe buzasindishwa n'urukundo rw'Imana rutagira
imipaka. Ni urukundo ruruta urukundo rw'umuntu urwo ari
rwo rwose incuro miliyoni—urukundo rusohoza ibyifuzo

byawe byose kandi rwuzuza umutima wawe ibyishimo
.n'ibyishimo

* * *

Binyuze mu kwibanda imbere, ushobora kwibonera
ibyishimo byo mu mwuka muri wowe no hafi yawe. Iyo
ubyibushye, imico yawe izakura neza, kandi uzagira
.imbaraga zo gukurura abantu n'ibindi biremwa

* * *

Umurinzi Mukuru, ntabwo nitaye ku byo natakaje byose
kubera iherezo ryanjye, ari naryo nishyiriyeho, ariko
ndagusaba, wowe buhungiro bwanjye bwonyine, kurinda
urumuri rw'urukundo rwanjye kuri wewe imiyaga yo kutita ku
.byo nshaka no kwibagirwa

* * *

Nimuze tunywe amazi meza y'amahoro ahumura
aturuka mu masoko y'ibihe byiza, dukomezwa n'icyemezo
cyacu gikomeye cyo gutekereza neza no kugira icyerekezo
.cyiza

* * *

Umutimanama ni uburyo bwo kumva ibintu buhishura
kamere nyayo y'umuntu n'impamvu ze Iyo umutimanama
wawe ugororotse, kandi ukaba uzi neza ko ukora ibikwiye,
ntacyo ugomba gutinya. Umutimanama ugororotse ni
igihamba cy'imyitwarire myiza ituruka ku Mana. Kuba
umwere mu rukiko rw'umutimanama bivuze kugira ibyishimo
.no kwakira imigisha y'Imana

* * *

Gerageza gukora ibintu bishimishije kandi by'ubutwari
abantu benshi badakora, kandi uhe urukundo n'amahoro abo
abandi bitaho

* * *

Umwarimu Paramahansa yabwiye umwe mu bigishwa

:be ati

Niba udamara umwanya uHINGA ubwenge, nta"
burumbuke bw'ibintu bushobora kugushimisha. Ubu buhinzi

si ukwica urubozo ahubwo ni ukwitoza ubwenge kugira ngo
".bugaburire ibitekerezo n'ibikorwa bijyana ku byishimo

Ibyishimo byawe ni intsinzi yawe, bityo ntukemere ko
hagira ubikwiba. Irinde abagerageza kukubangamira. Nkiri
muto, nakundaga kubura kwihangana igihe cyose abantu
bakwirakwizaga ibihuha by'ibinyoma kuri njye. Nyuma, naje
kubona ko amahoro yanjye yo mu mutima ari yo y'ingenzi
.kuruta kwemerwa n'abantu cyangwa gushimwa nabo

* * *

Iyaba wari uzi inkuru y'urukundo rw'Imana bamwe mu
bayisenga bahura na yo! Nta bundi bunararibonye mu
buzima bwagereranywa n'ubwo bwishimo nari nzi
umutagatifu wahoraga yinjijwe mu rukundo rw'Imana, kandi
isura ye irabagirana urukundo rwera Ijisho ry'Imana rihora
.rireba abayikunda, kandi ntabwo ibatererana na gato

* * *

Abashishikajwe no guteza imbere imbaraga zabo zo mu
mutwe no mu mwuka ni bake cyane

* * *

Ntukemere ko winjira mu gihe cyo gutinda. Haguruka
uve mu bitotsi by'ukuri kurambiranye kandi ujye mu
migambi y'ubuzima bwiza aho hari ibyo ugeraho, ibyishimo
.n'amahoro

* * *

Muri wowe hari ubushobozi bunini butegereje
gushorwamo, kandi ni wowe wenyine ushobora kubukoresha
.no kububya umusaruro

* * *

Kudakurikiza amabwiriza y'ingeso mbi n'irari ribi bizana
ibyishimo byinshi kuruta intsinzi mu by'umubiri
Intsinzi mu buvanganzo izana ibyishimo byo mu mutwe
ibintu byo hanze bidashobora kugutwara

* * *

Ushobora kumara igihe cyawe cyose ukusanya amafaranga, ariko ayo mafaranga ntabwo azaguha amahoro n'umutekano urambye ushaka. Ahubwo, azagutera agahinda kenshi kuko ibyishimo n'amahoro biba mu bitekerezo, .ntabwo biba mu bintu ubwabyo

* * *

Ntukemere ko intege nke zinjira mu mutwe wawe, kandi witondere iyo wifatanya n'abantu bafite ibitekerezo bibi n'ibitekerezo bibi, kugira ngo ibitekerezo byabo by'intege nke bitakwinjira mu mutwe wawe, keretse ubwonko bwawe bugeze ku rwego rwo hejuru ku buryo ibitekerezo by'abandi bitashobora kubuca intege, ahubwo, ahubwo, bushobora .gukomeza ibitekerezo by'abandi no kongera icyizere cyabo

* * *

Imana ni yo iza mbere, kandi ntidukwiye gutangira cyangwa kurangiza umunsi wacu tutayitekerejeho. Tugomba kwibuka ko tudafite imbaraga n'imbaraga duhabwa n'Imana, tudashobora gusohoza inshingano zacu zose. Iyi ni yo .nshingano yacu ikomeye kuri yo

* * *

Hari uburyo bwo gusuzuma no gucira imanza imigenzo n'imigenzo Mbere na mbere, buri muco wari ufite impamvu. Niba dusanze impamvu ifatika ikiri ukuri, uwo muco ufite icyo uvuze n'inyungu zawo. Ariko, si byiza gukurikiza imigenzo mu buryo buhumyi. Tugomba kumenya icyiza no kugikurikiza, tugasobanukirwa icyatuzanira ibyishimo .hanyuma tukagishyira mu bikorwa

* * *

Iyo ubona abantu benshi badafite ibyishimo cyangwa intsinzi, ntugatekereze ko ari yo ntego yabo. Ushobora kwigira icyo ushaka kuba cyo cyose. Intsinzi yawe y'imbere .niyo iguhesha intsinzi by'ukuri

* * *

Niba ntacyo ufite muri wowe ubwawe, ntuzishima Ariko niba ntacyo ufite iruhande rwawe kandi ukaba wishimye

muri wowe, nta gushidikanya ko uba ufite icyo ugeraho
Bityo, ntibishoboka gucira abantu urubanza ukurikije
.imimerere yabo yo hanze

* * *

Mu mbaga nyamwinshi y'abantu, hashobora kuba hari
umuntu wageze ku rwego rwo hejuru mu buryo bw'umwuka
kandi akaba afite amahoro yo mu mutima n'ibyishimo byo
.mu buryo bw'umwuka bihebuje

* * *

Ndazi neza ko ibyo nkeneye byose bizangeraho, bityo
sinhangayikishwa n'ibyo ejo hazaza habitse. Ibi si ukwirata
cyangwa kwiyitirira, kuko nabonye umurimo n'ubushobozi
.bw'izo mbaraga nziza mu buzima bwanjye inshuro nyinshi

* * *

Naba ndimo ndemba hejuru y'ubuzima cyangwa ndimo
nrohama mu nyanja, nzi ko ndi kumwe n'Imana kandi ko iri
kumwe nanjye, kandi ko nta kintu na kimwe gishobora
kungirira nabi. Ubwo bumenyi bwampaye ibyishimo
.bitavugwa kandi byimbitse

* * *

Nta gushidikanya ko kugura ikintu gishya ari ibintu
bishimishije Ariko nyuma y'igihe runaka, icyo cyizere
cy'ibyishimo kirashira buhoro buhoro, ndetse ushobora no
kutakigiraho uruhare rwose, ukibagirwa ikindi kintu. Ariko,
fagitire y'icyo kintu ntizibagirana, cyane cyane niba
!wagiguze mu byiciro

* * *

Umuntu agomba kugenzura ubuzima bwe no
kubworoshya uko bishoboka kose. Agomba kuzigama
amafaranga yo gukoresha mu bintu by'ingenzi n'ibyihutirwa,
gushyira imbere kuzigama amafaranga kuruta kuyakoresha
mu bintu by'agaciro, no gufasha abandi uko ashoboye kose.
Iyo ufashije abandi, ubufasha buzakugeraho mu buryo

bumwe cyangwa ubundi, kandi ntacyo uzabura kandi
.ntuzabura icyo wakenera

* * *

Mu byishimo by'imitima yose, numva ijwi ry'ibyishimo
byawe, Mwami, kandi mu bucuti bw'abizera bose, numva
urukundo rwawe ndishima kandi umutima wanjye wishimira
intsinzi n'iterambere ry'inshuti zanjye, nk'uko nishimira
imibereho myiza yanjye n'uburyohe bwanjye Uko nshyira
ubwenge mu bandi, ngwiza ubutunzi bw'ubwenge bwanjye,
kandi mu byishimo bya bose, mbona ubwanjye

* * *

Umwanzi ukomeye w'ibyishimo ni uguza amafaranga
kugira ngo ugure ibintu by'akataraboneka Abantu bibeshya
ko badashobora kugira ibyishimo keretse babonye ikintu
cyihariye Aiko nubwo bamaze kubona icyo kintu,
ntibazabona ibyishimo nyakuri, nubwo bizana ibyishimo
by'igihe gito. Ni iki gituma umuntu yiruka inyuma y'ibyishimo
byo mu isi bisezeranya guseniyuka gusa? Abantu bagomba
kubaho mu buryo bworoshye, badakeneye ubutunzi bwinshi
.busaba kwitabwaho buri gihe

* * *

Paradizo yanjye iri muri njye Uko nishimira imigisha
y'Imana, ndayishimira, kandi ibyishimo byanjye byo mu
mutima bikura Nta byishimo byo mu mutima, ndetse
n'ibinezeza n'ibyishimo byo mu isi biba ikuzimu Naje kubona
ko iyo nta byishimo byo mu mutima, umutwaro w'inshingano
nahawe wari kunyambura amahoro yanjye kandi ukambuza
.ibyishimo byanjye

* * *

Niba ubutunzi bujyanye n'indwara n'ibibazo, ingaruka
zizaba nyinshi Isuku n'ubuvuzi biri mu mbaraga
z'Uburengerazuba Udukoko twangiza n'udukoko twica
bigenzurwa neza mu bihugu byateye imbere, mu gihe ari
twinshi mu bindi. Aiko gukuraho utwo dukoko si cyo kintu
cy'ingenzi cyagezweho, kuko hari izindi ngorane mu bihugu

byateye imbere, nko kwishyura fagitire bigoye no kubura
amafaranga bitewe na sisitemu zo kugura mu byiciro—
ibibazo bibangamira ibitotsi no kugabanya amahoro yo mu
.mutima

* * *

Turi igice cy'ingenzi cy'ubwenge bumwe iyi si ikomeye
yaturutsemo

* * *

Ese wigeze ubona umukumbi w'intama? Iyo imwe muri
zo isimbutse, izindi mukumbi ziwugana nta gushidikanya
Abantu benshi bameze batyo Umuntu ashobora kuzana
igitekerezo cyangwa akazana ikintu gishya, abandi bagahita
bagifata nk'uko bisanzwe. Iki gishushanyo cyakomeje
kubaho mu bisekuruza bitandukanye Buri gihugu gifite
imigenzo yacyo, kandi ntitwavuga ko yose ari ukuri cyangwa
ari ukuri. Ariko se ni nde ubizi? Ahari imwe muri iyo migenzo
n'imigenzo ntacyo ivuze kandi ntacyo imaze

* * *

Iyo inkubi y'umuyaga y'ibitekerezo igabanutse, twinjira
mu bwami bw'amahoro kandi tugakora ku kuboneka
kw'Imana

* * *

Tekereza ku Mana, cyangwa ahantu heza hatera
amahoro, cyangwa uburambe bushimishije kandi
bushimishije. Igikorwa cyiza kandi gituje cyo mu mutwe
.kirakomeza kandi kigarura ubuyanja

* * *

Tuba mu isi irimo akajagari n'imidugararo Ushobora
gutekereza ko amafaranga asobanura ibyishimo, ariko iyo
uyabonye, ugasanga uracyari mubi Ushobora kubona
ubutunzi kandi—Imana irinde—ukabura ubuzima bwawe
Cyangwa ushobora kugira ubuzima bwiza no kubura
amafaranga yawe Cyangwa ushobora kugira ubutunzi
n'ubuzima bwiza ariko ugahura n'ibibazo byinshi hamwe
n'abandi, utanga ubuntu ariko ugahura n'inzika n'urwango

mu buryo bw'ukuri Udafite Imana, nta kintu na kimwe muri
ubu buzima gishobora kukunezeza by'ukuri

* * *

Isi ihinduka icyumba cy'imibabaro ku bantu babaho
batazi gahunda y'Imana. Ariko iyo ubona ibibera mu buzima
nk'abarimu bawe kandi ukabyigiraho imiterere nyayo y'iyi si
n'uruhare wahawe mu isi, ibyo bibera urumuri rw'agaciro mu
.nzira igana ku kunyurwa no ku byishimo birambye

* * *

Aho ngaho, inyuma y'umwijima utari wijimye, ituze
ritagira amajwi, n'ubusa butararemwa, hari ikintu cy'iteka
ryose, ari cyo nkomoko y'ubuzima n'isoko y'imbaraga zose
.n'ibiremwa, ibiboneka n'ibitagaragara

* * *

Imana ntiyaturemeye iyi si kugira ngo turye, dusinze
kandi dupfe gusa, ahubwo yaturemeye kugira ngo tumenye
ubushake bwayo kandi dusobanukirwe intego yo kubaho
kwacu. Abantu bake b'abanyabwenge basobanukiwe icyo
gahunda y'isi isobanura, ariko abantu benshi ni impumyi
.kandi ntibazi iyo ntego

* * *

Amafaranga ntabwo yari intego yanjye mu buzima;
intego yanjye kwari ugukorera abavandimwe banjye bo mu
buntu. Bityo, Imana yamfunguriye imiryango myinshi
.y'amahirwe yo kwibeshaho no gusohoza inshingano zanjye

* * *

Imana yaremye iyi si kugira ngo ikore ikurikije itegeko
rihoraho kandi ridahinduka Iyo turenze kuri rimwe muri aya
mategeko rusange, tuba twihaniye Umuntu usimbuka ava ku
gisenge cy'inyubako ndende azavuna amagufwa ye. Bityo
rero, ntidushobora kwirengagiza itegeko ry'imbaraga
.rukuruzi tutagize ingaruka mbi

* * *

Iyo twitegereje mu buryo bwimbitse imico y'isi kandi
tugasuzuma amabanga yihishe y'imico ya kera, ishusho nini

igaragara, ifite imirongo ifatanye, ibice bitandukanye,
n'ibisobanuro birambuye, maze tugasanga umuntu ari
.umuntu ku giti cye kandi ari n'umubano icyarimwe

* * *

Iyo Imana ishaka ko tubaho mu buryo bwo kumenya
ibintu gusa, twari kunyurwa byuzuye n'ibintu bifatika kandi
.tukanyurwa n'inzira z'isi

* * *

Imirasire y'ubuziranenge, amahoro, n'ibyishimo birenze
inzizi irabengerana kandi irabyina mu bwigunge bwacu
bw'ingenzi

* * *

Muri buri bunararibonye bugaragara mu kirere
cy'ubuzima bwacu muri uru rugendo rwacu rwo ku isi,
tugomba kwiga uburyo bwo kwagura ubumenyi bwacu
n'uburyo bwo gusobanukirwa neza imimerere ituzengurutse
cyangwa iyo tunyuramo, hanyuma tuzabashe kubaho mu
bwumvikane bwiza no kubana neza n'abantu n'ubuzima mu
.buryo butekanye kandi butekanye

* * *

Abantu benshi bigana abandirwa. Umuntu agomba kuba
umwimerere kandi agahanga udushya, kandi akaba
.umuhanga mu byo akora byose

Mu Burasirazuba, intego nyamukuru yari iyo guteza
imbere ibyishimo byo mu buryo bw'umwuka, mu gihe ibintu
by'umubiri mu buzima byakunze kwirengagizwa. Mu
Burengerazuba, hari ibintu bimwe na bimwe byo kwishimisha
mu buryo bw'umubiri ariko ibyishimo byo mu mutwe ni bike
cyane. Igikenewe ni uburinganire hagati y'ibyo byombi, kuko
kwibanda ku kintu kimwe gusa cy'ubuzima bitera
ubusumbane no kunanirwa guhangana n'ibyo umuntu
.akeneye mu buryo bushyize mu gaciro

* * *

Ibyishimo bikomeye - nyuma y'ibyishimo by'Imana - ni
uko umuntu abana amahoro n'abavandimwe be ba hafi
.bagomba kubana nabo buri munsu w'umwaka

* * *

Abantu batakaza umwanya munini bihuta kandi bakora
ibintu bahubutse ariko ntibagere ku ntego zabo. Bake
bahagarara gato kugira ngo batekereze kandi bagerageze
.gusobanukirwa icyo ubuzima butanga

* * *

Tugomba gukora kugira ngo twubake inyubako
z'ubwenge mu busitani bw'amahoro bukura kandi
bukarabagirana indabyo nyinshi z'imico myiza y'umwuka

* * *

Ubwumvikane bw'imbere ni isoko ikomeye y'imbaraga
kandi butanga ingufu zishobora kuvugururwa

* * *

Urebye ubuzima, umuntu asanga gutsinda atari
byoroshye Ubuzima akenshi buragoye kandi ntibubabarira,
kandi tugomba kurwana no kubona imibereho Tekereza
imbaraga zisabwa kugira ngo umubiri wawe ukomeze
kubaho neza kandi utagira indwara! Nubwo wabigeraho, iyo
ntsinzi ni iy'igihe gito. Umubiri - urambe igihe kirekire -
amaherezo uzashyirwa mu gihirahiro. Ibisabwa ni ukurwanya
imbaraga nyinshi, haba iz'imbere n'iz'inyuma, kugira ngo
ugere ku ntsinzi wifuza. Izi mbaraga zikora cyane kugira ngo
.zikubuze kugerwaho n'ibintu by'ingenzi

* * *

Gerageza gutuza mu bihe byose, kandi ureke imbuto
y'amahoro yawe ishime mu byishimo no mu nseko
.z'ibyishimo

* * *

Ndetse n'abera bakomeye ntibabona agakiza kuzuye
keretse gusangira intsinzi yabo n'abandi, ni ukuvuga
ubunararibonye bwabo mu by'umwuka n'ubumenyi bwo
.hejuru, mu kubafasha kugera ku bumenyi bweranda

* * *

Kubera iyo mpamvu, abagera kuri izo ntambwe
bakagera kuri izo ntambwe baba biteguye gutanga
ubumenyi ku babukeneye. Niba wifuza kugera ku ntsinzi
nyayo, ntuzakwizeza ibyishimo byawe bwite gusa, ahubwo
.uzanabikesha abandi

* * *

Umuntu wese ufite ubwenge ashobora kubona
amafaranga Ariko niba afite urukundo mu mutima we,
ntabwo azigera ayakoresha mu nyungu ze bwite; ahubwo
azayasangira n'abandi Amafaranga ni umuvumo n'ibyago
biri mu maboko y'abikunda n'abanyanteye nke, kandi ni
umugisha n'impano biri mu maboko y'abafite imitima myiza
.n'imitima itanga ubuntu

* * *

Umuntu ashobora guhitamo guceceka igihe kirekire,
yanga kuvugana n'abagize umuryango we muri icyo gihe.
Nubwo uyu muntu ashobora kugira amahoro yo mu mutima,
imyitwarire ye ni ubwikunde kandi ikabangamira ibyishimo
by'umuryango we. Ntabwo bashobora gufatwa nk'abatsinze
by'ukuri keretse abakunzi babo nabo bungukiye ku byo
.bagezeho

* * *

Mu buryo nk'ubwo, kugera ku ntsinzi mu by'umubiri si
uburenganzira bwacu bwo kugira imibereho myiza gusa,
ahubwo ni n'inshingano zacu mu by'umuco ku bandi mu
bijyanye no kubafasha kunoza imiterere yabo y'umubiri
.n'imibereho yabo

* * *

Ndinzwe n'umutimanama wanjye ukeye. Natwitse
.amateka mabi kandi ndahangayikishijwe n'uyu muni gusa

* * *

Uyu muni ndabona ko ndi umwe mu bafite urumuri
rw'ibyiza bihebuje kandi ko ndi urumuri rw'abarwana
n'imiraba y'inyanja y'umubabaro

* * *

Abantu bafite ibitekerezo n'ibitekerezo bitandukanye ku
bijyanye n'intsinzi, bitewe n'ibyo bifuza mu buzima. Ni
ibisanzwe kumva bamwe bagereranya intsinzi n'ubujura,
bavuga ibintu nk'ibi ngo "Yari umujura watsinze!" Ibi
bigaragaza ko intsinzi mu buryo bwose n'ubwoko bwayo ari
nziza kandi irashakishwa. Ariko, intsinzi yacu ntigomba
.kwangiza abandi

* * *

Hariho kandi ikindi gipimo cyo gutsinda: iyo dushoboye
kuzana umusaruro uhuye kandi w'ingirakamaro kuri twe
ubwacu, twagombye no gushyira abandi mu ntsinzi yacu no
.gusangira nabo imbuto zayo

* * *

Intsinzi bivuze kunyurwa n'ibyishimo by'umuntu mu
bidukikije. Intsinzi nyakuri ni umusaruro w'ibikorwa
bishingiye ku mahame yo gukiranuka, kandi ikubiyemo
ibyishimo n'imibereho myiza y'abandi nk'igice cy'ingenzi
cy'ibyishimo bye. Iyo dushyize mu bikorwa iri hame mu
buzima bwacu bw'umubiri, mu bwenge, mu by'umuco no mu
by'umwuka, tuzagira ibisobanuro byuzuye kandi byuzuye
.by'intsinzi

* * *

Aha muri iyi si nto, tubona uburebure, ubugari,
n'ubucucike, ariko hari urundi rwego aho ingano zitabaho;
byose birasobanutse kandi bisobanutse—byose ni ubwenge
n'ubushishozi. Uburyo bwo kumva uburyohe ni uburyo bwo
kumva, kimwe n'uburyo bwo guhumurirwa.
Amarangamutima yacu, ibitekerezo byacu, n'imibiri yacu ni
imiterere y'ubwenge. Nk'uko dushobora kubona, kumva,
guhumurirwa, kuryohereza, no gukoraho mu nzizi, ni ko
bimeze no kuri urwo rwego rwo hejuru, ese tugerwaho n'ibi
?byose binyuze mu bwenge busanzwe

* * *

Uwiteka, duhe ibyishimo wumva ko uri hafi yawe,
udukure mu ngoyi z'ibyifuzo, kandi uduhe ibyishimo byo mu
mutima bitagizweho ingaruka n'ibyo ubuzima buhura na byo
.n'ibintu bihinduka

* * *

Iyo ubwenge bwacu buhuje n'ibitekerezo byo hejuru,
ubwenge bw'umwuka burabyuka muri twe maze tukabona
ibitangaza bitangaje by'ubwenge n'urukundo by'Imana

* * *

Nidukunda Imana byuzuye kandi tukayihindukirira
n'ibitekerezo byacu byose n'imitima yacu yose, tuzumva turi
hafi yayo kandi tuzasanga ari yo buhungiro bukomeye
.bw'umutekano mu buzima

* * *

Mu mwanya usa n'aho uri ubusa kandi urimo ubusa, hari
isano iri hagati y'isi n'ubuzima bw'iteka buduhuza n'ibintu
byose bifite ubuzima n'ibidafite ubuzima mu isanzure,
umuraba w'ubuzima bukomeye unyura mu bintu byose
.biriho

* * *

Ubuziraherezo ni bwo buturo bwacu nyakuri n'ubuturo
buhoraho, kandi kubaho kwacu muri iyi mibiri ni ukubaho
by'igihe gito, nk'ikiruhuko gito ku modoka igenda mu butayu

* * *

Iyo twishyize hamwe n'imbaraga z'umwuka zirema,
tuzahuza n'ubwenge bw'isi yose kandi butagira iherezo
bushobora kutuyobora no gukemura ibibazo byacu.
Imbaraga zo guhanga zizatugeraho nta nkomyi ziva ku isoko
ikomeye y'ubugingo bwacu, zidushoboza kugera ku ntsinzi
.mu bikorwa byacu byose

* * *

Urukundo rukura kandi rugakura mu muryango
w'abizerana, kwihanganirana no kubahana

* * *

Uwiteka, duhe umugisha umucyo w'ibitekerezo
bitunganye n'ingeso nziza, kugira ngo umwijima w'ingeso
mbi n'ibitekerezo bibi bitugeraho, uzahita uvanwaho.
Udufashe kugukunda urukundo rwimbitse ku buryo ibishuko
by'umubiri cyangwa ibishuko by'isi bitashobora kutugusha
.mu mutego cyangwa ngo bifate ubwenge n'imitima yacu

* * *

Ibintu biboneka byoroshye ntabwo ari ingenzi cyane. Ibi
tubizi mu kwigira ubuzima bw'abagabo n'abagore bakomeye
n'uburyo babaye indashyikirwa binyuze mu guteza imbere
impano zabo, gusohoza inshingano zabo, kubaka
indangagaciro zabo z'umuco, kwigira byimbitse, no kwirinda
ubwikunde. Ariko umusaruro bagezeho n'ibyo bagezeho
.byari biruta cyane imbaraga bakoresheje

* * *

Ubwisanzure nyakuri buri mu bwigenge bwo guhitamo
buyobowe n'ubwenge kandi bugashyigikirwa n'ubushishozi,
ubunyangamugayo, n'ubushake buhamye

* * *

Iyo ukanguye ubushake bwawe, icyemezo cyawe,
n'ubushishozi bwawe, imbaraga zitagaragara zirekurwa mu
bwenge bwo hejuru—binyuze mu bwenge bw'ubugingo—
kugira ngo zigufashe kandi zimurikire inzira zigana ku
.ihumure n'ibyishimo byo mu mutwe, ubifashijwemo n'Imana

* * *

Umuntu agomba gufungura imiyoboro y'ubugingo bwe
binyuze mu mbaraga ze Ntawe uhitamo ku bushake
imibabaro n'agahinda kuruta amahoro n'ibyishimo Ubujiji ni
umuzi w'imibabaro n'imbogamizi igomba gukurwaho no
kuvanwaho Ubujiji ni icyatsi kibi, gishinze imizi cyane,
gikurira mu busitani bw'abantu kandi kigatera ibimera byiza
kandi by'ingirakamaro

* * *

Ubujiji bugomba kuneshwa n'ubushake budacogora
n'ubushake buhamye. Ubutaka bw'ubwenge bugomba

guhingwa hibandwa ku bintu byiza, kandi imbuto nziza
zivomerwa n'amazi yo kwizera. Iyo imirasire y'urukundo
ishyushye kandi ikomeye irabagirana, imbuto y'ineza izakura
kandi itsinde ibyatsi bibi n'ibimera bitera indwara, kuko
.umwijima udashobora kubaho imbere y'umucyo

* * *

Ibinezeza by'ibintu bifatika birashira kandi bikayoyoka,
ariko ibyishimo by'Imana ntibizigera bishira. Ni ibyishimo
.by'Imana bitagira iherezo kandi bitavugwa

* * *

Ntitugomba gukoresha uburyo butari bwo kugira ngo
tugere ku byishimo, kandi ntitugomba kureka amahoro
n'ubutunzi bw'umwuka dufite imbere yacu dushakisha
ihumure ryihishe n'ubuzima bwiza bushobora kumanikwa
imbere yacu n'ibikorwa n'imyitwarire mibi bifite ingaruka
.mbi

* * *

Ubwiza ni kamera nziza yo gufata ishusho y'Imana.
Binyuze mu mucyo w'ituze ritunganye kandi ryimbitse neza,
.ishusho nziza izagaragara neza

* * *

Mu by'ukuri, ubwenge bwose buri muri wowe kandi icyo
ukeneye ni ukubimenya neza

* * *

Kunyurwa nyakuri biri mu kwiteza imbere, kugira ngo
abandi bagushake aho kubashaka. Urukundo n'ubucuti
bigomba gutangwa ku buntu, nta cyizere cyangwa icyifuzo.
Kwitega gusa bitera imibabaro n'agahinda. Nubwo umuntu
aharanira kwiteza imbere, agomba kwihagararaho wenyine,
afite umutekano kandi afite amahoro mu gihome cy'imico
.myiza n'agaciro ke

* * *

Amasumo y'ibyishimo n'icyizere ahora aturuka mu
mutima wanjye, kandi amasumo yabo ahumura akore ku bo
.nhura nabo bose

* * *

Ibyishimo byo mu mwuka bitera mu mutima icyifuzo cyo
gufasha abandi mu buryo bwose, kandi bigateza imbere
ubushobozi bwo kwishimira ibinezeza by'umuco bitanga
ibyishimo, bityo bigabanye ubushake bwo gushaka ibinezeza
.bidafite akamaro

* * *

Uko uruhare rwawe rwaba ruto kose, ruracyari ingenzi
kimwe n'inshingano zikomeye mu bijyanye no kugira
uruhare mu gutsinda kw'ikinamico y'isi roho zikina ku
.rubyiniro rw'ubuzima

* * *

Ubwenge bwose ni ubwenge bwuzuye kandi butagira
iherezo, buhora bwivugurura kandi guhanga kwabwo
ntigushira, kandi binyuze muri wowe bugerageza
.kugaragaza ikintu cyihariye cyabwo

* * *

Nuryohereza n'urukundo rw'Imana nubwo rwaba rimwe
gusa, ntuzigera urureka kuko nta kindi kintu gisa narwo mu
.isi yose

* * *

Abazi Imana bageze ku ntera zikomeye cyane mu
by'umwuka, ku buryo batanyurwa no guha abanyabyaha
inama zo mu buryo bw'umwuka gusa, ahubwo bashobora -
ku bw'ubuntu n'ubufasha bw'Imana - kubaha imbaraga
.z'umwuka zibakura mu ngaruka z'ibikorwa byabo by'icyaha

* * *

Ibikorwa byose byiza n'ibibi biba byihishe mu
ngirabuzimafatizo z'ubwonko kandi bigaragara nk'ingeso
.nziza cyangwa mbi cyangwa ingeso mbi mu bitekerezo

* * *

Umuntu ufite ingeso mbi bitewe n'uko uturemangingo
tw'ubwonko bwe dufite imbaraga z'izo ngeso ashobora
kwibohora binyuze mu mbaraga z'ubushake, gutekereza,
gusenga bivuye ku mutima, no gukomeza kwemeza ibintu
neza kugeza igihe ingeso ze zose zidashimishije zihindutse
ingeso nziza z'amahoro n'ituze. Ibi bibaho iyo imbaraga
z'ubuzima ziyobowe neza zikora kugira ngo zihindure
imiterere idasanzwe y'uturemangingo tw'ubwonko, bityo
utwo turemangingo twuzure ibintu byose byiza, byiza,
.n'ubwiza

* * *

Gusobanukirwa ni ijisho ry'imbere, kureba roho, na
telesikope y'umutima. Ni uburinganire hagati y'ituze
.ry'ubwenge n'ubugwaneza bw'umutimanama

* * *

Buri muni tubona ahantu hatandukanye, kandi buri
muni uzana isomo rishya. Biteganijwe ko umuntu aziga
isomo yibanda ku ntogo nyamukuru yo kubaho kwe:
.kumenya isoko y'ubuzima bwe n'ishingiro ry'ubuzima bwe

* * *

Dukore twibagirwe imibabaro yo mu bihe byashize kandi
twiyemeze kutabitekerezaho. Dufite umurava udacogora
n'ubushake bufatika, tuvugurure ubuzima bwacu, twongere
.intsinzi zacu, kandi twizigamire imico myiza n'imico myiza

* * *

Umuntu wese ugaragaza intege nke z'abandi akabatera
isoni n'umujinya, aba kure y'ubwenge n'ubushishozi
.bukwiye

* * *

Amagambo y'ibihe byose n'ahantu hose

Abahuje n'Imana babona ubwiza butangaje kandi
bakaryohereza n'uburyohe budasanzwe budashobora
.kubonwa mu bundi buryo ubwo aribwo bwose
Ubwo roho yanjye yaguhamagaraga, ibicu by'ituze
ryawe byarashyize, Mana, maze imvura y'imbabazi zawe

iragwa cyane kugeza ubwo ibaye umwuzure wuzuye
w'ubuntu bwawe. Uruzi rwawe rw'umugisha rwarenze
inkombe z'ubugingo bwanjye, maze roho yanjye yiroha mu
mazi y'iteka ryose, maze umuyoboro w'ubuzima bwanjye
.buto ushonga mu nyanja y'ubuzima bwawe bwose
Umujyanama wanjye yanyigishije uburyo bwo gukoresha
ubwenge kugira ngo niyubakire urusengero rukwiriye kubaho
kw'Imana

Niba ushaka kugera ku ntego nziza, tangira ushyiraho
icyitegererezo cyo kuyigiraho. Ubu ushobora gushyiraho
icyerekezo icyo ari cyo cyose mu bwenge bwawe niba
ushyize igitekerezo gikomeye mu bwenge bwawe; noneho
umubiri wawe wose uzakurikiza icyo gitekerezo, kandi
.ibikorwa byawe bizajyana na cyo
Iyo ukoze ku mutima w'Imana, ibibazo byawe bizashira,
urukundo ruzuzura umutima wawe, kandi ubunararibonye
bwiza bwo mu mwuka buzabyina nk'amasoko meza mu
.busitani bw'ubwenge bwawe
Ibicu byinshi bigerageza kuguhisha no kuguhisha, ariko
binyuze mu kime cy'amarira yo kwifuza, izina ryawe
ry'icyubahiro rigaragara kuri njye rimurika mu nyuguti
.z'izahabu ziturutse inyuma y'amarido n'amatwikirizo yose

Umutimanama uboneye bivuze gukoresha ukuri mu
buryo bugaragara
Hari ibintu by'ingenzi n'ibyo bamwe bita "ibikenewe" mu
by'ukuri bitari ngombwa kandi bitari ngombwa Ubuzima
bugomba koroshywa hibandwa ku bintu by'ibanze no
gukuraho ibintu by'agaciro bitari ngombwa
Mbega ukuntu uri hejuru, yewe nshuti, kandi mbega
ukuntu ubutaka bwawe buruta kandi butagatifu! Urukundo ni
.ibiryo byawe n'ubudahemuka bwawe
Iyo abantu babiri bagendera mu bwumvikane
n'ubwumvikane nubwo batandukaniye ku bintu

bitandukanye, bahuzwa n'intego imwe: kubona amahoro
n'ituze mu mutima mu rukundo rutunganye no mu
budahemuka, aho ukunda adashaka ibyishimo ku giciro
cy'uwo akunda, hanyuma mu busitani bw'ubwitange,
indabyo z'impumuro nziza z'ubucuti zirakura kandi
.zigakwirakwiza impumuro nziza yazo

Isi itoza ubwenge bwacu mu buryo butandukanye,
ikatumenyereza ibintu byinshi ku buryo dutangira
gutekereza ko ibyishimo bitagerwaho tudafite ibyo bintu.
Ariko ubuzima, by'umwihariko ubuzima bw'abana, bugomba
koroshywa; bitabaye ibyo, ubuzima buzabigisha mu bihe
.bigoye

Ukuri ni ukuri kandi ni ukuri kuruta ibitekerezo cyangwa
ibitekerezo gusa, ariko ibyo dutekereza cyangwa dutekereza
rimwe na rimwe bishobora kuba impamo
Gutekereza ni ikintu cy'ingenzi mu buryo bwo
gutekereza ku guhanga udushya. Ariko, gutekereza bigomba
gukura no guhinduka ukwemera guhamye, kandi ibi
.ntibishoboka hatabayeho ubushake bukomeye
Iyo utekereje ikintu ukoresheje ubushake bwawe bwose,
ibitekerezo byawe bizahinduka ukwemera kwawe bwite,
kandi igihe ushobora gukomeza kwemera
Nubwo hari ibitekerezo bivuguruzanya, ukwemera
kwawe kuzagaragara mu by'ukuri

Umuntu agomba kwiga kwihagararaho, ashyigikiwe
n'imico myiza ye n'agaciro ke
Ibyishimo byo mu mwuka ni ibyishimo bishya kandi
birushaho kugaragara mu batekereza cyane ku Mana. Ni
ibyishimo bifasha mu gufata ibyemezo bikwiye no gukora
ibintu byiza, kandi iyo bibonetse, ibyifuzo n'irari bibi
birashira kuko bitakaza ubwiza bwabyo ugereranije
.n'ibyishimo byo mu mwuka

Umuremyi wacu Ushoborabyose yaduhaye ubuzima,
imbaraga, n'ubwenge, kandi ni inshingano zacu kumuha

ubwitonzi bwacu no kumuzamura imitima yacu mu rukundo,
.mu gushimira, no mu kwemera ubuntu bwe n'ineza ye
Mana yanjye, mfashe kutakongeza umuriro w'uburakari,
ngo ntazatwika n'umuriro w'uburakari, amazi y'amahoro ari
muri njye no mu bandi, mfashe kuzimya umuriro w'uburakari
.n'imvura ihora itemba y'urukundo rwanjye
Ikiyaga cy'ubugwaneza bwanjye n'amahoro yanjye
bikomeze gutuza no gutuza, bitabangamiwe n'inkubi
.y'umuyaga yo kutishima izana imibabaro gusa
Gukora ibikorwa ubikesha kumva ko uri mu nshingano,
cyangwa kwigomwa ibyifuzo byawe bwite mu gukorera undi
muntu no mu rukundo, ni byiza cyane kuruta kubikora
kubera ubwoba
Nubwo umuntu yareka kurenga ku mategeko y'Imana,
agomba kubikora abitewe n'urukundo akunda Imana, atari
.ugutinya igihano cyayo
Icyo utinya cyose, kuraho ibitekerezo byawe ku kintu
icyo ari cyo cyose. Kirekere Imana kandi wongere icyizere
.cyawe muri yo
Ubwoba buhora buri mu muntu, kandi kubukuraho
birashoboka iyo utekereje ku Mana kandi ukumva ko iriho
Bishobora kugorana mu ntangiriro kugendera mu nzira
z'imico myiza, ariko ni inzira nziza ziganisha ku mahoro yo
.mu mutima n'ibyishimo nyakuri
Ikuzo ry'Imana rirabagirane mu mfuruka zose z'ubuzima
bwacu, urukundo rwayo rube mu mitima yacu, kandi urumuri
rwayo rwuzure ubwenge bwacu
Mana yanjye mukunzi, indabyo zirakura kandi ibihe
birahinduka, kandi byose birakuvuga. Ukwezi kuzuye
kugaragaza imiterere y'inseko yawe, kandi izuba ritwara
itara ryawe ryo mu ijuru. Njyewe mu nyanja y'amarira
menshi, yuzuye inyota yo kukwifuza. Mu mababi y'ibiti
n'imitsi y'abantu ubuzima bwawe n'imbaraga zawe
biratembera, kandi numva umutima wawe w'isi yose utera mu
.mutima wanjye

Iyo numvise ko uriho, numva meze nk'aho ndi maso mu
yindi si, kandi rimwe na rimwe nrota iyi si n'uyu mubiri muto
—uwanjye ndi maso mu byishimo bidashira, kandi inzosi
zanjye z'ubuzima bwo ku manywa zuzuyemo impumuro
nziza z'ibihe nakangutse ndi kumwe nawe. Naranduye
ibyatsi bibi by'inzosi mbi mu busitani bw'inzosi zanjye kandi
mbitera mu mwanya wabyo indabyo z'amaroza yo
guhumeakwa kwanjye, aho impumuro y'icyifuzo cyanjye
izagukurura, kandi uzaza kunjyana mu isanzure ry'ibyishimo
.by'iteka ryose

Mana, ngira umucyo utunganye kandi utunganye kugira
ngo nzane umucyo wawe ukiza muri njye
Humura indorerwamo y'ubwenge bwanjye ihinda
umushyitsi kugira ngo igaragaze isura yawe itagira iherezo
Kingura amadirishya y'ukwizera kugira ngo mpumure
impumuro y'amahoro yawe

Wowe uri mu mwijima, Mwami udashobora gusobanura,
reba n'amaso yanjye akurarikiye, kugira ngo nta kindi kintu
kibaho uretse wowe

Inyuma y'ibintu byose n'isura y'ubuzima hari ijwi
ry'Imana rituje, rihora riduhamagara binyuze mu ndabyo,
ibitabo byera, imitimanama yacu, n'ibintu byose byiza
.bituma ubuzima bugira agaciro

Imbaraga zose umuntu ugerageza kugera ku ndunduro
z'umwuka Imana imuha agaciro kandi ikamuha ibihembo
byiza kubera zo

Turagusaba, Mwami, ngo umurikire ubwenge bwacu
umucyo w'ukuri kwawe, utume imitima yacu ikubitana
n'urukundo rwawe, kandi wuzuze imitima yacu ibyishimo
.byawe n'ubuntu bwawe bwinshi

Imana iva kuri iyo shusho iboneye ubwenge
budashobora kwinjiramo, isuka urumuri rwayo rw'iteka.
Kandi mu bwenge bw'isi yose havamo imbaraga zihebuje
n'imbaraga nziza, kandi ibikorwa byo guhanga bisunika mu
.bwenge bufunguye kandi buhuje

Iyo usanze roho yawe, umutima wawe, buri kirahuri
cy'umwuka, ikirere cy'ubururu, inyenyeri zirabagirana,
imisozi, isi, inyoni n'indabyo byose bihujwe n'umugozi umwe
w'uruhererekane rw'isi, ibyishimo byo mu mwuka, n'ubumwe
rusange, nibwo uzamenya ko byose ari imiraba iri ku gituza
.cy'inyanja y'Imana idafite inkombe

Nitwibagirwa Umuremyi wacu, dukwiye imibabaro
Tugomba kumenya ko Imana ari yo dukunda kandi idukunda,
kandi ubwo bumenyi buzatuvana mu bibazo n'imibabaro
.yacu

Umuntu ukunda Imana by'ukuri ntahwema kuyishaka,
nubwo yananirwa kuyibona nyuma yo kugerageza kenshi.
Nk'uko umuraba ugomba kugaruka mu mutima w'inyanja
nyuma y'uko inkubi y'umuyaga igabanutse, ni ko n'umuntu
uyishaka cyane abigenza; afite icyizere cyuzuye cy'uko
inzitizi zizasenyuka kandi ko azahura n'inyanja y'isi vuba
cyangwa nyuma - inyanja itagira iherezaho yaturutsemo kandi
.igarukamo

Iyo ubwenge buhora butekereza ku mukunzi w'Imana,
umutima uririmba indirimbo z'ibyishimo n'ibyishimo
Kuvuka mu mwuka ni ukuva mu byo ari ubu kugeza ku
.byo azaba mu gihe kizaza

Umuntu ntashobora guhisha abandi kamere ye nyayo,
guhindagurika kw'ibitekerezo bye bizagaragarira mu
.myitwarire ye kandi bizagaragarira mu bikorwa bye
Hari benshi bafite imyumvire idahwitse ku bwisanzure;
bafata ubwisanzure nk'ugukora icyo umuntu ashaka gukora
cyose, kandi ubu bwisanzure nbwita ubwisanzure bwo
kwihitiramo ibintu uko biri

Kubera kudasobanukirwa neza imiterere nyayo
y'ubwisanzure, bamwe mu babyeyi bashyira abana babo mu
bucakara bw'imigenzo binyuze mu guhita basohoza ibyifuzo
byabo. Umwana akura yizera ko igihe cyose ibyifuzo bye
bishyizwe mu bikorwa, abayishimye, kandi ko intego
y'ubuzima ari ugusohoza buri byifuzo. Ariko, nyuma baza

gusanga baribeshye, kuko isi yo hanze itandukanye rwose n'ubuzima bwo mu rugo, kandi bakamenya ko gusohoza buri byifuzo atari byoroshye! Abandi bashobora kubirengagiza bakabikurikirana mu gukurikirana ibyifuzo byabo. Ingaruka zabyo ni uko umwana akomera kandi akaba umuntu utagira amarangamutima kubera icyifuzo gikomeye cyo guhaza ibyifuzo bye. Bityo rero, ababyeyi bagomba gufasha abana babo guteza imbere ubushake bwabo n'ubushishozi kugira ngo babashe kubaho mu isi badaguye mu mitego n'ibibazo .byayo

Umubyeyi aravuga ati "Mumwigishe urukundo"

Birumvikana ko gufata abana mu rukundo muri rusange ari byiza, ariko uburyohe bwinshi bwangiza amenyo, kandi nk'uko, kwita ku bana cyane byangiza amenyo. Kugira ubushake n'umurava ni ngombwa, ariko niba umwana afashwe kandi agahanwa bikomeye kubera ikosa, ingaruka zizaba mbi. Hakwiye kubaho uburinganire mu buryo abana bafatwa kandi bagafatwa; buri mubyeyi agomba kugabanya imiterere ye n'urukundo n'ubugwaneza, kandi buri mubyeyi .agomba gusiga urukundo rwe ubwenge n'ubwenge Umuntu agomba gukomeza kugira urukundo ruhamye no kwifuza Imana. Nagerageje imirimo myinshi, ariko uko akazi kanjye kaba kameze kose, ibitekerezo byanjye bihora .biri ku Mana

Twagombye kwishimira iki cyaremwe, ariko tutaretse ngo kitugire abacakara. Kandi ubunararibonye bwanyigishije ko ibyishimo byo kubona Imana ntagereranywa

Mbere yo gutangira imirimo ikomeye, umuntu agomba kwicara atuje, agatuza ibyumviro n'ibitekerezo, agatekereza cyane, kandi agashaka ubufasha bw'Imana kugira ngo abone .ubuyobozi bw'umwuka n'icyerekezo cyiza Reka menye ko inseko iri ku maso y'umuseke, ku minwa y'indabyo, no ku maso y'abagabo n'abagore .b'abanyacyubahiro ari inseko yawe

Sinzagerwaho n'amashusho y'ibyago bikurikirana,
ibyago, indwara, cyangwa imbogamizi zitunguranye kuko nzi
neza ko ubwenge bufite gahunda bufitanye isano rya hafi
n'ubwenge bw'isi yose budahura n'ibibazo cyangwa
.imihangayiko mu buryo butunguranye

Ubwisanzure bivuze ubushobozi bwo gukora ibintu
ukurikije ubwenge, atari ibyo umuntu asabwa n'irari rye,
ingeso ze, n'ibyo ashaka. Kumvira ubwirasi bwe bijyana ku
bucakara, mu gihe kwemera ibyo umwuka umubwira bijyana
.ku kubohoka ku mbogamizi

Ntacyo bitwaye kuba mba mu ngoro nziza cyangwa mu
.kazu gaciriritse, igihe cyose Imana iri kumwe nanjye
Nzakoresha amafaranga yanjye nakoreye mu buryo
bw'ukuri kugira ngo mbeho mu buryo bworoshye, mbere
y'uko mbaho ubuzima burenze urugero

Binyuze mu kwizera Imana no gukoresha imbaraga
z'ubushake, umuntu ashobora gutsinda indwara, gutsindwa,
no kutamenya, igihe cyose uguhinda kw'ubushake
gukomeye kuruta uguhinda kw'indwara z'umubiri cyangwa
iz'imitekerereze. Uko indwara irushaho kuba ndende, niko
ubushake bugomba gukomera kandi buhamye, kandi
ukwizera kukaba kwimbitse no gukomera, kugira ngo agere
.ku musaruro wifuza

Nshyira imbaraga, Mwami, zo kwiringira wowe wenyine,
si uburyo bw'abantu bwo kurinda. Ntureke ubwoba
n'imihangayiko bimbuzi imbaraga zanjye zitagira imipaka zo
guhangana n'ibigeragezo by'ubuzima. Ntureke ntekereza
impanuka, ibyago, n'ibyago kubera gutinya ko byagaragara
mu bitekerezo no mu bitekerezo. Kandi reka menye, Mwami,
ko naba ndi maso cyangwa nsinziriye, ndi maso cyangwa
nazimiye mu nzizi zo ku manywa, ndi muzima cyangwa ndi
.mu rupfu, uburinzi bwawe buracyankikije kandi buranyirinda
Abanyabwenge bavuga bati: Imbutu z'ibikorwa byiza
bisunitswe n'urukundo rw'Imana n'imico myiza ni
ubwumvikane n'ubuziranenge Imbutu z'ibikorwa bisunitswe

n'ibyifuzo n'ibyifuzo by'ubwikunde ni ububabare n'imibabaro
Imbuto z'ibikorwa bibi ni ubujiji n'ubupfapfa
Ibikorwa byiza bizana ibyishimo, mu gihe ibikorwa byo
mu isi biyobowe no kwikunda bitera imibabaro n'ububabare.

Ariko, ibikorwa bibi bikomeza byangiza ubushobozi
.bw'umuntu bwo gushishoza no gusobanukirwa
Niba wifuza kubaho mu mahoro no mu bwumvikane,
imigambi yawe igomba kuba myiza, kandi ugomba
gukwirakwiza ibitekerezo by'ubugwaneza
n'amarangamutima y'urukundo. Niba ubayeho ubuzima
bwiza, uzafasha abandi binyuze mu rugero rwawe
.n'imyitwarire myiza

Mu gihe numva mfite impungenge n'urujijo mu mutwe,
nzasubira mu mutuzo no gutekereza kugeza igihe nzagarura
ituze, kandi nzatangira buri munsu ntekereza ku Mana no
.kuyisaba ubufasha n'ubuyobozi
Iyemeze kutareka ibyatsi bibi by'urwango bikura
bikinjira mu busitani bw'ubuzima bwawe, ubusitani
bwuzuyemo imico myiza y'umwuka mwiza. Uko urushaho
kwihingamo iyi mico ihumura neza, isa n'iroza, ni ko Imana
izarushaho kuguhishurira ibanga rikomeye ry'ubuzima muri
.wowe

Intego y'ubuzima ni ukugira amahoro, kunyurwa,
kudapfa, umutekano, no kumenya ukuri, kandi mu mutima
w'ibyo byifuzo bidutera imbaraga, hari kamere y'Imana iri
.mu mutima wacu

Ese nshobora kubona umudendezo wanjye muri wowe,
Mwami, kandi nkamenya ko iwanjye nyakuri ari ukubaho
kwawe kose kandi ko ndi igice cy'ingenzi cy'ubwenge bwawe
bwo mu isanzure

Yewe nyanja nini, y'Imana, reka imigezi y'ibyifuzo
byanjye, inyura mu butayu bw'inzitizi n'imbogamizi,
amaherezo yivange mu bwisho bwawe bukomeye9

Mu gihome cy'Imana ni ho honyine tubona uburinzi
n'umutekano, kandi nta buhungiro butekanye kuruta kumva
twegerereye Imana no gukora ku ruhande rwayo

Kubera ko abantu bayoborwa n'ingeso zigena ibyo
bakunda, ibyo bakunda, imico yabo, n'ibyifuzo byabo, iyo izo
ngeso ari mbi, imico yabo iba mibi kandi ibikorwa bikaba
bibiri. Bityo rero, ni byiza gushyira imbere ingeso nziza, kuko
ziyobora ibikorwa byacu n'ibitekerezo byacu ku ntego nziza
.kandi zikatuzanira ubuzima bwiza n'ibyishimo

Aho hose hari imitima ibabaye n'ibabara, mbona
ihumure mu kuyikorera no kuyihumuriza. Nzakora uko
nshoboye kose kugira ngo nshimishe abandi kandi
.nzumvikana n'amarangamutima yabo nk'aho ari ayanjye

Ubushobozi bwo mu mutwe buri mu bantu, ariko abantu
benshi ntibatera imbere neza, kandi kunanirwa gukuza ubwo
bushobozi bitera ingaruka mbi. Kimwe n'umubiri, ubwenge
bukeneye indyo yuzuye n'imyitozo ngororamubiri kugira ngo
.bugire ubuzima bwiza kandi bugire imbaraga

Diyama yakira kandi ikagaragaza urumuri, ndetse
n'ubugingo buboneye kandi bugaragara buzi Imana kandi
bukarabagirana hamwe no kuba iriho

Uwiteka, uri ubutunzi nyakuri mu buzima, kandi mu
kukubona mbere na mbere nzagushakiramo byose nkeneye
Abantu bakunze kwibanda ku biribwa, umwuka n'izuba
kugira ngo bagire ubuzima bwiza, ariko hashobora kuza igihe
ubuzima burushaho kuzamba nubwo hari byinshi byo hanze
y'ubuzima. icyo gihe ni bwo hakenewe kongera imbaraga
.umubiri ufite mu mubiri

Niba ubwato bw'ubwenge bwanjye bwegerereye ibitare
by'irari ry'umururumba birimo akaga n'ibyago, bitwarwa
n'inkubi y'umuyaga ikomeye y'ubujiji, Mana yanjye, ba
urumuri rwanjye kandi uhore unyobora ku nkombe
.z'ubutungane bwawe n'ineza yawe

Igitekerezo ni nk'urumuri rufite imbaraga nyinshi
zigomba gukoreshwa mu gutwika inzitizi zibuza kugera ku
ntego

Imana ishobora kuboneka binyuze mu rukundo rw'Imana
ruhoraho Iyo dukunda Imana kuruta impano zayo, izaza kuri
twe yaduhaye uburenganzira bwo guhitamo n'ubushobozi
bwo guhitamo kugira ngo dushobore gutandukanya impano
z'isi zihita n'izidafite akamaro n'impano yo kwegerana na yo
.n'ibyishimo byo kubana na yo mu buryo bwiza
Twahawe kwibuka kugira ngo tubashe kwitoza kwibuka
ibintu byiza kugeza igihe tuzabashe kwibuka ibyiza
bikomeye: Imana

Umuyaga w'urukundo rwawe urantereramo, Uwiteka!
Kandi amababi y'ubuzima bwanjye arabyina yishimye ubwo
uzaza. Ijwi ryabo ryiza rinyura mu kirere, ritumira abananiwe
.kuruhuka mu gicucu cy'amahoro yanjye yo mu mwuka
Ingorane zo mu buzima ntabwo zigamiye kutugirira nabi;
ahubwo ibibazo n'indwara biduha amasomo. Ibibabaza
duhura na byo ntabwo bigamiye kuturimbura, ahubwo
bigamiye kutweza no kwihutisha gusubira ku isoko yacu
iboneye—Imana—ikora mu buryo bwose kugira ngo idufashe
.kandi itugarure mu rugo rwacu rwo mu ijuru
Ubuziraherezo ni iwacu nyakuri, kandi urugendo rwacu
kuri iyi si no muri iyi mibiri y'umubiri ni nk'urugendo rwa viza
.rw'igihe gito

Mwami, nzi ko gushimwa bitanshyira hejuru, kandi
kunengwa ntibingabanya. Ndi uko ndi imbere
y'umutimanama wanjye kandi imbere yawe nzakomeza muri
iyi nzira, nkora uko nshoboye kose kugira ngo nkorere buri
wese kandi nharanira kubona ubutoni bwawe—ni muri ubwo
.buryo ibyishimo byanjye biri

Uri ikiremwa kidasanze kandi kamere yawe ni nziza
cyane, bityo menya uwo uri we by'ukuri

Mu gitondo cyo kuhagera kwawe, imbuto z'icyifuzo
cyanjye zizakuramo indabo zihumura neza kandi ziriyoshye

Uwiteka, ihutishe ukuza k'uwo munsu ubwo nzaboha
umukufi w'izo ndabo z'ikime nkawushyira ku muryango
wawe w'umugisha

Aho guhora aharanira kwinezeza we wenyine, agomba
no kugerageza kuzanira abandi ibyishimo Iyo agerageje
gutanga ubufasha bw'umwuka, ubwenge, cyangwa ibintu
bifatika ku bandi, azabona ko ibyo akeneye ubwe
byagezweho kandi ko igikombe cy'ubuzima bwe cyuzuye
.ibyishimo

Abazatsinda umwijima ku isi bazagira umucyo w'ikuzo
nk'umugabane wabo kandi bazagira amahoro n'ibyishimo
.byo mu mutima

Uwiteka, komeza unyanyagize imbuto z'imigisha yawe
mu butaka bw'umutima wanjye, mbihinze mu gusaba, kugira
ngo zikure zivamo ibiti bicucumye amashami yabyo yera
.imbuto nziza kandi nziza cyane zo kumenya kwiwigira
Akenshi tuguma mu bubabare tudashyizeho imihati yo
guhinduka, niyo mpamvu tutabona amahoro n'ibyishimo
birambye Iyo twihanganye kandi tukagira imbaraga,
twashobora gutsinda ingorane zose. Tugomba kwihatira
kuva mu makuba tukajya mu byishimo, no kuva mu kwiheba
.tukajya mu butwari

O Mana Urukundo, huza urukundo rwanjye n'urukundo
rwawe, huza ubuzima bwanjye n'ibyishimo byawe, ubwenge
bwanjye n'ubwenge bwawe bw'isi, kandi ushire inyota yanjye
.mu isoko y'ibyishimo byawe by'iteka ryose

Umutima w'umuntu ushakisha by'ukuri uhora ununva
uti: "Mana yanjye kandi nkunda, sinshaka kwinjirira mu
muvurungano wo muri iyi si y'ibinyoma, kandi icyo nshaka ni
ukubyutsa urukundo rwawe mu mitima y'abantu. Umutima
wanjye, ubugingo bwanjye, umubiri wanjye, ubwenge
bwanjye, n'ibyo ntunze byose ni ibyawewe, Mwami." Uwo
muntu ushakisha agera ku Mana akayimenya
Nyagasani, duhe gusobanukirwa ubuvandimwe bushya
kandi by'ukuri. Duhe kureka intambara kandi dukize

ibikomere by'amahanga dukoresheje amavuta y'urukundo
.n'ihumure rirambye ry'ubwumvikane bw'impuhwe
Duhe umugisha kugira ngo tubashe kubohoka ku
bushotoranyi bw'umururumba, kwigarurira uburiganya, no
kugengwa n'amayeri, kandi udufashe kubaka isi nshya aho
indwara, ubujiji n'inzara ari inzosi gusa z'amateka mabi
.kandi ateye ubwoba

Dukemure ibibazo byose tudakoresheje ubwenge
bw'ishyamba, ahubwo dukoresheje gusobanukirwa, ukuri, no
kwizera kudacogora muri wowe no mu butabera bwawe
.bw'Imana

Ubuzima bwaduhuje hano igihe runaka, hanyuma
tukagenda mu nzira zacu zitandukanye. Ariko niba urukundo
rw'Imana rutuye muri twe, ntacyo bitwaye aho tujya, kuko
uko twagenda kose, tuzakomeza kuba mu ruziga
rw'urukundo rw'Imana kandi ntituzigera dutandukana
.by'ukuri

Mwami, ngira igisiga cy'iterambere mu buryo
bw'umwuka kiguruka hejuru y'inzira z'ibitekerezo bigufi
n'ubuhezanguni

Mumpamagare mu kirere cyo hejuru cyane, hirya
y'imitingito ikomeye y'isi n'ibicu bibuza urumuri rw'izuba
Reka mfate amababa yo kuringaniza kugira ngo mbeho
neza, kandi reka nje mu kirere kirekire hejuru y'inkubi
z'umuyaga n'inkubi z'umuyaga, aho hari isanzure rinini
.n'ibitekerezo bihebuje

Amahoro aza iyo dukinguye imitima yacu kugira ngo
dukunde kandi tube abantu beza. Abafite imitima ikunda
kandi bakora imirimo myiza bagira amahoro kuko aba muri
bo. Amahoro ni urusengero rw'ijuru kandi ni ishingiro
.ry'ubuzima bwiza

Tugomba guhora dutekereza ku bwiza bw'Imana buri
inyuma y'indabyo, urumuri rw'ikirere ruri inyuma y'izuba,
n'ubuzima bukomeye bugaragara mu maso ya buri wese

Iyo umuntu arangwa n'ineza by'ukuri kandi
akagaragariza abandi icyubahiro, kandi agashima abandi mu
.buryo bumwe, azahora ahabwa icyubahiro n'ishimwe
Nzakwirakwiza urukundo rwanjye ku bandi kugira ngo
mbashe gufungura irembo ry'urukundo rw'Imana ruze kuri
.njye kandi rube mu mutima wanjye
Mwami, reka mbe urumuri rw'abarohamye mu gahinda
kenshi. Mfasha kuzanira abandi ibyishimo mu gushimira
.ibyishimo byo mu mwuka wampaye
Nzashongesha urwango mu muriro w'urukundo rwanjye,
kandi nzababarira abandi kandi ntange urukundo ku mitima
yose ifite inyota
Urukundo nyakuri ni urukundo rwishimira ihumure
ry'uwo ukunda
Umucyo wawe utumurikire, Uwiteka, kandi urukundo
rwawe rwuzure imitima yacu iteka ryose
Kugira umutima wo kwihangira imirimo bivuze kugira
imbaraga zo guhanga udushya zituma umuntu abasha
guhanga ikintu kitari cyarigeze gikorwa mbere. Buri muntu
.avukana iyi mpano yahawe n'Imana
Urukundo ruhebuje ni urukundo rw'Imana, rutuma
ubuzima buba bwiza cyane bitavugwa Iyo wumva Imana iri
kumwe nawe, ije ikwakira aho uri hose ikayobora intambwe
.zawe, urukundo rw'Imana rutangira
Imbaraga z'ukuri zirwanya umuyaga
Mwami, iyo mpura n'ingorane z'igihe gito, reka nibuke
imigisha myinshi wampaye mu bihe byashize, nzi ko
ubufasha bwawe butajya bumva kandi ko ubwitonzi bwawe
buri kumwe nanjye kuri wowe, ndagushimira cyane kubera
imigisha yose unzanira iturutse mu kuboko kwawe gutanga
.ubuntu
Amatonyanga y'urukundo arabagirana mu mitima
myiza, kandi Imana iboneka gusa mu nyanja y'urukundo
Ubwenge ni itara rimurikira inzira y'umuntu kandi
rikamugeza ku ntsinzi

Mu mpeshyi, Imana irimbisha ibidukikije indabyo nziza
cyane n'indabyo, ikambara neza cyane n'amabara meza
.cyane

Amahoro ni we mutangabuhamywa wa mbere utangaza
ko yegereye Imana. Nyuma yaho, amahoro ahinduka
.urumuri rurerure kurusha ibyishimo bitagira iherezo

Iyo ninjira mu nyanja yo gutekereza cyane, numva mfite
umugisha wo kunyeganyega mu mutima wanjye, numva ijwi
"rivuga riti "Ndi hafi

Umuntu agomba guhindukira imbere, aho roho
yigaragaza. Kuva mu nda y'ubugingo haturuka
.ubunararibonye bwose bw'ubuzima bw'imbere
Iyo roho yiyumvishije ifite ubwenge bw'Imana, yumva
ibyishimo byinshi kandi yaguka mu mwanya utagira imipaka
Nukoresha uburyo bwose bwo hanze n'umutungo
uboneka, uretse ubushobozi bwawe busanzwe, kugira ngo
utsinde inzitizi zose zishobora kukubangamira, uzateza
imbere imbaraga Imana yaguhaye: izo mbaraga zitagira
.imipaka zituruka mu bwihisho bwawe

Urukundo rugendera mu nzira y'izahabu igana ku Mana
Nzakwirakwiza urumuri rw'ibyifuzo byiza n'imigambi
myiza aho umwijima w'ubwumvikane buke winjiye hose
Iyo ingorane zikugarije, ariko ukanga kureka kugerageza
no gushyiraho imihati, nubwo hari inzitizi n'imbogamizi zose,
.Imana izagusubiza kandi iheshe imbaraga zawe intsinzi
Uwiteka, nzakura indabyo z'irari mu busitani
bw'umutima wanjye nzishyire nk'igitambo cy'urukundo ku
muryango wawe wera

Kubera ko ibitekerezo byacu n'amagambo yacu ari
imbuto zizatuzanira umusaruro w'ejo hazaza, ndatangira uyu
munsi kuzuza ubwenge bwanjye ibitekerezo byiza kandi
byiza

Ndaguruka kandi nkazamuka mu kirere cy'ubwenge
bwanjye hejuru no hasi, mu majyaruguru no iburyo, imbere

no hanze no ahantu hose kugira ngo nsange ko mu mfuruka
.zose z'ikirere nari ndi kandi nkiri imbere y'Imana
Baho buri kanya wibuka umubano wawe n'Imana itagira
iherezo. Nta iherezo ry'ubwenge bwawe, kandi ibintu byose
birabagirana kandi bikabengerana nk'inyenyeri mu kirere
.cy'ubugingo bwawe

Kwitandukanya, cyangwa kutabifatanya, ni inzira
y'ubwenge umuntu ushakisha anyuramo, abishaka
akazamuka hejuru y'ibintu bidafite akamaro kugira ngo
akunde ibikomeye. Ntiyihambira ku byishimo by'akanya gato
ashakisha ibyishimo bishya byo mu mutima. Kwitandukanya
ubwabyo si iherezo, ahubwo bitegura inzira yo kugaragara
.kw'imico myiza y'ubugingo n'imbaraga z'umwuka
Umutsinzi wo mu mwuka atera intambwe zikomeye mu
nzira z'ubuzima

Umuntu agomba gukoresha ubuzima bwe bwa none
neza, agakingura amadirishya y'umutima we, ahangura
.kandi agasubiza imbaraga z'ubugingo bwe zisinziriye
Inyuma y'isura y'impinduka n'impinduka hari ubuturo
bw'Imana. Kandi uwo ari we wese ushobora guhagarara
indorerwamo y'ubwenge bwe no kububuza kunyeganyega,
azabona muri icyo indorerwamo isobanutse neza isura
.y'umuntu ukunda isanzure

Urukundo rurusha urupfu imbaraga n'ibyago by'igihe
Kwisuzuma ni ryo pfundo ry'intsinzi, kandi gutekereza ni
indorerwamo tubonamo impande z'imbere zitari kuba zihishe
amaso yacu. Tugomba gusuzuma intege nke zacu,
gutandukanya imyifatire myiza n'iy'ibibi, no kumenya inzitizi
.zituma tugera ku iterambere n'intsinzi

Mbega ukuntu uri mwiza cyane, wowe nshuti! Wowe
uvoma amazi y'ubwitonzi buzira uburyarya, kandi amababi
yawe aratoseshwa n'ikime cy'uburyohe bw'imbere n'inyuma
buturuka mu bwihisho bw'imitima y'ukuri kandi
y'indahemuka

Nigeze kubona ikinyoni gito kigerageza kuzamuka
ikirundo cy'umucanga, maze ndibwira nti: ikinyoni kigomba
kuba kirimo gutekereza ko kiri kuzamuka imisozi ya
Himalaya! Ikinyoni cy'umucanga gishobora kuba cyarasaga
n'ikinini kuri iki kinyoni, ariko siko bimeze ku maso yanjye.

Mu buryo nk'ubwo, imyaka ya za miriyoni y'izuba yacu
.ishobora kuba iri muni y'umunota mu bitekerezo by'Imana
Tugomba kwitoza gutekereza ku bintu bikomeye

nk'ubuziraherezo n'ubuziraherezo

Nazengurutse isi y'ibihe bidashira kandi nibonera igihu
gikaka mu gihugu cy'umucyo, kandi muri ubwo mucyo
w'ubuzima nasomye ibisobanuro by'amabanga yanditse ku
.mapaji y'igihe

Iyo usinziriye, utekereza ibintu bitoroshye kandi bitagira
icyo bitwaye. Ariko iyo ucecetse ibitekerezo
n'amarangamutima binyuze mu gutekereza, ikintu cya
mbere ubona ni amahoro, kandi imitsi yo mu maso yawe
ikora inseko igaragaza amahoro yo mu mutima. Ariko
ugomba kureba hirya y'iyi mimerere y'amahoro kugira ngo
ubone ubuziranenge bw'ubugingo bwawe—ubuziranenge
butandujwe n'ibintu bitera kumva cyangwa uburyo bwo
kwihutira gutekereza ku bitekerezo bifatanye isano
n'amarangamutima. Imiterere uhura nayo ni iyo kwishima
.iteka ryose, guhora uvugururwa

Iyo ushyize igikombe cy'amazi muni y'urumuri
rw'ukwezi hanyuma ukagikangura, uzaba ukoze ishusho
idahwitse y'ukwezi Iyo amazi aguye mu gikombe, ishusho iba
isobanutse neza. Igihe amazi ari mu gikombe aba atuje
kandi agaragaza isura y'ukwezi mu buryo busobanutse neza
gishobora kugereranywa n'imimerere y'amahoro yo
gutekereza no gutuza cyane. Mu mahoro yo gutekereza,
imiraba yose y'ibiyumvo n'ibitekerezo irahagarara kuva mu
bitekerezo. Kandi muri iyi mimerere y'amahoro yimbitse,
umuntu utekereza, muri iyo ituze, abona ukwezi kuzuye
.k'ubumwe bw'Imana kugaragarira mu kiyaga cy'ubugingo

Hari imiterere ine umuntu usanzwe azi: ibyishimo iyo
arangije icyifuzo cye, kubura ibyishimo iyo abihakanye,
kurambirwa iyo adafite ibyishimo cyangwa agahinda,
n'amahoro iyo atsinze ayo marangamutima cyangwa
imiterere yo mu mutwe y'ibyishimo, ububabare, no
.kurambirwa

Amahoro ni imimerere ishimishije cyane, ikomoka ku
kutagira agahinda n'ibyishimo, no kutagira irungu. Iyi
imiterere ihora ihindagurika kandi ikwirakwira ku buso
bw'ubugingo. Nyuma yo kugendera ku miraba y'ububabare
n'ibyishimo, harimo no kwiroha mu mibabaro myinshi, hari
ibyishimo mu kureremba mu nyanja ituje y'amahoro. Ariko
amahoro aruta ibyishimo byo mu mwuka - ibyishimo
by'ubugingo - ibyishimo by'ikirenga. Ni ibyishimo bidashira
ariko bigumana n'ubugingo iteka ryose. Ibi byishimo
by'ikirenga bishobora kugerwaho gusa binyuze mu kumenya
.ko Imana iriho

Inseko nyayo ni inseko y'ibyishimo byo mu mwuka
iboneka mu gutekereza no gutekereza ku Mana no kumva ko
.iraho

Inseko yanjye ituruka ku byishimo bikomeye biri muri
njye—ibyishimo bigera kuri bose. Ni nk'impumuro iva mu
mutima w'indabyo z'indabyo. Ibi byishimo bikomeye bitumira
.abandi kwibira mu mazi matagatifu y'ibyishimo
Mu mucyo w'imbabazi nziza, umwijima w'urwango
warundanyijwe mu myaka myinshi urashira
Imana ihita ihaza ibyo abayisenga bakeneye byose kuko
bibohoye ku mpamvu z'ubwikunde zibangamira imihati no
.gutesha agaciro ibyiringiro

Uwo Imana irinze, nta kintu na kimwe gishobora
kumurimbura

Ntituri twenyine muri iyi si, kuko Imana iri kumwe
natwe, kandi hari umubano urambye, wa bugufi, kandi
.w'inshuti utuma tuvamo inkunga n'ibyishimo

Yewe inyenyeri irabagirana y'ubuyobozi mu ijuru
ry'ubwenge, urumuri rwawe rutangaje runtumirira
gushakisha ahantu heza ho mu ijuru, maze inyoni yanjye
irarikira yihuta cyane, inyura mu kirere cyuzuyemo
umwijima, iyobowe no kukwifuza no kwishimira urumuri
.rwawe rwera cyane

Imiterere y'umuntu itangira gukura no gukura iyo
ashoboye kumva - binyuze mu byiyumvo by'imbere,
byumvikana - ko atari umubiri ukomeye w'umubiri ahubwo
.ari umuyoboro w'umwuka w'iteka mu mubiri
Iyo umutima w'umwigishwa wuzuye urukundo akunda
Imana, isura ye izabengerana inseko y'amahoro n'ubwenge,
kandi ibice by'ubujiji bitwikiriye ubugingo bwe bizasenyuka
.bishire burundu

Iyo urebye indabyo cyangwa igiti, umenya ko ibi
binyabuzima byiza bitabayeho ku giti cyabyo Imana ni yo
.yabiremye ikabiha impumuro nziza n'ubwiza buhebuje
Kora inshingano zawe zose, zaba iz'ingenzi cyangwa
iz'intoya, witonze cyane, wibuka ko Imana iyobora intambwe
zawe kandi igashimangira imbaraga zawe zo kugera ku
.byifuzo byawe byiza

Iyo umuntu ahujwe n'umwuka we, ibihe byashize
byibagiranye n'imbaraga zidapfa z'umwuka bigaruka mu
bwenge bwe. Mu gutekereza cyane, umuntu yibuka ko ari
.roho idapfa, atari umubiri upfa
Ahantu hose dusanga abantu, abeza n'ababi, bashaka
ibyishimo mu buryo bwabo Nta muntu ushaka kwigirira nabi
None se kuki bamwe bakora ibintu bibatera ububabare
n'agahinda? Kubera ko ibyo bikorwa biterwa no kutamenya
no kwibeshya

Turagusaba, Nyagasani, ngo udumurikire umucyo
w'ubwenge bwawe kandi udukuremo umwijima w'ubujiji
n'ubuyobe

Umuntu uzi ubwenge agomba kwitonda aho kugira
ubwoba, kandi agakwiye kwihingamo ubutwari nta kwitonda

no guhubuka kugira ngo adahura n'ibintu bishobora gutera
.ubwoba n'imihangayiko

Ubwenge ntibushingira ku kwinjiza amakuru aturutse
hanze, ahubwo bushingiye ku mbaraga zo kwakira imbere
mu muntu, ari na zo zigena ingano y'ubumenyi nyakuri
bushobora kuboneka n'umuvuduko ubwo bumenyi
.bushobora kugerwaho

Iyi si ni ahantu dukorera imirimo yacu tuyobowe
n'Umuyobozi w'Imana. Tugomba gukora neza tutitaye ku
miterere y'imirimo twahawe, twibuka buri gihe ko kamere
.yacu y'ingenzi ari ibyishimo bihoraho

Ubwenge buruta ubw'abandi bose ni uwifuza kumenya
.Imana, kandi uwishimira cyane ni uwiboneye Imana
Mana Nkunzi, gira umwanya wa mbere mu buzima
bwacu, urukundo rwawe rukiza rwuzure imitima yacu, kandi
urumuri rwawe rwiza rukureho umwijima w'imihangayiko mu
.mitima yacu

Ubwisanzure bivuze gukora ibintu hakurikijwe
umutimanama, atari ibyo umuntu asabwa n'akamenyero
n'ibyifuzo. Kumvira ubwirasi n'ibyo asabwa bibyara imipaka,
mu gihe kumvira ubwenge bitanga kubohoka kuri iyo
.mipaka

Amahoro yo mu mutima ashobora kuboneka binyuze mu
iterambere ry'imico myiza umuntu afite mu buryo
bw'ubwenge kandi bugambiriwe, iyo umuntu akuze neza,
adashobora kuyikuraho keretse ahisemo kuyireka ku
.bushake bwe

Abantu benshi bashaka ibyishimo bakoresheje uburyo
butari bwo. Bamwe bizera ko bashobora kwikuba kabiri
ibyishimo byabo binyuze mu gufata imyitwarire mibi
n'ibikorwa bibi bisa nkaho bitanga amasezerano meza
y'ibyishimo bikabije kandi birambye, kandi bashukwa n'ayo
masezerano y'ibinyoma, kuko uburyohe bw'ibyishimo
nyakuri budashobora kwishimirwa mu muriro w'ibinyoma
.n'ibikorwa bibi

Buri munota ni ubuziraherezo kuko ubuziraherezo
bushobora kugaragara muri uwo munota Iminsi, iminota,
n'amasaha ni amadirishya dushobora kubonamo
ubuziraherezo Ubuzima ni bugufi, ariko icyarimwe ni
budashira kandi nta mupaka. Ubugingo ntibupfa, kandi muri
iki gice kigufi cy'ubuzima bwa muntu, tugomba gukoresha
.neza ubushobozi bwose buhari n'amahirwe yose aboneka
Amagambo y'umwuka ni nk'imbutu zikenera ubutaka
bwiza kugira ngo zimere, zikure, zishishe, kandi zere imbuto
Gukura mu mwuka bisaba kwisuzuma, kuvugurura ibintu
by'ingenzi mu buzima, kumenya no gukuraho ingeso mbi, no
kubahiriza amategeko n'amategeko agenga ubuzima mu
buryo bujyanye n'iterambere ry'ubumenyi bw'umwuka no
.kwi Yongera kw'imbaraga zo mu mutwe
Iyo umwigishwa asogongeye ibyishimo by'Imana,
azasanga Imana imaze kumubera inyangamugayo kurusha
ikindi kintu cyose, kandi azamenya ko gukora ku Mana ari
ibyishimo bitagira icyo binganya n'ibyishimo
.by'amarangamutima
Imana ikora kugira ngo ikangure ubwenge bw'umuntu
mu by'umwuka kandi iyobore ubushake bwe mu cyerekezo
gikwiye binyuze mu bwiza bw'imico myiza, ubwiza
bw'ubworoherane, ubwiza bw'ubwenge, n'ubwiza
.bw'ibyishimo byo mu mwuka
Sinza fata abandi nk'abanyamahanga kuko numva ko
buri wese ari umuvandimwe wanjye cyangwa mushiki
wanjye. Nzatuma ubuzima bwanjye bugira icyo bugeraho
kandi bunyurwa kugira ngo nshobore gufasha abandi
gutsinda no kubigeraho. Nzagira impuhwe ku bandi kandi
mbagaragarize impuhwe uko nigaragaza. Nzakunda Imana
nk'uko abahanuzi n'abera bayikunze, kandi nzashyira
.ubwikunde mu iriba ry'urukundo rwanjye ku bandi
Inyuma y'ubu buzima bw'isi bw'igihe gito, bushobora
gupfa, hari ubuzima bw'iteka kandi budahinduka. Umubiri
ugizwe n'ibintu bya shimi bibora kandi bikarimbuka, ariko

inyuma y'ubu buzima bw'igihe gito hari ubuzima bw'iteka,
bwo mu ijuru mu maso y'Imana. Bityo rero, ntidukwiye
kwibanda ku mubiri udashira, kandi abawifuza bagomba
.kwihanganyira ibigerageze byawo no kuba abategetsy bawo
Uyu munsu nzagerageze gufasha abakene no gutanga

ibyo nshoboye ku bashonje

Ndi mu mutekano kandi mfite umutekano mu burinzi
bw'Imana kandi ndi inyuma y'inkuta z'umutimanama wanjye
ukeye, ndi umwe mu bafite umucyo w'ineza uyobora amato
y'ubugingo ahungabanyijwe n'imiraba y'agahinda mu nyanja
.y'urujijo n'imihangayiko

Uyu munsu numva Imana mu ituze rinyicamo kandi

rikankuramo imigozi y'umutima wanjye

Nzakora uko nshoboye kose kugira ngo nshimishe
abandi, nk'uko nihatira kwishimisha, kandi binyuze mu
byishimo byanjye byo mu mwuka nzakorera buri wese mu
nzu y'urukundo rw'Imana kandi nta kindi nzatinya uretse jye
.ubwanjye ningerageze kuyobya umutimanama wanjye

Kuva mu busitani bw'ubugingo

Ufite umugambi wo kuja ahantu runaka, kandi wihutira

kugerayo vuba. Uhageze, usanga utanyuzwe n'aho hantu
kubera ubushake, imihangayiko, ndetse wenda n'ibibazo
wumva. Ahubwo, gerageze gutuza, gutuza no gushyira mu
gaciro. Niba ibitekerezo byawe bigamije guhangayika no
guhangayika, komeza ubihagarareho kugeza igihe
.bizagarura ituze

Ibyishimo bigira ingaruka mbi ku burunganire bw'imitsi
kuko byohereza ingufu nyinshi mu bice bimwe na bimwe
by'umubiri mu gihe ibindi bibuza uruhare rwabyo rusanze.
Ubu busumbane mu mikoreshereze y'ingufu ni bwo butera
ubwoba Umubiri utuje kandi utuje uratuza imitsi kandi
.ugatera imbere mu mitekerereze

Mu buryo buhuje n'Imana, kureba imbere bitangira
kugenda buhoro buhoro Umuntu agomba kwizera byuzuye

ko Imana izasubiza isengesho ryose rivuye ku mutima.

Umuntu wese uyihindukirira ashaka kumurikirwa
azafungurwa iyerekwa rye kandi ubwenge bwe n'umutima
.we bimurikiwe

Iyo ubushishozi bufungutse, bugaragara nk'ibiyumvo

bisa n'aho biva mu mutima, ibiyumvo by'ubusobanuro
bwimbitse n'ubunyangamugayo. Binyuze muri iki gitekerezo,
umuntu ushakisha abona ukwemera guhamye n'ubuyobozi
bwiza bwo gukurikira inzira ikwiye, kandi buhoro buhoro
.akamenya kandi akizera iki kiyumviro

Ibi ntibivuze kureka gutekereza burundu; gutekereza
gutuza no kutabogama binatuma umuntu abona ibintu neza.

Gutekereza ku marangamutima, biyobowe no kwishyira
hejuru no kwishyira hejuru, bitera kutumvikana no gufata
.imyanzuro itari yo

Anga gushidikanya gusenya n'imyizerere y'ibinyoma

byimazeyo, kandi uhindure umutima wawe n'ubugingo
bwawe mu idini ry'ukwizera no kwiringira Imana byuzuye Mu
ituze ryo gutekereza, ubwenge bwawe buzashobora
kwibanda ku kuri no gusobanukirwa neza. Muri ubu
bunararibonye, ukwizera kurakura kandi kukagaragara,
kandi binyuze mu bwenge, uzabona ibyo ijisho ritigeze
ribona, ugutwi ntikumvise, cyangwa ubwenge bw'umuntu
.butigeze butekereza

Buri mwuka wanjye wose w'icyifuzo n'ubusabane

bifungura imiryango n'amadirishya mu mutima wanjye aho
nnyura ngo ngere ku byishimo by'Imana

Nk'uko izuba rica mu mihanda ihuze cyane, ni ko

nzabona imirasire y'urukundo rw'Imana ahantu hose
.hahurira abantu benshi mu bikorwa byanjye bya buri muni

Uwiteka, mpa umugisha kugira ngo nkangure roho

yanjye mu gitondo maze nkayigeza ku muryango wawe
w'umugisha

Uwiteka, mpa umutima wo gutanga kugira ngo

mbisangire n'abandi ibyo mfite, kandi umfashe kubona mu

kiyaga gituje cy'ubwenge bwanjye ishusho y'ukwezi
k'umutima wanjye kurabagirana n'urumuri rw'ubuhari
.bwawe

Uyu munsu nzacengera mu nyanja yo gutekerezwa no
gutekerezwa ku Mana kugeza igihe nzabonera amasaro
y'ubwenge n'ibyishimo by'Imana
Nzagukunda, Mwami, kurusha ikindi kintu cyose, kuko
ntari kumwe nawe ntashobora gukunda umuntu uwo ari we
wese cyangwa ikindi kintu icyo ari cyo cyose
Mu ndiba y'imisozi n'ikirere gituje, no mu nda y'umutima
wanjye no mu buvumo bw'ituze, numva Imana iriho kandi
numva ibyishimo byayo bihoraho, kandi nkanywa ku masoko
.yayo meza adashira cyangwa ngo yume iteka ryose
Ndagukunda kandi ndagusenga, Nyagasani, urukundo
rwawe ruganza mu moko yose n'umutima ukunda
Hari umuntu wasabye mwarimu Paramahansa
kumwereka uburyo bwo guteza imbere imico ishimishije
kandi ikurura abantu, maze aravugaga ati: Ugomba kuba uriho
mu mutwe igihe uganira n'abandi kuko kuba utareba kure
byangiza imico y'umuntu kurusha ikindi kintu cyose.
Birumvikana ko ntavugaga kuba abantu bakomeye batareba
.kure, bakunze kwibanda ku bintu bikomeye
Buri gihe ujye uhora uri maso kandi umenye, maze
uzaba igikurura abantu
Nta muntu n'umwe ukunda kwirengagizwa Twese
twifuza ko amarangamutima yacu atekerezwaho kandi
akazirikanwa, kandi natwe tugomba kwita ku
marangamutima y'abandi no kubagaragariza ko tubitayeho
kugira ngo tugere ku bwumvikane n'ubwumvikane. Kugira
ngo ubigereho, ugomba kuba maso, ushishoza, kandi witaye
.ku bantu bose bakukikije
Abapfuye nta bubasha bafite bwo gutuka abandi, ariko
utabareba nta bubasha bafite

Iyo uri kumwe n'abandi, ganira nabo witonze, ubigiranye
imbaraga, kandi ushishikajwe, ariko wirinde kuvuga ibyawewe
bwite

Buri wese arashaka kwivugaho, ariko ni uburyo
budakomeye Reka abandi bivugeho niba bashaka; tega
amatwi icyo bavuga. Reka bavuge ibibazo byabo, ibyo
bagezeho, n'ibyo batekereza, ariko reka imbaraga zawe
zigukorere. Umucyo w'itara wivugire neza; reka imitingito
.yawewe ituje ikuvugire mu buryo busobanutse neza
Imana yanyeretse mu iyerekwa ko abapfira ku rugamba
barota urupfu nabi cyane, ariko abameze neza bakimara
kuzuka mu mubiri babyuka nk'aho bavuye mu nzosi mbi
.ziteye ubwoba kandi bishimira kuba barubohotsemo
Ibyo twanyuzemo byose mu buzima ni bimwe mu nzosi
zo mu isanzure. Abantu baremye inzosi mbi z'intambara,
ariko nyuma y'uho abaguye muri izi nzosi mbi bavuye mu
mubiri yabo, bamenya ko ari inzosi mbi cyane babyutse,
kandi basobanukiwe ko batarapfa. Uku ni ukuri gukomeye
.kw'ibintu bifatika

Iyo umuntu amenya ko arimo kurota, ntabwo yari
kubabazwa n'ibintu bimubabaza mu nzosi. Ariko iyo abonye
ibyo yishakiye mu nzosi maze umuntu akamutera urupfu,
urwo rupfu rw'inzosi rusa n'aho ari ikintu giteye ubwoba
.kugeza igihe azabyutse akamenya ko atari ukuri
Ibi kandi bireba imimerere nyuma y'urupfu Iyo tukimara
kuva mu mubiri yacu, tumenya ko ubwenge bwacu
butapfuye, ahubwo ko twabohowe mu mubiri n'ibiwurimo
n'aho bigarukira, kandi muri ubwo bwisanzure harimo
.ubwisanzure bukomeye
Ntitugomba gusaba urupfu, ahubwo tugomba gutegeka
ubwenge bwacu mu kuba mu bumwe n'Imana no
kuyitekereraho, kugira ngo urupfu nirugera mu gihe cyarwo
.tuzarubone nk'inzosi gusa

Nshobora kubona imiterere y'ubuzima n'urupfu igihe
cyose nshakiye Kubwibyoye, ntabwo mpa agaciro gakomeye
uyu mubiri

Hari imiterere y'umwuka iri mu gice cy'imitsi ituma
abantu bagera ku ntera yo hejuru mu iterambere
.ry'ubwenge

Ubwonko bw'umuntu, bunini kurusha ubwonko
bw'inyamaswa nyinshi usibye inkende n'inzovu, buragoye
kandi bufite ubushobozi bwo gutekereza cyane. Ibi bituma
ubwonko bw'umuntu buba igikoreshe gikwiriye abantu,
bafite ubwenge buhanitse kurusha ibindi biremwa. Uburyo
ubwonko bugoye kandi bugoye butuma abantu bashobora
gutekereza byimbitse kandi byimbitse. Bityo rero, abantu ni
bo bonyine bashobora kugera ku rwego rwo hejuru
rw'ubushishozi, bityo bakamenya Umuremyi wabo. Umuntu
w'umunyabwenge ni we ukoreshe ubushobozi bwe
bw'ubwenge mu gukorera no kugirira akamaro abantu ku
.rwego rw'ibintu, ubwenge, n'umwuka
Ubukonje bwageze mu mwenda wakonje, wera, umeze
nk'uw'ilino

Ibyifuzo byanjye by'ibyishimo byo mu mpeshyi
byarazimye

Nabwiwe gushaka ubushyuhwe bw'umutima wawe mwiza
Kandi ubwo impeshyi yagaragaraga, babyina,
barimbishijwe indabyo z'ubwoko bwose
Nahumurijwe n'impumuro nziza y'imirima n'imisozi,
,Mana yanjye

Impeshyi irageze, iririmba indirimbo zayo z'icyatsi kibisi
mu mababi yoroheje, urusaku rw'ibiti by'imikindo, n'urusaku
rw'ibiti bya pinusi

Yakomeje kunsaba ko nkwibutsa
Ndetse n'ubutaka bworoshye kandi bworoshye
bwankoze ku birenge byanjye byihutaga
Kandi yabasabye kwegera ubuturo bwawe busanzwe
Impumuro nziza yambwiye gukurikiza inzira yayo

Ku rusengero rwawe rutagatifu ruri mu mutima
w'indabyo z'amaroza n'ibiti bya basil bizunguruka
Kandi inyoni zambwiye kukuririmbira nka zo
N'umuyaga uhuha hejuru y'imigezi n'imigezi
Nabyukije ibibyimba by'urukundo rwanjye kuri wewe,
maze bitangira kwishima hejuru y'igituza cyawe kinini
Kandi hamwe n'imigozi y'ibyatsi igoramyeye, nize uburyo
bwo kunama
Ndagupfukamira, Nyagasani
Kandi imibavu yambwiye n'impumuro nziza y'impumuro
yawe
Kandi nshobora gute kugumisha umutima wanjye
wuzuye impumuro yawe yera imbere y'intebe yawe itagira
?iherezo
Kandi amabuye mato, atuje kandi yihangana yambwiye
kugira ngo nshobore kukubona no mu bagerageza kunyiba
ibyishimo byanjye
Imyaka yibagiranye yansabye koherereza bagenzi
banjye ubutumwa bw'urukundo n'ubufasha buri munota
n'isegonda
Kandi igitekerezo cyose cyambwiye kugushakisha mu
mutima we
Urukundo rwanjye rwanteye gukunda byose biriho
binyuze kuri wowe
Kandi urukundo rwanjye rwambwiye ruti: "Nkunda
"n'imbaraga zanjye zose, Mana yanjye
Igihe kimwe naryamye ku buriri bw'ibyatsi n'indabyo
maze nrota ko byose biriho byari byiza kandi bishimishije
Umutwe wanjye wari uhagaze ku byatsi birebire,
by'icyatsi kibisi, kandi binini, byanjyanaga n'umuyaga urimo
impumuro nziza
Hanyuma nashishikarijwe gukora ku kiganza cyanjye no
ku mubiri wanjye, maze ntangazwa n'ubuhanga
bw'Umuremyi wacyo. Yego, natangajwe n'uko njye, nizeye
ukuri kw'umubiri wanjye, umunsi umwe nzawusiga ngo

uruhuke mu isi uyu mubiri uzakonja, uhinduke ibara, kandi
ntugire aho uhagarara mu gihe cy'urupfu, mu gihe ubu usa
n'aho urimo ubuzima kandi ufite amarangamutima
amagana, ibitekerezo bya za miriyoni, na za miliyari
.z'ibitekerezo n'ibitekerezo

Uyu mubiri ni wo mwanya ibice by'ubuzima biberaho,
aho imbuto z'inseko zikura, hanyuma hagakurikiraho urupfu
rukaza neza. Aha, hagati y'inyama, amagufwa, n'amaraso,
inyuma y'agapfukamunwa keza k'uruhu, hari impyisi
z'indwara n'inyamaswa z'irari. Kandi hano, munsu y'umubiri,
hari inzira y'ibanga igana mu bwami bw'umucyo. Uyu mubiri
uzashira kandi ushire igihe nyirawo—ubugingo—awuvuyemo
burundu. Kuki atari byo? Kuko icyo nyirawo w'ubuturo
busanzwe ananiwe no kuba mu nzu y'ibyondo, ishaje,
iboshywe n'imitsi isaba kwitabwaho buri gihe, abona
ihumure mu yindi nzu iri mu mfuruka y'isi y'Imana—mu yindi
mimerere y'ubuzima bwose aho impumuro y'ibyishimo ikwira
.hose kandi iteka ryose

Roho idapfa ikora nk'ubuzima n'urupfu iseka iteka ryose,
hanyuma ijya mu rugo rwayo rw'iteka

Ese abareba filime bagomba kuguma muri sinema
ubuziraherezo nyuma y'uko ikiganiro kirangiye? Ntabwo
rwose abantu bagomba gusubira mu rugo. Mu buryo
nk'ubwo, roho ziza hano kwishimira filime y'ubuzima,
hanyuma zigasubiraye zigasubiraye. Zikunda kureba filime
n'amakinamico, kandi icyo zirambiwe ibitaramo zarotaga,
kandi zikaba zaramenye amasomo Imana ishaka ko ziga,
.zigaruka burundu mu buturo bw'ibyishimo by'iteka ryose
Iyo indangagaciro zidashingiye ku butabera, icyaho
gifunguka aho imibabaro n'imibabaro binyura. Iyo
indangagaciro zishingiye ku bwikunde, amakimbirane yica,
n'irushanwa rikomeye, ingaruka zizahinduka kuko impamvu
ziba zihumanye, kandi amafaranga ntazahirwa muri icyo
.gihe

Umuntu agomba gusukura umutimanama we ku
bwikunde kandi ntagerageze kwigwizaho ubutunzi ku bandi.

Kunyurwa nyakuri ni iby'umwuka, si iby'umubiri, kandi
inyungu nyayo mu buzima ni ukugira ubutunzi bw'ubwenge,
.ubumenyi n'urukundo rw'Imana

Tugomba kubaho mu buryo bworoshye kandi
tugaharanira buri gihe gufasha abandi no kunoza imimerere
yabo uko bishoboka kose. Ariko iyi ntego nziza ntijyanye
.n'ubwikunde n'umururumba tutitaye ku bandi

Abakunda iby'isi ntibaringaniye bityo ntibafatwa
nk'abatsinze Ubuzima bworoshye kandi bukinganiye ni
ubuhanzi bwiza kandi ni ikimenyetso cy'intsinzi Abafite
intego imwe gusa yo gushaka amafaranga ntibazabona
ubutoni ku Mana

Ni ukuri ko Imana yadushyizemo ibyiyumvo byo gusonga
kugira ngo dukore kandi twite ku mibiri yacu, ariko kwita ku
mibiri si yo ntego yonyine y'ubuzima. Intego iruta kure ibyo
umuntu yakwitaho mu buryo bw'umubiri cyangwa mu buryo
bw'igihe gito, nubwo byaba ari byiza, bihebuje kandi
.bitangaje gute

Umwe mu bigishwa yabajije Umwigisha Paramahansa
uko yakwibonera ubuturo bw'Imana. Yasubije ati: "Buri joro,
mbere yo kwishyira mu bitotsi, tekereza kugeza igihe wumva
ubwenge bwawe bwageze mu isi y'ibitekerezo kandi bwinjiye
mu rundi rwego. Ariko, ibi si byo gusa. Nyuma yo guhindura
ibitekerezo imbere, icyifuzo kigomba kwiyongera, kandi
ibyifuzo bigomba kwihuta nk'umwuzure werekeza ku Mana.

Iyo umwigishwa yiyeguriye Imana burundu, yumva ko
yakoze ku bubasha bwayo kandi akayimenya. Azabona
umucyo mwinshi w'umucyo udasanze, kandi ashobora
kubona abamarayika n'ubugingo bwiza. Cyangwa ashobora
kumva impumuro nziza y'ijuru, hanyuma azamenya ko
Imana yamusubije, kandi ubwenge bwe buzakingurwa, kandi
Imana izamuhishurira amabanga y'ubuzima. Cyangwa
ashobora gupfukiranwa n'amahoro menshi mu gihe cyo

gutekereza. Niba akomeje gutekereza kandi Imana ikamuha
urukundo rwayo rukomeye, azumva ibyishimo by'Imana
bitagira uko bisobanurwa. Hahirwa uhawe ubu
".bunararibonye bwiza

Urukundo rw'Imana rufungura irembo ry'ijuru, aho
umuntu ushaka yinjirira mu maso y'Imana
Iyo umuntu asabye Imana, Nyir'ubuntu n'Ubwenge,
umugati w'ubugingo buhoraho, ntabwo izamuha ibuye
ry'ubujiji bw'ibintu. Iyo umuntu asenga ashaka ibyokurya
by'ubwenge, Imana ntizamuha inzoka y'uburiganya. Iyo
umuntu asenga Imana imusabye ikintu cy'ibyishimo
by'Imana bimara inyota yose, ntabwo izamuha nk'ikiyoka
cy'imihangayiko n'ihungabana ryo mu mutwe. Niba abantu
bayobejwe bazi guha abana babo impano nziza, Uwiteka we
soko y'ibyiza byose n'ibyishimo, azarushaho guha ubumenyi
!bw'umwuka n'urumuri ku bamukunda

Imana itanga ubwenge buhanitse n'ubumenyi buhanitse
ku babushaka, kandi yiha umuntu ubishaka cyane utemera
ikintu cyose. Ushaka Imana n'umutima we wose n'ubugingo
bwe bwose ni we munyabwenge kurusha abandi bose, kandi
ni we muntu ukundwa cyane n'Imana. Iyo usenga akomeje
kurarikira, abona igisubizo kidasanzwe kandi gikundwa
kivuye ku Mana kandi akagira ibyishimo bidasanzwe
.by'urukundo rubonwa n'abakunda Ukundwa

Umuntu w'umunyabwenge ukina muri iyi nzozi zo mu
isanzure, afite ubumenyi bw'umwuka n'icyifuzo cy'Imana
gikura, aba ari hafi y'Imana kandi ayikunda. Afite urukundo
rutunganye kandi akunda Imana nta mpamvu z'ubwikunde
cyangwa nta mpamvu zishingiyeho, urugero nko kuvuga ati,
“Mwami, nzagusenga mu gihe uzampa ubuzima bwiza,
”.amafaranga n'imibereho myiza

Hagati y'abanyabwenge n'Imana hari urukundo
rwimbitse, rutagira imipaka kandi rutagira iherezo Iyo
umuntu asabye Imana ikintu cyihariye, Imana izi neza ko

uwo muntu ashishikajwe cyane n'impano zayo kuruta uko
.ayishishikazwa na yo

Si bibi ko umuntu asenga kugira ngo ibyo akeneye
bibonerwe ibisubizo, ariko iyo asabye kumenya Imana no
kubona umucyo wo mu maso he h'icyubahiro, ntagomba
kwifuza inyungu ze bwite, cyangwa ngo ibitekerezo bye
bigarukira ku mpano ubwazo, ahubwo bigomba kugarukira
ku Mutanga ubwe Iyo umuntu ubishaka ashoboye kubikora
abikuye ku mutima, azahabwa izindi mpano zose ziturutse
.ku isoko y'ubuntu n'inyanja y'ubukire

Umwe mu bigishwa yabajije mwarimu Paramahansa

inama y'uko yakwitwara mu bihe bimwe na bimwe no
:guhangana n'abandi, maze aramubwira ati

Kurikira ukuri ntukuveho, kandi wirinde kuvuga ikintu

icyo ari cyo cyose cyakugirira nabi cyangwa cyagira ingaruka
mbi ku bandi, nubwo byaba ari ukuri, igihe cyose utava ku
mwuka w'ukuri. Ariko kandi, ntugomba kurenga urugero ngo
.ubeshye kugira ngo wirinde kuvuga ukuri kubabaza

Ba inyangamugayo kuri wowe ubwawe no ku bandi
utiriwe wibanda ku bintu bitari ngombwa. Vuga ukuri kandi
wirinde kuvuga ibintu bibabaza cyangwa byangiza uwo ari
we wese. Ntugahishure amabanga yawe yose mu izina

ry'ukuri no gukorera mu mucyo, kuko nushyira ahagaragara
intege nke zawe, bazagerageza kugukomeretsa cyangwa
kuguseka igihe cyose babyifuza. Kuki wabaha intwari

?bashobora gukoresha mu kukurwanya

Vuga kandi ukore ibintu mu buryo buzana ibyishimo

n'amahoro kuri wowe no ku bandi

Ni ngombwa guteza imbere ubushishozi bwo mu mwuka

kugira ngo umenye itandukaniro riri hagati y'ukuri kuzana
ibyiza no kuvuga ibintu mu buryo butandukanye utitaye ku
ngaruka zishobora guterwa nabyo, kuko ibintu bigenwa
n'iherezaho ryabyo. Ntibikwiye kuvuga ibyo uzi byose, kandi
ntibikwiye kwihisha no guhisha ibintu abandi bagomba
.kumenya ku bw'inyungu zabo

Iyo udafite ubushishozi bwuzuye, ni byiza kwitonda mu
mvugo kugeza igihe usobanukiwe neza ukuri kandi
.umusaruro ukwiye kuri bose
Komeza utekereze ku Mana kandi usabe ubufasha
n'ubuyobozi bwayo, maze ubushishozi bwawe buzafunguka
kugira ngo ubone ibintu neza hanyuma uzabashe
gutandukanya neza

Guha imbaraga uturemangingo tw'umubiri mu

buto

Ingufu zo mu kirere zinjira mu mubiri buri gihe kandi nta
nkomyi, ariko abantu benshi ntibazi ubu buhanga bwinshi.
Ababyumva bahura n'imbaraga nyinshi mu turemangingo
.twabo n'umugezi ugarura ubuyanja ubaha imbaraga nshya
lbyaremwe byose bipfukama bimwubaha Umwami w'Isi,
kandi imbaraga ze zinyura mu bantu Ikibazo kiri mu
kunanirwa gushimangira isano ikomeye hagati y'abantu
n'isoko y'imbaraga zose. Tubaho mu buryo butaziguye
n'imbaraga z'Imana, kandi izindi mbaraga zose ntacyo
.zimaze tudafite imbaraga zidushyigikira z'Imana
Ibiryo, ogisijeni, n'izuba—ibi bintu bishobora kuduha
ubuzima bwiza, ariko tugomba gusobanukirwa uburyo bwo
kubona ubuzima bwuzuye mu masoko y'ibikoresho bitagira
iherezo bimeze nk'amabatiri mato ashira umuriro, mu gihe
isoko ritagira iherezo ari moteri ikomeye ifite imbaraga
zidashira, ikomeza guha ubugingo imbaraga, ibyishimo
n'imbaraga. Bityo rero, ni ingenzi cyane kwishingikiriza ku
.isoko ritagira iherezo uko bishoboka kose
Umuntu wifuza agomba kwiga uburyo bwiza bwo
kungukirwa n'iyo miyoboro y'ingenzi iturutse ku isoko yayo,
kandi agomba kumenya ko igitekerezo ari ukuri, kuko ibintu
byose bisanzwe ari ishusho y'ibitekerezo by'Imana kuko
.Imana yatekereje kuri iyi si mbere yo kuyirema
Benshi bemera ko igitekerezo ari umusaruro w'umubiri,
ariko imiterere y'umubiri neza cyane, hamwe n'imikoranire

itangaje hagati y'ibice byawo n'ingingo, bigaragaza neza ko
.umubiri ari wo waremwe n'ubwenge bw'isi buhebuje
Ubwenge ni cyo kintu cy'ingenzi kigenzura umubiri,

kandi ni ingenzi cyane ko umuntu yirinda ibitekerezo
by'intege nke z'abantu nk'uburwayi, intege nke, gusaza, no
kwiheba, kandi akiyemeza ko igikorwa kidashira kinyura
muri we, kandi iki gikorwa gihabwa ubwenge kandi
kikabasha guha uturemangingo tw'umubiri ubuzima bwiza
.n'imbaraga z'ubuto

Igitekerezo ni ubwonko, amarangamutima, n'ibiyumvo
bya buri ngirabuzimafatizo nzima; gifite ububasha bwo
gutuma umubiri ukora kandi ukaba maso cyangwa unaniwe
kandi udatekanye Igitekerezo ni cyo gitegeka, kandi
uturemangingo tw'umubiri ni two dukurikizwa, twumvira
amategeko n'ibibujijwe by'umutegetsu wabo mukuru:
igitekerezo

Twita cyane ku bwiza bw'ibiribwa turya buri muni,
kandi mu buryo nk'ubwo twagombye kwita ku bwiza
bw'ibiryo byo mu mutwe no mu mitekerekereze dutanga mu
.bwenge bwacu buri muni

Umuhanga mu bya siyansi avuga ko umubiri atari
umuraba wa elegitoroniki ahubwo ari umuraba w'ubwenge
.ureremba mu nyanja y'ubwenge bw'Imana
Buri muni tugomba gukomeza imbaraga zacu
z'umubiri, kongera imbaraga zacu zo mu mutwe, no
kumenya uko turi by'ukuri binyuze mu gutekereza,
gutekereza neza, n'umurimo mwiza kandi utanga umusaruro
.ugirira akamaro umubiri, ubwenge, n'umwuka hamwe
Imana yampaye umugisha wo kumpa ibyishimo muri iyi
myaka myinshi y'ubuzima bwanjye, abantu baba babona
inseko yo kunyurwa mu maso cyangwa batabona, ibyishimo
by'Imana bihora biri kumwe nanjye kandi ntibijya binsiga.
Uruzi runini rw'ibyishimo rutemba buri gihe muni
y'umusenyi wo mu bwenge bwanjye kandi rukavubuka

nk'amasoko y'imigisha yuhira ubusitani bw'ubuzima
.bwanjye

Nta n'ubwo ari uguhindagurika gutunguranye mu
buzima bishobora kumbura amahoro, cyangwa ngo bikureho
.ibyishimo byo mu buryo bw'umwuka numva
Byari bigoye gutuma iyo mimerere ihoraho kandi
idahinduka, ariko imbuto z'umwuka ubu nishimira kandi
nkazisangiza abandi zari zikwiriye imihati yose nashyizeho
.muri yo

Ntekereza kandi nkora nyobowe n'umwuka w'Imana.
Amafaranga ntiyigeze aba intego yanjye mu buzima, ahubwo
ni ugukorera abavandimwe banjye mu bantu. Bityo, Imana
yamfunguriye imiryango myinshi y'ibyiza kugira ngo
nyibeshaho kandi nsohoze ubutumwa bwanjye. Igihe cyose
.nkeneye ubufasha, Imana ihita ibumpa ako kanya
Icyifuzo cyanjye cyonyine ni ugukorera wowe, niyo
mpamvu ndi hano

Imbaraga z'Imana zirimo gukorera mu buzima bwanyu.

Muzabyibonera ubwanyu uku kuri igihe ukwizera kwanyu
gukomeye kandi mugasobanukirwa ko ubutunzi nyakuri
budaturuka ku ntsinzi y'ibintu ahubwo buturuka ku
.Mushoborabyose

Nubwo ubuzima busa n'aho butari bwitezwe,
buhindagurika, kandi buyoberanye, bwuzuyemo
gushidikanya n'ibibazo bitandukanye n'imihindagurikire,
dukomeza kuba muni y'uburindi bw'Imana. Ntitugomba
gukabya ibintu cyangwa ngo dutakaze ituze mu gihe
habayeho ibintu, kuko iyo twemeye ko ubwoba budutsinda,
tuba duha imbaraga ikibi kandi tugashimangira imizi yacyo,
.gikura kandi kigakura mu butaka bw'ubwoba n'imihangayiko

Ntidukwiye kwitega kubona ibyishimo n'amahoro
birambye mu bigeragezo by'ubuzima; ahubwo tugomba
kubishakisha no kubivumbura muri twe. Hanyuma, uko
twanyura mu bihe byose, tuzabyitwaramo nk'uko tureba ibyo

abandi banyuzemo muri filime, byaba byiza cyangwa
.bibabaza

Umuntu ashobora guhindura ibyamubayeho byose mo
ibigeragezo bibabaza kandi bibabaje iyo yemereye ubwenge
bwe kubikora. Ashobora kugira ubuzima bwiza ariko ntabone
agaciro kabwo. Ariko niba arwaye, azicisha bugufi kandi
yishimire umugisha wo kubaho neza. Tugomba kwemera
ubuntu bw'Imana no kuyishimira imigisha iduha tudategereje
.ko ibintu bibi bidutera gushima no kwemera ubuntu bwayo
Ubuzima bukwiye kuba uruvange rwo gutekereza no
gukora Iyo umuntu atakaje uburinganire bwe mu
mitekerereze, aba ashobora guhura n'ibibazo
by'imihangayiko, ibicu by'agahinda, n'ububabare. Kandi niba
agerageje kwica amategeko y'ubuzima, iterambere
.n'ubwenge, nta kabuza azahura n'indwara, ubukene n'ubujiji
Tugomba kugumana imigambi yacu iboneye, intego
zacu zisukuye, kandi tugakora ibintu biduhesha amahoro yo
mu mutima, kandi ntitureke ngo imimerere y'ubuzima
.iduhungabanye kandi isenye ibyishimo byacu
kandi dukomeze ubwenge bwacu kandi twange
umutwaro w'intege nke z'ubwenge n'iz'umuco twarazwe
n'ibisekuruza byinshi. Ibi bihumanya bigomba gutwikwa mu
muriro w'ubushake bushya n'ibikorwa bitanga umusaruro.
Dukoresheje ubu buryo bwubaka, umuntu wiyemeje by'ukuri
.ashobora kugera ku ntego yo kwibohora no kwisanzura

Amategeko y'iteka y'ibyishimo

Byavuzwe ko mu gihe cy'izahabu cy'umwe mu bategetsi
b'intungane bo mu Buhinde, nta kintu na kimwe cyabaye,
urupfu rw'imburagihe, cyangwa ibiza by'umwimerere
byabayeho byahungabanyije amahoro n'ubwumvikane
.bwuzuye mu bwami bwe
Iyo abagize umuryango babana mu bunyangamugayo,
buri rugo ruzagira ubwumvikane, ubuzima bwiza n'urukundo.
Ariko iyo abagize umuryango bagirirana ubwikunde bubi,
urugo ruzahita rwuzura amakimbirane n'urwango. Ibi

binareba ibihugu. Iyo abantu babana mu bunyangamugayo
no mu bunyangamugayo, bazabona Ubwami bw'Imana ku
.Isi

Igihe ni gito Uyu muni turi hano, ejo tuzagenda
Gushaka Imana ni amahirwe akomeye cyane ku bantu
Tugomba gukoresha neza umudendezo Imana yaduhaye
muri ubu buzima kandi tukawukoresha neza kugira ngo
ubwacu tubone ukuri kw'iteka mu by'umwuka
Icyaha ni ikintu cyose gitera umuntu ububabare
n'imibabaro. Indangagaciro ni zo zimuhesha ibyishimo iteka
ryose. Iyo umuntu adafite ubumwe mu by'umwuka mu
bitekerezo bye no mu mahoro ye, inzu nshya, imodoka
nshya, cyangwa ikindi kintu cyose gishya ntabwo kizabasha
kuzana ibyishimo n'ituze mu bugingo bwe; ahubwo,
imibabaro ye yo mu mutima izakomeza no mu gihe yabonye
.iby bintu bishya n'ibindi byinshi
Ibyishimo nyakuri biri mu bushobozi bwo guhangana
n'imimerere no kwihanganira ibigeragezo byose byo hanze.
Biboneka iyo ushobora kwihanganira ububabare bukabije
n'ingorane zikomeye ziterwa n'ivangura n'intego mbi
z'abandi zo kukugirira nabi no kugutega, kandi ugasubiza
ibicumuro byabo mu rukundo no kubabarira. Iyo ushoboye
kugumana amahoro yo mu mutima nubwo hari ibibabaza
.byo hanze, ni bwo uzagira icyo uryohereza n'ibyishimo
Ibyanditswe Byera bivuga ko abirengagiza amategeko
y'Imana bagakurikira ibyifuzo byabo by'ubupfu n'iby
bashaka batazabona ibyishimo cyangwa ngo bagere ku
ntego yabo ya nyuma. Bishishikariza ushaka ukuri guhindura
Ibyanditswe Byera urumuri rwabo ruyobora n'umucamanza
mu kugena icyakorwa n'icyagombye kwirindwa, no
gusesengura ibintu no gukora ibihuje n'ubwenge
Abiyizera ni bo bakora ibintu mu buryo buboneye.
Ibyishimo bituruka gusa ku bitekerezo biboneye n'ibikorwa
bitunganye. Niba wishimye ubu, uzagira ibyishimo mu gihe
.kizaza, haba hano no mu isi itaha

Nta kintu na kimwe mu buzima bw'umuntu gikwiye
gufatwa nk'ikintu cy'ingenzi kurusha Imana. Iyo umuntu yita
ku Mana by'ukuri kandi agasohozwa inshingano ze zo mu
buryo bw'umwuka kuri yo, imibereho ye izarushaho kuba
myiza, kandi azumva afite umutekano nubwo hari ibintu
.byose bimukikije

Iyo umuntu atangiye gusenga ubutunzi, amafaranga,
icyamamare, cyangwa ikindi kintu cyose kitari Imana,
agahinda kaba akabo Abashyira ibitekerezo byabo byose
kuri ibyo bintu mu by'ukuri baba babisenga, bityo
ntibabiyegereza ahubwo bakabivamo. Aiko abatekereza ku
Mana, bakayitekerezaho, kandi bakayibwira mu mitima yabo
barayegera kandi bakagira ibyishimo byo mu mutima mu
.busabane bwabo bucece na Yo

Imana yonyine ni yo ishoboye gusohozwa inzizi z'abantu
n'ibyiringiro byabo by'ibyishimo birambye. Bityo rero, nta
kintu na kimwe gikwiye kwemererwa gufata umwanya
w'Imana mu mutima

Hariho ibimenyetso byera bishobora gufasha uwifuza
kwibuka Imana no kuyegera. Aiko, iyo umuntu atangiye
gusenga ibyo bimenyetso, ingaruka zabyo zizaba nyinshi
kurusha inyungu ze. Gusenga bigomba kwerekezwa ku Mana
.gusa, kuko nta kindi gikwiye gusengwa

Uko ugusenga kw'imihango kwaba kumeze kose, Imana
irabikunda igihe cyose umuntu uyisenga ayikorera
asobanukiye n'iby'umwuka kandi ayifuza. Nyamara, abantu
benshi ntibasobanukirwa ishingiro ryo gusenga, kandi
ibitekerezo byabo n'imitima yabo biva ku Mana bijya ku
.mihango, bityo ntibigire icyo yungukira mu gusenga kwabo
Abasenga by'ukuri ntibemera ko ubwenge bwabo
bugarukira ku ishusho cyangwa ishusho iyo ari yo yose,
ahubwo bibanda ku rukundo rwinshi no kwita ku mwuka
.w'Imana uri inyuma y'ishusho n'imiterere yose
Imana ni umwimerere kandi nta mupaka, kandi nta
shusho cyangwa igishushanyo bishobora kuyimushyiramo

Bishobora kuvugwa ko Imana yigaragariza muri buri wese uyikunda by'ukuri kandi ihuje na yo, kuko iba ahantu hose bityo ikaba ihari muri buri wese. Ariko, si buri wese ufite ubushobozi bwo kugaragaza ubumuntu bw'Imana. Izuba rirasira kimwe ku makara na diyama, ariko diyama yakira kandi ikagaragaza urumuri rw'izuba, mu gihe ikara ritabishobora. Mu buryo nk'ubwo, abantu bose binjira mu mucyo w'Imana, ariko bake gusa ni bo bashobora kwakira uwo mucyo no kuwugaragaza mu bitekerezo byabo no mu bikorwa byabo. Kugira ngo babigereho, bagomba kwisukura binyuze mu gutekereza no gukurikiza inyigisho n'amategeko .by'Imana

Iyo tuvuga izina ry'Imana, tugomba kumenya neza ibyo tuvuga. Iyo ushobora kubona ibitekerezo by'abantu mu gihe cy'amasengesho, wasanga abenshi batekereza ku bintu byose uretse Imana, nubwo bavuga izina ryayo! Isengesho .nk'iryo nta cyo rimaze kandi nta gaciro rifite Iyo dusenga, twagombye kwihatira kwerekeza ibitekerezo byacu byose ku Mana, aho gusubiramo izina ryayo ry'icyubahiro gusa mu gihe ibitekerezo byacu bizenguruka. Umwe muri ba masenge yakundaga kuvuga amasengesho ye ku masaro yo gusenga, atari menshi cyane. Ariko yanyemereye umunsi umwe ko nubwo yamaze imyaka mirongo ine akora uyu mucu wo gusenga, Imana ntiyasubije amasengesho ye. Ntabwo bitangaje! "Amasengesho" ye yari .akamenyero ko guhangayika gusa Iyo dusenga, nta kindi tugomba gutekerezaho uretse Imana. Tugomba kwihatira kuba inyangamugayo mu gusenga kwacu no kwitanga mu masengesho yacu. Gukoresha amasaro yo gusenga no guhora duhamagara izina ry'Imana byemewe neza iyo iyo migenzo iturutse ku mutima kandi igashyigikirwa n'ukuri n'ubwenge bwibanda ku ntego. Ariko, iyi migenzo ishobora guhinduka ikora uko igihe .kigenda gihita

Tugomba kuvuga izina ry'Imana mu mitima yacu, ku
ishapule y'irari ry'urukundo rw'Imana; uku ni ugusenga
kw'ukuri gukora ku mutima w'Imana. Guvuga izina ry'Imana
mu buryo butuje no mu bwenge butembera ni ugutuka
Imana no kuyisuzugura. Iyo umuntu asenga, umutima we
n'ubwenge bwe bigomba kuba byuzuyemo urukundo
rw'Imana. Kwitoza kwibanda ku bitekerezo binyuze mu
myitozo yo mu rwego rwo hejuru ya yoga bidufasha kwegera
Imana, isoko ihebuje y'icyubahiro n'ubwiza, kandi
.binadufasha kuyitekererezaho no kuyisabana nayo

Ni ngombwa guharira umunsi umwe mu cyumweru
kwiherera mu buryo bw'umwuka (niba bishoboka) kugira ngo
utekerezze ku Mana kandi ugire ituze, amahoro n'amahoro yo
mu mutima. Igihe umara muri ubu buryo kizaba umuti
uhumuriza w'ibibazo n'imihangayiko uhura na byo mu gihe
.gisigaye cy'icyumweru

Buri wese akeneye kumara umunsi umwe buri
cyumweru yiherereye cyangwa "kwiruhukira mu buryo
bw'umwuka" kugira ngo akize ibikomere n'ububabare bwe
mu byiyumvo. Iyo uwo munsi uzaba uw'amahoro, ibyishimo,
no kunyurwa, uzawutegerezanya amatsiko icyumweru ku
.kindi

Kwigunga ni igiciro cy'ubuhanga Uzatangazwa
n'ibisubizo byiza bizagerwaho ku bwenge bwawe, umubiri
wawe, n'ubugingo bwawe binyuze muri ubu bwiherero bwo
mu mwuka no guhuza umwuka wawe n'Imana. Niba wifuza
ibyishimo nyakuri, ugomba kwishyira mu nyanja y'amahoro
y'Imana kare mu gitondo ubyutse, ndetse na mbere yo
.kuryama nijoro

Abanyabwenge bo mu Buhinde ntibagira inama yo
kwiherera umunsi umwe gusa, ahubwo bashimangira ko ari
ngombwa gutekerezza mu buryo butuje mu bihe bine
byihariye buri munsi. Mu gitondo cya kare, mbere yo
kubyuka no kubona umuntu uwo ari we wese, umuntu
agomba kwishimira ituze no kumva afite amahoro. Mu

masaha ya saa sita, umuntu agomba gutuza ubwenge mbere
yo gufata ifunguro rya saa sita, kandi akongera akishimira
igihe cy'amahoro mbere yo gufata ifunguro rya nimugoroba.

Amaherezo, mbere yo kuryama nijoro, umuntu agomba
.kongera kwinjira mu ituze

Abareba neza ituze mu gihe bari bonyine no muri ibi
bihe bine bya buri muni, nta gushidikanya ko bumva bahuje
n'Imana. Abatabasha kubahiriza ibi bihe byose bagomba
kwiha nibura amasaha ya mu gitondo na nimugoroba.

Babikoze, ubuzima bwabo buzahinduka bwiza, kandi
bazagira ibyishimo; ubunararibonye ni cyo gihamya cyiza
.cyane

Nukomeza kwandika no gusinya sheki udashyizemo
amafaranga ahagije yo kwishyura konti yawe ya banki,
amafaranga azabura. Ni nako bigenda ku buzima bwawe. Iyo
udashyizemo amahoro buri gihe muri konti yawe y'ubuzima,
imbaraga zawe zizagabanuka, ituze ryawe rizashira, kandi
ibyishimo byawe bizashira. Muri make, amaherezo uzagira
ikibazo cyo guhomba mu buryo bw'amarangamutima, mu
mutwe, mu mubiri no mu mwuka. Ariko gutekereza cyane ku
.Mana buri muni bizakuraho intege nke mu bugingo bwawe

Umuntu ukunda Imana ahora atekereza buri muni,
avugana n'Imana n'urukundo rwose n'inyota mu mutima we,
ayisaba kuyigaragaza. Niba ukunda Imana kandi ukaba
wifuza kubona aho iri, ugomba kwinjiza ubwenge bwawe
n'umubiri wawe mu mahoro yayo, maze ubuzima
buzakuryohera, kandi ibintu byawe bizagenda neza mu
buryo bwinshi. Umuntu utuje ntakunze gukora amakosa
.kandi agatsinda aho abantu ibihumbi bananirana

Abatekereza ku Mana cyangwa ngo bayiteho baracika
intege kandi bakababara. Bahinduka abarakaye,
.bagahinduka imashini zigenda n'amaguru
Izuba ry'ubwenge n'amahoro rizava mu kirere cy'ituze
kandi rizatwikira ubuzima bwawe n'imirasire yabwo ikiza

igihe cyose ushyizeho imihati yo mu mwuka kandi ugaha
.Imana umwanya wa mbere mu mutima wawe

Umunsi wo gutekerezwa ku byo wagombye kuba umunsi
wo kuruhuka mu mutwe no mu mubiri no gukuza amahoro
yo mu mutima. Igikorwa icyo ari cyo cyose gitanga ubwenge
.n'amahoro ni igikorwa cy'umugisha kuri uwo munsi
Ku bijyanye no kubaha ababyeyi, ibitabo byera byatanze
inama yo kubafata neza: "Wubahe so na nyoko" na "Ugirire
"neza ababyeyi

Ba se na ba nyina b'abantu bagomba kubahwa
nk'abahagarariye Imana, yabahaye impano yo kurema
abantu. Umubyeyi ni ishusho y'urukundo rw'Imana ruzira
inenge, kuko umubyeyi ukunda ababarira aho nta wundi
ubikora. Se ni ikimenyetso cy'ubwenge bw'Imana n'uburinzi
.bwayo ku bana bayo

Umuntu ntakwiye gukunda se na nyina atari Imana,
ahubwo agomba kuba ikimenyetso cy'urwo rukundo. Urinda
kandi akaba n'umunyabwenge. Umwuka w'Imana uhebuje
uba umubyeyi na nyina kugira ngo ufashe umwana, bityo
.ugomba kubahwa mu babyeyi

Ibyanditswe Byera binatugira inama yo kwirinda kwica
umuntu kubera kwica, kuko icyo gihe umuntu aba
umwicanyi. Umuntu ntagomba kwica undi mu gihe
cy'amarangamutima akomeye. Ariko, iyo abakunzi be
babangamiwe, agomba kurwana kugira ngo arinde abo
Imana yamushinze, kuko ari inshingano yera kurinda
.umuryango we n'igihugu cye

Ku bijyanye no kubuza ubusambanyi, intego nziza yo
guhuza ibitsina igomba kuba kubyara abana baremwe mu
ishusho y'Imana no kugaragaza urukundo rutunganye
rwumvwa n'abashakanye babona Imana muri bo. Ababaho
ku rwego rw'umubiri gusa, batitaye ku rukundo nyakuri
cyangwa intego yo hejuru yaremeweho irari ry'ibitsina,
barasambana nk'uko iri tegeko ribivuga. Muri iki gihe, ntaho

batandukaniye n'inyamaswa zihaza irari ryazo ry'ibitsina
 .hanyuma zigakomeza urugendo rwazo
 Imana yaremye iyi ntego yo guhanga udushya mu
 bagabo n'abagore yo kubyara no kugaragaza urukundo
nyakuri mu buzima bw'abashakanye, kandi ntabwo ikwiye
gukoreshwa nabi ukundi, ahubwo igomba guhindurwamo
 .igikorwa n'ubumenyi byera
Niba ushobora kugenzura no gukwirakwiza imbaraga
 z'imibonano mpuzabitsina mu mubiri wawe, uzabasha
guteza imbere ubushobozi bwo mu mutwe bwo kwandika,
 gushushanya, cyangwa kugaragaza impano zihishe mu
 .bundi buryo bwinshi
Kandi igihe uzaba ushoboye kugenzura no guhindura
 mu buryo bw'umwuka ibikorwa byo guhanga, uzagira
 amahoro menshi, urukundo rwinshi, n'ibyishimo byo mu
 .mwuka byiyongera
Abatagatifu n'abayobozi b'umwuka bahinduye ibikorwa
byabo by'imibonano mpuzabitsina mu buryo bw'umwuka ni
ibihangange bifite ubushobozi bwo gukora ibintu bitangaje
 kandi bitangaje ku isi no mu gushakisha ukuri mu buryo
 .budasanze
Bityo, uburyo bwo gukoresha imbaraga z'imibonano
mpuzabitsina cyane ni ukongera imbaraga zayo, ni ukuvuga
 kuyishyira mu ntego yo hejuru kugira ngo igaragaze
 ubwenge, ibitekerezo bihanitse, n'amahame y'umwuka.
 Umuntu ntagomba kwishimira ibitekerezo by'imibonano
 mpuzabitsina cyangwa kwifuza ibibujijwe. Iyo ubwo bwoko
 bw'ukwifata bugezweho, umuntu azaba afite ibitekerezo
 .bizima ku mibonano mpuzabitsina n'intego yayo yo hejuru
Kuba imbata y'ibintu biyanye n'imibonano mpuzabitsina
 bivuze gutakaza ubuzima bwiza, kwifata, n'amahoro yo mu
 mutwe, kandi muri make, ibintu byose by'ibyishimo umuntu
 akeneye
 Ibitabo byera kandi bidushishikariza kutiba Iyo itsinda
ry'abantu igihumbi rigirana ubujura, buri wese yagira abanzi

999. Bityo rero, umuntu ntagomba guhonyora uburenganzira bw'abandi, cyangwa ngo yigarurire ubutaka bwe, amahoro, urukundo, icyubahiro, cyangwa ikindi kintu cyose afite mu buryo bw'umubiri cyangwa mu buryo bw'umwuka. Niba utumvise icyifuzo cyo gufata ibitari ibyawwe, icyo ukeneye cyangwa wifuza kizakugeraho. Ubujura butangira mu bitekerezo igihe umuntu atangiye kugirira abandi ishyari. Imbuta z'irari ribi zigomba kurandurwa mu bitekerezo. Ubufasha mu by'umwuka ni bwo buryo. Hanyuma, umuntu azikurura ubukire, kandi imigisha izava kuri we iturutse ku masoko azi n'ayo atazi. Ni itegeko ry'Imana ridakuka. Ku bajura n'abantu bikunda, bamara ubuzima bwabo bakurikirana ubutunzi, amaso yabo ahora ku byo abandi .bafite, nubwo isanduku yabo yuzuye zahabu Isi ntishobora kumenya ibyishimo keretse iyo ubwikunde

bw'ibintu butereranywe

Ibyishimo bizanwa gusa n'ubufatanye mu by'umwuka.

Biza iyo umuntu yumva ibyo abandi bakeneye nk'aho ari .ibye bwite kandi agakorera abandi nk'uko yikorera ubwe Irindi tegeko ry'ingenzi ni ukwirinda guhamya ibinyoma Kwangiza umuntu uwo ari we wese ugoreka ukuri ni ubundi buryo bwo kwangiza ubwumvikane mu mibereho. Niba umuntu yifuza gufatwa neza, agomba gufata abandi uko .bikwiye

Ukuri gukwiye kuvugwa buri gihe, ariko hagomba gutandukana hagati yo kuvuga ukuri no kuvuga ibintu gusa. Gufata umuntu nk'ikimuga cyangwa impumyi birababaza kandi ntibifasha; umuntu agomba kwita ku byiyumvo by'abandi no kwirinda kumukoza isoni. Mu buryo nk'ubwo, kugaragaza ukuri gushobora guhemukira umuntu udafite intego nziza na byo ni bibi. Ku rundi ruhande, umuntu ntagomba kubeshya kugira ngo yirinde kuvuga ukuri; ahubwo, umuntu ashobora guceceka mu bihe bimwe na bimwe kugira ngo yirinde gutesha abandi agaciro cyangwa .kubagirira nabi

Umuntu agomba kwirinda ishyari, indwara isenya irya
amahoro y'umutima. Uko umuntu arushaho kwifuza
iby'abandi, ni ko agahinda n'imibabaro ye birushaho
kwi Yongera. Umuntu ufite ishyari abaho mu buzima bugoye,
atazi uburyohe bw'ituze. Ni byiza cyane ko yiyubaha,
akishingikiriza kuri we ubwe, kandi agashaka ubutunzi bwo
.mu mwuka bw'imbere

Icyubahiro cy'umuntu n'agaciro ke bwite biruta kure icyo
ari cyo cyose yifuza cyangwa yifuza kugira Imana igaragarira
muri buri muntu mu buryo butagaragara mu wundi muntu
uwo ari we wese. Isura yabo irasa n'iy'undi muntu uwo ari we
wese, kandi ubugingo bwabo ntibusa n'ubw'undi muntu uwo
ari we wese, kuko muri bo hari ubutunzi buruta ubw'ibindi
byose byaremwe—kandi ubwo butunzi buruta ubw'Imana
Ntabwo duhambiriwe n'ibyahise

Iyo umuntu afite ukwizera gukwiye kandi agakora
ibikwiye, aba yishimye kurusha abadafite ukwizera kandi
.badasohozza inshingano zabo mu ntambara y'ubuzima
Ukwizera guhamye n'ibikorwa bikiranuka (bishyigikiwe
n'impamvu nziza n'imigambi myiza) bihora biboneka aho
ibyishimo biba biri, kandi bikabura aho ibyishimo bitaba.
Muri ibi, dushobora kwemeza ko ari ibintu bibiri by'ingenzi
kugira ngo umuntu agire ibyishimo, bitagerwaho
hatabayeho. Abifuza ibyishimo bagomba kugira gusa ibi
.bintu bibiri by'ingenzi, ari byo inkingi n'inkingi byabyo
Abantu ntibashobora kugenzura—uko bishakiye—ibice
bitagira ingano by'isanzure, cyangwa ngo babihindure
cyangwa ngo babihanagure. Ibi bice bifatanye mu buryo
buhambaye n'imiterere y'ubuzima bw'umuntu, kandi abantu
ntibashobora gukora bonyine na byo. Ariko, bashobora
.kugenzura ubwenge bwabo kugira ngo buhuze n'ibi bice

Ntumugire icyo umutwara

Ba sogokuruza bacu bari bishimye kuturusha atari uko
bari bafite ibintu byinshi byo mu isi n'ibinezeza kurusha uko
tubifite ubu, cyangwa kuko batari bahura n'ibibazo byinshi

byo mu buzima, ahubwo ni uko bari bafite uburinganire mu mitekerereze bwabahaga ihumure, amahoro, kunyurwa, no .mu magambo make ibyishimo
Ntibari bishingikirije ku bintu byo hanze kugira ngo bibe ibyishimo, kandi ntibigeze batsindwa n'ibintu byo hanze byari kubabuza kubyumva. Ibiyumvo byabo byo kumererwa neza, amahoro, ibyishimo no kunyurwa byari bisanzwe, bisanzwe, bifite ubuzima bwiza kandi biramba. Natwe twagombye kwihingamo ibi byikumvo niba twifuza kugira ?ibyishimo. Kandi ni nde muri twe utabifite
Iherezo ni ingaruka z'ikoreshwa ry'ubushake cyangwa ubwisanzure bwo guhitamo twakoze kera. Binyuze mu myitwarire yacu ya kera y'ubushake, twizanye kandi dukomeje kwishyira hejuru y'ibyadutegereje n'ibyadutegereje. Ariko, ntabwo duhambiriwe n'ibyadukurikiye, kandi ntabwo duhora dutegekwa n'ingaruka z'ibikorwa byacu. Dushobora gusenya ibyo twabibye no gusiba ibyo twanditse niba tubishatse kandi tugaharanira gukosora inzira yacu no kunoza ubwiza bw'umusaruro wacu. Niba turandura imbuto z'ibikorwa bibabaza kandi tukabiba imbuto zikwiriye kamere y'ubugingo, nta kabuza tuzasarura imbuto z'ibyishimo muri izo mbuto nziza zabibwe mu butaka bw'ubugingo. Tugomba gukoresha ubushake ubu, ubu ntabwo ari ejo, niba twifuza kugera ku byishimo byinshi cyangwa kugabanya imibabaro .n'ububabare

Bityo rero, ibintu biyana n'ibyishimo biri mu muntu, kandi icyo agomba gukora ni ugukora cyane kuri icyo kigereranyo kidakosa, kandi ibisubizo bizamugirira akamaro aramutse akoze isuzuma ryiza kandi akarikemura. Ariko umuntu ufite ubushake bukomeye aba ahuje n'Imana

Ingufu zo mu mutwe zishyize hamwe
Iyo ushyize urumuri rw'izuba ku kintu gito, bitanga ubushyuhe, kandi ubwo bushyuhe bushobora gutwika ibiti.

Imyenda, impapuro, n'ibindi. Mu buryo nk'ubwo, iyo wibanze
ku bwenge bwawe, imbaraga zabwo zishyize hamwe.
Gutwika ibibi n'imizi yo gushidikanya, impamvu y'ibinanirana
byose, no gutuma urumuri rw'ubwenge rumurika neza kandi
.rurabagirana

Iyo igitekerezo gihuye n'Imana, isoko y'ibyiza byose
n'inkomoko y'imbaraga zose z'umugisha, amenya ko Imana
ihari kandi akagira ibintu byose bigize intsinzi. Ibi bintu
bifitanye isano rya hafi n'imbaraga zikomeye z'Imana,
zishobora kurema impamvu nshya zo gutsinda mu rwego
.urwo arirwo rwose

Imana ihe intsinzi ku bikorwa byiza n'ibikorwa byiza
Ingorane n'ibibazo bivuka bitewe n'uko umuntu atazi
ibikorwa bye bya kera, byakozwe mu gihe runaka n'aho
byabereye Imibabaro ye y'ubu ituruka ku bitekerezo
n'ibikorwa yavugaga, byashinze imizi mu butaka
bw'ubwenge bwe, bigakura bikaba ikimera kandi byera
.imbuto zigaragaza imiterere y'ibyo bitekerezo n'ibikorwa
Iyo urebye izuba riri mu birometero byinshi mu kirere,
iyo nyenyeri nini cyane isa nkaho ari nto cyane ugereranyije
n'Isi yacu. Nyamara, umurambararo w'Isi ni hafi ibirometero
7.900, mu gihe umurambararo w'izuba ukubye inshuro ijana.
Iyo ushobora gushyira Isi yacu imbere y'izuba, yagaragara
nk'akadomo gato ugereraniye na ryo. Tekereza ikirere kinini
cy'izuba cyaguka kugeza ubwo uburemere bwaryo bunini
butwikira ikirere cyose cy'ubururu. Ijuru tubona ni agace
gato, agace gato, k'ikirere kitagira umupaka cyuzuye
isanzure. Nubwo izuba ryakomeza kwaguka mu buryo
butagira umupaka, ntirashoboraga kubamo iherezo. Iki
kinyoma cy'ubuto n'ubugari bugabanya ubushobozi
bw'ubwenge bwo gusobanukirwa ubwinshi bw'isanzure,
.inkomoko yaryo, n'imbibi zaryo

Udashingira ku bipimo n'ibipimo, utagira umupaka kandi
nta nkomoko, ni Imana, iri hose kandi ibaho mu isanzure rya
kure cyane. Iri mu nyenyeri za kure cyane, nk'uko iri muri

wowe no muri nje, kandi izi neza buri mwanya
iherereyemo. Byaba ari muto cyangwa munini. Kuva mu
"gitabo "Intego y'Umuntu

Gusaba

Nyagasani

Fata ukuboko kwanjye ukure mu mwijima ujye mu
mucyo

Yewe ituze ry'isi yose

Ndumva ijwi ryawe mu rusaku rw'imigezi no mu rusaku
rw'inkoko zo mu bwoko bwa nightingales

Mu mivurungano y'umuyaga, urusaku rw'imiraba,
n'inkuba y'imitingito

Nyagasani ukundwa

Sinkuramya mu magambo, ahubwo nkuramya umutima
ugurumana kandi uhora ukurarikiye

Reka ndebe ahantu heza cyane hawe

Uhora uhari inyuma ya byose

Wenda nzamenya ko ndi umwe mu bagize ubuzima

.bwawe budahinduka iteka ryose

Inyanja yuzuye

Iyaba imigezi y'ibyifuzo byanjye yashoboraga gutemba

mu butayu bw'imbogamizi n'imbogamizi

Amaherezo, imvururu zawe zikomeye zaravanze

Mfasha kumva ijwi ryawe, Mwami

Ijwi ry'ikirere ryaturutsemo gutigita kw'isanzure

Reka ndebe ko uriho binyuze mu ijwi ry'umugisha (Om -

Amen)

indirimbo Yera ku majwi yose y'abahire

Kwagura ubumenyi bwanjye mu gihe numva urusaku

rw'ubuzima

Reka numve nk'inyanja y'isi yose

Kandi imigendere y'umubiri irabyina ku gituza cye

Reka ijwi ryera cyane rivugike muri nje

Kwagura ubumenyi bwanjye kuva ku mubiri kugeza ku

isanzure

Ese nshobora kumva ibyishimo bihoraho, byose hamwe
Guturika mu nyanja y'urumuri rwinshi
O imbaraga zitagira iherezo
Yemwe bwenge buhoraho

Shyira imbaraga roho yanjye mu kunyura kwawe mu
mwuka

Ewe ijwi ry'ijambo ry'Imana rihebuje
Kosora amakosa yanjye
Nkeneye

Fata ukuboko kwanjye ukure mu mwijima ujye mu
mucyo

Igihe cyose nkwi butse, Mwami, umwuzure w'inyota
igurumana uvuka muri njye, uhinda amarangamutima yanjye
kandi ugatembaga uva mu mutima wanjye ujya muri buri
karemangingo k'umubiri wanjye, ukawushyiramo urukundo
.rw'Imana

Icyifuzo cyanjye gikomeye ni ukugera ku mutima wawe
no kwishimira kuba uri kumwe nawe

Maze mu buryo butunguranye urugi rw'ubugingo
rurakinguka, maze ndasagwa n'ibyishimo byinshi iyo ndebye
!urumuri rwawe rumurika

Ibyahise ntibizwi n'abantu benshi, usibye abantu bake
batoranijwe bafite ubumenyi Nyamara, kutamenya ibyahise
nabyo ni inyungu kuri twe. Iyo tuza kuba tuzi ibyo twakoze
byose muri ubu buzima no mu buzima bwashize,
twarengerwa n'ubwinshi bw'ibikorwa byacu kandi
tugatangara rwose. Koko rero, ubushake bwacu bushobora
no guhungabana bitewe n'ihungabana, bigatuma
tudashobora gukomeza ibikorwa byacu kandi bikadusiga
twihebye. Nubwo muri ubu buzima bwo ku isi, kwibagirwa ni
umugisha uturuka ku Mana, ubuza kwibuka ibyahise, cyane
cyane ibibabaza kandi bibabaza, kwirenga ibitekerezo
.n'amarangamutima yacu

Ariko igishimishije ni uko urumuri rw'Imana ruri muri twe
ruhoro rumurikirana ibyiringiro n'icyifuzo cyo gukomeza

urugendo rudashira rw'ubuzima. Tugomba gushimira Imana
kuri iyi migisha ibiri: kwibagirwa ibyahise no kwiringira
.iby'ejo hazaza

Ntidukwiye gufata umwanzuro ko ibihe bizaza bitera
inzitizi mu buryo bwo kwihitiramo. Ariko, tugomba gukora
uko dushoboye kose kugira ngo turwanye ingaruka mbi
abantu benshi bavuga ko ziterwa n'ibihе bizaza n'ibizaba,
kandi tugakoresha uburenganzira bwacu bwo guhitamo
dukurikije ibyo twizera imbere, mu gihe ibyo byizere
bishingiye ku kwizera gukomeye kandi bishingiye ku
mategeko y'Imana, umuntu udafite ibyo adashobora
.kuryohereza n'ibyishimo nyakuri

Iyo dutangiye akazi, ntidukwiye guterwa ubwoba
n'ibintu bibi, ahubwo tugomba kugira icyizere ku rugero
runini, twizeye tudashidikanya ko nta kintu na kimwe
gishobora kubangamira gushyira mu bikorwa ubushake
bwacu no gushyira mu bikorwa ubwisanzure bwacu bwo
.guhita

Iyo tunaniwe kugera ku ntego yacu, ni byiza kwemera
tudashidikanya ko hari inzitizi twishyiriyeho zatubujije
kuzigeraho. Tugomba kwihangana no kongera imbaraga
zacu kugira ngo tugere ku ntego yacu. Tugomba kandi
kwiyeemeza ubwacu ko inzitizi n'ibibazo byaba bikomeye
kandi bikomeye, tugifite imbaraga zihagije zo kubikuraho no
kubitsinda. Nubwo twananiwe nubwo twagera byose,
nta mpamvu yo kwiheba no kwiheba, igihe cyose
dusobanukiwe ko ubushake bw'umuntu bukomaye kuruta
iherezo, ari ryo twakoze. Bityo, ntugomba kureka
kugerageza, nubwo twatsindwa kangahe, kuko buri gihe
hariho imiryango ikinguye. Tugomba gukomeza guharanira
no gusubiramo kugeza igihe tuzabona intsinzi Imana izaduha
ubufasha igihe cyose tuyishingikirizaho kandi tugashyira
imbaraga zacu. Ugendera mu nzira azagera aho agana,
.kandi uwiringira Imana ntazatenguha

Iyo umuntu yifuza ikintu, kandi icyo cyifuzo kikaba
gikomeye kandi cyihutirwa, icyo cyifuzo ntikijya kiva mu
bwenge bwe, aho ajya hose n'aho agana hose, kandi uko
ibyoyitayeho byose n'ibyoyitayeho byaba biri kose. Binyuze
mu bikorwa byacyo bihoraho kandi bidashira, icyo cyifuzo
gifite umurava n'imbaraga bidasanze. Uku guhwihwisa mu
bwenge kurakomeye kandi bigira ingaruka nziza kuruta
kwinginga mu buryo bw'imyitozo, kudapfa kurenza
kunyeganyega iminwa. Ibi nibyo abakunzi b'Imana bakora;
bahwihwisa urukundo rwabo ku Mana ubudahwema, kandi
guhwihwisa kwabo ni ukwumvikana ku mutima kandi
ntikumvikana, mu bikorwa byabo byose bya buri muni. Uku
guhwihwisa ku mutima ntikubarangaza, cyangwa ngo
bihabanye n'indi mirimo yabo. Uko icyifuzo cyabo ku Mana
kigenda gikura, urukundo rwabo kuri Yo rurakomera kandi
rukarushaho kwiyongera, kugeza igihe bakora ku kuboneka
kwayo bakabona urumuri rwayo n'ijisho ry'ubugingo,
bakumva ibyishimo byinshi kandi bumva amahoro arenze
.ibisobanuro

Imana itwoherereza amasomo dukeneye mu buzima
kugira ngo tuyagiremo inyungu kandi tugire ubumenyi
n'uburambe. Umuntu wese wirinda ayo masomo azahatirwa
.kuyamenya uko byagenda kose

Ikizamini cyose ni inshuti iyo tucyigiyeho, kandi ni
igitugu cy'umunyagitugu iyo dupfushije ubusa amahirwe
tukayakoresha nabi twinubira, twinubira, kandi tugafata
.ibyemezo bidakwiye

Iyo dufite ubumenyi buhamye n'imyitwarire ikwiye ku
buzima, biba byiza cyane Kandi nta ngorane zibaho

ibibazo by'imitekerereze

Umuntu ntashobora kuguma atwarwa n'umuraba
w'ibyishimo iteka ryose, cyangwa ngo arohamane muni
y'amazi y'agahinda, cyangwa ngo arohamane mu bwigunge.
Muri iyi si irangwa n'ibintu bibiri bivuguruzanya, Umuntu
usanzwe ahura n'ibibazo bikomeye n'ibitotsi. Azamuka mu

byishimo maze akinjira mu bwigunge bw'ubwiyongere
bw'uburangare, kandi agasunikwa n'imiraba y'agahinda
gakomeye. Nta na rimwe azi ikindi kintu cyose cyo
gutekereza. Kwemerera ibintu kugutera gutekereza muri ubu
buryo. Bisobanura kwegurira ubushake bwawe iherezo
.ritunguranye kandi rihindagurika
Icyo umuntu akeneye kugira ngo agire ubuzima bwiza
kandi bushimishije ni ukwifata neza mu mutwe
Ibi bishobora kugerwaho gusa hibandwa ku bwenge.
.Kugenzura ubushobozi bwo mu mutwe
Ndetse n'agahinda gakomeye gakira uko igihe kigenda,
bityo nta mpamvu yo kwibanda ku gahinda buri muni
w'ubuzima bwacu. Guheranwa n'agahinda igihe kirekire ku
muntu wapfuye ntacyo bimufasha cyangwa ngo bidufashe,
kandi mu by'ukuri ntacyo bihindura. Guteza imbere ikibazo
cyo kwisuzugura cyangwa kwihanira Gukomeza gutekereza
ku makosa cyangwa ibyananiranye mu bihe byashize ntacyo
bimaze Bituma ubuzima buba bubi gusa kandi
bikabangamira ubushobozi bwo gutekereza
Ntitugomba kwemera kugwa mu mwobo w'ingeso mbi,
kuko iyo ari imimerere yo mu mutwe idashimishije na gato,
kuko ihangayikisha ubwenge kandi igatwika ubushobozi
.buhishe mu itanura ry'uburangare
Gutsindwa bigomba kurandurwa mu mizi yabyo, kandi
imirima y'ubuzima igomba guhingwana umwete n'ubwitange
no gutera imbuto z'ibyiza kugira ngo ubone umusaruro
.mwinshi ku bufasha bw'Imana
Icyuma muri Yubile y'ifeza
Hari igihe natumiwe mu birori bya yubile y'ifeza ku
bashakanye basaga n'aho ari bamwe mu bashakanye
bishimye cyane, ariko ubwo ninjiraga mu rugo rwabo
numvise hari ikintu kitagenda neza nasabye abanyeshuri
banjye babiri kureba uko bafatanaga nimugoroba, maze
nyuma bambwira bati: "Umugabo n'umugore baramwenyura
imbere y'abandi kandi bavugana amagambo meza cyane

nka “Yego, mukunzi wanjye” na “Birumvikana, mukunzi
wanjye,” n'andi magambo nk'aya y'inshuti. Ariko iyo
batekereje ko bari bonyine, baratongana kandi bakavugana
.amagambo ababaza

Navuganye nabo ndababwira nti: Mwantumiye mu birori
byanyu, ariko umwuka uragoye kandi numva hari
amakimbirane menshi muri iyi nzu, kandi kuri njye bisa
.nkaho hari ibyuma byinshi muri iyi yubile y'ifeza
Mbere na mbere, barababaye, ariko nyuma bemeye ko
nari mfite ukuri kandi bansaba imbabazi. Yakomeje agira ati:
?Ni iki wunguka mu gutongana no gutongana igihe cyose
Bisa nkaho mubana kugira ngo mugumane izina ryiza
nk'abashakanye, ariko mugomba kumera gutyo hagati
yanyu kandi mukabana mu mahoro no mu bwumvikane
.kugira ngo mugire ibyishimo n'amahoro yo mu mutima
Ibiryo by'amakuru

Iyo abantu bavuga ku biribwa cyangwa imirire, akenshi
baba bashaka kuvuga ibiryo bifatika bikoreshwa kugira ngo
umubiri ubeho. Ariko hari ubundi bwoko bw'intungamubiri
butari ingenzi cyane nk'ibiryo bifatika, kandi akenshi
burushaho kuba ingenzi, nko kugaburira mu bwenge
cyangwa mu mwuka. Ibikorwa byo mu mutwe cyangwa
.kwibanda ku bitekerezo, ubwenge n'ubushishozi mu mwuka
Ibiryo bifatika bikomeza uturemangingo tw'umubiri, mu
gihe ibiryo by'ubwenge byuzuza ubwenge ibitekerezo
bizima, kandi ibiryo by'ubwenge bikongera imbaraga
.z'ubugingo kandi bigateza imbere ubushobozi bwabwo
Ubusanzwe, indyo yuzuye mu bwenge igizwe
n'ibitekerezo umuntu atekereza n'ibyo yakira ku bandi
.binyuze mu kuvugana nabo no kubana nabo
Abantu bafite imico ituje n'imico myiza bafasha gutuma
ibitekerezo byacu birushaho kuba byiza kandi bikurura
.ubuzima

Ntabwo bigoye kumenya niba umuntu akuramo ibyo
akeneye mu bwenge bwe mu mutuzo cyangwa ahantu

hateye imvururu. Guhangayika, guhangayika no kwitiranya
ibintu byose bituruka ku kuba umuntu afitanye isano
n'abantu babi, baba inshuti cyangwa abavandimwe. Ibi
bitera ibitekerezo bihangayikishije n'umwuka mubi
Umubiri ukura imbaraga n'ubuhanga mu biribwa
bifatika, mu gihe ibiryo bikurura imbaraga bitanga umubiri
n'ubwenge imbaraga zoroshye kugogora kurusha ibiryo
bikomeye n'ibikomoka ku mazi, bidashobora guhinduka
.byoroshye imbaraga nzima
Iyo ushobora guhindura ubujiji mu ubwenge, intege nke
n'intege nke bikaba ubuzima bwiza n'imbaraga, kandi
ukagenda mu nzira z'ubuzima ufite icyizere n'ubutwari -
ndetse uri wenyine -, kandi ukagira ibyishimo byo mu
mutima mu kugira umutimanama muzima kandi uhamye, no
kwizera kudacogora mu butabera bw'Imana no gutsinda
.icyiza ku kibi n'ukuri ku bw'ubuyobe
Kandi iyo ugerageje buri munsu kurekura ibitekerezo
byawe ukabishyira ku rwego rwo hejuru kandi runoze, kandi
ukaba ufite umutima ukunda kandi ushimira, n'imigambi
myiza ku bandi, indyo yawe y'ubwenge izaba nziza cyane,
hanyuma uzikururira ibintu byose byiza kandi
by'ingirakamaro, uhereye ku bintu, abantu n'imimerere,
bikenewe kugira ngo ukomeze urugendo rugana ku nkombe
.z'umutekano n'umutekano
Iyo ushyizeho imbaraga kugira ngo ubone ibyo ukeneye,
kandi ukanyurwa n'ibyo Imana itanga, uzaba umukire mu
mutima kandi unyurwe kurusha abashishikajwe n'ubutunzi
.bw'isi kandi bararikira ibinezeza byayo by'akanya gato
Iyo umuntu ashaka Imana, yo nshuti nyayo yonyine,
kurusha inshuti zose, birashoboka gushinga ubucuti nyakuri
mu mibanire yose y'abantu: mu muryango, mu muryango,
.mu muryango no mu mwuka
Ubucuti ni ikintu cy'ingenzi mu mibanire y'abashakanye,
kandi hakwiye gushyirwa imbere kubana neza mu buryo
bw'ubwenge no mu marangamutima, kumva ko umuntu

akunzwe mu by'umuco, ndetse n'urukundo n'ubucuti
.nyakuri

Abadashobora gutandukanya urukundo nyakuri
n'ibikurura irari ry'umubiri bahora batengushywe igihe cyose
Iyo ishyingiranwa rishingiye ku ntego nziza no
kubahana, riba ubumwe bwiza kandi bugira ingaruka nziza
hagati y'abantu babiri bakundana. Bagafatanya mu koroshya
imitwaro y'ubuzima hagati yabo, no kwirukana imihangayiko
yo kubaho binyuze mu kugirana impuhwe no kumvikana
.neza

Nta muntu ushobora kuntegeka cyangwa ngo
anyambure ubushake bwanjye, keretse nemeye ko
ibitekerezo n'ibikorwa by'abandi bingiraho ingaruka
Mwami, ndabizi ko mfite amahirwe menshi imbere
yanjye yo gusuzuma ubushobozi bwanjye no kuvumbura
ubushobozi bwanjye bwo mu mwuka, nzasimbuza ibintu
by'umubiri n'ibyifuzo byo hejuru. Kandi nzamenya ko
umwuka w'ubudahemuka uhora uri kumwe nanjye
Uyu munsu nzakora ibintu byinshi bigaragaza icyizere,
nzakomeza kwitandukanya n'ibintu bibi, kandi nzakora
ibizabatunga umubiri, ubwenge n'umwuka mu buryo buri ku
.rugero kandi buhamye

Imbyino y'ubuzima n'urupfu ihora ihari, ariko nzakomeza
kwibohora iteka ryose nkirinda umwirondoro wanjye wo mu
mwuka. Kandi igihe inkubi y'umuyaga n'amakuba
bizangeraho, nzahaguruka mu bwato bw'ubugingo bwanjye
hakurya y'inyanja y'ubuzima Ngeze ku nkombe z'Imana
.zitekanye

Iyo nkora kandi nkarema, nibuka ko Imana ikorera muri
njye; ni Umwami w'isi yose kandi nshobora kwihuza na we
.mu kumutekerezaho cyane

Mana yanjye nkunda, ndabizi neza ko ibitekerezo
byanjye bizampa gutsindwa cyangwa gutsinda, bitewe
n'igitekerezo gikomeye mu buzima bwanjye. Bityo rero,

nzagerageza kwibuka ko umfasha kandi bikantegurira
.impamvu zo gutsinda
Iyo ibyago n'amakuba bimbayeho, nzashyira imbaraga
zanyje kandi nkomeze icyemezo cyanyje cyo kubitsinda.
Nzakoresha ukuri n'ubunyangamugayo mu mibanire yanyje
n'abantu bose, kandi nzashyira ibitekerezo by'urukundo
n'ibyifuzo byiza. Hanyuma Imana izanshyigikira ikoresheje
.imbaraga zayo n'ubwenge bwayo
Uwiteka, nzakoresha ubushake bwanjye n'ubwenge
bwanjye kugira ngo mbanze nkore ibintu bito, hanyuma
nkomeze ku bikorwa binini
Nubwo ibyifuzo byose by'ubutunzi byagerwaho,
bikomeza kuzana ibyishimo bidahagije, kandi kubona Imana
ni byo byishimo by'ukuri byonyine nzavumbura ibigega
by'ibyishimo bidashira Kandi ntibihwema gutemba no
gutembera, mu busitani bw'ubugingo n'ubwatsi bwabwo
.butoshye

Amagambo y'izahabu

Ibyishimo ni uburenganzira bwanjye, umurage wanjye,
n'ubutunzi bwanjye bw'Imana buhishe. Nyobora, Uwiteka,
kugira ngo mbone imbere yanjye ubutunzi buruta inzozu
.z'abami
* * *

Imana ituye mu mitima imurikira abigishwa bayo -
kubera imbabazi zayo n'impuhwe - amatara yaka y'ubwenge
yirukana umwijima w'ubujiji
* * *

Ubuzima ni urugendo rw'ubwenge rufite umuvuduko
uhoraho. Rwishushanya mu bintu bidafite ubuzima, cyangwa
rikagira ishusho nzima kandi igenda. Ubuzima buri muri
.byose kandi bukwirakwira muri byose
* * *

Wowe Mukunzi Ukomeye, Uri ubuzima ubwabwo Uri
intego yanjye n'icyifuzo cyanyje Umpe indabyo z'indabyo mu
busitani bwawe bwo mu ijuru, cyangwa isaro ribengerana mu

mukufi w'urukundo rwawe rubengerana, cyangwa umpe
icyubahiro gikomeye: ahantu hatu mu mutima wawe

* * *

Aho abandi bashima imbaraga zanjye mu gukora ibyiza,
niho nshobora gutanga serivisi nziza cyane

* * *

Reka dukore tapi ya zahabu y'inzozi irimo imigozi
y'ubudodo bwiza n'ibitekerezo binoze

* * *

Ubwenge budafite icyo buvuze [budafite ibitekerezo
byiza kandi byubaka] ni uruganda rw'ibibazo, imihangayiko,
kwiheba, no kubura ibyiringiro

Niba urukundo rw'isi yose rugutuye mu mutima wawe,
ruzakuzanira ibyishimo birambye kandi bishya nta kindi
cyaguha

Indabo z'ubuzima zirimo kurabya mu busitani bw'isi ni
nziza cyane kandi zishimishije kuzireba. Ariko ikiruta byose
ni isoko y'ubwiza n'ubwenge iri ahantu runaka, aho
.twaturutse kandi tuzagaruka tukongera kwivanga

Igihe umwigishwa yabyukaga mu gitondo, yiyemerera
ati: "Sindi umubiri, ndi umwuka utagaragara... Ndi
ibyishimo... Ndi urumuri... Ndi ubwenge... Ndi urukundo
Nubwo mba muri uyu mubiri, umwuka wanjye ntupfa kandi
"ntukirangwa no kubora

Nk'uko amatonyanga y'ikime afasha indabyo kurabya no
gukura, ni ko n'ubuntu bukomeza ubucuti kandi bugatuma
bukura

* * *

Hari imiraba igaragara hejuru y'inyanja n'imiraba ishira
mu bwigunge bwayo; muri ibyo bihe byombi, iba iri mu

nyanja kandi ikaba imwe nayo. Mu buryo nk'ubwo, abantu
bareremba mu gihe cy' "ubuzima" ku buso bw'inyanja y'isi
cyangwa bashira muri yo mu " rupfu" baba bari mu nyanja
.y'iteka ryose

* * *

Ishusho y'ukwezi ntigaragara neza mu mazi ashyushye,
ariko iyo hejuru y'amazi hamaze gutuza, ishusho y'ukwezi
iba isobanutse neza. Ni ko bimeze no ku bwenge: iyo ituje,
ushobora kubona isura y'ubugingo bwawe mu buryo
.busobanutse neza kandi bunoze

Ohereza, Nyagasani, imirasire y'izuba ry'ubwenge
bwawe kugira ngo inyobore mu minsi yanjye y'ibyishimo byo
kugera ku ntego, n'umucyo w'ukwezi kuzuye kw'imbabazi
.zawe igihe nzanyura mu ijoro ryijimye ry'agahinda

Gutekereza ku bintu ni bwo buryo butuma uhuza
ubwenge bw'isi yose, kandi nuhuza n'ubwo bumenyi
butagira iherezaho uzabasha kumenya amabanga yose y'irema

Icyifuzo cyo kwegera Imana no kuyimenya ntikiza
ubwacyo, ahubwo kigomba guhingwa, kandi ubuzima ntacyo
bumara budafite icyo cyifuzo

Ubuzima bwo ku isi ni uguhagarara by'agateganyo,
kandi inshingano y'ibanze y'abantu ni ugusobanukirwa
intego n'intego by'uru rugendo. Iyo ntego ni ukumenya
Imana, kandi ntabwo ishobora kuba ikindi kintu icyo ari cyo
.cyose

Amahoro yawe ni ubutunzi bwawe bw'agaciro,
ntukemere ko hagira umuntu ugutwara ubwo butunzi

* * *

Menya kwihagararaho wenyine, utekanye kandi
utekanye mu gihome cy'imico myiza yawe n'agaciro kawe

* * *

Byose bihari kuko Imana ibaho Kandi kuko ibaho, nawe
uriho Kubera kubaho kwayo, wishimira ihumure n'ibyishimo
byo mu buzima. Bityo rero, gushimira Imana kwawe bigomba
.kuba byimbitse

Ibitabo byiza bishobora kuba inshuti zicetse, zifite
ikinyabupfura kandi ziyubaha. Ntugatererane ibi bitabo mu
bihe bikomeye, kuko bitazigera bigusiga, bitandukanye
.n'inshuti zisanzwe zishobora kugutererana

Umuntu wese ufite ubuzima bwiza, ubuzima bwiza,
n'ubushobozi bwo gutekereza buhebuje, ariko adafite
ibyishimo, ntaragera ku ntogo mu buzima. Iyo ushobora
kuvuga by'ukuri uti "Ndishimye, kandi nta muntu ushobora
kuntwara ibyishimo," uba wabonye ishusho y'Imana muri
.wowe

Shimangira ituze n'amahoro, kandi wohereze ibitekerezo
by'urukundo n'imigambi myiza gusa niba wifuza kubaho mu
mahoro no mu bwumvikane. Ubeho ubuzima bushingiye ku
gukiranuka no kubaha Imana, kandi abo ubuzima bwabo
bwose bufitanye isano n'ubwawe bazakungukirwa no kuba
.uri kumwe nawe

Niba udafite inshuti, cyangwa niba inshuti zawe
zigupfusha ubusa, cyangwa niba utabanye neza nazo, reka
ibitabo [n'ibikoreshe] bifite ubwenge bibe inshuti zawe, kuko
ushobora kunyura mu mapaji yazo ukagera mu isi
.y'ibitekerezo bitangaje kandi bishimishije

Kubona Imana bivuze kubona ibyo umutima wifuza
byose, kandi kuba umuntu w'umwuka bivuze gufungura
.amarembo y'ubuzima bwiza, ibyishimo n'intsinzi

Muri twe hari urumuri rw'imbaraga z'Imana zirema kandi
zigashyigikira ubuzima bwose kandi zitegereje gushya

Gusoma ni igikorwa cy'ingirakamaro cyane mu mutwe;
bikoresha ubwenge kandi bibukomeza mu buryo bworoshye.

Isaha imwe cyangwa ebyiri zo gusoma buri munsi ziha
umuntu wese ubumenyi butandukanye mu myaka mike, mu
gihe ahisemo ibitabo bifite akamaro. Ntugapfushye ubusa
cyangwa ngo wangize ubushobozi bwawe bwo mu mutwe
usoma ibitabo bihendutse cyangwa ibitabo bidafite icyo
.bigamije cyangwa icyo bisobanuye

Abafite imitekerereze yo gusabana n'abandi bazabona
mu bitabo by'agaciro imbaraga nshya zo gufasha abantu
binyuze mu masomo ari mu bitabo byanditswe n'abagabo
.n'abagore b'abanyacyubahiro kandi bafite impano

* * *

Gusoma ni igikorwa cy'ingirakamaro cyane mu mutwe;
bikoresha ubwenge kandi bibukomeza mu buryo bworoshye.

Isaha imwe cyangwa ebyiri zo gusoma buri munsi ziha
umuntu wese ubumenyi butandukanye mu myaka mike, mu
gihe ahisemo ibitabo bifite akamaro. Ntugapfushye ubusa
cyangwa ngo wangize ubushobozi bwawe bwo mu mutwe
usoma ibitabo bihendutse cyangwa ibitabo bidafite icyo
.bigamije cyangwa icyo bisobanuye

* * *

Ubwibone n'ubwibone bigomba gukurwaho kuko ari byo
bibangamira ubumenyi bw'umwuka cyane

* * *

Udafite Imana, iyi si isa n'iyuzuyemo amakimbirane,
urugomo, n'ibintu bibabaje bibabaje. Ibyishimo biri mu
.kumva hafi y'Imana

* * *

Abazi Imana bafite ibyishimo n'ibyishimo bihoraho mu
mitima yabo Kubera ko bumva bafite umutekano n'ituze,
inkubi y'uburakari ntishobora kubahungabanya, kandi
.ubwoba ntibushobora kwinjira mu mitima yabo

* * *

Ibitabo byiza ni byo nshuti zawe magara; binyuze muri
byo, ushobora kumva abantu bakomeye bakuvugisha
buhoro, bakaguhumuriza kandi bakakugira inama nziza.
Kunanirwa kugira icyifuzo nyacyo cyo gusoma ibitabo byiza
.bivuze gutakaza umurage w'ibisekuruza

* * *

Iyo umuntu adafite ubufasha bw'Imana, nta kabuza ko
atsindwa, kuko imbaraga n'ubwenge bikenewe kugira ngo
atsinde mu ntambara y'ubuzima bituruka ku isoko itagira
iherezaho Iyo umuntu yirengagije Imana, agabanya umugozi
.umuha ubufasha n'inkunga bikenewe kugira ngo atsinde
Abashaka gukomanga ku rugi rw'amahirwe yo mu
mwuka bazabona ko amarembo akinguwe kubera ko Imana
.ifasha abifasha ubwabo

Iyo uhuje n'Imana, kamere yose iba ihuje nawe

* * *

Urukundo ni nk'impapuro zitunganya ubwenge kandi
zigakuraho ubukana mu mico

* * *

Iyo ubonye Imana ahantu hose mu buryo butunguranye,
kandi iyo ije ikwakira, ikagutera imbaraga, ikakuyobora,
inkuru y'urukundo rw'Imana iba yaratangiye

* * *

Urukundo rusendere mu mitima kandi rwohereze
imirasire ikiza ku bandi

* * *

Shaka kumenya Imana ukiri muto kandi ukomeye, kuko
mu busaza n'uburwayi ushobora kutazongera kuyishaka. Iyo
abantu batangiye gusobanukirwa icyo ubuzima busobanura,
umubiri uba ufite intege nke, maze bamara ubuzima bwabo
bwose bitaye ku bushobozi bwabo bworoshye bw'umubiri
.aho gushaka ukuri

* * *

Nzafata ibyiza bya buri muntu, kandi nzubahiriza imico
.myiza y'ibihugu byose nta kwibanda ku nenge zabyo

* * *

Nk'uko twita ku ntungamubiri ziboneka mu byo kurya
bya buri munsu, tugomba no kwita ku ntungamubiri zo mu
.mutwe dutanga mu bwenge bwacu buri munsu

* * *

Amagambo meza ni umuti utangaje w'indwara nyinshi,
afite imbaraga zikomeye, hafi ya za gihanga, zikurura
imigisha myinshi n'ubutunzi ku bavuga. Abakoresha
amagambo ahumuriza kandi yoroshya bumva umugezi
utemba muri bo nta nkomyi, wuzuyemo ituze rikomeye. Ibi
biterwa nuko uyu mugezi ufitanye isano n'isoko yawo yo
hejuru, umugezi uhoraho ugera ku mitima ihuje n'iyo soko,
.ukabashoboza kohereza ibyishimo ku bifuzwa amahoro

* * *

Mbega amagambo menshi meza aturutse mu mutima
yakuyeho agahinda kenshi, kandi ese amajwi menshi
y'abanyabwenge yamurikiye inzira z'umwijima amatara
!y'ibyishimo n'ituze

* * *

Dukura mu bunararibonye bwose tunyuramo, igihe
cyose tuzi neza ko dushobora kwigiramo amasomo
y'ingirakamaro. Ububabare bwose n'imibabaro duhura na
byo bifite icyo bivuze n'icyo bigamije. Nubwo ibi bintu
bikomeye, ni nk'umuriro ushongesha amabuye y'icyuma,
ukayahindura icyuma cyiza, gikomeye kandi gikoreshwa mu
.buryo butandukanye

* * *

Ibintu byose bitangaje nagezeho mu buzima bwanjye
byagezweho binyuze mu mbaraga z'ubwenge buhuje
n'Imana. Iyo igikoresho cy'Imana kirimo gukora, icyo nifuza
cyose kirasohora nta gutandukana, kibanza gufata ishusho
nk'igishushanyo kitagaragara, gishingiye ku bushobozi
hanyuma kikagaragara mu by'ukuri n'imbaraga
.zidasubirwaho

* * *

Iyo ubwenge bubwiye Imana ijwi rivuye ku mutima kandi
rishyushye riturutse mu mutima w'umuntu ufite icyifuzo
gikomeye, umuhamagararo w'umwuka uzagera ku mutima
w'abantu bose, maze igisubizo kizaza, kizana ibyishimo
byinshi. Iri jambo rivuye ku mutima ritera imbaraga kugeza
ubwo rigira imbaraga zikenewe kugira ngo rigere ku ntego
.ryifuzwa

* * *

Iyo ubwenge bw'umuntu n'ubushake bwe bihuye
n'Imana, aba afite imbaraga zitagira imipaka, ku buryo
gutekereza ku kintu gusa bihagije kugira ngo akigereho,
kuko amategeko y'Imana akorera ku bw'abahuje n'ubushake
.buhebuje

* * *

Uko impungenge zacu zaba ziri kose, Imana igomba
gufata umwanya wa mbere mu buzima bwacu Kimwe mu
bintu by'ingenzi mu gukura mu mwuka ni ugukomeza
kubwira Imana amagambo aturuka ku mutima, aho uzabona
.impinduka nziza zizagutangaza cyane

* * *

Umuntu ntagomba kwiye gurira ubushobozi bwose bwo
gutekereza Imana yamuhaye mu gushaka ibintu by'akanya
gato, bitabaye ibyo azibagirwa mu buryo bwo gukunda ibintu
no kwiremera imipaka n'inzitizi adakeneye. Ahubwo, agomba
gukoresha imbaraga ze zo gutekereza kugira ngo abone ibyo
akeneye mu buzima kandi agaharanira guteza imbere

ubushobozi bwe bwo mu mwuka kugira ngo atandukane
.hagati y'icyiza n'ikibi, n'ikibi n'icyiza

* * *

Ukuri kurenze ibitekerezo n'inyigisho, kandi benshi
.bafata ubu buryo bagengwa n'imyanzuro yabo bwite

* * *

Mwami, fungura amarembo y'amahoro kandi urinde
ubuturo bw'ibitekerezo byanjye byo mu mwuka ibitero
by'amajwi mabi. Reka indabyo z'ibyo nifuza zishime mu
.busitani bw'umutima wanjye mu gihe ntegereje ko uzaza

* * *

Ubumenyi bw'inyigisho ntibushobora kubona *
ubumenyi bw'Imana, kandi ni byiza kudapfusha ubusa igihe
cyawe cy'agaciro ku nyigisho zidashobora gukoreshwa mu
by'ukuri, bitabaye ibyo uzisanga uri mu mashyamba
y'ubwenge menshi kandi ntushobora kurenga inyigisho
.z'inyigisho

* * *

Ibyishimo ni imbuto yo gutsinda mu mitekerereze mu
bihe bigoye by'ubuzima

* * *

Uwo Imana izi ashobora kuba atazwi n'isi

* * *

Iyo umuntu yishyize hamwe n'ubumenyi
bw'imitekerereze [atapimye], azaba nk'igikoreshe gifata
amajwi gisubiramo imigani kandi kigasubiramo amagambo
akomeye, abandi bakamufata nk'umuhanga mu
by'ubumenyi, ariko ubwo bumenyi ntibukomezwa no kubona
ukuri mu buryo butaziguye, cyangwa ngo buhuzwe no
.kugera ku byo mu buryo bw'umwuka

* * *

Ibibazo bizakomeza kubaho mu isi, none se umuntu
ashobora kwerekeza he kugira ngo ahabwe ubuyobozi
n'icyerekezo? Ibitekerezo bye, bigizweho ingaruka
n'imyitwarire, ivangura, ivangura, n'ubufana, ntacyo bimaze,

kandi ingaruka z'ibidukikije bye, umuryango we, igihugu cye,
cyangwa isi ye ntizishobora gutanga ubuyobozi nyakuri.
Bityo rero, umuntu agomba guhindukirira Imana no kumva
.ijwi rituje, rituje riva mu mutima we, ijwi rihuye n'ukuri

* * *

Mukingurire imitima yanyu ku isuka ry'Imana kugira ngo
risendere muri mwe kandi ryuzuze ubuzima bwanyu imigisha
n'ineza byo mu mwuka

* * *

Akazi kose ukora n'ibyo wageraho byose, ibuka ko
Imana ari yo soko iguha imbaraga zose ukeneye kugira ngo
.ukore kandi ugere ku byo wagezeho

* * *

Reka nkwibuke, Mwami, mu bukene no mu buhire, mu *
ndwara no mu buzima bwiza, mu bujiji no mu bwenge, kandi
reka ndebe urumuri rwawe rwiza rutanga ubuzima bwiza no
.gukira muri ako kanya

* * *

Mu bitekerezo byanjye byonyine, ndifuza kumva ijwi
ryawe ry'umugisha. Nkuramo amajwi akaze yo mu isi ahishe
mu byibutso byanjye. Ndashaka kumva ijwi ryawe rituje
.kandi riryoshye iteka ryose mu ituze ry'umutima wanjye

* * *

Ubuzima butwikiriwe n'umwijima, kandi tugomba kureka
umucyo w'Imana ukaba itara rituyobora mu gihe tunyura mu
nzira zabwo z'umwijima. Ni ukwezi kuzuye mu ijoro ry'ubujiji
n'umwijima, ni izuba ry'urumuri mu masaha yo gukanguka,
urumuri rw'ubuyobozi, n'inyenyeri y'Amajyaruguru ku
.banyura mu nyanja z'ubuzima bw'isi, bumara igihe gito

* * *

Igihe kirageze ngo abantu bakanguke bave mu bitotsi
byo kwibagirwa bajye mu by'umwuka Turagusaba, Mwami,
kuzamura ubwenge bwacu tuva mu bwigunge
bw'uburangare n'ibitekerezo bito, bigarukira, tujye mu

mucyo w'amahoro, umucyo, urukundo, n'impuhwe za muntu
.ku isi yose

* * *

Ibintu bizagenda neza kuko imbaraga n'ibitangaza
by'Imana byihishe inyuma y'ivuguruzanya ry'ubuzima
bw'abantu, kandi uwo ari we wese utemera ko ibintu
bidashoboka kandi akagerageza kwinjira mu bwenge bwe no
mu kwizera kwe ku biri hirya y'igitambaro azakingurirwa
.urugi

* * *

Kwizera ntibivuze kuba umuntu utagira icyo akora
cyangwa kudafatana ubushishozi n'ibintu. Ahubwo, uko
byagenda kose, umuntu agomba kwiyeemeza ko Imana
yonyine ari yo ishobora kumushyigikira mu bihe bigoye kandi
bigoye niba ayihindukiriye n'umutima we wose, ubugingo
.bwe bwose, n'amarangamutima ye yose

* * *

Iyo ibyumviro byacu bishobora kutwereka ukuri kose,
twabona isi nk'imigezi ya elegitoroniki, kandi agace kose
k'umukungugu nk'urumuri ruzenguruka Abagera mu isi
y'ibintu bakagera mu mwuka basobanukiwe imiterere
.y'ubuyobe kandi bazi ishingiro ry'ukuri

* * *

Haba mu ishyamba rya Afurika, ku rugamba, urwaye
cyangwa ukennye, umuntu agomba kwemeza ko ukuboko
kw'Imana gukomeye kurusha akaga ako ari ko kose kandi ko
gushobora kurinda abashaka kuyihungiraho Nta bundi buryo
bwiza bwo kuyirinda buhari Birumvikana ko umuntu agomba
gukoresha ubwenge mu guhangana n'ibintu mu gihe ari
.nako yiringira ubufasha bw'Imana mu buryo bwuzuye

* * *

Urukundo rutuye mu mitima y'ibiremwa byose—
urukundo rw'ababyeyi bose, ba se, inshuti n'abakunzi—
rukomoka ku rukundo rw'Imana

* * *

Hagomba gutandukana inshingano zikomeye n'izito,
hagashyirwa imbere iz'ingenzi kurusha iz'ingenzi gusa.
Byongeye kandi, nta nshingano igomba kuvuguruza indi.
Ibyanditswe bitubwira ko iyo inshingano imwe igongana
.n'indi, ari ikimenyetso cy'uko atari inshingano nyakuri

* * *

Uko imirasire y'izuba ikomeza gukwirakwira,
nzakwirakwiza imirasire y'ibyiringiro mu mitima y'abakene
n'abatereranywe [abo umuryango watereranye], kandi
nzashyiramo ubushake bushya mu mitima y'abibwira ko ari
.abananiwe

* * *

Umwarimu Paramahansa yabwiye umwe mu bigishwa
:be ati

Ntukice umuntu uwo ari we wese mu rukundo rwawe."
Komeza buri wese mu mutima wawe, na we azagukomeza
"mu we

* * *

Uwiteka, mfasha gukoresha ubushake bwanjye buri gihe
kugira ngo nkore ibikorwa byiza kandi by'ingirakamaro
Mfasha gukurikiza ubushake bwawe kugira ngo
ibitekerezo byanjye byose bihuze n'imigambi yawe kandi
bihuze n'ubushake bwawe
Yamfashije gukangura imbaraga zihishe kandi
z'umugisha ziri muri nje kugira ngo mbashe gutsinda
ingorane n'ibigeragezo byose

* * *

Kanguka ugire uwo muco wo mu mwuka w'ubutwari
n'ubwiyoroshye - uhuza imbaraga z'intare n'ubwitonzi
bw'inuma

* * *

Sinzita ku kunengwa gukabije, kw'ibinyoma, cyangwa ku
gushimwa no gushimwa cyane. icyifuzo cyanjye cyonyine ni
.ugukora ibyo ushaka, Mwami, no kubona ubutoni bwawe

* * *

Ntushobora kwiyumvisha ibyishimo byinshi bizakuzura
igihe wumvise ubuturo bw'Imana. Ubwo rero ubugingo
bwawe buzasindishwa n'urukundo rw'Imana rutagira
imipaka. Ni urukundo ruruta incuro miliyoni z'urukundo
rw'umuntu uwo ari we wese—urukundo rusohoza ibyifuzo
byawe byose kandi rwuzuza umutima wawe ibyishimo
.n'ibyishimo

* * *

Binyuze mu kwibanda imbere, ushobora kwibonera
ibyishimo byo mu mwuka muri wowe no hafi yawe. Iyo
ubyibushye, imico yawe izakura neza, kandi uzagira
.imbaraga zo gukurura abantu n'ibindi biremwa

* * *

Umurinzi Mukuru, ntabwo nitaye ku byo natakaje byose
kubera iherezaho ryanjye, ari naryo nishyiriyeho, ariko
ndagusaba, wowe buhungiro bwanjye bwonyine, kurinda
urumuri rw'urukundo rwanjye kuri wewe imiyaga yo kutita ku
.byo nshaka no kwibagirwa

* * *

Nimuze tunywe amazi meza y'amahoro ahumura
aturuka mu masoko y'ibihe byiza, dukomezwa n'icyemezo
cyacu gikomeye cyo gutekereza neza no kugira icyerekezo
.cyiza

* * *

Umutimanama ni uburyo bwo kumva ibintu buhishura
kamere nyayo y'umuntu n'impamvu ze Iyo umutimanama
wawe ugororotse, kandi ukaba uzi neza ko ukora ibikwiye,
ntacyo ugomba gutinya. Umutimanama ugororotse ni
igihamba cy'imyitwarire myiza ituruka ku Mana. Kuba
umwere mu rukiko rw'umutimanama bivuze kugira ibyishimo
.no kwakira imigisha y'Imana

* * *

Gerageza gukora ibintu bishimishije kandi by'ubutwari
abantu benshi badakora, kandi uhe urukundo n'amahoro abo
abandi bitaho

* * *

Umwarimu Paramahansa yabwiye umwe mu bigishwa

:be ati

Niba udamara umwanya uhinga ubwenge, nta"
burumbuke bw'ibintu bushobora kugushimisha. Ubu buhinzi
si ukwica urubozo ahubwo ni ukwitoza ubwenge kugira ngo
".bugaburire ibitekerezo n'ibikorwa bijyana ku byishimo

Ibyishimo byawe ni intsinzi yawe, bityo ntukemere ko
hagira ubikwiba. Irinde abagerageza kukubangamira. Nkiri
muto, nakundaga kubura kwihangana igihe cyose abantu
bakwirakwizaga ibihuha by'ibinyoma kuri njye. Nyuma, naje
kubona ko amahoro yanjye yo mu mutima ari yo y'ingenzi
.kuruta kwemerwa n'abantu cyangwa gushimwa nabo

* * *

Iyaba wari uzi inkuru y'urukundo rw'Imana bamwe mu
bayisenga bahura na yo! Nta bundi bunararibonye mu
buzima bwagereranywa n'ubwo bwishimo nari nzi
umutagatifu wahoraga yinjijwe mu rukundo rw'Imana, kandi
isura ye irabagirana urukundo rwera Ijisho ry'Imana rihora
.rireba abayikunda, kandi ntabwo ibatererana na gato

* * *

Abashishikajwe no guteza imbere imbaraga zabo zo mu
mutwe no mu mwuka ni bake cyane

* * *

Ntukemere ko winjira mu gihe cyo gutinda. Haguruka
uve mu bitotsi by'ukuri kurambiranye kandi ujye mu
migambi y'ubuzima bwiza aho hari ibyo ugeraho, ibyishimo
.n'amahoro

* * *

Muri wowe hari ubushobozi bunini butegereje
gushorwamo, kandi ni wowe wenyine ushobora kubukoresha
.no kububyaza umusaruro

* * *

Kubohoka ku ngeso mbi n'ibyifuzo bibi bizana ibyishimo byinshi kuruta intsinzi y'ibintu. Mu ntsinzi y'ubwenge harimo imibereho myiza yo mu mutwe ibintu bidashobora gukuraho.

Ushobora kumara igihe cyawe cyose wirundanyiriza ubutunzi, ariko ubwo butunzi ntibuzaguha amahoro n'umutekano urambye ushaka. Ahubwo, bizakuzanira agahinda kenshi kuko ibyishimo nyakuri n'amahoro biba mu .bwenge, ntabwo biba mu butunzi bw'ibintu Iyo umaze gushinga imizi mu mutima wawe nyakuri, usohoza buri gikorwa kandi ukishimira ibyiza byose ufite .ibyishimo by'Imana

* * *

Ntukemere ko intege nke zinjira mu mutwe wawe, kandi witondere iyo wifatanya n'abantu bafite ibitekerezo bibi n'ibitekerezo bibi, kugira ngo ibitekerezo byabo by'intege nke bitakwinjira mu mutwe wawe, keretse ubwonko bwawe bugeze ku rwego rwo hejuru ku buryo ibitekerezo by'abandi bitashobora kubuca intege, ahubwo, ahubwo, bushobora .gukomeza ibitekerezo by'abandi no kongera icyizere cyabo

* * *

Imana iza imbere, kandi ntidukwiye gutangira cyangwa kurangiza umunsi wacu tutayitekerejeho. Tugomba kwibuka ko tudafite imbaraga n'imbaraga duhabwa n'Imana, ntacyo twashobora kugeraho. Bityo rero, inshingano yacu ikomeye .ni iyo kuyikorera

* * *

Hari uburyo bwo gusuzuma no gucira imanza imigenzo n'imigenzo Mbere na mbere, buri muco wari ufite impamvu. Niba dusanze impamvu ihari, iyo ngeso ifite icyo ivuze n'inyungu. Ariko, si byiza gukurikiza imigenzo mu buryo buhumyi. Tugomba kumenya ukuri no kugukurikiza, tugasobanukirwa icyatuzanira ibyishimo hanyuma .tukabishyira mu bikorwa

* * *

Iyo ubona abantu benshi badafite ibyishimo cyangwa
intsinzi, ntugatekereze ko ari yo ntego yabo. Ushobora
kwigira icyo ushaka kuba cyo cyose. Intsinzi yawe y'imbere
.niyo iguhesha intsinzi by'ukuri

* * *

Niba ntacyo ufite muri wowe ubwawe, ntuzishima Ariko
niba ntacyo ufite iruhande rwawe kandi ukaba wishimye
muri wowe, nta gushidikanya ko uba ufite icyo ugeraho
Bityo, ntibishoboka gucira abantu urubanza ukurikije
.imimerere yabo yo hanze

* * *

Mu mbaga nyamwinshi y'abantu, hashobora kuba hari
umuntu wageze ku rwego rwo hejuru mu buryo bw'umwuka
kandi akaba afite amahoro yo mu mutima n'ibyishimo byo
.mu buryo bw'umwuka bihebuje

* * *

Ndazi neza ko ibyo nkeneye byose bizangeraho, bityo
sinhangayikishwa n'ibyo ejo hazaza habitse. Ibi si ukwirata
cyangwa kwiytirira, kuko nabonye umurimo n'ubushobozi
.bw'izo mbaraga nziza mu buzima bwanjye inshuro nyinshi

* * *

Naba ndimo ndemba hejuru y'ubuzima cyangwa ndimo
nrohama mu nyanja, nzi ko ndi kumwe n'Imana kandi ko iri
kumwe nanjye, kandi ko nta kintu na kimwe gishobora
kungirira nabi. Ubwo bumenyi bwampaye ibyishimo
.bitavugwa kandi byimbitse

* * *

Nta gushidikanya ko kugura ikintu gishya ari ibintu
bishimishije Ariko nyuma y'igihe runaka, icyo cyizere
cy'ibyishimo kirashira buhoro buhoro, ndetse ushobora no
kutakigiraho uruhare rwose, ukibagirwa ikindi kintu. Ariko,
fagitire y'icyo kintu ntizibagirana, cyane cyane niba
!wagiguze mu byiciro

* * *

Umuntu agomba kugenzura ubuzima bwe no
kubworoshya uko bishoboka kose. Agomba kuzigama
amafaranga yo gukoresha mu bintu by'ingenzi n'ibyhutirwa,
gushyira imbere kuzigama amafaranga kuruta kuyakoresha
mu bintu by'agaciro, no gufasha abandi uko ashoboye kose.
Iyo ufashije abandi, ubufasha buzakugeraho mu buryo
bumwe cyangwa ubundi, kandi ntacyo uzabura kandi
.ntuzabura icyo wakenera

* * *

Mu byishimo by'imitima yose, numva ijwi ry'ibyishimo
byawe, Mwami, kandi mu bucuti bw'abizera bose, numva
urukundo rwawe ndishima kandi umutima wanjye wishimira
intsinzi n'iterambere ry'inshuti zanjye, nk'uko nishimira
imibereho myiza yanjye n'uburyohe bwanjye Uko nshyira
ubwenge mu bandi, ngwiza ubutunzi bw'ubwenge bwanjye,
kandi mu byishimo bya bose, mbona ubwanjye

* * *

Umwanzi ukomeye w'ibyishimo ni uguza amafaranga
kugira ngo ugure ibintu by'akataraboneka Abantu bibeshya
ko badashobora kugira ibyishimo keretse babonye ikintu
cyihariye Aiko nubwo bamaze kubona icyo kintu,
ntibazabona ibyishimo nyakuri, nubwo bizana ibyishimo
by'igihe gito. Ni iki gituma umuntu yiruka inyuma y'ibyishimo
byo mu isi bisezeranya guseniyuka gusa? Abantu bagomba
kubaho mu buryo bworoshye, badakeneye ubutunzi bwinshi
.busaba kwitabwaho buri gihe

* * *

Paradizo yanjye iri muri njye Uko nishimira imigisha
y'Imana, ndayishimira, kandi ibyishimo byanjye byo mu
mutima bikura Nta byishimo byo mu mutima, ndetse
n'ibinezeza n'ibyishimo byo mu isi biba ikuzimu Naje kubona
ko iyo nta byishimo byo mu mutima, umutwari w'inshingano
nahawe wari kunyiba amahoro yanjye kandi ukambura
.ibyishimo byanjye

* * *

Niba ubutunzi bujyanye n'indwara n'ibibazo, ingaruka
zizaba nyinshi Isuku n'ubuvuzi biri mu mbaraga
z'Uburengerazuba Udukoko twangiza n'udukoko twica
bigenzurwa neza mu bihugu byateye imbere, mu gihe ari
twinshi mu bindi. Ariko gukuraho utwo dukoko si cyo kintu
cy'ingenzi cyagezweho, kuko hari izindi ngorane mu bihugu
byateye imbere, nko kwishyura fagitire bigoye no kubura
amafaranga bitewe na sisitemu zo kugura mu byiciro—
ibibazo bibangamira ibitotsi no kugabanya amahoro yo mu
.mutima
* * *

Turi igice cy'ingenzi cy'ubwenge bumwe iyi si ikomeye
yaturutsemo
* * *

Ese wigeze ubona umukumbi w'intama? Iyo imwe muri
zo isimbutse, izindi mukumbi ziwugana nta gushidikanya
Abantu benshi bameze batyo Umuntu ashobora kuzana
igitekerezo cyangwa akazana ikintu gishya, abandi bagahita
bagifata nk'uko bisanzwe. Iki gishushanyo cyakomeje
kubaho mu bisekuruza bitandukanye Buri gihugu gifite
imigenzo yacyo, kandi ntitwavuga ko yose ari ukuri cyangwa
ari ukuri. Ariko se ni nde ubizi? Ahari imwe muri iyo migenzo
n'imigenzo ntacyo ivuze kandi ntacyo imaze
* * *

Iyo inkubi y'umuyaga y'ibitekerezo igabanutse, twinjira
mu bwami bw'amahoro kandi tugakora ku kuboneka
kw'Imana
* * *

Tekereza ku Mana, cyangwa ahantu heza hatera
amahoro, cyangwa uburambe bushimishije kandi
bushimishije. Igikorwa cyiza kandi gituje cyo mu mutwe
.kirakomeza kandi kigarura ubuyanja
* * *

Tuba mu isi irimo akajagari n'imidugararo Ushobora
gutekereza ko amafaranga asobanura ibyishimo, ariko iyo

uyabonye, ugasanga uracyari mubi Ushobora kubona
ubutunzi ugatakaza ubuzima bwawe (Imana iragufashe)

Cyangwa ushobora kugira ubuzima bwiza ugatakaza
amafaranga yawe Cyangwa ushobora kugira ubutunzi
n'ubuzima bwiza ariko ugahura n'ibibazo byinshi hamwe
n'abandi, utanga ubuntu ariko ugahura n'urwango
n'umujinya udafite Imana, nta kintu na kimwe muri ubu
buzima gishobora kukunezeza by'ukuri

* * *

Isi ihinduka icyumba cy'imibabaro ku bantu babaho
batazi gahunda y'Imana. Ariko iyo ubona ibibera mu buzima
nk'abarimu bawe kandi ukabyigiraho imiterere nyayo y'iyi si
n'uruhare wahawe mu isi, ibyo bibera urumuri rw'agaciro mu
.nzira igana ku kunyurwa no ku byishimo birambye

* * *

Aho ngaho, inyuma y'umwijima utari wijimye, ituze
ritagira amajwi, n'ubusa butararemwa, hari ikintu cy'iteka
ryose, ari cyo nkomoko y'ubuzima n'isoko y'imbaraga zose
.n'ibiremwa, ibiboneka n'ibitagaragara

* * *

Imana ntiyaturemeye iyi si kugira ngo turye, dusinze
kandi dupfe gusa, ahubwo yaturemeye kugira ngo tumenye
ubushake bwayo kandi dusobanukirwe intego yo kubaho
kwacu. Abantu bake b'abanyabwenge basobanukiwe icyo
gahunda y'isi isobanura, ariko abantu benshi ni impumyi
.kandi ntibazi iyo ntego

* * *

Amafaranga ntabwo yari intego yanjye mu buzima;
intego yanjye kwari ugukorera abavandimwe banjye bo mu
buntu. Bityo, Imana yamfunguriye imiryango myinshi
.y'amahirwe yo kwibeshaho no gusohoza inshingano zanjye

* * *

Imana yaremye iyi si kugira ngo ikore ikurikije itegeko
rihoraho kandi ridahinduka Iyo turenze kuri rimwe muri aya
mategeko rusange, tuba twihaniye Umuntu usimbuka ava ku

gisenge cy'inyubako ndende azavuna amagufwa ye. Bityo
rero, ntidushobora kwirengagiza itegeko ry'imbaraga
.rukuruzi tutagize ingaruka mbi

* * *

Iyo twitegereje mu buryo bwimbitse imico y'isi kandi
tugasuzuma amabanga yihishe y'imico ya kera, ishusho nini
igaragara, ifite imirongo ifatanye, ibice bitandukanye,
n'ibisobanuro birambuye, maze tugasanga umuntu ari
.umuntu ku giti cye kandi ari n'umubano icyarimwe

* * *

Iyo Imana ishaka ko tubaho mu buryo bwo kumenya
ibintu gusa, twari kunyurwa byuzuye n'ibintu bifatika kandi
.tukanyurwa n'inzira z'isi

* * *

Imirasire y'ubuziranenge, amahoro, n'ibyishimo birenze
inzozi irabengerana kandi irabyina mu bwigunge bwacu
bw'ingenzi

* * *

Muri buri bunararibonye bugaragara mu kirere
cy'ubuzima bwacu muri uru rugendo rwacu rwo ku isi,
tugomba kwiga uburyo bwo kwagura ubumenyi bwacu
n'uburyo bwo gusobanukirwa neza imimerere ituzengurutse
cyangwa iyo tunyuramo, hanyuma tuzabashe kubaho mu
.bwumvikane bwiza no kubana neza n'abantu n'ubuzima

* * *

Abantu benshi bigana abandi. Umuntu agomba kuba
umwimerere kandi agahanga udushya, kandi akaba
.umuhanga mu byo akora byose

Mu Burasirazuba, intego nyamukuru yari iyo guteza
imbere ibyishimo byo mu buryo bw'umwuka, mu gihe ibintu
by'umubiri mu buzima byakunze kwirengagizwa. Mu
Burengerazuba, hari ibintu bimwe na bimwe byo kwishimisha
mu buryo bw'umubiri ariko ibyishimo byo mu mutwe ni bike
cyane. Igikenewe ni uburinganire hagati y'ibyo byombi, kuko
kwibanda ku kintu kimwe gusa cy'ubuzima bitera

ubusumbane no kunanirwa guhangana n'ibyo umuntu
.akeneye mu buryo bushyize mu gaciro

* * *

Ibyishimo bikomeye - nyuma y'ibyishimo by'Imana - ni
uko umuntu abana amahoro n'abavandimwe be ba hafi
.bagomba kubana nabo buri munsu w'umwaka
Abantu batakaza umwanya munini bihuta kandi bakora
ibintu bahubutse ariko ntibagere ku ntego zabo. Bake
bahagarara gato kugira ngo batekereze kandi bagerageze
.gusobanukirwa icyo ubuzima butanga

* * *

Tugomba gukora kugira ngo twubake inyubako
z'ubwenge mu busitani bw'amahoro bukura kandi
bukarabagirana indabyo nyinshi z'imico myiza y'umwuka

* * *

Ubwumvikane bw'imbere ni isoko ikomeye y'imbaraga
kandi butanga ingufu zishobora kuvugururwa

* * *

Urebye ubuzima, umuntu asanga gutsinda atari
byoroshye Ubuzima akenshi buragoye kandi ntibubabarira,
kandi tugomba kurwana no kubona imibereho Tekereza
imbaraga zisabwa kugira ngo umubiri wawe ukomeze
kubaho neza kandi utagira indwara! Nubwo wabigeraho, iyo
ntsinzi ni iy'igihe gito. Umubiri - urambe igihe kirekire -
amaherezo uzashyirwa mu gihirahiro. Ibisabwa ni ukurwanya
imbaraga nyinshi, haba iz'imbere n'iz'inyuma, kugira ngo
ugere ku ntsinzi wifuza. Izi mbaraga zikora cyane kugira ngo
.zikubuze kugerwaho n'ibintu by'ingenzi

* * *

Gerageza gutuza mu bihe byose, kandi ureke imbuto
y'amahoro yawe ishime mu byishimo no mu nseko
.z'ibyishimo

* * *

Ndetse n'abera bakomeye ntibabona agakiza kuzuye
keretse gusangiye abandi intsinzi yabo—ubunararibonye

bwabo mu by'umwuka n'ubumenyi bwo hejuru mu buryo
bw'umwuka. Niyo mpamvu abageze kuri izo ntambwe kandi
bakagera kuri izo ntambwe bifuza kugeza ku babyifuza. Niba
wifuza intsinzi nyayo, ntuzabona ibyishimo byawe gusa,
.ahubwo uzanabihesha n'ibyishimo by'abandi

* * *

Umuntu wese ufite ubwenge ashobora kubona
amafaranga Ariko niba afite urukundo mu mutima we,
ntabwo azigera ayakoresha mu nyungu ze bwite; ahubwo
azayasangira n'abandi Amafaranga ni umuvumo n'ibyago
biri mu maboko y'abikunda n'abanyanteye nke, kandi ni
umugisha n'impano biri mu maboko y'abafite imitima myiza
.n'imitima itanga ubuntu

* * *

Umuntu ashobora guhitamo guceceka igihe kirekire,
yanga kuvugana n'umuryango we Nubwo uyu muntu
ashobora kugira amahoro yo mu mutima, imyitwarire ye ni
ubwikunde kandi ikabangamira ibyishimo by'umuryango we.
Ntibishobora gufatwa nk'aho ari umuntu watsinze by'ukuri
keretse abakunzi be nabo bungukiye ku byo bagezeho. Mu
buryo nk'ubwo, kugera ku ntsinzi mu by'umubiri ntabwo ari
uburenganzira bwacu bwo kwishimira gusa iterambere;
ahubwo binakubiyemo inshingano zacu ku bandi zo
.kubafasha kunoza ubukungu bwabo n'imibereho yabo

* * *

Ndinzwe n'umutimanama wanjye ukeye. Natwitse
.amateka mabi kandi ndahangayikishijwe n'uyu muni gusa

* * *

Uyu muni ndabona ko ndi umwe mu bafite urumuri
rw'ibyiza bihebuje kandi ko ndi urumuri rw'abarwana
n'imiraba y'inyanja y'umubabaro

* * *

Abantu bafite ibitekerezo n'ibitekerezo bitandukanye ku
bijyanye n'intsinzi, bitewe n'ibyo bifuza mu buzima. Ni
ibisanzwe kumva bamwe bagereranya intsinzi n'ubujura,

bavuga ibintu nk'ibi ngo "Yari umujura watsinze!" Ibi
bigaragaza ko intsinzi mu buryo bwose n'ubwoko bwayo ari
nziza kandi irashakishwa. Ariko, intsinzi yacu ntigomba
.kwangiza abandi

Hariho kandi ikindi gipimo cyo gutsinda: iyo dushoboye
kuzana umusaruro uhuye kandi w'ingirakamaro kuri twe
ubwacu, twagombye no gushyira abandi mu ntsinzi yacu no
.gusangira nabo imbuto zayo

Intsinzi bivuze kunyurwa n'ibyishimo by'umuntu mu
bidukikije. Intsinzi nyakuri ni umusaruro w'ibikorwa
bishingiye ku mahame yo gukiranuka, kandi ikubiyemo
ibyishimo n'imibereho myiza y'abandi nk'igice cy'ingenzi
cy'ibyishimo bye. Iyo dushyize mu bikorwa iri hame mu
buzima bwacu bw'umubiri, mu bwenge, mu by'umuco no mu
by'umwuka, tuzagira ibisobanuro byuzuye kandi byuzuye
.by'intsinzi

* * *

Aha muri iyi si nto, tubona uburebure, ubugari,
n'ubucucike, ariko hari urundi rwego aho ingano zitabaho;
byose birasobanutse kandi bisobanutse—byose ni ubwenge
n'ubushishozi. Uburyo bwo kumva uburyohe ni uburyo bwo
kumva, kimwe n'uburyo bwo guhumurirwa.
Amarangamutima yacu, ibitekerezo byacu, n'imibiri yacu ni
imiterere y'ubwenge. Nk'uko dushobora kubona, kumva,
guhumurirwa, kuryohereza, no gukoraho mu nzizi, ni ko
bimeze no kuri urwo rwego rwo hejuru, ese tugerwaho n'ibi
?byose binyuze mu bwenge busanzwe

* * *

Uwiteka, duhe ibyishimo wumva ko uri hafi yawe,
udukure mu ngoyi z'ibyifuzo, kandi uduhe ibyishimo byo mu
mutima bitagizweho ingaruka n'ibyo ubuzima buhura na byo
.n'ibintu bihinduka

* * *

Iyo ubwenge bwacu buhuje n'ibitekerezo byo hejuru,
ubwenge bw'umwuka burabyuka muri twe maze tukabona
ibitangaza bitangaje by'ubwenge n'urukundo by'Imana

* * *

Nidukunda Imana byuzuye kandi tukayihindukirira
n'ibitekerezo byacu byose n'imitima yacu yose, tuzumva turi
hafi yayo kandi tuzasanga ari yo buhungiro bukomeye
.bw'umutekano mu buzima

* * *

Mu isanzure rinini kandi risa n'aho ririmo ubusa, hari
isano iri hagati y'isi n'ubuzima buhoraho buduhuza n'ibintu
byose bifite ubuzima n'ibidafite ubuzima mu isanzure—
umuraba w'ubuzima buhebuje bunyura mu kubaho kose.
Ubuziraherezo ni urugo rwacu nyakuri n'ubuturo buhoraho,
kandi kubaho kwacu muri iyi mibiri ni iby'igihe gito,
.nk'ikiruhuko gito ku modoka zigenda mu butayu

* * *

Iyo twishyize hamwe n'imbaraga z'umwuka zirema,
tuzahuza n'ubwenge bw'isi yose kandi butagira iherezo
bushobora kutuyobora no gukemura ibibazo byacu.
Imbaraga zo guhanga zizatugeraho nta nkomyi ziva ku isoko
ikomeye y'ubugingo bwacu, zidushoboza kugera ku ntsinzi
.mu bikorwa byacu byose

* * *

Urukundo rukura kandi rugakura mu muryango
w'abizerana, kwihanganirana no kubahana

* * *

Uwiteka, duhe umugisha umucyo w'ibitekerezo
bitunganye n'ingeso nziza, kugira ngo umwijima w'ingeso
mbi n'ibitekerezo bibi bitugeraho, uzakita uvanwaho.
Udufashe kugukunda urukundo rwimbitse ku buryo ibishuko
by'umubiri cyangwa ibishuko by'isi bitashobora kutugusha
.mu mutego cyangwa ngo bifate ubwenge n'imitima yacu

* * *

Ibintu biboneka byoroshye ntabwo ari ingenzi cyane. Ibi
tubizi mu kwigira ubuzima bw'abagabo n'abagore bakomeye
n'uburyo babaye indashyikirwa binyuze mu guteza imbere
impano zabo, gusohoza inshingano zabo, kubaka
indangagaciro zabo z'umuco, kwiga kwabo byimbitse, no
kwirinda kwikunda. Umusaruro babonye n'ibyo bagezeho
.byari biruta cyane imbaraga bakoze

* * *

Ubwisanzure nyakuri buri mu bwigenge bwo guhitamo
buyobowe n'ubwenge kandi bugashyigikirwa n'ubushishozi,
ubunyangamugayo, n'ubushake buhamye

* * *

Iyo ukanguye ubushake bwawe, icyemezo cyawe,
n'ubushishozi bwawe, imbaraga zitagaragara zirekurwa mu
bwenge bwo hejuru—binyuze mu bwenge bw'ubugingo—
kugira ngo zigufashe kandi zimurikire inzira zigana ku
.ihumire n'ibyishimo byo mu mutwe, ubifashijwemo n'Imana

* * *

Umuntu agomba gufungura imiyoboro y'ubugingo
binyuze mu mbaraga ze bwite Ntawe uhisemo ku bushake
imibabaro n'agahinda kuruta amahoro n'ibyishimo Ubujiji ni
umuzi w'imibabaro n'imbogamizi igomba gukurwaho no
kuvanwaho Ubujiji ni icyatsi kibi, gifite imizi ikomeye, gikura
mu busitani bw'abantu, kikinjiza ibimera byiza kandi
by'ingirakamaro Ubujiji bugomba kuganzwa n'ubushake
budasubirwaho n'ubushake buhamye Ubutaka bw'ubwenge
bugomba guhingwa hibandwa ku bitekerezo neza [ku byiza]
kandi imbuto nziza zivomerwe n'amazi yo kwizera Iyo
imirasire y'urukundo ishyushye kandi irabagirana, imbuto
y'ineza izakura kandi itsinde ibyatsi n'ibyatsi bibi, kuko
umwijima udashobora kubaho imbere y'umucyo

* * *

Ibinezeza by'ibintu bifatika birashira kandi bikayoyoka,
ariko ibyishimo by'Imana ntibizigera bishira. Ni ibyishimo
.by'Imana bitagira iherezo kandi bitavugwa

* * *

Ntitugomba gukoresha uburyo butari bwo kugira ngo
tugere ku byishimo, kandi ntitugomba kureka amahoro
n'ubutunzi bw'umwuka dufite imbere yacu dushakisha
ihumure ryihishe n'ubuzima bwiza bushobora kumanikwa
imbere yacu n'ibikorwa n'imyitwarire mibi bifite ingaruka
.mbi

* * *

Ubwiza ni kamera nziza yo gufata ishusho y'Imana.
Binyuze mu mucyo w'ituze ritunganye kandi ryimbitse neza,
.ishusho nziza izagaragara neza

* * *

Mu by'ukuri, ubwenge bwose buri muri wowe kandi icyo
ukeneye ni ukubimenya neza

* * *

Kunywurwa biri mu kwiteza imbere, kugira ngo abandi
bagushake aho kubashaka. Urukundo n'ubucuti bigomba
gutangwa nta cyizere cyangwa ubusabe, kuko kwitega bitera
inzika n'uburakari. Nubwo umuntu aharanira kwiteza imbere,
agomba kwihagararaho wenyine, afite umutekano kandi
.afite amahoro mu gihome cy'imico myiza n'agaciro ke

* * *

Amasumo y'ibyishimo n'icyizere ahora aturuka mu
mutima wanjye, kandi amasumo yabo ahumura akore ku bo
.nhura nabo bose

* * *

Ibyishimo byo mu mwuka bitera mu mutima icyifuzo cyo
gufasha abandi mu buryo bwose, kandi bigateza imbere
ubushobozi bwo kwishimira ibinezeza by'umuco bitanga
ibyishimo, bityo bigabanye ubushake bwo gushaka ibinezeza
.bidafite akamaro

* * *

Uko uruhare rwawe rwaba ruto kose, ruracyari ingenzi
kimwe n'inshingano zikomeye mu bijyanye no kugira

uruhare mu gutsinda kw'ikinamico y'isi roho zikina ku
.rubyiniro rw'ubuzima

* * *

Ubwenge rusange ni ubwenge bwuzuye kandi butagira
iherezo, buhora bwivugurura kandi budashira mu guhanga
kwabwo, kandi binyuze muri wowe bugerageza kugaragaza
.umwihariko wabwo

* * *

Nuryoherwa n'urukundo rw'Imana nubwo rwaba rimwe
gusa, ntuzigera urureka kuko nta kindi kintu gisa narwo mu
.isi yose

* * *

Abazi Imana bageze ku ntera zikomeye cyane mu
by'umwuka, ku buryo batanyurwa no guha abanyabyaha
inama zo mu buryo bw'umwuka gusa, ahubwo bashobora -
ku bw'ubuntu n'ubufasha bw'Imana - kubaha imbaraga
.z'umwuka zibakura mu ngaruka z'ibikorwa byabo by'icyaha

* * *

Ibikorwa byose byiza n'ibibi biba mu ngirabuzimafatizo
z'ubwonko kandi bigaragarira nk'ingeso nziza cyangwa mbi
cyangwa ingeso mbi mu bitekerezo. Umuntu urwaye ingeso
mbi bitewe n'uko ungirabuzimafatizo z'ubwonko bwe
zihabwa imbaraga z'izo ngeso ashobora kwibohora binyuze
mu bushake, gutekereza, gusenga bivuye ku mutima, no
gukomeza kwemeza neza kugeza igihe ingeso ze zose
zidashimishije zihindutse ingeso nziza z'amahoro n'ituze. Ibi
bibaho iyo imbaraga z'ubuzima ziyobowe neza zikora kugira
ngo zihindure imiterere idasanzwe y'ungirabuzimafatizo
z'ubwonko, bityo utwo tungirabuzimafatizo twuzure ibyiza
.byose, byiza, n'ubwiza

* * *

Gusobanukirwa ni ijisho ry'imbere, kureba roho, na
telesikope y'umutima. Ni uburinganire hagati y'ituze
.ry'ubwenge n'ubugwaneza bw'umutimanama

* * *

Buri muni tubona ahantu hatandukanye, kandi buri
muni uzana isomo rishya. Biteganijwe ko umuntu aziga
isomo yibanda ku ntego nyamukuru yo kubaho kwe:
.kumenya isoko y'ubuzima bwe n'ishingiro ry'ubuzima bwe
Dukore twibagirwe imibabaro yo mu bihe byashize kandi
twiyemeze kutabitekerezaho. Dufite umurava udacogora
n'ubushake bufatika, tuvugurure ubuzima bwacu, twongere
.intsinzi zacu, kandi twizigamire imico myiza n'imico myiza
Imana ni yo mbaraga zanjye kandi sinizera izindi
mbaraga zose
Rwana intambara z'ubuzima kandi ukomeze kwihangana
kugeza ku iherezo, ntucike intege Ntukigere uvuga uti
"Simbona inzira, bityo nzahagarika kugerageza" Saba
ubuyobozi niba warakoze amakosa, ariko ntucike intege
Benshi bemera gutsindwa iyo bahuye n'imbogamizi
Abananiwe bagomba kwifatanya n'abantu batsinze, ntabwo
ari ukunanirwa iyemeza gutsinda; ibyo bibe filozofiya yawe
mu buzima

Buri muni tugomba gukomeza imbaraga zacu
z'umubiri, kongera imbaraga zacu zo mu mutwe, no
kumenya uko turi by'ukuri binyuze mu gutekereza,
gutekereza neza, n'umurimo mwiza kandi utanga umusaruro
.ugirira akamaro umubiri, ubwenge, n'umwuka hamwe
Iyo ushaka gushinga ingeso nziza cyangwa gucika ku
yindi mbi, shyira imbaraga mu ngirabuzimafatizo z'ubwonko
aho imikorere y'ingeso zitandukanye iba. Kugira ngo
ushyireho ingeso nziza, banza wicare utuje utekereze,
.ushaka ubuyobozi bw'Imana

Shyira ubwenge bwawe ku gice cy'imbaraga z'ubushake
kiri mu gahanga kawe, hagati y'amaso yawe, kandi wemeze
neza ingeso ushaka gushyira mu bwonko bwawe. Iyo ushaka
gukuraho ingeso mbi, shyira kandi ibitekerezo byawe ku gice
cy'imbaraga z'ubushake kandi wemeze neza ko imiyoboro
.yose aho iza ingeso zashinze imizi irimo gusibangana

Ukoresheje imbaraga n'ubushake, ushobora gusiba
ndetse n'imirongo miremire y'ingeso za kera zashinze imizi

Isubiremo kenshi ko ufite ubushake bwo kurandura
ingeso mbi mu bwonko bwawe. Igihe cyiza cyo kwemeza ni
mu gitondo cya kare ubwo ubushake bwawe n'intego yawe
bizaba biri ku rwego rwo hejuru. Komeza kwiyezera ko
udafite amategeko yose, kandi umunsi umwe uzabona—ku
bufasha bw'Imana—ko koko wibohoye ku ngeso wifuza
.kuvamo

Icyo utinya cyose, kivane mu bitekerezo byawe kandi
ugishyire mu maboko y'Imana. Komeza ukwizera kwawe mu
Mana kandi wizere ko ishobora kugufasha, kandi umenye ko
.imibabaro myinshi iterwa no guhangayika no guhangayika
Kuki wagombye kubabara ubu kandi ikintu utinya
kitaraba? Kubera ko inyinshi mu ngorane zacu ziterwa
n'ubwoba, nituvanaho ubwoba mu buzima bwacu tuzumva
.dufite umudendeze kandi gukira bizahita bibaho

Buri joro, mbere gato yo gusinzira, yemeza ko Imana iri
kumwe nawe, ikurinda kandi ikakwitaho. Tekereza umucyo
wayo ukurinda uturutse impande zose, maze uzumva
.uburinzi bwayo butangaje
Muri iki gitaramo cy'isi, abantu b'amoko yose bakina
ikinamico y'ubuzima ku rubyiniro rw'igihe
Tugomba gusobanukirwa icyo ubuzima busobanura
tudahugiye cyane ku nshingano zacu z'igihe gito cyangwa
ngo twibande cyane ku nshingano zacu z'igihe gito.
Gusobanukirwa ubuzima akenshi biragoranye kandi
birayobera kuko tubureba mu maso y'ubwikunde n'uburyo
bwo kubona ibintu mu buryo budahagije; iyo tureba mu
maso y'umwuka, twabona ibintu mu buryo butandukanye
.rwose

Iyo dufunguye ijisho ry'ubwenge, tubona urumuri
rw'Imana rukikije byose, kandi muri urwo mucyo tubona
kamere yacu y'umwuka, ikaba ari ishusho y'imiterere
.y'ubwenge bw'isi yose bukwirakwira mu bice byose by'isi
Ukuri kw'umwuka kuradukikije, gukomanga ku nzugi
z'amaso yacu afunze, kudushishikariza kubona umucyo aho
kubona umwijima, gukorana ubwenge aho gukorana
n'ubujiji, kuzuza imitima yacu urukundo aho kuba urwango,
no gufatanya mu gushyiraho amahoro no kuzana
uburumbuke n'umutekano ku isi yacu Iyo tubikoze, ubujiji
buzashira, itandukaniro ry'isi rizashira, tuzabona ubumwe
mu budasa, kandi tuzarushaho guhuza n'ubushake
.bw'Imana

Isano yacu n'Imana si iy'ubukonje cyangwa itagira
urukundo, nk'iyi hagati y'umukoresha n'umukozi. Turi abana
bayo, kandi itwitaho iteka; idutega amatwi buri gihe. Turi
igice cy'ingenzi cy'ubugingo bwayo, kandi umubano wacu
nayo ni muzima kandi uzima. Yaduhaye ubutunzi butagira
iherezho bw'urukundo, gusobanukirwa, ubushishozi, ubushake
bwiza, n'imbaraga zo mu mwuka, ariko abenshi muri twe
.twapfushije ubusa ubu butunzi ku busa
Imana ishaka ko tubaho mu mutekano, mu mahoro no
mu bufatanye bwiza, nk'uko bikwiye abagize umuryango
mwiza kandi urangwa n'urukundo, ariko umururumba
n'imitekerereze y'ubwikunde byarakuze kandi bishinga imizi
mu mitima y'abantu kandi byateje amacakubiri mu
.muryango

Imana ishaka ko tuba abatware, ariko twahisemo kuba
imbata Abantu bagiye kure y'aho batuye mu ijuru kandi
batakaje paradizo y'imbere yo kumva begereye Imana
n'Imana hafi yacu, kandi ntibazashobora kongera kuyigarura
nta mbaraga zabo bwite Imana yaturemye mu ishusho yayo,
.ariko uku kuri kwaratuvuye mu bitekerezo byacu
Twemeye kwibeshya ko iherezho ryacu ari ingorane kandi
ko iherezho ryacu ari ukurimbuka, kandi tugomba

gusibanganya umwenda w'ubupfumu n'icyuma cy'ubwenge
.kugira ngo turebe ukuri gukomeye inyuma y'umwenda
Imana yampaye umugisha wo kumpa ibyishimo muri iyi
myaka myinshi y'ubuzima bwanjye, abantu baba babona
inseko yo kunyurwa mu maso cyangwa batabona, ibyishimo
by'Imana bihora biri kumwe nanjye kandi ntibijya binsiga.

Uruzi runini rw'ibyishimo rutemba buri gihe munsu
y'umusenzi wo mu bwenge bwanjye kandi rukavubuka
nk'amasoko y'imigisha yuhira ubusitani bw'ubuzima
.bwanjye

Nta n'ubwo ari uguhindagurika gutunguranye mu
buzima bishobora kumbura amahoro, cyangwa ngo bikureho
.ibyishimo byo mu buryo bw'umwuka numva
Byari bigoye gutuma icyo mimerere ihoraho kandi
idahinduka, ariko imbuto z'umwuka ubu nishimira kandi
nkazisangiza abandi zari zikwiriye imihati yose nashyizeho
.muri yo

Ntekereza kandi nkora nyobowe n'umwuka w'Imana.
Amafaranga ntiyigeze aba intego yanjye mu buzima, ahubwo
ni ugukorera abavandimwe banjye mu bantu. Bityo, Imana
yamfunguriye imiryango myinshi y'ibyiza kugira ngo
nyibeshaho kandi nsohoze ubutumwa bwanjye. Igihe cyose
.nkeneye ubufasha, Imana ihita ibumpa ako kanya
Icyifuzo cyanjye cyonyine ni ugukorera wowe, niyo
mpamvu ndi hano

Imbaraga z'Imana zirimo gukorera mu buzima bwanyu.
Muzabyibonera ubwanyu uku kuri igihe ukwizera kwanyu
gukomeye kandi mugasobanukirwa ko ubutunzi nyakuri
budaturuka ku ntsinzi y'ibintu ahubwo buturuka ku
.Mushoborabyose

Igihe cyose umarana n'Imana kizakugirira akamaro
kanini, kandi ibyo ugeraho byose kubera urukundo no
.gushimisha Imana bizandikwa mu nyandiko y'iteka ryose
Subira mu bwigunge bw'ibitekerezo byawe byimbitse
kandi wishimire amahoro atemba aturuka ku isoko y'ituze

Iyo tubibye ibikorwa byiza, dusarura ibyishimo
n'imigisha, kandi iyo tubibye ibikorwa bibi, dusarura ubwoko
.butandukanye n'urwego rw'ibibazo n'ibibazo
Igikorwa cyiza cyose ni nk'agapira dukoresha mu
gucukura mu butaka bw'ubwenge kugira ngo tubone isoko
y'ibyishimo by'Imana

Menya kwinjira mu nyanja yo kwisuzuma no gushakisha,
haba mu bijyanye n'ibitabo byiza, imyizerere, ibibazo,
filozofiya, cyangwa ibyishimo byo mu mutima, umenye ko
kwigunga bisanzwe [gutekereza] ari cyo giciro cy'ibyishimo
.nyakuri

Nubwo ubuzima busa n'aho butari bwitezwe,
buhindagurika, kandi buyoberanye, bwuzuyemo
gushidikanya n'ibibazo bitandukanye n'imihindagurikire,
dukomeza kuba munsu y'uburinzi bw'Imana. Ntitugomba
gukabya ibintu cyangwa ngo dutakaze ituze mu gihe
habayeho ibintu, kuko iyo twemeye ko ubwoba budutsinda,
tuba duha imbaraga ikibi kandi tugashimangira imizi yacyo,
.gikura kandi kigakura mu butaka bw'ubwoba n'imihangayiko
Ibaze buri joro uti: Ni ibihe bihe wamaze uri kumwe
n'Imana, ni ibihe watekerejeho, ni ibihe wagezeho, ni ibihe
?wakoreye abandi, kandi ni ibihe wagenzuye ibyifuzo byawe
Ntidukwiye kwitega kubona ibyishimo n'amahoro
birambye mu bigeragezo by'ubuzima; ahubwo tugomba
kubishakisha no kubivumbura muri twe. Hanyuma, uko
twanyura mu bihe byose, tuzabyitwaramo nk'uko tureba ibyo
abandi banyuzemo muri filime, byaba byiza cyangwa
.bibabaza

Umuntu ashobora guhindura ibyamubayeho byose mu
ibigeragezo bibabaza kandi biteye agahinda niba yemereye
ubwenge bwe kubikora. Ashobora kugira ubuzima bwiza
ariko ntabwo agaciro kabwo. Ariko niba arwaye, azicisha
bugufi kandi yishimire umugisha wo kubaho neza. Tugomba
kwemera ubuntu bw'Imana no kuyishimira imigisha iduha

tudategereje ko ibintu bibi bidutera gushima no kwemera
.ubuntu bwayo

Ubuzima bukwiye kuba uruvange rwo gutekereza no
gukora Iyo umuntu atakaje uburinganire bwe mu
mitekerereze, aba ashobora guhura n'ibibazo
by'imihangayiko, ibicu by'agahinda, n'ububabare. Kandi niba
agerageje kwica amategeko y'ubuzima, iterambere
.n'ubwenge, nta kabuza azahura n'indwara, ubukene n'ubujiji
Tugomba kugumana imigambi yacu iboneye, intego
zacu zisukuye, kandi tugakora ibintu biduhesha amahoro yo
mu mutima, kandi ntitureke ngo imimerere y'ubuzima
.iduhungabanye kandi isenye ibyishimo byacu

Imitima ibabaye n'ibitekerezo byangiritse birankurura,
uko byaba biri kose kure cyane
Kwagura imbibi z'ubwami bwawe bw'urukundo
bubengerana buhoro buhoro kugira ngo bugere ku
muryango wawe, abaturanyi bawe, umuryango wawe,
igihugu cyawe, n'ibihugu byose bifite ubwenge n'ibiremwa
byose

Tugomba kandi gukomeza ubwenge bwacu no kwanga
umutwari w'integere nke z'ubwenge n'iz'umuco twarazwe
n'ibisekuruza byinshi. Ibi bihumanya bigomba gutwikwa mu
muriro w'ubushake bushya n'ibikorwa bitanga umusaruro.
Dukoresheje ubu buryo bwubaka, umuntu wiyemeje by'ukuri
.ashobora kugera ku ntego yo kwibohora no kwisanzura
Koresha imbaraga zitagira iherezo ziri muri wowe kugira
ngo ushobore gukina uruhare rwawe rw'icyubahiro ku
rubyiniro rw'ubuzima
Iyo umuntu atangiye gusenga ubutunzi, amafaranga,
icyamamare, cyangwa ikindi kintu cyose kitari Imana,
agahinda kaba akabo Abashyira ibitekerezo byabo byose
kuri ibyo bintu mu by'ukuri baba babisenga, bityo
ntibabiyegereza ahubwo bakabivamo. Ariko abatekereza ku

Mana, bakayitekerezaho, kandi bakayibwira mu mitima yabo
barayegera kandi bakagira ibyishimo byo mu mutima mu
.busabane bwabo bucece na Yo
Imana yonyine ni yo ishoboye gusohozza inzizi z'abantu
n'ibyiringiro byabo by'ibyishimo birambye. Bityo rero, nta
kintu na kimwe gikwiye kwemererwa gufata umwanya
w'Imana mu mutima
Hariho ibimenyetso byera bishobora gufasha uwifuza
kwibuka Imana no kuyegera. Ariko, iyo umuntu atangiye
gusenga ibyo bimenyetso, ingaruka zabyo zizaba nyinshi
kurusha inyungu ze. Gusenga bigomba kwerekezwa ku Mana
.gusa, kuko nta kindi gikwiye gusengwa
Uko ugusenga kw'imihango kwaba kumeze kose, Imana
irabikunda igihe cyose umuntu uyisenga ayikorera
asobanukiwe n'iby'umwuka kandi ayifuza. Nyamara, abantu
benshi ntibasobanukirwa ishingiro ryo gusenga, kandi
ibitekerezo byabo n'imitima yabo biva ku Mana bijya ku
.mihango, bityo ntibigire icyo yungukira mu gusenga kwabo
Abasenga by'ukuri ntibemera ko ubwenge bwabo
bugarukira ku ishusho cyangwa ishusho iyo ari yo yose,
ahubwo bibanda ku rukundo rwinshi no kwita ku mwuka
.w'Imana uri inyuma y'ishusho n'imiterere yose
Imana ni umwimerere kandi nta mupaka, kandi nta
shusho cyangwa igishushanyo bishobora kuyimushyiramo
Dushobora kuvuga ko Imana yigaragariza muri buri
wese uyikunda by'ukuri kandi ihuje nayo, kuko ibaho hose
bityo ikaba ihari muri buri wese. Ariko, si buri wese ufite
ubushobozi bwo kugaragaza ubumuntu bw'Imana. Izuba
rirasira kimwe ku makara na diyama, ariko diyama yakira
kandi ikagaragaza urumuri rw'izuba, mu gihe ikara
ridashobora
Mu buryo nk'ubwo, abantu bose binjira mu mucyo
w'Imana, ariko bake gusa ni bo bashobora kwakira uwo
mucyo no kuwugaragaza mu bitekerezo byabo no mu
bikorwa byabo. Kugira ngo babigereho, bagomba kwiyeza

binyuze mu gutekereza no gukurikiza inyigisho n'amategako
.by'Imana

Iyo tuvuga izina ry'Imana, tugomba kumenya neza ibyo
tuvuga. Iyo ushobora kubona ibitekerezo by'abantu mu gihe
cy'amasengesho, wasanga abenshi batekereza ku bintu
byose uretse Imana, nubwo bavuga izina ryayo! Isengesho
.nk'iryo nta cyo rimaze kandi nta gaciro rifite
Iyo dusenga, twagombye kwihatira kwerekeza
ibitekerezo byacu byose ku Mana, aho gusubiramo izina
ryayo ry'icyubahiro gusa mu gihe ibitekerezo byacu
bizenguruka. Umwe muri ba masenge yakundaga kuvuga
amasengesho ye ku masaro yo gusenga, atari menshi cyane.
Ariko yanyemereye umunsi umwe ko nubwo yamaze imyaka
mirongo ine akora uyu mucu wo gusenga, Imana ntiyasubije
amasengesho ye. Ntabwo bitangaje! "Amasengesho" ye yari
.akamenyero ko guhangayika gusa

Iyo dusenga, nta kindi tugomba gutekerezaho uretse
Imana. Tugomba kwihatira kuba inyangamugayo mu
gusenga kwacu no kwitanga mu masengesho yacu.
Gukoresha amasaro yo gusenga no guhora duhamagara
izina ry'Imana byemewe neza iyo iyo migenzo iturutse ku
mutima kandi igashyigikirwa n'ukuri n'ubwenge bwibanda ku
ntego. Ariko, iyi migenzo ishobora guhinduka ikora uko igihe
.kigenda gihita

Tugomba kuvuga izina ry'Imana mu mitima yacu, dufite
ubushake n'urukundo rw'Imana; uku ni ugusenga kw'ukuri
gukora ku mutima w'Imana. Guvuga izina ry'Imana mu buryo
butuje no mu bwenge buzerera ni ugutuka Imana no
kuyisuzugura. Iyo umuntu asenze, umutima we n'ubwenge
.bye bigomba kuzura urukundo rw'Imana

Uwiteka, uri Inyenyeri y'Amajyaruguru y'Imana aho
ibitekerezo byanjye byo kuzerera biyoborwa mu nyanja
y'ibigeragezo n'amakuba
Kwitoza gutekereza cyane binyuze mu myitozo yo mu
rwego rwo hejuru ya yoga bifasha kwegera Imana, isoko

y'icyubahiro n'ubwiza, nk'uko bifasha gutekereza ku Mana
.no kuvugana na Yo

Ni ngombwa guharira umunsi umwe mu cyumweru
kwiherera mu buryo bw'umwuka (niba bishoboka) kugira ngo
utekereze ku Mana kandi ugire ituze, amahoro n'amahoro yo
mu mutima. Igihe umara muri ubu buryo kizaba umuti
uhumuriza w'ibibazo n'imihangayiko uhura na byo mu gihe
.gisigaye cy'icyumweru

Buri wese akeneye kumara umunsi umwe buri
cyumweru yiherereye cyangwa "kwiruhukira mu buryo
bw'umwuka" kugira ngo akize ibikomere n'ububabare bwe
mu byiyumvo. Iyo uwo munsi uzaba uw'amahoro, ibyishimo,
no kunyurwa, uzawutegerezanya amatsiko icyumweru ku
.kindi

Kwigunga ni igiciro cy'ubuhanga Uzatangazwa
n'ibisubizo byiza bizagerwaho ku bwenge bwawe, umubiri
wawe, n'ubugingo bwawe binyuze muri ubu bwiherero bwo
mu mwuka no guhuza umwuka wawe n'Imana. Niba wifuza
ibyishimo nyakuri, ugomba kwishyira mu nyanja y'amahoro
y'Imana kare mu gitondo ubyutse, ndetse na mbere yo
.kuryama nijoro

Abanyabwenge bo mu Buhinde ntibagira inama yo
kwiherera umunsi umwe gusa, ahubwo bashimangira ko ari
ngombwa gutekereza mu buryo butuje mu bihe bine
byihariye buri munsi. Mu gitondo cya kare, mbere yo
kubyuka no kubona umuntu uwo ari we wese, umuntu
agomba kwishimira ituze no kumva afite amahoro. Mu
masaha ya saa sita, umuntu agomba gutuza ubwenge mbere
yo gufata ifunguro rya saa sita, kandi akongera akishimira
igihe cy'amahoro mbere yo gufata ifunguro rya nimugoroba.
Amaherezo, mbere yo kuryama nijoro, umuntu agomba
.kongera kwinjira mu ituze

Abakomeza kwitondera guceceka mu gihe bari bonyine
no muri ibi bihe bine bya buri munsi nta kabuza bazagirana
ubumwe n'Imana. Abadashobora gukurikiza ibi bihe byose

bagomba kubiha nibura amasaha ya mu gitondo na
nimugoroba. Babikoze, ubuzima bwabo buzahinduka bwiza,
kandi bazagira ibyishimo nyakuri; ubunararibonye ni cyo
.gihamya cyiza cyane

Nukomeza kwandika no gusinya sheki udashyize
amafaranga ahagije yo kwishyura konti yawe ya banki,
amafaranga yawe azashira. Ni nako bigenda ku buzima
bwawe. Udafite amafaranga ahoraho yo kubika amahoro
muri konti yawe y'ubuzima, imbaraga zawe zizagabanuka,
ituze ryawe rizashira, kandi ibyishimo byawe bizashira. Muri
make, amaherezo uzagira ikibazo cyo guhomba mu buryo
bw'amarangamutima, mu mutwe, mu mubiri no mu mwuka.
Ariko gutekereza cyane ku Mana buri munsu bizakuzura konti
.yawe y'amarangamutima

Umuntu ukunda Imana ahora atekereza buri munsu,
avugana n'Imana n'urukundo rwose n'inyota mu mutima we,
ayisaba kuyigaragaza. Niba ukunda Imana kandi ukaba
wifuza kubona aho iri, ugomba kwinjiza ubwenge bwawe
n'umubiri wawe mu mahoro yayo, maze ubuzima
buzakuryohereza, kandi ibintu byawe bizatera imbere mu
.buryo bwinshi

Umuntu utuje ntakunze gukora ikosa, kandi ageraho aho
abandi ibihumbi n'ibihumbi bananiranye
Abatekereza ku Mana cyangwa ngo bayiteho baracika
intege kandi bakababara. Bahinduka abarakaye,
.bagahinduka imashini zigenda n'amaguru
Izuba ry'ubwenge n'amahoro rizava mu kirere cy'ituze
kandi rizaguhaza imirasire yayo ikiza igihe cyose ushyizeho
imihati yo mu mwuka kandi ugaha Imana umwanya wa
.mbere mu mutima wawe

Ukwezi kumwe kurabagirana kurusha inyenyeri zose
hamwe Izuba, risa n'aho ari rito, rikuraho umwijima mu gace
kanini kurusha ryo inshuro miliyoni. Mu buryo nk'ubwo,
umuntu mwiza, mu kubaho gusa ku isi, atanga imitingito

irwanya kandi igakuraho imitingito myinshi ivanwaho
.n'abantu babi

Umunsi wo gutekereza ku byo wagombye kuba umunsi
wo kuruhuka mu mutwe no mu mubiri no gukuza amahoro
yo mu mutima. Igikorwa icyo ari cyo cyose gitanga ubwenge
.n'amahoro ni igikorwa cy'umugisha kuri uwo munsi
Ku bijyanye no kubaha ababyeyi, ibitabo byera byatanze
inama yo kubafata neza: “Wubahe so na nyoko” na “Ugirire
”neza ababyeyi

Ababyeyi b'abantu bagomba kubahwa nk'abahagarariye
Imana, yabahaye impano yo kurema abantu. Nyina ni
ishusho y'urukundo rw'Imana ruzira inenge, kuko umubyeyi
ukunda ababarira aho nta wundi ubikora. Se ni ikimenyetso
.cy'ubwenge bw'Imana n'umurinzi w'abana bayo
Umuntu ntakwiye gukunda se na nyina atari Imana,
ahubwo agomba kuba ikimenyetso cy'urukundo rwayo
rumurinda kandi rufite ubwenge. Umwuka w'Imana uhebuje
uba umubyeyi na nyina kugira ngo ufashe umwana; bityo,
.ugomba kubahwa mu babyeyi

Ibyanditswe Byera binatugira inama yo kwirinda kwica
umuntu kubera kwica, kuko icyo gihe umuntu aba
umwicanyi. Umuntu ntagomba kwica undi mu gihe
cy'amarangamutima akomeye. Ariko, iyo abakunzi be
babangamiwe, agomba kurwana kugira ngo arinde abo
Imana yamushinze, kuko ari inshingano yera kurinda
.umuryango we n'igihugu cye

Ku bijyanye no kubuza ubusambanyi, intego nziza yo
guhuza ibitsina igomba kuba kubyara abana baremwe mu
ishusho y'Imana no kugaragaza urukundo rutunganye
rwumvwa n'abashakanye babona Imana muri bo. Ababaho
ku rwego rw'umubiri gusa, batitaye ku rukundo nyakuri
cyangwa intego yo hejuru yaremeweho irari ry'ibitsina,
barasambana nk'uko iri tegeko ribivuga. Muri iki gihe, ntaho
batandukaniye n'inyamaswa zihaza irari ryazo ry'ibitsina
.hanyuma zigakomeza urugendo rwazo

Imana yaremye iyi ntego yo guhanga udushya mu
bagabo n'abagore yo kubyara no kugaragaza urukundo
nyakuri mu buzima bw'abashakanye, kandi ntabwo ikwiye
gukoreshwa nabi ukundi, ahubwo igomba guhindurwamo
.igikorwa n'ubumenyi byera

Niba ushobora kugenzura no gukwirakwiza imbaraga
z'imibonano mpuzabitsina mu mubiri wawe, uzabasha
guteza imbere ubushobozi bwo mu mutwe bwo kwandika,
gushushanya, cyangwa kugaragaza impano zihishe mu
.bundi buryo bwinshi

Kandi igihe uzaba ushoboye kugenzura no guhindura
mu buryo bw'umwuka ibikorwa byo guhanga, uzagira
amahoro menshi, urukundo rwinshi, n'ibyishimo byo mu
.mwuka byiyongera

Abatagatifu n'abayobozi b'umwuka bahinduye ibikorwa
byabo by'imibonano mpuzabitsina mu buryo bw'umwuka ni
ibihangange bifite ubushobozi bwo gukora ibintu bitangaje
kandi bitangaje ku isi no mu gushakisha ukuri mu buryo
.budasanze

Bityo, uburyo bwo gukoresha imbaraga z'imibonano
mpuzabitsina cyane ni ukongera imbaraga zayo, ni ukuvuga
kuyikoresha mu buryo burambuye kugira ngo igaragaze
ubwenge, amahame meza, n'amahame y'umwuka. Umuntu
ntagomba kwishimira ibitekerezo by'imibonano mpuzabitsina
cyangwa kwifuza ibibujijwe. Iyo ubwo bwoko bw'ukwifata
bugezweho, umuntu azaba afite ibitekerezo bizima ku
.mibonano mpuzabitsina n'intego yayo yo hejuru

Kuba imbata y'ibintu bijyanye n'imibonano mpuzabitsina
bivuze gutakaza ubuzima bwiza, kwifata, n'amahoro yo mu
mutwe, kandi muri make, ibintu byose by'ibyishimo umuntu
akeneye

Ibitabo byera kandi bidushishikariza kutiba Iyo itsinda
ry'abantu igihumbi rigirana ubujura, buri wese yagira abanzi
999. Bityo rero, umuntu ntagomba guhonyora uburenganzira
bw'abandi, cyangwa ngo yigarurire ubutaka bwe, amahoro,

urukundo, icyubahiro, cyangwa ikindi kintu cyose afite mu
buryo bw'umubiri cyangwa mu buryo bw'umwuka. Niba
utumvise icyifuzo cyo gufata ibitari ibyawe, icyo ukeneye
cyangwa wifuza kizakugeraho. Ubujura butangira mu
bitekerezo igihe umuntu atangiye kugirira abandi ishyari.

Imbuto z'irari ribi zigomba kurandurwa mu bitekerezo.
Ubufasha mu by'umwuka ni bwo buryo. Hanyuma, umuntu
azikurura ubukire, kandi imigisha izava kuri we iturutse ku
masoko azi n'ayo atazi. Iri ni itegeko ry'Imana ridakuka. Ku
bajura n'abantu bikunda, bamara ubuzima bwabo
bakurikirana ubutunzi, amaso yabo ahora ku byo abandi
.bafite, nubwo isanduku yabo yuzuye zahabu

Isi ntishobora kumenya ibyishimo keretse iyo ubwikunde
bw'ibintu butereranywe

Ibyishimo bizanwa gusa n'ubufatanye mu by'umwuka.

Biza iyo umuntu yumva ibyo abandi bakeneye nk'aho ari
.ibye bwite kandi agakorera abandi nk'uko yikorera ubwe
Irindi tegeko ry'ingenzi ni ukwirinda gutanga ubuhamya

bw'ibinyoma Kwangiza umuntu ugoreka ukuri ni ubundi
buryo bwo kwangiza ubwumvikane mu mibanire y'abantu
Niba umuntu yifuza gufatwa neza, agomba gufata abandi
uko bikwiye. Ukuri kugomba kuvugwa buri gihe, ariko
hagomba gutandukana hagati yo kuvuga ukuri no kuvuga
ibintu gusa. Gufata umuntu nk'ikimuga cyangwa impumyi
birababaza kandi birababaza; umuntu agomba kwita ku
byiyumvo by'abandi no kwirinda kumukoza isoni. Mu buryo
nk'ubwo, kugaragaza ukuri kwagambanira umuntu nta ntogo
nziza na byo ni bibi. Ku rundi ruhande, umuntu ntagomba
kubeshya kugira ngo yirinde kuvuga ukuri; ahubwo, umuntu
ashobora guceceka mu bihe bimwe na bimwe kugira ngo
.yirinde gutesha abandi isoni cyangwa kubagirira nabi

Umuntu agomba kwirinda ishyari, indwara isenya irya
amahoro y'umutima. Uko umuntu arushaho kwifuza
iby'abandi, ni ko agahinda n'imibabaro ye birushaho
kwi Yongera. Umuntu ufite ishyari abaho mu buzima bugoye,

atazi uburyohe bw'ituze. Ni byiza cyane ko yiyubaha,
akishingikiriza kuri we ubwe, kandi agashaka ubutunzi bwo
.mu mwuka bw'imbere

Icyubahiro cy'umuntu n'agaciro ke bwite biruta kure icyo
ari cyo cyose yifuza cyangwa yifuza kugira Imana igaragarira
muri buri muntu mu buryo butagaragara mu wundi muntu
uwo ari we wese. Isura yabo ntabwo isa n'iy'undi muntu uwo
ari we wese, kandi roho yabo ntabwo isa n'iy'undi muntu
uwo ari we wese, kuko muri bo hari ubutunzi buruta
ubw'ibindi byose byaremwe—kandi ubwo butunzi buruta
ubw'Imana

Twifuza ko ubuzima bwacu bwaka kandi bugasagamba
mu bikorwa byiza, bugahumura neza ibyishimo n'ibyishimo,
.kandi bugahora mu kwibuka abadushimira

Iyo umuntu afite ukwizera gukwiye kandi agakora
ibikwiye, aba yishimye kurusha abadafite ukwizera kandi
.badasohoza inshingano zabo mu ntambara y'ubuzima
Ukwizera guhamye n'ibikorwa bikiranuka (bishyigikiwe
n'impamvu nziza n'imigambi myiza) bihora biboneka aho
ibyishimo biba biri, kandi bikabura aho ibyishimo bitaba.
Muri ibi, dushobora kwemeza ko ari ibintu bibiri by'ingenzi
kugira ngo umuntu agire ibyishimo, bitagerwaho
hatabayeho. Abifuza ibyishimo bagomba kugira gusa ibi
.bintu bibiri by'ingenzi, ari byo inkingi n'inkingi byabyo
Abantu ntibashobora kugenzura, guhindura, cyangwa
gusiba ibice bitagira ingano by'isanzure uko bishakiye. Ibi
bice bifatanye mu buryo buhambaye n'imiterere y'ubuzima
bw'umuntu, kandi abantu ntibashobora gukora bonyine muri
byo. Ariko, abantu bashobora kugenzura ubwenge bwabo
kugira ngo buhuze n'ibi bice kandi birinde kwangizwa na
.byo

Ba sogokuruza bacu bari bishimye kuturusha atari uko
bari bafite ibintu byinshi byo mu isi n'ibinezeza kurusha uko
tubifite ubu, cyangwa kuko batari bahura n'ibibazo byinshi

byo mu buzima, ahubwo ni uko bari bafite uburinganire mu mitekerereze bwabahaga ihumure, amahoro, kunyurwa, no .mu magambo make ibyishimo

Ntibari bishingikirije ku bintu byo hanze kugira ngo bibe ibyishimo, kandi ntibigeze batsindwa n'ibintu byo hanze byari kubabuza kubyumva. Ibiyumvo byabo byo kumererwa neza, amahoro, ibyishimo no kunyurwa byari bisanzwe, bisanzwe, bifite ubuzima bwiza kandi biramba. Natwe twagombye kwihingamo ibi byikumvo niba twifuza kugira ?ibyishimo. Kandi ni nde muri twe utabifite

Iherezo ni ingaruka z'ikoreshwa ry'ubushake cyangwa ubwisanzure bwo guhitamo twakoze kera. Binyuze mu myitwarire yacu ya kera y'ubushake, twizanye kandi dukomeje kwishyira hejuru y'ibyadubayeho. Ariko, ntabwo duhambiriwe n'ibyadubayeho, kandi ntabwo duhora dutegekwa n'ingaruka z'ibikorwa byacu. Dushobora gusenya ibyo twabibye no gusiba ibyo twanditse niba tubyifuza kandi tugaharanira gukosora inzira yacu no kunoza ubwiza .bw'umusaruro wacu

Niturandura imbuto z'ibikorwa bibabaza kandi tukabiba imbuto zikwiriye kamere y'ubugingo, nta kabuza tuzasarura imbuto z'ibyishimo muri izo mbuto nziza zabibwe mu butaka bw'ubugingo Tugomba gukoresha ubushake bwacu ubu, ubu ntabwo ari ejo, niba twifuza kugera ku byishimo byinshi .cyangwa kugabanya imibabaro n'ububabare Bityo rero, ibintu biyana n'ibyishimo biri mu muntu, kandi icyo agomba gukora ni ugukora cyane kuri icyo kigereranyo kidakosa, kandi ibisubizo bizamugirira akamaro .aramutse akoze isuzuma ryiza kandi akarikemura Uwiteka, ubugingo bwanjye bwuzuzwe imbaraga zawe, umutima wanjye wuzuzwe n'ubuturo bwawe buhumuriza kandi bw'impuhwe, ubwenge bwanjye wuzuzwe n'ubwenge

bwawe, kandi ubugingo bwanjye bwuzuzwe n'ubumenyi
.bwawe bw'Imana

Mu butaka bw'imitima yanyu, imbuto z'urukundo
zirakura. Muvomere izo mbuto amazi y'urukundo rw'isi yose
.n'impuhwe z'isi yose

Imbaraga z'ubwenge ntizigira imipaka, bityo rero, niba
utekereje cyane ku ngingo iyo ari yo yose, uzabona igisubizo
.cy'ikibazo icyo ari cyo cyose kijyanye n'iyo ngingo
Iyo umuntu yiyeguriye akazi ke kose n'ibikorwa bye
byose kugira ngo akorere abandi kandi akabikora afite
imitekerereze ishimishije, aba akwiye kwitabwaho no
.gushimirwa

Ntidukwiye kuba abantu barebera ku ruhande rumwe.

Ahubwo, tugomba kuringaniza ibikorwa byacu no gushyira
imbere akazi n'inshingano zacu, dukurikije akamaro ka buri
Inshingano ni igikorwa umuntu akora yishimye atari
ukugira ngo akunde ibintu bifatika, kandi inshingano zo mu
mwuka no mu myitwarire myiza zigomba kuza ku mwanya
.wa mbere mu buzima bwe

Buri muntu afite ubushobozi butarakoreshwa. Afite
imbaraga zose zikenewe. Ubwenge ubwabwo ni imbaraga
ihebuje, kandi bugomba kuba bubohowe ku ngeso
.n'ibitekerezo bishaje kandi bibuza ibintu
Ingaruka z'imibumbe n'inyenyeri ku buzima bw'abantu
.ziterwa n'imbaraga zihuza imibumbe n'imibiri y'abantu
Ibitekerezo bibi biyobora umuntu ahantu habi aho
ashobora kwigaragaza akurikije ibyifuzo bye. Ariko, umuntu
ashobora guhindura ibitekerezo bye n'ubwenge bwe binyuze
mu mbaraga z'ubushake, bityo, ibidukikije bye. Iyo umuntu
agumye ahantu habi igihe kirekire, iyo mimerere itangira
kumugiraho ingaruka atabizi. Uko igihe kigenda gihita,
atakaza burundu ubwisanzure bwe bwo guhitamo ahantu
hazima kandi heza maze agahinduka umuntu ugengwa
n'ingaruka mbi z'aho hantu habi. Ku rundi ruhande, abafite
.ubushake bukomeye, baba bahuje n'Imana

Ingufu zo mu mutwe zishyize hamwe

Iyo ushyize urumuri rw'izuba mu kirahuri gikurura ibintu
ku gace gato, bitanga ubushyuhe, kandi ubwo bushyuhe
bushobora gutwika ibiti, imyenda, impapuro, n'ibindi. Mu
buryo nk'ubwo, iyo wibanze ku bwenge bwawe neza,
imbaraga zabwo zishobora gutwika imizi yo gushidikanya
inyuma ya buri gutsindwa no kwemerera urumuri
.rw'ubwenge kurabagirana cyane

Iyo ubwenge buhuje n'Imana, isoko y'ibyiza byose
n'inkomoko y'imbaraga zose zihebuje, bumenya ko Imana
ihari kandi bukagira ibintu byose bigize intsinzi. Ibi bintu
bifitanye isano rya bugufi n'imbaraga nyinshi z'Imana,
zishobora guhanga amahirwe mashya yo gutsinda mu rwego
.urwo arirwo rwose

Ingorane n'ibibazo bivuka bitewe n'uko umuntu atazi
ibikorwa bye bya kera, byakozwe mu gihe runaka n'aho
byabereye Imibabaro ye y'ubu ituruka ku bitekerezo
n'ibikorwa yavugaga, byashinze imizi mu butaka
bw'ubwenge bwe, bigakura bikaba ikimera kandi byera
.imbuto zigaragaza imiterere y'ibyo bitekerezo n'ibikorwa
Ibigeragezo n'amakuba ntibiza ngo bivune umuntu
cyangwa ngo bimubuze gukora ibyo ashaka, ahubwo biza
kugira ngo bimutere kwishimira ubukuru bw'Imana no
kubaha amategeko yayo, aho bashobora kugera ku byishimo
by'ukuri Imana ntiyohereza ibi bigeragezo bikomeye kuko
ahanini ari ibyaremwe n'abantu. icyo umuntu asabwa ni
ukubyutsa ubwenge bwe mu bitotsi byo kutitaho no kuva mu
.mwijima w'ubujiji akajya mu mucyo w'ubumenyi
Akenshi, ibyumviro byacu bidusezeranya ibyishimo
by'akanya gato ariko amaherezo bikatuzanira ububabare
n'imibabaro igihe kirekire. Ingeso nziza n'ibyishimo nyakuri,
ariko, bidusezeranya bike, ariko amaherezo bikaduha
ibyishimo bizima. Niyo mpamvu mbona ibyishimo byo mu

mutima, birambye nk'ibyishimo nyakuri, n'ibyishimo by'igihe
.gito nk'ibinezeza gusa

Iyo urebye izuba uri mu birometero byinshi mu kirere,
iyo nyenyeri nini cyane isa nkaho ari nto cyane kurusha Isi
yacu

Ariko, umurambararo w'Isi ni hafi kilometero 7.900, mu
gihe umurambararo w'Izuba uruta uw'Isi inshuro ijana. Iyo
ushobora gushyira Isi yacu imbere y'Izuba, yagaragara
.nk'akadomo gato ugereranije n'Izuba

Dufate ko imbaraga zikomeye z'izuba zirimo kwaguka
no kwaguka kugeza ubwo ubunini bwazo bumira ikirere
cyose cy'ubururu. Ijuru tubona ni agace gato, koko ni akantu
.gato cyane, k'ikirere cyuzuye isanzure ritagira iherezo
Nubwo izuba ryakomeza kwaguka no kugera mu kirere
mu buryo burambye, ntiryashobora kuzenguruka ikirere
kitagira iherezo

Ishusho y'isi yose y'ubuto n'ubugari bw'ibintu bigabanya
kandi ikabuza ubwenge kubona ubunini bw'isi yose
Ubwo budasa busesuye bwaturutse he, kandi aho
?bugarukira ni hehe

Udashingira ku bipimo cyangwa ibipimo, udafite
umupaka cyangwa inkomoko, ni Imana, iri hose kandi ibaho
mu isanzure rya kure cyane. Ari mu nyenyeri za kure, Nk'uko
ari muri wowe no muri njye, azi neza buri mwanya arimo,
.uko waba muto cyangwa munini

Ibyahise ntibizwi n'abantu benshi, usibye abantu bake
batoranijwe bafite ubumenyi Nyamara, kutamenya ibyahise
nabyo ni inyungu kuri twe. Iyo tuza kuba tuzi ibyo twakoze
byose muri ubu buzima no mu buzima bwashize,
twarengerwa n'ubwinshi bw'ibikorwa byacu kandi

tugatangara cyane. Ubushake bwacu bushobora no guhungabana bitewe n'ihungabana, bigatuma tudashobora gukomeza ibikorwa byacu kandi bikadusiga twihebye. Nubwo muri ubu buzima bwo ku isi, kwibagirwa ni umugisha uturuka ku Mana, ukatubuza ibitekerezo byacu n'amarangamutima yacu kwibagirwa ibyahise, cyane cyane ibyababaye kandi bibabaza. Ku bw'amahirwe, urumuri rw'Imana muri twe ruhora rumurika dufite ibyiringiro n'icyifuzo cyo gukomeza urugendo rudashira rw'ubuzima. Tugomba gushimira Imana kuri iyi migisha ibiri: ubushobozi bwo kwibagirwa ibyahise .n'ibyiringiro by'ejo hazaza

Ntidukwiye gufata umwanzuro ko ibihe bizaza bitera inzitizi mu buryo bwo kwihitiramo. Ariko, tugomba gukora uko dushoboye kose kugira ngo turwanye ingaruka mbi abantu benshi bavuga ko ziterwa n'ibihe bizaza n'ibizaba, kandi tugakoresha uburenganzira bwacu bwo guhitamo dukurikije ibyo twizera imbere, mu gihe ibyo byizere bishingiye ku kwizera gukomeye kandi bishingiye ku mategeko y'Imana, umuntu udafite ibyo adashobora .kuryoherwa n'ibyishimo nyakuri

Iyo dutangiye igikorwa, ntidukwiye guterwa ubwoba n'ibintu bibi, ahubwo tugomba kugira icyizere ku rugero runini, twizeye tudashidikanya ko nta kintu na kimwe gishobora kubangamira mu gukoresha ubushake no .gukoresha ubwisanzure bwo guhitamo

Abantu bakunze kumera nk'ikibabi kireremba hejuru y'uruzi, kandi bagomba kwikura mu muyoboro w'ingeso zikora zibajyana mu mazi y'ubuyobe n'uburiganya. Abantu benshi basa n'aho batitayeho kandi bemera gutwarwa .n'umuyoboro w'amazi

Iyo tunaniwe kugera ku ntego yacu, ni byiza kwemera
tudashidikanya ko hari inzitizi twishyiriyeho zatubujije
kuzigeraho. Tugomba kwihangana no kongera imbaraga
zacu kugira ngo tugere ku musaruro twifuza. Tugomba kandi
kwiyeemeza ko nubwo inzitizi n'ibibazo byaba bikomeye kandi
bikomeye, turacyafite imbaraga zo kubitsinda. Nubwo
twananirwa nubwo twagerageza byose, nta mpamvu yo
kwiheba cyangwa gucika intege, igihe cyose dusobanukiwe
ko ubushake bw'umuntu bukomeye kuruta iherezo, ari ryo
twishyiriyeho. Bityo, ntitugomba kureka kugerageza, nubwo
twatsindwa kangahe, kuko buri gihe hariho imiryango
ikinguye. Tugomba gukomeza guharanira no gusubiramo
kugeza igihe tuzabona intsinzi Imana izaduha ubufasha igihe
cyose twishingikirije kuri yo kandi tugashyiraho imbaraga
zikenewe [Ugendera mu nzira azagera aho agana, kandi
uwiringira Imana ntazatenguha]

Iyo umuntu yifuza ikintu cyane kandi adahwema, icyo
cyifuzo ntikiva mu bwenge bwe, aho ajya hose n'ibyo
yitayeho byose. Binyuze mu bikorwa byacyo bidahwema
kandi bidacogora, icyo cyifuzo gifite umurava n'imbaraga
nyinshi. Iri jambo ry'imbere rifite imbaraga kandi rigira
ingaruka nziza kuruta kwinginga mu buryo bw'intege nke,
rituma iminwa ikora gusa. Uko ni ko abakunda Imana
bakora. Bavuga urukundo rwabo kuri yo badahwema,
amagambo yabo y'umutima agakomeza kutumva mu
bikorwa byabo bya buri munsu. Iri jambo ry'umutima
ntiribarangaza cyangwa ngo rivange n'indi mirimo yabo. Uko
icyifuzo cyabo ku Mana kigenda gikura, urukundo rwabo kuri
yo rurushaho kwiyongera, kugeza igihe biboneye ukubaho
kwayo kandi bakabona urumuri rwayo n'amaso y'ubugingo.
Baryoherwa n'ibyishimo byinshi kandi bumva amahoro
.arenze urugero

Imana itwoherereza amasomo dukeneye mu buzima
kugira ngo tuyagiremo inyungu kandi tugire ubumenyi
n'uburambe Umuntu wese wirinda ayo masomo azahatirwa
.kuyamenya uko byagenda kose

Ikizamini cyose ni inshuti iyo tucyigiyeho, kandi ni
igitugu cy'umunyagitugu iyo dupfushije ubusa amahirwe
tukayakoresha nabi twinubira, twinubira, kandi tukagira
.ibitekerezo bidahwitse

Iyo dufite ubumenyi buhagije n'imyumvire ikwiye ku
buzima, biba byiza kandi nta ngorane bifitanye

-

ibibazo by'imitekerereze

Umuntu ntashobora kuguma atwarwa n'imiraba
y'ibyishimo iteka ryose, arohamye mu mazi y'agahinda,
cyangwa ngo arohamye mu bwigunge. Muri iyi si y'imibanire
inyuranye, umuntu usanzwe ahura n'ibibazo n'ibiza—
azamuka ku miraba y'ibyishimo, agwa mu rwobo
rw'uburangare, kandi agatembanwa n'imiraba y'agahinda
.gakabije—adashobora kugira ikindi kintu cyose cyo kumva

Kwemerera imimerere kugenga ibitekerezo by'umuntu
muri ubu buryo bivuze kwegurira ubushake bwe iherezaho
rihindagurika kandi rihoraho icyo umuntu akeneye kugira

ngo abeho ubuzima bwiza kandi bushimishije ni ukwifata
neza mu mutwe, kandi ibi bishobora kugerwaho gusa
binyuze mu gutekereza no kugenzura ubushobozi bwe
.bw'amarangamutima

Ndetse n'agahinda gakomeye gakira uko igihe kigenda,
bityo nta mpamvu yo guhora dutekereza ku gahinda buri
munsi w'ubuzima bwacu Guhora duhangayika kubura uwo
dukunda ntacyo bifasha kuri bo cyangwa kuri twe, kandi
ntacyo bihindura. Mu buryo nk'ubwo, kwishyira mu mwanya
w'abandi cyangwa kwihanira amakosa cyangwa ibitagenda
neza byashize ntacyo bitanga; bituma ubuzima buba bubi
.kandi bikabangamira ubushobozi bwo gutekereza

Ntitugomba kwemera kugwa mu mwobo w'ingeso mbi,
kuko iyo ari imimerere yo mu mutwe idashimishije na gato,
kuko ihungabanya ubwenge kandi igatwika ubushobozi
.bwihishe mu itanura ry'uburangare

Gutsindwa bigomba kurandurwa mu mizi yabyo, kandi
imirima y'ubuzima igomba guhingwana umwete n'ubwitange
no gutera imbuto z'ibyiza kugira ngo ubone umusaruro
.mwinshi, ku bufasha bw'Imana
Kora ikintu kitari cyarigeze gikorwa mbere—ikintu
kizatangaza isi Garagaza ko imbaraga z'Imana zo kurema
zirimo gukorera muri wowe

Abantu bafite imico ituje kandi myiza badufasha gutuma
ibitekerezo byacu birushaho kuba byiza kandi bifite ubuzima
bwiza. Ntabwo bigoye kumenya niba umuntu akuramo ibyo

akeneye mu bwenge bwe mu mutuzo cyangwa ahantu
hatekanye. Imihangayiko, akababaro no kwitiranya ibintu
byose bituruka ku kwifatanya n'abantu babi, baba inshuti
cyangwa abavandimwe, biganisha ku bitekerezo
.bihangayikishije no kugira imitekerereze mibi

Umubiri ukura imbaraga n'ibikorwa mu biribwa bifatika,
mu gihe ibiryo bifite imbaraga zidasanzwe bitanga umubiri
n'ubwenge imbaraga zoroshye gusya kurusha ibiryo
bikomeye n'ibinyobwa bidashobora guhinduka imbaraga
.nzima byoroshye

Iyo ushobora guhindura ubujiji mo ubwenge, intege nke
n'intege nke bikaba ubuzima bwiza n'imbaraga, kandi
ukagenda ufite icyizere n'ubutwari - ndetse no wenyine - mu
nzira z'ubuzima, kandi ukabona ibyishimo byo mu mutima
mu kugira umutimanama muzima kandi uhamye, no kwizera
kudacogora mu butabera bw'Imana no gutsinda ikibi n'ukuri
kuruta uburiganya, kandi iyo uharanira buri munsu kuzamura
ibitekerezo byawe ku rwego rwo hejuru kandi rutunganye,
kandi ukagira umutima ukunda kandi ushimira n'imigambi
myiza ku bandi, indyo yawe y'ubwenge izaba nziza, kandi
uzikururira ibintu byose byiza kandi by'ingirakamaro - ibintu,
abantu, n'imimerere - by'ingenzi kugira ngo ukomeze
urugendo rwawe rugana ku nkombe z'umutekano
n'umutekano. Hanyuma, iyo ushyizeho imbaraga zo kubona
ibyo ukeneye kandi ukanyurwa n'ibyo Imana itanga, uzaba
umukire mu mwuka kandi unyurwe kurusha abatwarwa
.n'irari ry'isi kandi bararikiye ibinezeza byayo by'akanya gato

Impuhwe ni ikiraro gihuza buri roho n'indi roho Impuhwe
ni irembo rigana kuri buri mutima

Iyo umuntu ashaka Imana, yo nshuti nyayo yonyine iruta
izindi zose, birashoboka gushinga ubucuti nyakuri mu
mibanire yose y'abantu—ubucuti bw'umuryango,
ubuvandimwe, ishyingiranwa, n'ubw'umwuka ni ikintu
cy'ingenzi mu mibanire y'abashakanye, kandi kwegerana mu
buryo bw'ubwenge no mu buryo bw'amarangamutima,
kumva ko umuntu akururana mu buryo bw'umwuka,
n'urukundo nyakuri bigomba kuba iby'ingenzi Abananiwe
gutandukanya urukundo nyakuri n'urukundo rw'umubiri
.bakunze kwiheba kenshi

Iyo ishyingiranwa rishingiye ku mahame meza no
kubahana, riba ubumwe bwiza kandi bugira ingaruka nziza
hagati y'abantu babiri bakundana kandi bakorana,
boroherezanya imitwaro y'ubuzima kandi bagakuraho
.imihangayiko yo kubaho mu bwumvikane n'ubwumvikane

Nta muntu ushobora kuntegeka cyangwa ngo
anyambure ubushake bwanjye keretse nemeye ko
ibitekerezo n'ibikorwa by'abandi bingiraho ingaruka
Iyo ushyize ibitekerezo byawe ku bintu by'ingenzi mu
mwanza wabyo, uzabona byose mu buryo bw'umubiri. Ariko
numara kuzamura ubwenge bwawe mu buryo bw'umwuka,
uzabona umugezi w'umucyo w'Imana uzenguruka hirya no
hino mu bintu byose, kandi uzabona byose mu buryo
.bw'umwuka

Mwami, ndabizi ko mfite amahirwe menshi yo gusuzuma
ubushobozi bwanjye no kuvumbura ubushobozi bwanjye bwo
mu mwuka. Uyu munsu nzuzuzanya ibitekerezo byanjye icyizere
kandi nitandukanye n'ibintu bibi. Nzakora imyitozo

izabungabunga umubiri wanjye, ubwenge bwanjye,
.n'umwuka wanjye mu buryo buringaniye kandi bunoze

Nzasimbuza ibintu by'ingenzi n'ibyifuzo byo hejuru
Kandi nzamenya ko umwuka w'ubudahemuka uhora uri
kumwe nanjye

Imbyino y'ubuzima n'urupfu ihora ihari, ariko nzakomeza
kwibohora iteka ryose nkiza umwirondoro wanjye wo mu
mwuka. Kandi ninhura n'inkubi y'umuyaga n'amakuba,
nzahaguruka mu bwato bwanjye bwo mu mwuka
mbumbutse inyanja y'ubuzima nje ku nkombe zitekanye
.kandi z'Imana

Iyo nkora kandi nkarema, nzajya nibuka ko Imana irimo
ikora binyuze muri nje. Ni Umwami w'isi yose, kandi
.nshobora kwihuza na yo binyuze mu kuyitekerezaho cyane

Mana yanjye nkunda, ndabizi neza ko ibitekerezo
byanjye bizanzanira gutsindwa cyangwa gutsinda, bitewe
n'igitekerezo gikomeye mu buzima bwanjye. Kandi
nzagerageza kwibuka ko urimo urambura ukuboko kwawe
.kandi utegura inzira yo gutsinda kwanjye

Iyo ibyago n'amakuba bimbayeho, nzakoresha imbaraga
zanjye kandi nkomeze icyemezo cyanjye cyo kubitsinda.
Nzaba inyangamugayo kandi ndi inyangamugayo mu
mibanire yanjye na buri wese, kandi nzakwirakwiza
ibitekerezo by'urukundo n'ibyifuzo byiza. Hanyuma Imana
.izanshyigikira n'imbaraga zayo n'ubwenge bwayo

Indwara zo mu mwuka n'uburyo zivurwa
Umwigisha Paramhansa Yogananda

Gerageza kwiyumvisha itsinda ry'abantu badafite
:uburinganire kandi badafite amakimbirane
Imwe ifite umutwe muto ungana n'amashaza n'umubiri
!munini ungana n'ingamiya
Undi afite ukuboko gukomeye nk'ukuboko kwa
!Samusoni cyangwa Hercules n'umubiri nk'uw'imbwa ntoya
Kandi iya gatatu ifite umutwe w'inzovu nini n'umubiri
!w'imbeba nini cyane

Ese iyo nkuru ntiyaba itangaje kandi igutangaza,
cyangwa ibabaje kandi ibabaje, uramutse ubonye imbaga
?y'ibyo biremwa bifite imiterere idasanzwe kandi idahuje
Noneho tekereza irindi tsinda ry'abantu basanzwe mu
miterere no mu isura, ariko bafite ibibazo byo mu mutwe
.kandi bafite isura mbi mu mutwe

Nk'uko imyenda ihisha ibikomere, ibisebe, n'ubundi
bumuga bw'umubiri, ni ko n'umubiri ukomeye, ufite ubuzima
bwiza n'isura nziza kandi irabagirana bihisha indwara nyinshi
.zikomeye zo mu mutwe n'ubumuga bwo kuvukana
Uramutse uhuye n'imbaga y'abantu basanzwe bazwiho
ubwiza n'ubuzima bwiza, kandi ukabasha kwinjira mu mibiri
yabo yo mu mutwe ukoresheje icyerekezo cyawe
cy'umwuka, gutungurwa kwaba gutangaje, kandi ushobora
.kubabara cyane bitewe n'ibyo wavumbura
Ushobora kureba imibiri yabo yo mu mutwe nk'uko
:bikurikira

Ubwonko bugaragazwa n'umutwe, ibyumviro
n'amarangamutima bigaragazwa n'umubiri, naho ubushake
bugaragazwa n'amaboko n'ibirenge byose bidasanzwe,
.birwaye kandi bifite ubumuga

Uzasanga bamwe bafite umutwe muto ufite ubwenge
budakura, ushyizwe ku mubiri ushaje wuzuyemo ibyifuzo
.by'ubwikunde n'irari ry'irari ry'umubiri

Uzasanga kandi hari abantu bafite umubiri udafite
ibiyumvo n'imbaraga, nubwo bafite ukuboko gukomeye
kandi gukora neza

Abandi bashobora kuba bafite ubwonko bunini kandi
bufite ubushobozi bwo guhanga udushya, ariko impuhwe
zabo n'ubushobozi bwabo bwo kumva ibintu mu buryo
bw'amarangamutima biragabanuka kandi biragabanuka.

Hari n'ikindi cyiciro cy'abantu bafite imiterere isanzwe
y'umubiri n'iy'ubwenge, ariko ubushake bwabo n'ukwifata
kwabo bikaba ari intege nke cyangwa bikaba byacitse
.intege

Kandi urutonde rw'ibyo wabonye rurakomeza kandi
!rukomeza. Muraho igihe kirekire

Guhindagurika kw'imitekerereze mu mibiri yo mu mutwe
kudatera imbere mu buryo bumwe na bumwe no mu bundi
mu buryo bukabije birahari - nubwo bihishe - mu bantu.
Bibatera ububabare mu mitekerereze kandi bikababuza
kwerekana impano zabo n'ubushobozi bwabo nk'uko bikwiye
.kugaragazwa

Gukemura zimwe mu ndwara zo mu mutwe hano
bishobora gufasha kumenya impamvu nyamukuru z'ibibazo
byose by'abantu, kugira ngo byibuze bimenyekane
n'ababirwaye bose, ndetse no mu buryo butaziguye, kugira
ngo basobanukirwe imiterere y'izo nenge, ibimenyetso
byazo, n'uburyo zinjira mu bwenge bucece, kugira ngo
.babashe gukumira irimbuka ryabo ry'amahoro n'ibyishimo
agahinda ko mu mwuka

Iyi ndwara ikwirakwiriye mu bantu badakora cyane mu
bwenge no mu mubiri bitwaje ko bahugiye cyane mu bintu
by'umwuka. Aba bantu barwaye birengagiza inshingano
zikomeye n'izito z'ubuzima bw'umubiri bitwaje gukorera
Imana, bityo bakishyira mu maboko ya Satani, ushobora

kubagirira nabi bikomeye. Bagira ibibazo byo kutishimira
ikintu cyose cy'ingirakamaro cyangwa cyiza kibakikije. Iyi ni
indwara yandura, kandi abafite ibyifuzo by'umwuka bose
bagomba kuyitondera no kuyikuramo bakomeza kugira
imbaraga zabo n'ubudahangarwa bwabo bukomeye binyuze
mu gutekereza neza, kugira icyizere, no gukora akazi keza
.kandi gatanga umusaruro
kutaryoherwa mu buryo bw'umwuka
Ibi bibaho bitewe n'uburyo butunguranye (gutenguha),
ni ukuvuga, kwinjizwa vuba kw'imiti myinshi yakozwe mu
buryo bw'imitekerereze yanditswe ku mazina atangaje,
kandi igaragazwa mu buryo bw'ibitabo by'impimbano
by'iyobokamana n'amasomo y' "abaganga b'iyobokamana"
.bafite uburambe mu buhanzi bw'uburiganya n'ubupfumu
Iyi ndwara ntiyica gusa inzara yo mu mwuka yo
kumenya ukuri, ahubwo inasenya ubushobozi bwo
.gutandukanya icyiza n'ikibi, ingirakamaro n'ibibi
Uhora aya ibitekerezo bya tewolojiya kandi akarya
ikintu cyose kimugwa mu biganza ntabwo azarya cyane
gusa, ahubwo azarya n'ibitekerezo by'uburozi hamwe
n'iby'ingirakamaro, bikamukururira indwara yo mu mutwe
.bityo agapfa buhoro buhoro mu buryo bw'umwuka
Kwiga cyane kandi ku buryo buhoraho ibitekerezo
bitandukanye bya roho na filozofiya, nta gushishoza
cyangwa imbaraga zo kubisesengura no kubisuzuma binyuze
mu bunararibonye bwite kugira ngo hamenyekane ishingiro
ryabyo, amaherezo bitera gushidikanya, kutita ku bintu, no
.kutizera amahame n'amategeko yose ya roho
Ishyari n'ibyo umuntu akunda cyane
Abarwaye iyi ndwara babaho ubuzima budafite icyo
buvuze kuko bafite amafaranga menshi n'igihe kinini, kandi
.kubera ko badafite intego n'ubumenyi bukwiye ku buzima
Aba bantu bayoborwa n'irari ryabo; bakora icyo ari cyo
cyose kibaje mu mutwe kandi kibashimisha. Buzuza ubuzima
bwabo inkuru zihendutse kandi zidafite akamaro, filime

zitangaje, n'imyidagaduro idafite akamaro. Ntibamenya ko
barwaye iyi ndwara iteje akaga kugeza igihe bahuye
n'ihungabana rikomeye cyangwa indwara y'ubwonko—ni
.ukuvuga nyuma y'uko ibyangiritse birangiye
ibicurane byo mu mutwe

Iyi ndwara ifite irindi zina: kwiheba Umuntu ntabwo azi
igihe izahurira n'ibimenyetso byayo bibabaza, nko kwiheba,
kutihanganira abandi, guhangayika no kutihangana. Ikirenze
ibyo, akenshi iramara igihe kirekire, kandi ababirwaye
bakunze kongera kugaruka mu buryo bworoshye, nubwo
.baba bizera ko bakize vuba
Indwara yo mu mutwe

Iyi ndwara iterwa no guhora ku mpungenge zidashira
z'isi Abayirwaye bakunze kwirengagiza gukoresha intwari
y'ubushake bwabo bityo bakiyegurira ubwoba bwabo
buhoraho aho guhangana na bwo babigiranye ubutwari no
.kubukuraho bakiri bato

kwihambira ku buryo budasanze mu mutwe
Abarwaye iyi ndwara baba abantu bashyigikiye
ibyishimo. Bizera ko ibyishimo bishingiye ku kwigwizaho
ubutunzi, kugera ku cyamamare, cyangwa kugira ubuzima
bwiza cyangwa imbaraga, batanga byose—ubuzima bwiza,
izina ryiza, amahoro yo mu mutima, icyubahiro n'icyubahiro
—ku gicaniro cy'imigambi yabo ikomeye. Bitinze, bamenya
ko ubuzima bukinganiye gusa, bubaha amategeko
y'ibidukikije n'amahame y'Imana, kandi buhuza ibikorwa
n'ituze, ari bwo bushobora kuzana ibyishimo nyakuri no
.gusohoza intego y'ubuzima bwiza

Abafite ibibazo byo kwihambira ku bintu bidafite
akamaro batwarwa n'ibitekerezo byo kwifuza cyane,
bigatuma babona ubuzima mu buryo butari bwo. Urugero,
umucuruzi yageze ku ntsinzi ikomeye kandi yigwizaho
ubutunzi, ariko mbere yuko yishimira ubutunzi bwe, yagize
ikibazo cyo guhangayika no gutinya cyane, maze apfa afite
.agahinda kenshi

Abandi bizera ko byose byemewe kugira ngo bagere ku
ntego. Kubera uru rujijo, babura intego yabo nyayo kandi
ntibashobora kugera ku byishimo na gato, kabone n'iyi baba
bafite ibyo bifuzaga, kuko kamere muntu ari nini kandi ifite
impande nyinshi kandi isaba iterambere riringaniye ku nzego
.zose

Gufata mu buryo bw'umwuka buhumye
Ubu bufana budasanze ku myizerere imwe n'imwe
buturuka ku gukomera ku bitekerezaho n'ibitekerezaho runaka
nta kubishidikanyaho cyangwa ngo ubisuzume, bityo
bigatuma abarwaye iyi ndwara bagira uburakari n'urwango
ku gitekerezaho cyose cyuzuye cy'umwuka cyangwa
igitekerezaho gifunguye kandi cyigenga. Ubu bwigunge
butuma abantu bigomeka ku mategeko y'Imana, agaragarira
mu mikorere myiza y'ubwenge, imibereho myiza y'ibintu,
ubuzima bwo mu mutwe n'ubw'umubiri, no gukunda no
.kubaha abantu b'ingeri zose

Gushyiramo amahame y'umwuka
Kubera ko indwara z'umubiri zigaragara, zibabaza, kandi
zidashimishije, zidutera imbaraga zo kuzirwanya cyane,
bigatuma tugerageza kuzitsinda dukoresheje uburyo
butandukanye bwo kuvura, kuva ku myitozo ngororamubiri
n'imirire myiza kugeza ku miti n'ibiyobyabwenge
bitandukanye. Ariko, indwara zo mu mutwe, nubwo ari zo
ntandaro y'ububabare n'ubwoba ku bantu, ntizikumirwa
cyangwa ngo zivurwe vuba bihagije, kandi zemerewe
.kwangiza no kurimbura ubuzima bwacu
Abarezi, abarimu b'uburezi bw'imyitozo ngororamubiri,
abavugabutumwa, abavugurura, abaganga,
n'abashingamategeko bazashobora gutera imbere mu gihe
bazaba babanje kwiga, bahereye kuri bo ubwabo, hanyuma
bakigisha abandi uburyo bukwiye bwo gukunda kamere
muntu mu buryo buiringaniye kandi bunoze, hakurikijwe

amategeko y'ubuzima n'amahame y'ubuzima bwiza. Ubu ni
bwo burezi bufite akamaro n'umuco wuzuye w'abantu
.abantu bose ku isi bakeneye

Ibigo by'uburezi bibona ko bidashoboka kwigisha
iby'ibanze by'umwuka mu mashuri ya leta bitewe n'urujijo
ruri hagati y'aya mahame n'inyigisho zitandukanye
z'amadini. Ariko, iyo aya mashuri yibanda ku mahame
rusange y'amahoro, urukundo, gukorera abandi, ukwizera,
gufungura ibitekerezo, no kwakira abandi—ari byo bintu
by'umwuka bihamye—kandi agashyiraho uburyo bufatika
bwo gushyira aya mahame mu butaka bwiza bw'ubwenge
bw'abana n'ubugingo bwabo, igisubizo cyumvikana kandi
cyemewe kuri iki kibazo cy'ibibazo by'imitekerereze
n'ibitekerezo byatekerejweho cyaboneka. Ni ikosa rikomeye
kwirengagiza iki kibazo kubera gusa ingorane zigaragara
.zijyanye na cyo

Abenshi mu barangije kaminuza bava muri kaminuza
bafite imitwe iremereye kandi ibyimbye kubera ibikubiye mu
bitabo ku buryo badashobora kugenda mu nzira z'ubuzima,
kuko ubushake bwabo n'ukwifata byabo byagiye bicika
intege kubera kutitabwaho no kudakoreshwa. Bityo,
ubabona bakora ibintu bidakwiriye kandi bigasenyuka,
biruka mu rwobo rw'ingo zitari nziza, bakoresha nabi
imibonano mpuzabitsina yabo, bashakisha amafaranga,
kandi bananirwa akazi kabo kuko batize gukoresha neza
icyuma gityaye cy'ubwenge bwabo buhanitse mu
by'ubumenyi. Ingaruka zabyo ni uko biciragura ubwabo
.kandi bakigirira nabi

Igitangaje ni uko urubyiruko rwinshi rusa n'aho
rwishimira gukora ibikorwa bibateza ibyago n'umubabaro
Bamwe bakoresha ubujura n'ibindi bikorwa bibi, ndetse
n'ibikorwa by'ubugizi bwa nabi, nta nkomyi cyangwa ngo
bibabuze gukumira ikwirakwira ry'ibibi muri sosiyete. Abantu
bananiwe gukumira ikwirakwira ry'ibibi muri sosiyete
bashishikariza bamwe kugira imyitwarire mibi. Buri muntu

ufite umutimanama n'ukwizera nyakuri agomba kuba
urugero rwiza ku bandi mu biyanye n'ubunyangamugayo,
ubunyangamugayo, icyubahiro, no kwiubaha. Amashuri,
amashuri makuru, za kaminuza n'ibigo by'imibereho myiza
ntabwo bitanga uburyo buhagije bwa siyansi bwo kugabanya
ibyaha binyuze mu gukemura impamvu zabyo, ziboneka
.cyane cyane mu mutwe

Amashuri yihariye agomba kandi gushingwa kugira ngo
yigishe ubuhanzi bwo kubaho ubuzima bwiza kandi
bushimishije, guteza imbere ubushobozi bw'umuntu no
.kongera ubushobozi bwe bwite

Amashuri nk'ayo azaba nk'ubusitani na pariki aho
ubwenge bw'abana bukura kandi bugatera imbere Abarezi
bagomba gutoranywa neza no kwemezwa ko bagira
ubufatanye bw'ababyeyi n'abaturage. Aya mashuri azafasha
mu kurema abantu neza. Tugomba kuzirikana ko indyo
y'umwuka y'umuntu mu ntangiriro ze igena ubuzima bwe
.n'ubushobozi bwe bwo gukura nyuma

Uburyo bwo gutoza mu mutwe no mu mubiri
bukoreshe mu mashuri ya none nta gushidikanya ko ari
ingirakamaro, ariko nta shingiro bufite mu buryo
bw'umwuka. Iyo hatabayeho iterambere ry'imico myiza,
.gukura ntikuzaba kurangiye

Ubumenyi bw'iterambere ry'umubiri, ubwo mu mutwe
no mu mwuka bugomba kwigishwa abakiri bato bafite
ubwenge bukiri bworoshye kandi buhindagurika kandi
.imbaraga zabo zitarakoreshwa mu buryo bumwe na bumwe
Nyuma y'amahugurwa yuzuye, abanyeshuri bo muri ayo
mashuri bagomba gukora ibizamini byo kwisuzuma buri gihe,
kandi impamyabumenyi bazahabwa zizaba ubuzima bwiza,
izina ryiza, ubushobozi, ubutunzi bw'ibintu n'ubw'umwuka,
.ibyishimo, intsinzi, no kwigirira icyizere

Ibisubizo by'ikizamini cya nyuma ku iherezo ry'uru
rugendo rwo ku isi bizagenwa hakurikijwe umubare rusange
w'ibyo umuntu yagezeho mu mutwe no mu mwuka ndetse

mitima yacu, no mu bintu byose byiza bituma ubuzima bugira agaciro.

Uko twibanda ku bintu byo hanze, ni ko turushaho kunanirwa kubona ubwiza bw'imbere; kandi uko turushaho kwihindukirira imbere, ni ko turushaho guhura n'ingorane zo hanze. Ni ikintu gihoraho. Ariko abantu benshi ntibamenya uku kuri bitewe n'ingaruka z'ubucuti bw'isi, umuryango babamo, n'ingeso mbi Umuryango utuma umuntu ahora yishora mu bintu byo hanze, bikamubuza gutekereza ku kuri kwimbitse.

Ndetse n'ahantu ho mu mwuka hari abasurwa badafite icyifuzo cy'ukuri cyo kungukirwa n'ikirere cyaho cyiza, bityo ntacyo babona muri izo ngendo.

Umuntu wese wifuza kubona Imana azayisanga ahantu hose Ingeso z'abantu zirasenya, ziraryana, kandi ziraryana; zirasenya, zirasenya, kandi zirarimbura Igihe kirageze ngo abantu bige uburyo bwo kwishima no kunyurwa n'ibyo bafite. Ntitugomba kwifuza ikintu kirenze icyo kidutunguye Imana ni umunyabuntu; Izi ibyo dukeneye kandi ikaduha mu gihe gikwiye. Ibi ntibivuze ko tugomba kwishingikiriza ku Mana tudashyizeho imihati. Ntabwo ari na gato. Bivuze ko tugomba gukora uruhare rwacu uko dushoboye kose, ibisigaye tukabirekera Imana, itazigera itubuza ibyo dukeneye kandi dukwiriye.

Uburyo bwiza bwo kugira ibyishimo by'iteka ryose ni ukumva ko Imana iriho. Icyifuzo cyacu gikomeye gikwiye kuba ukumenya Imana no kwiyeemeza kubana na Yo. Imana igomba kuba iya mbere mu bitekerezo byacu no mu byiyumvo byacu, kandi tugomba kuyifata nk'inkingi ikomeye kandi ihamye mu buzima bwacu.

(Nuko rero mukomere ku mugozi w'Imana, muyishakira ubuhungiro)

**Kuko ari we nkingi niba izindi nkingi zose
zitagushobokeye**

**Naje kubona ko intego rukumbi y'ubuzima ari
ukumenya Imana Hari abashobora kuba batemera ko
gushaka Imana ari yo ntego nyamukuru y'ubuzima
Ariko ntawahakana ko intego y'ubuzima ari ukubona
ibyishimo Kandi mvuga mfite icyizere n'urwiyerurutso
ko Imana ari yo munezero uhebuje Ni ibyishimo
bihebuje Ni urukundo rusesuye, ni ibyishimo by'iteka
ryose bitava mu mitima y'abahuje na Yo None kuki
tudaharanira kugera kuri ibyo byishimo bitunganye?
Nta wundi wabiduha Tugomba guhora tubihingamo no
kubikuza muri twe Ingufu za kamere ziharanira guha
abantu ibinezeza by'isi, ariko ibyo byishimo by'akanya
gato amaherezo biganisha ku kwicuza, kurakara, no
kwicuza Ndetse n'umuntu ufite amahirwe menshi, usa
n'aho afite byose, ashobora kuba adashimishijwe
by'ukuri. Ntabwo azanyurwa n'ibintu byo ku isi igihe
kirekire kuko ibi bintu bitamara inyota nyakuri
cyangwa ngo bihaze inzara ye yo mu buryo
bw'umwuka**

**Ubutunzi butanga gusa ibyiyumvo by'amahoro
n'ibyishimo by'akanya gato Isi yose yuzuye urujijo
n'akajagari, iterwa n'irari ry'ubwikunde
n'umururumba bibyara intambara Nta kindi gitera
intambara**

**Intwari nyayo mu ntambara y'ubuzima ni
uwitsinda kandi agatsinda ibyifuzo bye. Amafaranga,
icyamamare, irari, n'ibindi byose binyuranyije n'iri
hame bibangamira amahoro n'ibyishimo byacu. Iyo
abantu biga guhora batekereza ku ndangagaciro
nyazo z'ubuzima, bari kubona ibyishimo bashaka,
ariko bakava ku ntego yabo kandi bagatwarwa
n'umuyoboro w'irari ry'isi. Nasanze nta kigeragezo**

gishobora kumbuza inzira nahisemo kandi nakurikiye ubwanjye.

Nashoboraga gukurura abantu ibihumbi nkoresheje imbaraga Imana yampaye, ariko iyo nzira yangirira nabi Uko byagenda kose, sinshaka gukurura abantu ibihumbi no kwigarurira ubwenge bwabo Ndashaka gusa kubona abigishwa b'ukuri bashikamye mu Mana Abakunda Imana bazishimira ibi bitekerezo, kandi abakomeje kugira ishyaka bazumva imigisha y'Imana no kubana nayo binyuze muri izi nyigisho

Ntibishoboka ko umuntu ashuka Imana, kuko
ihora ihari, izi ibiri mu bitekerezo bye n'ibyo yifuza Iyo
baretse isi bakifuza ubumwe mu buryo bw'umwuka,
Imana izabageraho Iyo icyo cyifuzo gishinze imizi mu
mutima w'umuntu uyishaka, Imana iza kuri uwo
mutima ikawuzuzamo ibyiza n'imigisha. Ikintu kimwe cyonyine gikwiye kubaho ni ukuba mu bumwe n'Imana no kubona ubutoni bwayo. Ubwo bumwe bugomba kuba isezerano rihoraho n'isezerano ridakuka (abakomeza isezerano ry'Imana ntibarirenzeho)

Buri wese yifuza ubutunzi kurusha abandi. Nubwo abubonye, ntibanyurwa, bamenya ko undi muntu akize. Abantu baba mu kaga k'imibabaro bikururira, baterwa imbaraga n'ibyifuzo byabo. Tugomba kunyurwa n'ibyo dufite. Ibintu bifatika ntabwo bizana ibyishimo; ahubwo akenshi byongera imihangayiko, impungenge, n'ubwoba.

Inzira igana ku Mana ni yo nzira yoroshye kandi yoroshye, nyamara bake bayinyuramo nubwo hari imihango myinshi y'idini n'imihango. Ni byiza kwerekeza imitima yacu ku Mana tukayisaba icyatugirira akamaro kandi kirambye. Mu by'ukuri, Imana iradutegereje kuko ishaka kuturinda ikibi n'akaga. Iradushakaho mu mitima no mu bitekerezo byacu kuko ibintu bihendutse byo muri iyi si

bitashobora guhaza irari rya muntu cyangwa ngo byuzuze icyuho cy'umwuka twumva imbere mu mutima wacu. Imana ihora ituvugisha, ariko bake bumva ijwi ryayo. Iryo jwi rituje rikunze kunyurwa n'urusaku rw'ibitekerezo bivanze n'ibyifuzo bitagira ingano. Ariko iyo ibitekerezo bigabanutse kandi ibyifuzo bigatuzza, twumva ijwi ry'Imana neza, nubwo rituje kandi ridafite imbaraga. Mu by'ukuri, Imana ikora byose kugira ngo ifashe abantu, ikingura imiryango kandi ikatumurikira kugira ngo tubone aho dukwiye gutera intambwe, kugira ngo tudasitara cyangwa ngo tunyerere. Ariko abantu benshi ntibamenya uku kuri.

Sinshaka ko abantu batekereza ko bashobora kubona ubumenyi bunyuzze mu gutega amatwi abandi cyangwa gusoma ibitabo. Bagomba gushyira mu bikorwa ibyo basoma n'ibyo bumva. Kuja mu rusengero ni byiza kuruta kuguma mu rugo ukumva amagambo adafite umumaro. Ariko no mu rusengero, umuntu agomba kumva ko Imana iri mu mitima ye no kumenya uko yabyibonera. Gutangara mu marangamutima no gusesengura ibintu mu buryo bwumvikana ntibishobora kuduha ubumenyi roho zacu zifuza kubona.

Iyo twiyeguriye Imana tugasezera ku byifuzo byacu bwite, kandi tukaba twizeye ko Imana ihora iri kumwe natwe, ikaba mu mitima yacu kandi ikadushishikariza ibitekerezo byiza n'amarangamutima meza, tuzagira ibyishimo n'umudendezo, kandi tuzabona izuba ry'ubwenge mu mfuruka y'ubugingo bwacu.

Tekereza! Nyuma y'imyaka ibarirwa muri za mirongo, kubaho kwacu kuzaba inzozu, kandi ibyo dukora byose ubu bizaba igice cy'izo nzozu Ndetse n'abantu bakomeye cyane bazaba ibigirwamana

by'ubwenge bw'abantu gusa Ariko abo bantu bakomeye bageze ku ntogo yabo y'ibanze kuko bageze ku rwego rwo hejuru kandi bagakomeza kuba bazima mu mwuka, bazi neza kandi bazi ibiri kuba byose, kuko bahuje ubwenge bw'Imana Umuntu wese ugerageza guhuza nabo binyuze mu bitekerezo n'inyigisho ze azumva ko bariho, ahabwe imigisha yabo, kandi azi neza ko koko bafitanye ubumwe nabo.

Ubuzima ni inzizi zikomeye Nyamara, iyo urebye umubiri wawe ubu ukawubona urimo ubuzima bwuzuye, uba wizeye neza ukuri kw'izi nzozi. Utekereza ko ugomba kugira iki cyangwa kiriya kugira ngo wishime. Ariko uko ibyifuzo byawe byaba biri kose, ntuzabona ibyishimo binyuze muri byo. Uko umuntu arushaho kugira, ni ko arushaho kwifuza. Ibyifuzo bigomba kuyungururwa, kandi ubuzima bworoshye niba ushaka kubaho mu ituze, mu mutekano no mu byishimo.

Ibyanditswe bivuga ko umuntu ufite ibyifuzo bihora bisunika imbere (yerekeza ku bugingo bwe) ari umuntu ufite amahoro yo mu mutima. Muri ibi, bameze nk'inyanja, idahinduka cyangwa ngo igabanuke, ahubwo ikomeza kuba yuzuye amazi ayisukamo ubudahwema. Ariko umuntu urema imyobo y'irari mu kigega cy'amahoro ye, akareka amazi y'ingenzi akayapfusha ubusa, nta kintu na kimwe azi ku mahoro yo mu mwuka n'ibyishimo byo mu mutima.

Dukeneye ubuyobozi buturutse ku bazi Imana, bafite ubushobozi bwo kuvugana na yo kandi bakumva ko iriho. Abahanuzi badusabye gushaka Imana mu mahoro yo mu mutima, mu bwigunge bw'ubugingo aho umwuka wizerwa n'ibyishimo by'umwuka bihebuje biba. Abarimu b'umucyo bo mu Buhinde nabo bashyigikira ibi bitekerezo kandi bashimangira akamaro ko gutekereza cyane kugira

ngo umuntu amenye Imana ubwayo mu bwigunge bw'ubugingo bwe.

Ibintu byose biriho ni nk'umuraba utembera uyobowe n'ubwenge bw'Imana. Uku gutembera kw'ubwenge ni Umwuka Wera, cyangwa Umwuka wizerwa, umuntu ashobora kuvugana na we binyuze mu isengesho no gutekereza cyane.

Mu ituze ry'umutima wawe no mu bwonko bwawe bw'ibanze, urukundo n'Imana yuzuye kandi itagira iherezo ntirugira iherezo Ariko biragoye kubona Imana niba dukurikirana amafaranga mbere na mbere. Tugomba kugira Imana igice cy'ingenzi cy'ubuzima bwacu, hanyuma tukagira ibyo dukeneye byose muri ubu buzima. Umuntu wese uha Imana umwanya uhoraho mu mitima ye, Imana izabaha umugabane mwinshi w'imigisha y'isi n'ijuru, kandi izabafungurira imbere yabo ahantu hanini aho izuba ry'ubwenge rirabagirana, rikamurikira inzira zabo kandi rigakuraho umwijima ubakikije. Imana ni yo ikunda iteka ryose, kandi nta byishimo ku bantu keretse iyo bakunda Imana nk'uko bakunda—nibura—abakunzi babo bakunda cyane, kuko iyo Imana idafite, ntitwamenya ishingiro ry'urukundo, cyangwa ngo turyoherwe n'uburyohe bwarwo.

Tugomba kwiga gukoresha ubushake bwacu no gushyira ubwenge bwacu mu gushaka Imana n'imitima yacu yose Ibikorwa by'abantu bigengwa n'irari, kandi izi ngeso zihora ziduhatira gukora ibyo tudashaka gukora Mu by'ukuri, umuntu ni umwanzi we bwite, ntabizi Ntazi kwicara atuje, kandi ntaha Imana umwanya, nyamara yifuza ibyishimo no kwinjira muri Paradizo bidatinze Ubunararibonye bweranda ntibushobora kugerwaho no gusoma ibitabo gusa, kumva inyigisho, cyangwa gukora ibikorwa byiza Ibi byose nta gushidikanya ko ari

ingirakamaro, ariko ntibihagije Kugera ku Mana bisaba kwitonda no gutekereza cyane

Tugomba gushaka ubutoni bw'Imana mbere ya byose Ntidushobora gushimisha buri wese, kuko ibyo bidashoboka Ngerageza kudakomeretsa umuntu uwo ari we wese Nkora uko nshoboye kose, kandi ibyo ni byo byonyine nshobora gukora Intego yanjye yonyine ni ugushimisha Imana Nkoresha amaboko yanjye nsenga imbere yayo nicishije bugufi, ibirenge byanjye nshakashaka ahantu hose, n'ubwenge bwanjye ntekereza kuri yo no gutekereza ku bitangaza byayo Imana igomba gufata umwanya wa mbere mu mitima yacu kugira ngo tuyibone nk'amahoro, urukundo, ubumva, ineza, impuhwe n'ubwenge ibi, nta kindi kintu na kimwe, nibyo naje guhamya no kubabwira.

Uretse gutekereza, umuntu agomba gukomeza kubana neza. Ntitugomba kwiruka inyuma y'abantu, ahubwo tugomba gukurikira Imana. Niba ubona inyungu muri ibi bitekerezo, bifata nk'umugisha uturuka ku Mana, kuko icyubahiro cyose ari icyayo. Bisangize abandi kugira ngo babone muri bo icyo ubona (Kandi ku bw'ineza y'Umwami wawe, vuga kuri byo) Kandi ntukibagirwe gufasha umuntu buri muni ukurikije ubushobozi bwawe. Igihe cyose mfite amafaranga mu mufuka wanjye, sinzareka gutanga, kuko isoko yanjye idashira kandi ihora itemba ni Imana.

Amaherezo, tugomba kumenya Imana nk'uko abakomeye bayimenya. Ibi birashoboka binyuze mu gutekereza no gushyira imbaraga mu bikorwa.

Igihe kimwe, nari ndimo nsohoka hanze y'aho hantu haberaga ibiza, ntekereza ku mwarimu wanjye ukomeye, Sri Yuktiswar, wari warapfuye imyaka mike mbere yuko numva ndamushaka cyane kandi nari mbabajwe n'uko atari kumwe nanjye ngo nishimire

ubwiza n'ikirere cy'aho hantu haberaga ibiza. Ako kanya, yaranyiyeretse ari mu ijuru arambwira ati: "Utekereza ko ari wowe wenyine wishimira aha hantu heza? Nanjye ndimo ndahakunda nkawe!"

Ushaka gusaba ubumwe n'Imana agomba kwihatira binyuze mu kwitoza kwa buri munsu kuyitekerezaho no kuyikunda, no kuyigaragariza urukundo kuri bese. Ubu ni bwo buryo bwonyine bwo kwirinda amakimbirane. Ubufatanye mu by'umwuka ni ingenzi. Nta mwuka w'ukuri, nta byishimo by'umuntu ku giti cyeye cyangwa ibya bese. Ubwumvikane bwera ni bwo buryo bwonyine bwo gukemura ibibazo byose by'umubiri, iby'amafaranga, iby'ishyingiranwa, iby'umuco n'iby'umwuka.

Ibyishimo bituruka mu kumva uri hafi y'Imana. Abantu bifungiyemo mu nzu y'ubujiji, kandi igihe kirageze cyo kwibohora muri iyi gereza y'agasuzuguro. Ubwenge bugomba guhora bwerekeza ku Mana, uko ibintu byaba bimeze kose, hanyuma uzagira amahoro n'ibyishimo byinshi.

Abashaka Imana kandi bakayiyegurira, bagaterana inkunga, kandi bakibuka Imana buri gihe, ni bo bishimye muri iyi si kandi ni bo batsindira ibyishimo by'imperuka.

Amahoro aye kuri mwe

Umurimbo uzazamuka kandi uhanagure

Buri wese muri twe yaremwe mu ishusho y'Imana. Twakomotse kuri Mwuka wayo w'Imana, kandi kamere yayo ituye muri twe mu buziranenge bwayo bwose, ubwiza bwayo, n'ibyishimo bihebuje. Uyu murage mutagatifu ni igihomwe kidashamajwe. Ku muntu kwicira urubanza nk'umunyabyaha, akigendera mu nzira z'icyaha, ni kimwe

mu byaha bikomeye kurusha ibindi byose. Kuko mu kubikora, yicira urubanza rwo kubura imbaraga, kwiheba, no kudashobora kuzamuka no kuzamuka. Ni ukuri ko umuntu ashobora gukora ibikorwa binyuranyije n'amategeko karemano n'ay'Imana, ariko agomba guhita ahindura inzira agahindukira mu nzira ikwiye. Muri kamere ye iboneye, umuntu ni urusengero rwera, kandi Umwuka w'Imana aba .muri we

Tugomba guhora twibuka ko Imana idukunda gusa kandi nta mananiza. Ariko kubera ko yaduhaye amahitamo ahamye yo kuyegera cyangwa kuyireka, iradutegereza kugira ngo tugaragaze icyifuzo cyacu cy'urukundo rwayo .mbere yuko idusanga

Igihe kimwe numvise ijwi rye rivuga mu gihe cyo gutekereza rigira riti: "Uravuga ko ntari kumwe nawe, ariko nturebye imbere Sinigeze ngusiga na gato. Injira mu rusengero rw'ubugingo uzambona Kuko mpora ndi hano, kugira ngo nkwakire kandi ngusuhuze n'indamukanyo "y'urukundo rw'Imana

Ubunyangamugayo bwimbitse ni ingenzi mu nzira y'umwuka. Mu butungane n'ukuri, umutima uratangira gucya

Ubwenge bwacu bwa kimuntu nta cyo buvuze ugereraniye n'Imana. Uburyo bwonyine dushobora kuyegera .ni ukuyiha urukundo rutunganye nk'urwo iduha

Buri wese amaherezo azabona agakiza, ariko abacika intege mu nzira bagwa mu rwobo rw'uburangare Kutagira icyo twitaho bidubuza gusobanukirwa akamaro gakomeye ko gushaka Imana muri iki gihe, muri iki gihe Umubumbe wacu ukomeye w'Isi, ureremba mu kirere, n'imiterere yacu y'ubumuntu, ntitwahawe ngo tumarane imyaka mike hano hanyuma tukabura aho tuba. Ahubwo, twagenewe gutekereza cyane no gusobanukirwa ibanga ryo kubaho. Kubaho tudasobanukiwe intego y'ubuzima ni ubupfapfa,

ubupfapfa, no gupfusha ubusa igihe. Amayobera y'ubuzima
aradukikije impande zose, kandi Imana yaduhaye ubwenge
.bwo gushaka ibisubizo byayo

Mu gushaka urukundo rurambye, nabonye ko Imana
inkunda mu buryo bwose bushoboka. Yankunze
.nk'umubyeyi, data, n'inshuti

,Nashatse iyo nshuti ihoraho kurusha inshuti zose
Kandi ku byerekeye uwo mukunzi ukomeye mbona ubu
arabagirana mu maso hese kandi arangwa n'urukundo. Iyo
nshuti y'Imana ntiyigeze intenguha, kandi ntiyigeze
.intenguha

Imana ni yo iri inyuma y'ibiriho byose Tugomba kubaha
no gufata neza ababyeyi bacu, ariko tugomba gukunda
Imana n'imitima yacu yose n'ubugingo bwacu bwose
Tugomba kumenya akamaro ko kugirana umubano ukomeye
.na yo, tudatakaje ikindi gihe

Iyo dusinziriye, ntituzi niba tuzabyuka cyangwa
tutazabyuka. Tuva kuri iyi si umwe umwe. Ariko iki
gitekerezo ntikigomba gutera impungenge Iyo dupfuye,
duhamagarirwa kuvuka ubwa kabiri ku isi, tugatangira
.ubuzima bushya aho twarekeye muri iki gihe

Mbona ubuzima nk'irema n'ishonga ry'imiraba ku buso
bw'inyanja Umuraba w'umuntu uzamuka uva ku buso
bw'inyanja y'Imana igihe yavutse, kandi mu rupfu, uba mu
mutima w'Imana. Nasobanukiwe uku kuri kandi nzi ko ntapfa
by'ukuri, nubwo umubiri wapfuye. Kuba ndi mu nyanja
y'umwuka w'Imana cyangwa ndi maso mu mubiri, ndi umwe
mu nyanja y'isi. Ibyishimo byinshi ntibishobora kuboneka ku
isi. Muri icyo gihe, nta mpamvu yo guhungira mu ishyamba
dushaka intego. Dushobora kubona Imana muri iri shyamba
ry'ubuzima bwa buri muni—mu bwihisho bw'uburibwe
.bw'ituze

Abantu bashobora gukora amakosa menshi, ariko
bashushanywa n'umwuka w'Imana Imana yaremye iyi si
y'ibinezeza byo ku isi ku bw'umugambi umwe gusa: kugira

ngo abantu bamenye ko ari inkuru y'isi gusa, bareke ibitari byo, kandi bakunde Imana yonyine Uku ni ukuri, kandi ntibishoboka ukundi Kuki Imana yaturemye kugira ngo dukunde abagize imiryango yacu kugira ngo ibabone badusiga umwe umwe? Ibi bintu bibaho kugira ngo bitume tumenya ko ari Imana idukunda by'ukuri, kurusha abo dukunda bose

Ubuzima ni urukurikirane rw'amashusho akora ku mutima, ariko uku kuri kuragoye gusobanukirwa kuko ibitari ukuri bisa n'ukuri kandi ukuri gusa n'ibitari ukuri. Isi irashira mu bwenge bwacu buri joro iyo dusinziriye, wenda kugira .ngo dusobanukirwe ko isanzure rifatika atari ukuri Iri somo ry'ibitotsi ntabwo riduteye ubwoba, ahubwo rituma twifuza ukuri kw'Imana Nta kintu gishobora guhaza ubugingo keretse Imana n'urukundo rwayo Umwuka w'Imana ni ukuri kutagereranywa Nta kintu kidashoboka, kandi icy'ukuri ntigishobora kuba impamo abanyabwenge basobanukiwe uku kuri kurabagirana Imyaka myinshi y'ubuzima bwacu irashize, kandi hasigaye imyaka, ibyumweru, iminsi, n'amasaha gusa Kuki twapfusha ubusa igihe ku bintu bidafite akamaro? Tugomba kwifuza kwihuza n'Imana amanywa n'ijoro, kandi tukaba abanyakuri muri iki cyifuzo mbere yuko igihe cyagenwe cyo kubaho kirangira tukava kuri iyi si nta kintu na kimwe .cy'ingenzi twagezeho

Muri ako kanya, nabonye urumuri rukomeye rw'Imana rutwikira ibyaremwe byose Mbega ibyishimo bidasanze!
!Mbega urumuri rutangaje

Mana yanjye, ndagushimira kandi ndagupfukamira ku bw'iyi migisha myinshi yo kumva ko uriho Imigisha kuri buri wese mu buryo bumwe, kugira ngo tumenye ko uri ukuri kw'ikirenga mu isanzure kandi ko ari .wowe ntego yacu y'ibanze, nta yindi ntego irenze iyo Tugomba kumukunda no kumuvugisha buri sekonda ry'ubuzima bwacu—ku kazi no kuruhuka, mu ngendo no mu

ituze—dusenga cyane kandi tumwifuriza byinshi. Hanyuma tuzabona igitambaro cy'ubupfumu kizamuka kandi kigenda gishira. Imana iri kumwe natwe mu kanya kose k'ubuzima bwacu. Abamutekerezaho kandi bakamuhuza na we bamubona mu bwiza bw'indabyo, icyubahiro cy'imitima myiza, amarangamutima meza kandi meza, n'inzizi nziza. Amaherezo, azava inyuma y'igitambaro kinini kugira ngo :abwira buri wese umushaka by'ukuri ati Tumaze igihe kinini tudahuye kuko nifuzaga ko umpa" urukundo rwawe ku bushake Nakuremye mu ishusho yanjye, kandi narategereje kugeza igihe ukoresheje ubwisanzure "bwawe ukampa urukundo rwawe ku bushake bwawe Tugomba gusaba Imana kuduha impano ihoraho kandi ihoraho y'urukundo rwayo rw'Imana Ariko se ni nde ushobora kubona iyi Mana yuje urukundo nta mbaraga? Niba ushyizeho 25 ku ijana by'imbaraga, ibisigaye ni iby'Imana n'umuyobozi wawe wo mu mwuka ntacyo mbisaba, kuko icyubahiro cyose ari icy'Imana, isoko y'ibyiza byose n'ubuntu Ubuntu bwayo buguherekeze, kumenya kwayo kube hamwe nawe, kandi ubone ubwinshi bw'ubuhari bwayo muri wowe no hirya no hino yawe Imana ntabwo idusubiza ako kanya kuko tudashaka kwerekana uburyo tuyifuza. Ntidukwiye gutinya kuyegera, ahubwo tugomba kumufata nk'uwacu, Inkundwa yacu, kandi tukamushaka ubudahwema dukoresheje ibitekerezo byacu, ibikorwa byacu, imitima yacu n'ubwenge bwacu, maze tukamubona nk'ubuhungiro bukomeye bw'umutekano .n'amahoro muri ubu buzima Nyagasani, ndaguhaye iyi ndabyo y'imitima myiza, kugira ngo yubakishe urusengero rwo kubaho kwawe. Iherekeze izi roho, ari zo muryango wawe n'abakunzwe. Turirimba izina ryawe ry'icyubahiro. Wirukane umwijima w'ubujiji n'urumuri rwawe rwera. Wirukane umwijima mu bitekerezo byacu n'urumuri rudashira rw'ubumuntu bwawe. Turi abawe, uko imimerere yacu yaba iri kose. Itwiyereke,

Nyagasani w'icyubahiro n'ubuntu. Ha umugisha buri wese
muri twe. Emera ibitekerezo byacu bigushishikariye
n'imivurungano y'imitima yacu ikunda. Tuguhaye urukundo
rwose, icyubahiro, n'inyota, kuko uri Umukunzi wacu n'ibyo
.dutunze byose muri iyi si

Duhe umugisha n'ubuntu bwawe Senya inkuta z'irari
ridutandukanya nawe Ba umwami w'Imana wicaye ku byo
twifuza byose. Umucyo w'icyubahiro cyawe ukwirakwira ku
isi yose. Duhe umugisha twese. Utwuzuze impumuro nziza
yo kubaho kwawe. Turusheho kumenya ko wahoranye
natwe, uri kumwe natwe ubu, kandi uzabana natwe iteka
.ryose

Turagushimira ubuntu n'urukundo wagiriye abayoboke
bawe biyeguriye Imana bifuza ko uba hafi kandi
bategerezanyije amatsiko ko uzaba uri hafi. Twiringiye ko
uruziga rw'abigishwa bawe ruzakura kugira ngo twishimire
.ko uzaba uri hafi kandi twishimire ko uri hafi

Duhe umugisha kugira ngo dukingurire imitima yacu
kandi dusukure imigambi yacu, kugira ngo tube abakwiriye
uburinzi n'ubwitonzi bwawe. Igaragaze, imbere no inyuma.
Duhuza twese, kandi mu mucyo w'ubwo bumwe, tumenye
.kubaho kwawe kwihariye

Tubigiranye umutima wacu wunze ubumwe n'ubushake
bw'imitima yacu irangwa n'ubwumvikane, turagupfukamira,
tugusaba ubufasha, ubuyobozi, no guhora tumenya ko uri
.mu mitima yacu

Umuriro w'urukundo udashira uraka mu mitima yacu,
kandi twumve ko uri hafi yacu ubu n'iteka ryose, Mwami
!wacu, Mukundwa wacu

Icyifuzo cy'ikirenga n'udupira two mu mutwe
Ubwiza bw'Imana ni bwinshi Ni we shingiro
ry'ukuri kandi ashobora kuboneka muri ubu buzima
Mu mitima y'abantu harimo amasengesho menshi
n'amasengesho yo kwinginga: gusaba amafaranga,

icyubahiro, ubuzima bwiza—amasengesho y'ubwoko bwose Ariko isengesho rikwiye kuba irya mbere na mbere mu mitima yose ni iryo kumva ko Imana iriho Mu gihe tugenda mu nzira z'ubuzima mu ituze kandi tudashidikanya, tugomba kumenya ko Imana ari yo ntego nyamukuru ishobora kudukaza no gusohoza ibyifuzo byacu, kuko mu Mana ari ho hari igisubizo cya buri cyifuzo cy'umutima

Iyo udashobora gusohoza icyifuzo cyawe binyuze mu mbaraga zawe bwite, uhindukirira Imana mu isengesho. Bityo, buri sengesho usaba rihishura icyifuzo cyihishe imbere yawe. Ariko iyo ubonye Imana, ibyifuzo byose birashira, kandi ibyifuzo byose birasohozwa.

Ibyifuzo by'isi bikomoka ku bitekerezaho bitari byo ku byerekeye intego y'ubuzima Iyi si si iwacu nyakuri Ibyanditswe bitubwira ko turi ab'Imana, ko twaremwe mu ishusho yayo, kandi ko ubushake bwayo ari uko dusubira mu nkomoko yacu y'Imana Icyo abantu bananirwa kumenya ni uko keretse bagarutse ku isoko yabo y'Imana, bazahatirwa guhatana kugira ngo basohoze ibyifuzo bitabarika Tekereza ibyo! Ni ukuri ko abantu badashobora kwirinda kugira ibyifuzo, kandi nta kibi kiri mu kubigira. Ariko, ibyifuzo byinshi by'abantu bibangamira isohozwa ry'icyifuzo cy'ibanze cyo kugaruka ku Mana. Bityo, byangiza ibyishimo by'abantu. Keretse abantu bifuze Imana bakayibona, bazakomeza gushyuha kubera kwifuza icyo ari cyo cyose babona ko kizabazanira ibyishimo. Ariko isohozwa ry'ibyifuzo byose rihita rigera ku bantu babona Imana.

Hari ibyiciro bibiri by'ibyifuzo: ibidufasha kubona Imana, n'ibitubuza kuyisanga. Urugero, iyo umuntu akugiriye nabi, ushobora kumva ushaka kwihorera. Ariko, niba utsinze iki cyifuzo ukoresheje imbaraga

z'urukundo zo hejuru kandi zemerwa cyane, uzaba warakoresheje igikoresho kizagufasha kubona Imana. Ibyifuzo byose bigomba gusohozwa mu buryo bwiza, kuko iyo bisohojwe binyuze mu buryo bw'isi, ibyifuzo biragwira, hamwe n'ingorane n'imibabaro. Niba twize guha Imana ibyifuzo byacu byose, izakorera kugira ngo isohoze ibyifuzo byacu byiza kandi irandure ibyacu byangiza kandi byangiza. Nta burinzi buruta umutimanama ukeye, kandi nta bwishingizi bwiza bwo kurwanya ibikomere by'ubuzima kuruta kugira ibyifuzo byiza kandi bihebuje.

Iyo tumenye ko ishusho y'Imana itunganye iri muri twe, ibyifuzo byacu byose birasohozwa Muri ubwo buryo bweranda, buruta ubutunzi bwose bw'isi n'ubutunzi, ntuzahungabana nubwo wahabwa isi yose. Nta shimwe rizagutera kwirata, cyangwa ngo rigutere ishozi, kuko uzaryoherwa n'ibyishimo by'Imana muri wowe, kandi ibyo bizaba ari byo by'ingenzi cyane mu buzima bwawe.

Mbere na mbere twagombye gusaba Imana ubuyobozi mu byo dukora kugira ngo tugere ku byifuzo byacu byemewe, kandi ubwo ni bwo buryo bwiza bwo kubona ibisubizo by'amasengesho yacu yose. Ariko kwinginga bigomba gukurwa mu isengesho. Uburyo bwa kera bwo gusenga bugomba guhinduka, kandi tugomba guhindukirira Imana dufite icyizere cyuzuye n'ukwizera kudacogora ko itwumva kandi izaduha ibyo dusaba. Imana ntishaka ko tureka ubushake bwacu—ndetse n'iyi tuyisenga—kuko ubwo bushake ari impano y'agaciro gakomeye twahawe n'ukuboko kwayo kw'ubuntu, uburenganzira bwera yaduteganyirije kuva turemwa.

Birumvikana ko umuntu agomba gutandukanya amasengesho n'ibyifuzo bifite ishingiro n'ibidafite ishingiro. Wibuke ko icyifuzo ari imbaraga; niba

ukomeje ku cyifuzo—cyaba cyiza cyangwa kibi, gifite akamaro cyangwa kibi—ukacyitondera ku manywa na nijoro, amaherezo kizasohora. Bityo rero, umuntu agomba kwitonda no kwirinda kugira ibyifuzo bibi, kuko bizasohora kandi bizazana n'ingaruka mbi zikomeye n'umubabaro udasanzwe.

Uko igihe kigenda gihita, uzasanga nubwo ibyifuzo byawe byasohojwe, umutima wawe ukomeza kuba ubusa, kandi uzagira ubugome bw'imbere Tekereza ko igogora ryawe ridafite imbaraga, nyamara wifuza ibiryo bikaranze Birumvikana ko uzumva ububabare igihe cyose ubiriye, nubwo hari ibyishimo uhura nabyo mu gihe ubyishimira. Bityo, uzumva wakoze ikosa. Ubwenge butegeka gukoresha ubushishozi kugira ngo utandukanye ibyifuzo byiza n'ibibi, kandi ibi bimaze kugerwaho, ibyo byifuzo bibi ntibigomba kuzura. Abantu bafite imbaraga z'imbere zo gutandukanya kandi bagomba kuzikoresha buri gihe, bayobora ubuzima bwabo hakurikijwe amabwiriza y'umutimanama, ari ryo jambo ry'Imana.

Ibyifuzo bitaragerwaho biguma mu mutima Ni ikihe kibazo kiri mu kubibikamo? Dore igisubizo:

Buri cyifuzo cyose kigizwe n'imbaraga zihariye: zaba nziza cyangwa mbi, cyangwa byombi Iyo umuntu apfuye—Imana imugirire impuhwe—izi mbaraga ntizipfa nubwo umubiri wabora kandi ukabora. Ahubwo, zijyana n'ubugingo aho bujya hose mu buryo bwa capsules zo mu mwuka. Iyo umuntu avutse mu mubiri mushya, izi capsules cyangwa ibinini byo mu mwuka bigaragarira nk'imyitwarire. Bityo, umuntu wapfuye ari umusinzi azana n'ibyifuzo byo kunywa inzoga iyo avutse, kandi iyi myitwarire ikomeza kugeza igihe atsindiye irari ry'inzoga. Ibi bireba n'ibindi bintu.

Ndetse n'abana bato bagaragaza imico bakura mu buzima bwa kera Bamwe mu bana barwara uburakari bukomeye Abandi bagira uburakari bubi Birumvikana ko Imana atari yo yabaremye muri ubu buryo Ibyifuzo bitaragerwaho mu buzima bwa kera byagize uruhare muri izi ngeso zo mu mutwe, kandi kubera zo, ubugingo busa n'aho butangaje, nubwo bwaremwe mu ishusho yera y'Imana Niba ishusho y'Imana yahindutse mu muntu muri ubu buzima, haba ku burakari, ubwoba, cyangwa irari, kandi izi ngeso ntizitsindwe ubu, noneho bazavukana na zo (cyangwa bazavukana na zo), bikoreye umutwaro w'izo ngeso mbi kugeza bazitsinze muri ubu buzima cyangwa mu gihe kizaza Nta nzira yo kuzihunga kugeza bazitsinzwe

Kubwibyo, ni byiza kuzuza ibyifuzo byose ubu cyangwa kubitsinda

Uburyo bwiza bwo kwikuramo ibyo byifuzo burundu ni ukwishimira Imana cyane. Bitabaye ibyo, ibyo byifuzo bihagaritswe n'ibyifuzo bitaragerwaho bizababaza kandi bibabaza roho.

Umuntu agomba kumenya, binyuze mu bushishozi n'ubwenge, ko Imana yonyine ari yo ishobora gutanga ibyishimo bitunganye kandi birambye

Akenshi, ibyifuzo biguma byihishe mu byo umuntu atazi Ushobora gutekereza ko byazimye, ariko ntabwo byarazimye; iri ni rimwe mu mayobera y'ubuzima, naryo ubwaryo ni ibanga rikomeye

Ariko amayobera arashira iyo dusesenguye ubuzima kandi tugatekereza ku cyo busobanura. Iyo wicaye gato buri munsu ukisuzuma, wasanga ufite ibyifuzo byinshi bitaragerwaho. Ibi byifuzo ni nk'udukoko twica umuntu agendana na two aho ajya hose, haba muri ubu buzima no mu buzima butaha.

Uburyo bwiza bwo kugera imbere ni
ugusobanukirwa—binyuze mu guhitamo neza—
ibyifuzo bibi muri ubu buzima no gushyira imbaraga
zawe mu gusohoza ibyifuzo byawe byiza Niba wumva
ushaka kwiyahura cyangwa gukora ikintu icyo ari cyo
cyose kibi, ugomba kwirukana icyo cyifuzo ubu. Izere,
mu bitekerezaho no mu bikorwa, ko ufite ikibatsi
cy'ubumana mu bugingo bwawe, kandi wibuke ko
waremwe mu ishusho y'Ishoborabyose, bityo ukaba
ufite ububasha bwo kurenga kamere yawe
n'imyitwarire yawe.

Ntugakomeze kwibanda ku by'akataraboneka
ahubwo witandukanye n'ibyifuzo, kandi uzatsinda
intambara y'ubuzima Niba urwaye ububabare
budasubirwaho, gerageza uko ushoboye kose
kwitandukanya n'ubumenyi bw'umubiri. Binyuze mu
gushishoza, ushobora gutsinda ibyumviro. Gushishoza
kw'ubwenge ni umuriro utwika ibyifuzo bibi n'irari
ribi, bikahinduka ivu.

Ni ibisanzwe ko abantu babika ibintu bishaje,
byashaje kandi bitari ngombwa mu mfuruka y'inzu,
kandi bagasukura inzu rimwe na rimwe. Mu buryo
nk'ubwo, mu mfuruka y'ubwenge bwawe bwo mu
mutwe hari ibyifuzo byinshi bifite ingaruka mbi
zihishe, bishobora kuguteza ibibazo bikomeye umunsi
umwe niba utabyitwayemo neza.

Kwisuzuma ni ingenzi mu nzira y'umwuka
Ushobora kuba ufite inzika, urakaye, cyangwa
urakaye vuba Niba ari uko bimeze, izi ngeso mbi
zibitse mu bwenge bwawe ni ingaruka z'ibikorwa
byawe bya kera Kugira ngo uvane mu mutwe wawe ibi
bikoreshe byangiritse kandi byashaje, ugomba
gutangirira ku bikorwa byiza kandi byubaka kandi
ugatera abandi urukundo Uko urushaho gukunda
abantu, ni ko nabo bazagukunda, kandi uzumva

urukundo rwabo Arika niba ubanenga, ndetse nawe ubwawe, bazumva icyo banenga kandi bagusubize byinshi!

Dufate ko umwanzi wa kera yapfuye, ariko ugakomeza kumugirira inzika n'urwango. Uzababazwa n'ubu bubabare, kandi ingaruka mbi zabwo zizagaragara mu mubiri no mu bwenge bwawe. Ni byiza kumubabarira kubera Imana, kuko mu kubikora, uzaba wibohoye ku byifuzo bibi byo kwihorera byangiza amahoro yawe yo mu mutima no gusenya ituze ryawe. Kwirundanya urwango ku rundi, cyangwa gusubiza urwango mu rwango, ntabwo byongera gusa urwango rw'umwanzi wawe kuri wowe ahubwo binangiza umubiri wawe n'amarangamutima yawe. Bityo rero, mubabarire mubabarirane neza.

Rimwe na rimwe, umuntu agomba gusiga byose kugira ngo abe wenyine, kugira ngo atekereze ku ntego y'ubuzima Abantu benshi bagendera ku migenzo n'imico. Mu by'ukuri, ntibigeze babaho ubuzima bwabo bwite, ahubwo bigeze babaho ubuzima bw'isi. Ni iki bagezeho, kandi bageze he?

Kubwibyo, ni byiza ko umuntu rimwe na rimwe yikura mu mirimo ya buri munsu n' "inshingano" kugira ngo atuze imihangayiko yo mu mutwe we kandi agerageze gusobanukirwa ishingiro ryayo no kugena intego ashaka kugeraho.

Wibuke ko ubuhamya bukomeye ushobora kubona ari ubwo umutimanama wawe: ijwi ritabeshya kandi ritabeshya ry'ubugingo bwawe Icyo umutimanama wawe ukubwira ni uwo uri we by'ukuri, nta mitako cyangwa kwihishahisha.

Tekereza imbaraga za Yesu Kristo wavuze ati “Data, bababarire kuko batazi gukora ibyo batazi”

Kandi tekereza ku Muhanuzi ukomeye wavuze ati: “Ese sinakubwira icyo umuntu azamurira urwego rwe?”

**Baravuze bati: “Yego, yewe Ntumwa y'Imana”
Yaravuze ati: “Wihangane n'utakuzi, uhe uwo
uguhakanira, ukomeze umubano n'uwo ugucamo
amasano, kandi ubabarire uwo ugukoshereje”**

**Gutega amatwi ijwi ry'umutimanama wawe
uboneye bizazana urumuri mu nzira yawe n'umugisha
mu buzima bwawe Iyo wumvise ufite icyifuzo
gikomeye mu mutima wawe cyo gusohoza icyifuzo
runaka, koresha ubushishozi bwawe wibaze uti: "Ese
ni icyifuzo cyiza cyangwa kibi nshaka gusohoza?"**

**Hari ibintu byinshi bitera ibyifuzo by'abantu Iyo
umuntu abonye imodoka nshya y'icyitegererezo, aba
ashaka gutunga isa nayo Iyo abonye inzu nshya
y'icyitegererezo, aba ashaka gutunga isa nayo
Imyambarire mishya irakundwa, abantu bakifuza
kugura no kwambara iyo myambarire!**

**Ibyifuzo biva he? Namaze amasaha menshi
ntekereza kuri ibi. Ese ushobora gushyira mu byiciro
ibyifuzo byawe byose? Nabashije kubisesengura
byose no kugumana ibyiza gusa. Maze kubona
isangira ry'Imana, nasanze ibyifuzo byanjye byose
byiza byasohojwe icyarimwe. Uyu munsi wifuza ikintu,
ejo roho yawe irarikira ikindi kintu. Ubwenge bwawe,
bukomoka ku Mana Ishoborabyose, ntibushobora
guhazwa n'ibintu by'iyi si, kandi ntibizigera bibaho,
kuko, nshuti yanjye nkunda, watakaje ubutunzi
bw'agaciro kandi bw'agaciro kanini bw'ubugingo
bwawe, ari bwo bwonyine bufite ububasha bwo
guhaza icyifuzo cyawe no gusohoza ibyifuzo byawe.
Ubwo butunzi bwatakaye ni Imana.**

**Nibyo koko hari ibyifuzo byiza cyangwa bikenewe,
kandi ko ukwiye gukora kugira ngo ubigereho Ariko
mu gihe uharanira gusohoza ibyifuzo byawe bito,
ntukibagirwe kubanza gusohoza icyifuzo cyawe
gikomeye ku Mana. Kwemeza ko ibyifuzo bito**

n'inshingano bigomba kubanza gusohozwa ni ukwibeshya no kwibeshya. Ndacyibuka mu ntangiriro y'urugendo rwanjye rw'umwuka ko nari umuntu uhora atekereza kandi ntatekereza buri gihe, nubwo nakomezaga kwibwira ko nzabigenera umwanya. Umwaka wose warashize nk'uyu mbere yuko mbona ko ntari nararangije ibyo nari narasezeranye ubwanjye. Nahise niyemeza ko ikintu cya mbere nakora mu gitondo ari ugukaraba hanyuma ngatekereza ku Mana. Imirimo ya buri munsu yari myinshi icyo gihe, kandi ntibyari byoroshye kuyihunga, ndetse n'igihe gito. Bityo, nahisemo kubanza gusohozwa inshingano zanjye zo mu mwuka. Bityo, nize isomo rikomeye: inshingano zanjye ku Mana ziza mbere, kandi ni bwo gusa nita ku zindi nshingano zitari iz'ingenzi cyane.

Kuki Imana yagombye gukingurira abantu amarembo y'iteka niba abantu bashyira imbere izindi nshingano n'ibyo batekereza kuruta Imana? Imana yashyize amababa y'umwuka muri twe kandi itwitezeho kuzamuka mu mwuka. Aya mababa ni ibyifuzo byacu byo mu mwuka, ibitekerezo byacu byo hejuru, n'icyifuzo cyacu cy'ukuri cy'isoko yacu y'Imana.

Dushake Imana mbere na mbere. Si byiza guha agaciro imirimo yo ku isi cyane, kuko Azrael ashobora guhamagara ubugingo igihe icyo ari cyo cyose, hanyuma imirimo yose, ibyo yiyemeje, impungenge, n'inshingano byose bigahagarara burundu None se kuki wakwihambira cyane ku buzima?

Umuntu yibwira ko ari kwishimira umutekano n'amahoro yo mu mutima, hanyuma agahita atakaza uwo akunda, cyangwa akabura ubuzima bwe cyangwa akazi ke, maze umutekano n'amahoro yo mu mutima bigashira!

Mbega ukuntu urukundo nakundaga mama rwari rukomeye! Nibwiraga ko azahora ari kumwe nanjye, ariko mu buryo butunguranye naje gusanga yarantaye nkiri umwana! Ntidukwiye gutinya urupfu, ahubwo tugomba kurutegura

Ubuzima si uko busa. Ntubushyireho icyizere cyawe, kuko buhindagurika, bushukana, kandi bwuzuyemo gucika intege n'ibyiringiro byacitse. Ubutungane ntibuboneka hano. Sinshaka kuguha ishusho idafatika y'ubuzima. Iyi si si paradizo. Ni laboratwari y'Imana aho Imana igerageza ubugingo kugira ngo irebe niba izatsinda ibyifuzo bibi ikoresheje ibyiza, maze ikamugira—ni ukuvuga Imana —icyifuzo cyayo gikomeye, kugira ngo igaruke mu bwami bwayo.

Ubuzima bwuzuyemo ibyago n'urwenya, ibyago n'ibyishimo. Ni ubwoko bunini, buhora buhinduka kandi butangaje bw'imiterere itabarika. Nta bintu bibiri bisa neza. Ubuzima bwa buri muntu ni bwihariye. Buri muntu afite imiterere itandukanye, imitekerereze itandukanye, n'ibyifuzo bitandukanye. Iyo tuza kuba duhura n'ibigeragezo bimwe buri munsi, twananirwa kandi tukarambirwa. Ndetse na Paradizo, iyo iza kuba isanzwe, yatakaza ubwiza bwayo. Dukunda ubwinshi n'ubutandukanye. Igitekerezo gakondo cya Paradizo ni kibi rwose. Iyo iza kuba irambiranye koko, abera n'abantu b'Imana b'abera bari gusenga basubira ku Isi kwishimisha! Paradizo ihora ivugururwa mu buryo bushimishije cyane, mu gihe Isi ikunze guhindurwa, ariko mu buryo burambiranye kandi butari bwiza.

Ariko, nubwo ubuzima bunaniza kandi bugoye, abantu benshi barabumenyera, bizera ko nta bundi buryo bwo kubaho. Badashobora kugereranya ubu buzima n'ubuzima bwo mu mwuka, bananirwa

gusobanukirwa ingano y'ububabare n'umunaniro byihishe muri iyi si.

Mu by'ukuri, ubuzima si ukuri Ni imyidagaduro gusa, nta kindi Nk'uko filime za kera zisubirwamo kenshi, ni ko n'ibyabaye kera bisubiramo mu buryo butandukanye. Nubwo ubuzima bukomeza, ingingo zimwe zagaragajwe muri filime za kera zisubirwamo imwe ku yindi. Mu by'ukuri, amateka arisubiramo, kandi abantu ni ibihangano gusa mu nzu ndangamurage z'igihe.

Kureka ubuzima bukagaragaza ibitangaje, kubyakirana ibyishimo, ukuri, no kwishyira ukizana, nta marangamutima agize, nk'aho ureba filime. Guseka cyane ni umuti mwiza w'ibibazo byose by'abantu.

Ugomba kwegera ubuzima mu buryo bworoshye kandi butuje. Ibi nibyo nize ku mwarimu wanjye. Mu ntangiriro y'imyitozo yanjye y'iby'umwuka mu rugo rwe, nakoze imirimo yanjye mu maso hababaye, ntamwenyura. Umunsi umwe mwarimu wanjye yarabibonye maze aravuga ati: "Imana nibishaka, byose ni byiza! Uri mu mihango yo gushyingura? Ntuzi ko kubona Imana bivuze guhisha imihangayiko no gushyingura agahinda kose? Ntugafate ubuzima nk'ikintu gikomeye cyane."

Yanyigishije ko ari inshingano y'umuntu kuzamura ubwenge bwe hejuru y'ibintu byose bimutera kwiheba n'ibibazo byo ku isi kugira ngo abone umudendezo wuzuye mu Mana

Umuntu agomba kugira uburinganire mu byishimo n'agahinda, inyungu n'igihombo, intsinzi n'inanirwa kugira ngo ahangane n'ibibazo by'ubuzima afite ubutwari n'icyizere.

Kugumana amahoro yo mu mutima nubwo ibintu byose byagenze ni bwo buryo bwiza bwo gutsinda

ibyifuzo by'uburiganya. Ibi nibyo nize ku bakomeye batagizweho ingaruka n'ibihe bihindagurika, ariko bakomeje gushikama kandi badahinduka kugeza ku iherezo. Ndetse n'abahanuzi, igihe bababazwaga, ntibigeze batakaza ubwenge bwabo bwera, cyangwa ngo bemerere umuntu uwo ari we wese kwiba urukundo rw'Imana. Ibyishimo byo mu mwuka ubwabyo ni uburinzi bwiza kandi ni igihome gikomeye kurusha ibindi byose. Hagati y'ibigeragezo n'amakuba, ibuka imigisha Imana yaguhaye. Roho yawe ni urusengero rwera rw'Imana. Ntugomba kwemera ko umwijima w'ubujiji wanduza aho hantu heza. Mbega ukuntu ari byiza kuba mu mwuka, wubashywe, urangwa n'icyubahiro, utekanye, kandi ufite amahoro! Ntugatinye kandi ntukange umuntu uwo ari we wese. Humura urukundo rw'Imana kandi urebe ko ihari mu bantu bose, kandi reka icyifuzo cyawe gikomeye kube uko ihari iteka mu mutima wawe. Iyi ni yo nzira yo kubaho mu mahoro no mu ituze muri iyi si. Ariko biragoye kumva uburyohe bw'iyi nyurwa mu gihe cyose imiyaga ikaze y'ibyifuzo ihuha mu mwobo w'umutima kandi igatigisa ibiti byawo.

Ibyifuzo bishyirwaho n'aho umuntu atuye Bivuka mu buryo twumva ibintu kandi bigakumirwa n'intege nke z'ibyo bitekerezaho. Kwitabira imurikagurisha ryo mu cyaro byuzuzwa icyifuzo cyo kwishima, ariko nyuma yo gusura imurikagurisha ry'isi yose no kureba ibitaramo bitandukanye, imurikagurisha rito ritakaza ubwiza n'igikundiro cyaryo. Bityo, tugomba kubanza kwishimira gusabana n'Imana kugira ngo tubashe kugereranya ibyo byishimo n'ibinezeza byo mu isi. Hanyuma, ibyifuzo bizaba bifite kamere yo hejuru. Icyifuzo ntikigira iherezo; icyifuzo kimwe kimaze gusohorwa kurusha ikindi. Ariko iyo ubonye Imana,

ibyifuzo byawe byose birasohorwa. "Mubanze mushake ubwami bw'Imana no gukiranuka kwayo, kandi ibyo byose muzabihabwa (Kandi ibiri ku Mana ni byiza kandi biramba)" None se kuki mutabanza gushaka isohozwa ry'icyo cyifuzo gikomeye hanyuma mugahabwa n'Imana ibyiza kandi birambye?

Iyo Imana ishubije isengesho ry'umushaka ryo kuyimenya, ibindi byifuzo bye byose bizagerwaho ako kanya kandi iteka ryose.

Hari abantu bibwira ko nta byifuzo bafite.

Nabonye ibikunze kubaho iyo abantu bagiye ku isoko. Bashobora kuba badafite icyifuzo cyihariye cyo kugura, ariko mu buryo butunguranye ikintu kibakurura amaso bakibwira bati "Yego rwose, ngomba kukigura!"

Nubwo batabigura ako kanya, biba mu bitekerezo byabo ku manywa na nijoro kugeza igihe babigurije, nubwo byaba ngombwa ko baguza amafaranga. Babishimira igihe runaka, ariko buhoro buhoro ubwiza bwabyo burashira kandi ibyishimo byo kubitunga biragabanuka, bityo bakifuza ikindi kintu, n'ibindi.

Hari igihe duhura n'umuntu uvuga ati: "Ah, iyaba nari mfite amafaranga angana gutya (cyangwa imodoka yihariye cyangwa pisine cyangwa se)" maze icyo cyifuzo kikimara kugerwaho, havuka ikindi cyifuzo cyo gushaka ikintu gishya.

Ibyifuzo bya muntu biratunganye, bityo ntibishobora kugera ku byishimo byuzuye ku ba nyirabyo

Isi izagerageza kukubuza kwibuka ko icyifuzo kimwe cy'ingenzi ari ukubona Imana. Ariko ugomba kwibuka ibi buri munsu. Iyo umuntu afashe icyemezo cyo kureka kunywa itabi, kureka kurya cyane, kureka kubeshya, cyangwa kureka gukopera, agomba kuba yiyemeje gufata icyemezo ntagire icyo ahindura.

Ibidukikije bibi bigabanya imbaraga kandi bigatera intege nke ubushake, bigatera ibyifuzo by'ibinyoma mu muntu. Bimutwara ibyiza kandi bikamuha ibibi. Ababana n'abajura bizera ko ari bwo buryo bwonyine bwo kubaho. Ariko kwifatanya n'abantu beza byerekeza ubwenge ku bintu byo hejuru, ku buryo ibyifuzo by'ibinyoma bitazongera gushuka umuntu. Ibintu byose muri ubu buzima bishobora guhinduka no guhinduka. Ariko akanya gato ko gutekereza cyane cyangwa kwiga no gutekereza ku ngingo z'umwuka zitunganye bizaba isoko y'umwuka, bizatwara umuntu ubishakisha cyane mu nyanja y'uburiganya n'uburiganya bikamujoyana ku nkombe z'Imana aho "nta munaniro uzamukoraho, kandi ntazabirukanwamo"

(Ikiruhuko kinini cyateguriwe abarushye, kandi utitaye ku gushaka ukuri ni we ukunesheje)

Ibyishimo nyakuri biri mu kwifuza Imana no kuyitekererezaho buri gihe. Igihe kiragera aho icyo gitekerezo kiba gihamye kandi kidahungabana ku buryo nta kibazo cy'umubiri, ubwonko, cyangwa amarangamutima gishobora kugukura ku Mana. Ntabwo ari igitangaza kubaho uzirikana Imana, kuyitekererezaho no kuyiyumvamo igihe cyose, no kuguma mu buturo bwayo butagereranywa, aho urupfu cyangwa ikindi kintu cyose kitashobora kukwiba amahoro yo mu mutima? (Abemera kandi imitima yabo iruhukira mu kwibuka Imana. Mu by'ukuri, mu kwibuka Imana imitima iruhukira)

Iyo ubaye ubudahangarwa ku byifuzo byose, uryohereza no kubaho iteka ryose

Ubuzima ni butangaje koko, kuko byose bishobora guhinduka Bityo rero, umuntu ntagomba guhagarara ubwato bw'ibyishimo ku musenyi uhindagurika w'ubu buzima Igihe cyacu kizashira, kandi ibyo tubona ubu

umunsi umwe bizashira Impinduka iremewe igihe cyose utazemera ko ikugiraho ingaruka mbi Kandi iyo igukomeretse, ihungabana ry'imbere uhura naryo ni ubutumwa kuri wewe bwo kudatwarwa n'irari Iyo uri mu mutekano mu mwuka w'Imana, wishimira byose nta kwishingikirizaho cyangwa kwishingikirizaho. Bityo rero, guharanira kumumenya ni ingenzi cyane ku bamwitaho; bitabaye ibyo, ubuzima buzaba ari ugutenguha gukabije, kwiheba gushenjagura mu buryo buteye ubwoba.

Ubwo nagarukaga mu Buhinde mu 1935, nifuzaga gusura ahanu nakundaga nkiri umwana, ariko ubwo nageragayo, nasanze byose byarahindutse. Ubuzima bwari bwarahinduwe mu buryo butandukanye. Gutenguhwa no gutungurwa bikomeye byaje ubwo nasuraga inzu yanjye ishaje i Aykapur, aho nakundaga gukina no kureba inyoni. Hari hasigaye igiti kimwe gusa mu byo nibukaga. Ubuzima ni bwo! Ibintu bisanzwe kandi bikundwa biva mu maso yacu kimwe kimwe kimwe. Niteguye gutanga ikintu cyose kugira ngo mbone inzu yacu uko yari imeze mu bwana bwanjye. Nyamara, Imana yankoreye icyifuzo cyanjye, kuko nyuma nabonye inzu mu iyerekwa, aho twogaga muri pisine, hanyuma nzamuka hejuru, ndyama ku buriri, ndarya imyembe, nk'uko nari narabikoze imyaka myinshi mbere yaho.

Ibyifuzo bigomba gusuzumwa no gusuzumwa neza, bigashyirwa mu byiciro neza, kandi ibyiza gusa bigakomeza, ndetse n'ibyo byifuzo byiza ntibishobora guhagarika icyifuzo cy'ingenzi cyane ku Mana.

Icyo cyifuzo kigomba kugumaho kandi gishyushye, kandi ntikigomba kwemererwa gushira cyangwa ngo kizime. Umuntu aba ari mu ikosa rikomeye iyo asabye Imana ngo imusohoze ibyifuzo bye byo ku isi ariko ntayimusabe kuyihishurira.

Tekereza umwana uhora asaba ababyeyi be ko bamuha ibyo asaba, kandi bitabaye ibyo ntabibabaze cyangwa ngo abitekerezeho. Ibyo ni ukutashima no kwanga ineza yabo, kandi muri ibyo hari isomo ku batekereza

Iyo iki gitabo cy'ubuzima gishyizwe mu bikorwa, umuntu azaba aherekejwe gusa n'ubumenyi bw'umwuka yabonye mu gihe cy'ubuzima bwe bwo ku isi. Bityo rero, Imana igomba kuguma ihari mu bitekerezo bye, ihora imutakambira kandi ntiyibagirwe niba koko umuntu ahangayikishijwe n'ejo hazaza he ho mu mwuka. Iyo dufitanye isano n'Imana, tuzasanga ibyifuzo byose bigerwaho mu buryo bw'amayobera. Ariko tugomba gushaka Imana mbere na mbere ni umunyabuntu kandi yaduhaye byose, ariko tuzayibona gusa iyo tutanyuzwe n'impano zayo ahubwo tugahindukirira Uwayitanze ubwe. Tuzayimenya igihe cyose turi abanyakuri mu byo tuyikurikira, twifuza cyane kuyegera no kwibonera umugisha wayo.

Imbogamizi ikomeye umuntu ahura nayo ni we ubwe Iyo agerageje kwicara acacetse atekereza ku bintu by'umwuka, ibitekerezo by'isi bihita bivuka, bikabayobya kandi bikababuza kugera ku ntego ye. Bagomba kwitoza kugenzura ibitekerezo byabo n'imibiri yabo, kandi mu kubikora, bazagira paradizo igendanwa mu bugingo bwabo. Mu buzima cyangwa mu rupfu, mu ijuru cyangwa mu muriro, ibyo byishimo bihebuje bizajyana na we.

Tugomba gusenga Imana cyane, tuyisukira inyota yacu ikomeye, tuyisaba mu rurimi rw'umutima, icyifuzo cy'ubugingo, n'ibitekerezo byo mu mutima, kugira ngo itwumve kandi idusubize. Ariko niba umuntu asenga mu mutima umwe, ariko icyarimwe agatekereza ikindi kintu—ikintu Imana izi ko atari cyo

**kintu cy'ingenzi gihangayikishije uwo muntu—
ntizasubiza**

**Tugomba kubanza kugira Imana Igihe ni iki
Ntitugomba gutegereza, kuko ibishuko bifite
imbaraga nyinshi Ubuzima buhita vuba, kandi ni
ikimwaro kuva kuri iyi si utazi intego y'ubuzima.
Tugomba gutekereza igihe cyose dufite umwanya wo
kuruhuka. Nubwo amasengesho yawe yaba
adasubijwe bwa mbere, ntukihebe imbabazi z'Imana,
ahubwo komeza usenge. Senga ubikuye ku mutima
kandi wizere ko isengesho ryawe rizasubizwa.**

**Mu buzima bwanjye niboneye igihamya gikomeye
cy'uko Imana isubiza amasengesho. Ariko igisubizo
nk'icyo gisaba imbaraga, kuko nta kintu na kimwe
cy'ingenzi kiza kitarimo kwihatira. Gutekereza ni
ingenzi kugira ngo uhishure amabanga y'ubuzima no
kwinjira mu bwami bw'Imana.**

**Ingeso mbi n'ibindi bintu bikurangaza
bizagerageza kubangamira imbaraga zawe no
kugabanya umurava wawe. Ariko niba ushaka
kwishima, komeza gutekereza ku Mana, uzayisanga
hafi yawe.**

**Ibyifuzo byo kwinezeza ku isi birema imbaraga
zikurura umuntu kuri iyi si, ubuzima nyuma y'ubuzima
Gusubira mu mubiri biba atari ngombwa ku bantu
basanze ibyifuzo byabo mu Mana Igihe cyose bifuza
gusohozza icyifuzo icyo ari cyo cyose, barabyibuka,
kandi bigaragarira imbere yabo Mama
yarambonekeye nyuma y'urupfu rwe, kandi
nahumuriywe no kumubona no gushimira Imana ku
bw'ineza yayo Mu by'ukuri, ni Nyir'ubuntu bwinshi
n'Imbabazi nyinshi. Asohoza ibyifuzo byacu kugira
ngo agaragaze urukundo rwe n'ishimwe rye kuri twe
iyo tumuhaye umwanya wa mbere mu mitima yacu.**

Iyo umuntu ageze ku Mana, aba ari we ugenga ubuzima n'iherezo. Ntitugomba kuruhuka kugeza igihe Imana izaba ihamye mu buzima bwacu. Izaduha ibyo twifuza byose kandi izatugerageza.

**Ibigeragezo n'inzitizi mu nzira y'umwuka ni byinshi kandi bikomeye, ariko uko tunyura muri ibyo bigeragezo tukabitsinda, tugomba kuvuga tuti:
“Mwami, wasubije amasengesho yanjye kandi wasohoje ibyifuzo byanjye bikomeye, bityo umutima wanjye wuzuye ubusugire bwawe kandi roho yanjye irabagirana n'umucyo wawe” Amahoro abe kuri mwe**

Ubufasha bwongereye ubumenyi

Iyo woherereje abandi imigambi myiza, ubumenyi bwawe buragenda bwiyongera Iyo utekereje ku muturanyi wawe, igice cy'umubiri wawe kirarekurwa hamwe n'icyo gitekerezo. Ariko gutekereza byonyine ntibihagije; tugomba .kuba twiteguye gushyira mu bikorwa ibitekerezo byacu Gushyingiranwa ni isomo mu kwitanga Abantu babiri bagerageza gusangira ubuzima hagati yabo. Hanyuma abana baraza, ababyeyi bagasangira ibyo bafite. Ariko gutekereza ku muryango wa hafi gusa nta wundi muntu (ni ukuvuga nje nawe cyangwa twe gusa) ni ubwoko .bw'ubwikunde

Igihe kizagera aho abakunzi bacu bazadusiga; ni bwo buryo bw'ubuzima. Ibi bitwibutsa ko intego nyamukuru y'ikiremamuntu ari ukwagura imbibi z'ubumenyi bwacu .dukorera abandi no gusangira nabo imigisha y'ubuzima Ubufasha buzanira nyirabwo imigisha myinshi n'ibyishimo byinshi, kuko binyuze mu bufasha umuntu agumana ibyishimo bye. Intego yanjye ni ugushimisha abandi, kuko ibyishimo byanjye bikomoka ku byishimo .byabo

Ntidushobora kuryohereza n'uburyohe bw'ibyo twagezeho keretse gusangira ibyishimo byacu n'abandi. Simvuga gusa ku bagize umuryango, ahubwo ndavuga ku .bantu bose

Tugomba gutekereza ku bandi no kubafasha uko dushoboye kose. Ibi ntibivuze kwishyira mu bukene, ahubwo bivuze kugaragaza ko twita ku bandi by'ukuri kandi .by'ubucuti no kuba dufite ubushake bwo gusangira Tugomba kubanza gushyira mu bikorwa amahame y'ukuri kuri twe ubwacu. Ntidushobora kwigisha abandi kwitanga niba natwe ubwacu tutitanga. Iyo dutangiriye kuri .twe ubwacu, tuzaba urugero rwiza ku bandi

Nahaye ubuzima bwanjye gukorera abandi no kubagirira
akamaro. Nagenze ingendo nyinshi kandi ngira inama ku
bantu benshi. Ariko nzi ko nkorera abandi neza binyuze mu
.nyandiko zanjye no mu nyigisho zanjye
Abantu benshi baza kumva inyigisho, atari ngombwa ko
babitewe n'urukundo nyakuri. Abantu baza bashaka
guhumurizwa no guhumurizwa mu buryo bw'umwuka. Ariko
ndashaka abantu bashaka ukuri, bakunda Imana. Niyo
mpamvu nibanda ku kamaro ko gutekereza ku Mana, kandi
.nkomeje kuyibandaho
Abantu bose bashishikajwe kandi badahwema gushaka
ibintu by'umwuka bazatsindira ikamba ry'intsinzi
.nibakomeza gukorana ibyifuzo n'umurava
Tugomba gukunda Imana n'imitima yacu yose, ubwenge
bwacu bwose, ubugingo bwacu bwose, n'imbaraga zacu
zose, kandi tugakunda bagenzi bacu nk'uko twikunda
Gukunda Imana n'umutima wawe wose, ubwenge
bwawe bwose, ubugingo bwawe bwose, n'imbaraga zawe
?zose bisobanura iki
Umutima bivuze kumva, ubwenge bivuze kwibanda ku
kintu kimwe, ubugingo bivuze guhuza mu buryo bw'umwuka
mu gutekereza cyane, naho imbaraga bivuze kwerekeza
imbaraga zacu zose ku Mana
Ibi bivuze gukunda Imana n'amarangamutima yawe
yose, wibanda ku gutekereza cyane, uhindura imbaraga
cyangwa imbaraga z'ubuzima kuva ku bintu ukajya ku
mwuka, no guhindura ibitekerezo kuva ku mubiri ukajya ku
.Mana
Ntibishoboka gukunda Imana tudafite gutekereza, kuko
binyuze mu gutekereza gusa niho dushobora gusobanukirwa
kamere yacu y'umwuka nk'ubugingo buhoraho kandi
buhoraho bufitanye isano n'Imana yayiremye mu ishusho
.yayo
Tugomba kwiubakira intebe y'ubwami ku bw'urukundo
rw'Imana ruhebuje Nta kintu cy'ingenzi mu buzima Nta ntego

iruta kuyikunda, kuyivuga, no kumurikira abandi kugira ngo
bayimenye Nta kindi nshaka ku bantu

Ni ibyishimo gusangiza ubunararibonye bwanjye bwo
mu mwuka n'ababushaka by'ukuri Nta kintu kintera
ibyishimo nko kubaganiriza ibyerekeye Imana no kubafasha
.kubona ko iriho

Ni byiza gukunda Imana no gukunda abagaragu bayo
Iyo tuyibonye, twumva urukundo rwayo muri buri wese. Nta
.mbaraga ziruta imbaraga z'urukundo mu isanzure

Mbona Umwami Usumbabyose yicaye ku ijuru no ku
nyanja no ku ntebe y'ubwenge bwanjye Mbona ari muri njye
no mu bugingo bwa bose kandi ndamuhobera mu miterere
ye yose itagira ingano n'ibyerekana bya mu byo yaremye
Iyo hataba ukwikunda, isi yari kuba paradizo
Isi iramutse iretse ubwikunde bwayo bubi, twabona
paradizo kuri iyi si

Imbuto z'intambara ziri mu mutima w'ubwikunde bubi
Abantu ba mbere bakoresheje inkoni z'amabuye bwa mbere,
nyuma zikaza guhinduka imiheto n'imyambi, kugira ngo
birinde ubwikunde bwabo ku bandi. Nyuma yaho, imbunda
n'amasasu byaravumbuwe, hanyuma havumburwa imbunda
za mashini, hanyuma ibisasu n'imyuka y'uburozi—byose
kugira ngo birinde ubwikunde bw'itsinda rimwe ry'abantu ku
.bwikunde bw'irindi tsinda

Ubushobozi bwo gusenya bw'ikiremhamuntu
bwariyongereye kandi butera imbere kurusha ubushobozi
bwacyo bwo kubaka. Iki gisebe kibi—igisebe cy'ubwikunde
bubi—kizagera aho kigasakuza. Ariko ikibabaje ni uko abantu
benshi bazarimbuka mbere yuko abantu bakanguka
bakamenya ko ubwikunde bw'igihugu butari bubi cyane
nk'ubwikunde bw'umuntu ku giti cyane. Igihugu kigizwe
n'amatsinda mato, kandi ayo matsinda agizwe n'abantu ku
.giti cyabo; umuntu agomba gutangirira kuri we ubwe

Kubera ubwo bwikunde buteye ishozi, intambara
ziratangira, ubukungu burahungabana, hanyuma
.ihungabana ry'ubukungu rigatangira
Imipaka hagati y'ibihugu ntabwo ihamye, kandi za
guverinoma z'isi zishobora guhinduka buri gihe
Ubwikunde bushaka ibyishimo butitaye ku burenganzira
n'ibyishimo by'abandi, cyangwa bubangamira uburenganzira
n'inyungu z'abandi ku bw'inyungu zabwo bwite, butera
ubukene, agahinda n'umubabaro
Kwigwizaho ubutunzi ku bw'abandi ni ikosa rikomeye
Ubukomunisiti, bugaragaza ko busezeranya imbaga y'abantu
ubukungu n'uburumbuke, ntabwo buzageraho kandi umunsi
umwe buzasenyuka kuko bushingiye ku gahato no kubuza
ubwisanzure bw'umuntu ku giti cye (Icyitonderwa: Iyi
nyigisho yatanze na Master Paramhansa mu 1937, kandi
uyu mwanzuro warasohoye koko!)
Abantu bakomeye bashyigikira ubwitange bushingiye ku
cyifuzo cy'umwuka cyo gutanga
Iyo umuntu yibanda ku maboko n'ibirenge bye gusa
kandi akirengagiza umutwe we, ubwonko ntibuzakora ngo
buyobore ubuhanga bwo gukora. Imikorere yose y'umubiri
igomba guhuzwa. Mu buryo nk'ubwo, ubwenge (abafata
ibyemezo) mu bihugu no mu miryango igomba gukorana
n'amaboko n'ibirenge (abakozi), kuko niba inyungu zihura,
gahunda izasenyuka, akajagari kaganze, kandi imibabaro
.igatera
Hari abigisha babiri ku isi Ufata Imana nk'umuyobozi
n'umujyanama we nta cyo agomba gutinya Ufata Satani
nk'umuyobozi n'umujyanama we azababara cyane
Ijambo ry'ingenzi ku bantu benshi muri ubu buzima ni
"njyewe" Abafite imyifatire n'imatekerereze yo mu mwuka
batekereza ku bandi nk'uko bitekereza ku bwabo
Abatekereza ku bwabo gusa bikururira urwango n'umujinya
by'ababakikije. Ariko abatekereza ku byiyumvo n'inyungu

z'abandi basanga abandi babatekerezaho kandi bakazirikana
.ibiyumvo byabo

Niba hari abantu ijana mu muji, buri wese akagerageza
kwigarurira abandi, buri wese azaba afite abanzi mirongo
icyenda n'icyenda. Ariko buri wese aramutse agerageje
gufasha abandi, buri wese azaba afite inshuti mirongo
.icyenda n'icyenda

Nabayeho gutyo kandi ntacyo natakaje mu gutanga ku
bandi. Mu by'ukuri, byose natanze byangarutseho byikubye
ubuntu bw'Imana. Ubu ndifuzaga ubusa kuko icyo mfite imbere
muri njye ari kinini kandi gifite agaciro kuruta ikindi kintu
cyose isi yatanga. Icyo umuntu ashaka by'ukuri ni ibyishimo,
kandi icyo ibyishimo bimaze kugerwaho, gukenera ibintu
.biyigezaho birashira

Simfite konti ya banki kuko garanti yanjye yonyine muri
iyi si ni amarangamutima meza abantu banfiteye Sinemera
indi ngwate yo ku isi Ubutunzi nyakuri buri mu kuba mu
mitima y'abavandimwe n'inshuti z'umuntu
Iyo dukunda abandi, tuba twishimye. Kandi nidukoreshe
ubu buryo, abandi badukikije bazagengwa n'imyitwarire yacu
kandi bakagerageza kutwigana. Tugomba kurandura
ubwikunde, ari na bwo ntandaro y'ibibi byose ku giti cyacu
.no ku gihugu

Umweranda yazamuwe mu kirere
Byavuye mu gitabo "Filozofiya y'Ubuhanu mu
Buzima bwa Yogi"

"Mu ijoro ryakeye nabonye Yogi amanitse
ibirenge bike mu kirere"

Akoresheje icyo nteruro ishimishije, inshuti yanjye
Upendra Mohan Chaudhry yatangiye ikiganiro cye

Yaramwenyuye cyane maze aravugaga ati: "Wenda
waratekereje izina rye: ntushakira kuvugaga Bhaduri
Mahasaya utuye ku muhanu wa hejuru wa
rotantini?"

Upendra yemeye, nubwo yababajwe gato n'uko inkuru itanyerekeyeho. Inshuti zanjye zari zizi ukuntu nari mfite amatsiko ku batagatifu, kandi bahoraga bishimira kunsobanurira ikintu gishya.

Nakomeje mvuga nti: "Inzu y'uyu muntu ukora yoga iri hafi cyane y'iwacu, kandi ndamusura buri gihe"

Amagambo yanjye yatumye Upendra ashishikazwa cyane, kuko yashimishijwe no kugaragara ku maso ye, maze nongeraho nti:

"Namubonye akora ibitangaza. Yari umuhanga mu buryo umunani bwo guhumeka ⁽¹⁾ bwa yoga ya kera nk'uko byanditswe n'umuhanga Patanjali ⁽²⁾. Umunsi umwe, Bhaduri Mahasaya yakinnye Bhastrika Pranayama imbere yanjye afite imbaraga zitangaje ku buryo numvise nk'aho inkubi y'umuyaga ikomeye yari yarenze icyumba! Nyuma yaho, yatuje uyu mwuka w'umuyaga maze aguma adakora mu buryo bwo kumenya ibintu bitangaje ⁽³⁾ Umwuka w'amahoro wakurikiye uyu muyaga wari usobanutse neza kandi utazibagirana"

Ijwi rya Upendra ryari rituje kubera kutizera ubwo yavugaga ati: "Numvise ko umutagatifu adasohoka mu rugo rwe, ni ukuri?"

Namusubije nti: "Yego, ni ukuri! Yamaze imyaka makumyabiri afungiyemo mu nzu ye. Ariko, aragabanyamutegekako y'iri tegekako rikomeye yishyiriyeho mu minsi mikuru yacu yera, maze agenda ku nzira y'abasabirizi bateraniramo, kuko Mutagatifu Bahaduri azwiho umutima mwiza."

Yaravuze ati: "Ariko se, ni gute umutagatifu akomeza guhagarikwa mu kirere, akirengagiza itegeko ry'imbaraga rukuru?"

Nasubije nti: "Umubiri w'umuntu ukora yoga utakaza ubucucike binyuze mu gukora imyitozo

ngororamubiri yo guhumeka ya pranayama, hanyuma ashobora kuguruka cyangwa gusimbuka nk'igikeri. Ndetse n'abatagatifu badakora yoga gakondo bareremba mu kirere mu gihe binjira mu mimerere myiza yo kwifuza Imana cyane."

Upendra yashimishijwe no kumenya byinshi, maze aravuga ati: "Ndifuza kumenya byinshi kuri uyu munyabwenge. Ese witabira inama ze zo ku mugoroba?"

Naravuze nti "Yego, nkunda kumusura, kandi ntangazwa cyane n'ubwenge bwe bwihuse n'ubwenge bwe butangaje. Hari igihe guseka kwanjye kwangiza ibirori by'iteraniro. Nubwo umutagatifu atababazwa n'ibi, abigishwa be barandeba barakaye!"

Ubwo navaga ku ishuri kuri uwo mugoroba, nanyuze kwa Bhaduri Mahasaya maze mfata icyemezo cyo kumusura. Yogi yabaga mu bwigunge, arinzwe n'umwigishwa wari mu igorofa ryo hasi. Uyu mwigishwa yari afite umwihariko ku bashyitsi maze ambaza niba mfite gahunda yo kubonana n'umwarimu we. Ariko mwarimu yahise agaragara, amaso ye arabengerana, bituma ntajugunywa aho ngaho. Yabwiye umwigishwa ati:

"Mukanda naze igihe cyose ashakiye. Itegeko ryo kwigunga si ihumure ryanjye ahubwo ni ihumure ry'abandi. Abantu bo mu isi ntibashimishwa n'ubunyangamugayo bwacu, ibyo bigasenya ishema ryabo. Abatagatifu si bake gusa ahubwo banateye urujijo. Ndetse no mu Byanditswe Byera, rimwe na rimwe dusanga batera abandi isoni"

Nakurikiye Bhaduri Mahasaya mu nzu ye yoroshye yo hejuru, aho yakundaga gusiga Masters, ubusanzwe yirengagiza ubwiza n'ubwiza bw'isi mu kwikura mu ruhame. Isi ntikunze kubytaho kugeza igihe bashinze imizi mu mateka y'ibihe, kuko abantu bo mu gihe

cy'umunyabwenge badahari gusa mu batuye mu mfuruka nto z'iki gihe.

Naravuze nti "Mwami mwiza cyane, ni wowe muntu wa mbere namenye wo muri yoga uhora mu nzu ye"

Yarasubije ati: "Hari igihe Imana itera abera bayo mu butaka butunguranye ku buryo tudatekerezaga ko dushobora kubakurikiza itegeko runaka"

Uwo mutagatifu yari yicaye yambaye amaguru arambuye atekereza, umubiri we urimo imbaraga uruhuka mu mwanya wa lotus Nubwo yari afite imyaka irenga mirongo irindwi, umubiri we nta kimenyetso cy'ubusaza cyangwa ngo arembe kubera kwicara igihe kirekire. Yari akomeye kandi muremure, yari atunganye mu buryo bwose. Isura ye yari ifite imiterere y'umunyabwenge ivugwa mu byanditswe byera nk'umuntu w'umunyacyubahiro, ufite ubwanwa bwuzuye, ahora yicaye ahagaze neza, amaso ye atuje areba ku Mana.

Nicaye hamwe n'umutagatifu mu gihe cyo gutekerezaga, maze nyuma y'isaha imwe ijwi rye ryoroheje rirankangura:

"Akenshi winjira mu ituze, ariko se waba warigeze kumenya Imana koko?"

Uwo Mutagatifu yashakaga kunyibutsa gukunda Imana kuruta kuyitekerezaho, yongeraho ati: "Ntukivange uburyo n'iherezaho, kandi ntugashyiremo uburyo intego yawe"

Yampaye imyembe, kandi akoresheje ubwenge bwe bwihuse, nasanze bishimishije nubwo yari umuntu ukomeye, yaravuze ati:

"Inyota abantu bafite yo guhuzwa n'ibiryo iruta kure inyota yabo yo guhuzwa n'Imana"

Iyi mvugo yanteye iseko ryinshi, maze amaso ye araryoha ubwo yavugaga ati "Mbega iseko!" Isura ye

yari ikomeye ariko irimo inseko nziza Amaso ye manini, asa n'ay'umutuku yahishe inseko yera, y'imbere.

Uwo Mutagatifu yerekanye amabahasha menshi yari ku meza, agira ati: "Aya mabaruwa yanturutse kure muri Amerika. Nandikiranye n'amashyirahamwe menshi afite abayoboke bagaragaza ko bashishikajwe na yoga. Barimo kuvumbura Ubuhinde bafite ubumenyi burenze ubwo Columbus yabusobanukiwe! Nishimiye kubafasha, kuko ubumenyi bwa yoga ari ubuntu, nk'urumuri rw'izuba, ku bantu bose babushaka."

"Icyo abanyabwenge babonye ko ari ngombwa kugira ngo abantu bakire, ntikigomba kurekurwa ku bw'inyungu z'Uburengerazuba. Uburasirazuba n'Uburengerazuba birasa mu mwuka nubwo hari ibyo bahura nabyo hanze bitandukanye, kandi nta cyizere bafite cyo gutera imbere no gutunganirwa badakoresheje imwe mu nzira z'umwuka za yoga"

Uwo mutagatifu yaramfashe mu maso he atuje, kandi icyo gihe sinari nzi ko amagambo ye yari ubuhanuzi butwikiriwe. Nubwo ndimo nandika aya magambo, ntabwo ndumva neza ibisobanuro bye bisa nkaho nta kibazo byerekana ko umunsi umwe nzazana inyigisho z'Ubuhinde mu Burengerazuba.

Naravuze nti "Yewe munyabwenge mwiza, mbega ukuntu byaba byiza cyane uramutse wanditse igitabo kivuga kuri yoga ku bw'inyungu z'abantu!"

Yasubije ati: "Ndimo gutoza abanyeshuri, hamwe n'abanyeshuri babo, bazaba ibitabo bizima bihangana no kwangirika, impinduka karemano z'igihe, n'ibisobanuro bidasanzwe by'abanenga"

Twagumye twenyine hamwe na yoga kugeza igihe abigishwa be bahageze nimugoroba, ubwo yatangaga imwe mu nyigisho ze zitagereranywa. Nk'umwuzure

**woroheje, yakuyeho ibisigazwa by'imitekerereze
n'ibisigazwa by'abamwumvaga maze abayobora ku
Mana. Imigani ye itangaje yatanzwe mu rurimi
rw'ikibengali rutunganye.**

**Muri uwo mugoroba, Bhaduri yasuzumye ibintu
bitandukanye bya filozofiya ku buzima
bw'igikomangomakazi cyo mu gihe cya kera cyitwaga
Mirabai, waretse ubuzima bwiza bw'ibwami ashaka
kuba umutagatifu. Mbere na mbere, umuntu ukomeye
wiyicaga, Sanatna Goswami, yanze kumwakira
nk'umwigishwa kuko yari umugore, ariko igisubizo
cye cyamuteye gupfukama ubwo yavugaga ati:**

**"Bwira mwarimu ko nta mugabo n'umwe nzi mu
isanzure uretse Imana. Ese twese ntituri abagore
imbere yayo?"**

**(Hari igitekerezo cyera cy'uko Imana ari yo ihame
ryonyine ryiza kandi rirema mu isanzure, kandi ko
ibyoyaremye ari ikintu kibi gusa)**

**Mirabai yari umusizi, kandi yahimbye ibisigo
byinshi byuzuyemo ibyishimo byo mu buryo
bw'umwuka bikibonwa nk'ibintu by'agaciro mu
buvanganzo bw'Ubuhinde. Ndimu guhindura kimwe
muri byo hano mu Cyongereza (cyahinduwe mu
cyarabu na Mahmoud Abbas Masoud):**

**Niba umubiri uhora wogejwe,
bizamenyekana**

**Nari kuba intare hagati mu nyanja
Niba ariye icyo kimera, nta kabuza
azamenya**

**Nakwishimira gufata ishusho y'ihene
Iyo umubare w'amarozari ubarwa,
byagaragara ko**

**Narimo nshima Imana nkoresheje
amasaro manini**

Iyaba ibigirwamana byapfukamiraga

**Nari kuramya imisozi n'amabuye
Iyaba amata yashoboraga kunyobwa gusa
Kugira ngo inyana n'abana bato
biryohere**

**Niba guta umugore wawe bitera
Abantu ibihumbi n'ibihumbi bahita
bacibwa amasasu bitewe n'uko babyifuzaga
Ibi byose ntibihagije kugira ngo bigaragare
Oya, kandi ntabwo izigera ibasha
gukuraho umwenda**

**Imana izagaragara ku kintu kimwe:
Urukundo rw'umutima n'inyota
nk'umuriro**

**Abanyeshuri bamwe bashyize amarupi mu nkweto
ya Bhaduri, yari iruhande rwe ubwo yari yicaye muri
yoga. Iyi turo isanzwe mu Buhinde ni ikimenyetso
cy'icyubahiro no gushimira, bigaragaza ko
umunyeshuri ashya ubutunzi bwe ku birenge
by'umwarimu we. Inshuti nziza ni ikimenyetso cy'uko
Imana yita ku bo ikunda kandi ikabarinda.**

**Umwe mu bigishwa yarebye cyane uwo mutware
w'icyubahiro ubwo yasezeraga, aramubwira ati "Mu
by'ukuri, uri mwiza cyane, Nyagasani! Waretse
ubutunzi n'imibereho myiza kugira ngo ushake Imana
kandi uduhe ubwenge" (Kuko byari bizwi neza ko
Bhaduri Mahasya yari yararetse ubutunzi bwinshi
bw'umuryango we mu buto bwe ubwo yafataga
icyemezo gikomeye cyo gukurikirana inzira ya yoga)**

**Uwo mweranda yaramusubije ati: "Ariko urimo
gukora ibinyuranye n'ibyo!" Imiterere y'umwarimu
yagaragaje ko yari imucyaha cyane, maze akomeza
agira ati: "Nanze amarupi make n'ibinezeza by'igihe
gito, bidafite akamaro kubera urukundo rw'ubwami
bw'isi yose, ibyishimo byabwo bitagira imipaka kandi
bitagira iherezo. None se wavuga ute ko niyimye**

ikintu icyo ari cyo cyose? Abantu batareba kure bo muri iyi si ni bo babyihakana by'ukuri! Bareka ubwami bwera butagira icyo bungana na bwo, bifuza ibinezeza bike byo ku isi bitagaburira cyangwa ngo bihaze inzara!"

Nasetse iyi myumvire itandukanye ku kwiyima no kwiyima: mu gihe kimwe gituma umutagatifu w'umukene atunga kandi agakomera kurusha Croesus, ikindi gihindura abaherwe bakomeye ku isi abakene batazi icyo bababazwa n'isoni z'ubukene.

Umwarimu yashoje ikiganiro cye asaba ukwizera kudacogora, agira ati: "Uburyo bw'Imana bucunga ibintu byacu kandi bugatunganya ahazaza hacu bufite ubwenge buruta ibyo amasosiyete y'ubwishingizi atanga. Isi yuzuyemo abantu bahangayikishijwe n'ibibazo bashyira ibyiringiro byabo mu buryo bwo hanze bwo kubarinda. Ibitekerezo byabo bibabaza ni nk'inkovu ku gahanga kabo. Umwe rukumbi, waduhaye umwuka n'amata kuva tukivuka, azi guha abamusenga umunsi ku wundi ibyo bakeneye byose mu buzima bwabo."

Nakomeje gusura umutagatifu nyuma yo kurangiza amasomo, kandi mfite ishyaka ryimbitse ryamfashije kumenya ko Imana ihari Umunsi umwe umutagatifu yimukiye i Ram Mohan Roy Road, kure y'inzu yacu i Gurbar Road, ubwo abayoboke be bamukunda bamwubakiraga inzu nshya izwi ku izina rya Tajendramath ⁽⁴⁾

Nubwo ibyo ngiye kuvuga bitaragera igihe muri iyi nkuru, ndavuga amagambo asoza Bhaduri Mahasya yambwiye Mbere gato yo kujya mu Burengerazuba, nagiye kumusezeraho ndamwunamira nicishije bugufi, nsaba umugisha wo kumusezeraho. Yaravuze ati:

"Mwana wanjye, genda ufite umugisha w'Imana, kandi ufate icyubahiro cy'Ubuhande bwa kera

nk'ingabo yawe y'uburinzi. Intsinzi yanditswe ku gahanga kawe, kandi abanyacyubahiro ba kure bazakwakira neza."

**Inkomoko: Igitabo cy'ubuzima bwa Yogi
(Filozofiya y'Abahinde mu Buzima bwa Yogi)**

Ibisobanuro by'amajambo y'epfo

(1) Ubu buryo bwo guhumeka buzwi nka pranayama, ari bwo bugenzura imbaraga z'ubuzima cyangwa ibikorwa (prana) binyuze mu kugenzura uburyo bwo guhumeka. Pranayama bhastrika ("bell":) ikora kugira ngo ituze ubwonko.

(2) Patanjali ni we muhanga mu gutanga ibitekerezo bya kera kuri yoga

(3) Mu kiganiro yatanze mu 1928, Porofeseri Jules Bois wo muri Sorbonne yavuze ko abahanga mu bya siyansi b'Abafaransa bakoze igerageza ku bwenge bwo hejuru kandi bemera ko buhari. Yasobanuye ko ari "ikintu gihuye n'ubwenge bwo mu bwenge butagira ubwenge mu gitekerezo cya Freud. Ubu bwenge bwo hejuru bukubiyemo impano n'imico ituma umuntu aba umuntu nyawe, atari inyamaswa yahindutse gusa" Intiti y'Umufaransa yasobanuye ko gukanguka k'ubwenge bwo hejuru "bigomba gutandukanywa n'ibitekerezo cyangwa hypnosis. Kubaho k'ubwenge bwo hejuru byemerwa na filozofiya, kandi mu by'ukuri ni umuntu wo hejuru uvugwa na Emerson, siyansi imaze kwemeza vuba aha" Emerson yagize ati mu nyandiko ye (Ubugingo bwo hejuru): "Umuntu ni isura y'urusengero rurimo ubwenge n'ineza byose, kandi ubusanzwe icyo twita umuntu: umuntu wo kurya, kunywa, gutera no kubara atanga ishusho itari yo y'ukuri kwe kw'ingenzi. Ariko ubugingo ari bwo akoreshwamo n'uburyo agaragaramo iyo bwemererwa kugaragara binyuze mu bitekerezo bye n'ibikorwa bye, twahatirwa kunama kuko icyo gihe twahagarara imbere ya kamere y'umwuka, n'imbere y'imico yose y'Imana"

(4) Izina rye ryuzuye ryari Tajnaramath Bhaduri, naho "math" mu gihindi bivuze ahantu ho gusengera, akenshi yerekeza ku nzu y'abihaye Imana cyangwa mu kigo cy'abihaye Imana. Mu batagatifu "barerembaga mu kirere"

harimo Mutagatifu Yozefu wa Cupertino, umutagatifu wo mu kinyejana cya 17 wabayeho mu buryo budasanzwe byanditswe n'abatangabuhamyaga Mutagatifu Yozefu yagaragaje ubwoba n'umurava ku isi, mu by'ukuri byari ukwibuka Imana no kuba yari afitanye isano ikomeye na Yo. Abavandimwe be bo mu kigo cy'abihaye Imana ntibamwemereraga gukorera ku meza rusange kugira ngo agende n'Ubushinwa. Mu by'ukuri, umutagatifu ntiyashoboraga gukora imirimo yo ku isi bitewe nuko atashoboraga kuguma hasi igihe gihagije! Rimwe na rimwe, kubona gusa ishusho y'umugisha byari bihagije kugira ngo bimutere kuguruka mu kirere, aho yabonaga abatagatifu babiri - umugabo n'ibuye - baguruka mu kirere.

Mutagatifu Tereza wa Ávila, umutagatifu w'icyubahiro mu by'umwuka, na we yasanze ubwiza bw'umubiri bumubangamiye. Aremerewe n'imirimo myinshi yo mu buyobozi, yagerageje guhagarika ibizamini byo mu ndege ariko biramunanira, yandika muri uru rwego ati: "Ingamba ntacyo zimaze niba Imana ibishatse" Umurambo wa Mutagatifu Tereza, washyinguwe mu rusengero i Alba, muri Esipanye, wamaze ibinyejana bine utangiritse, impumuro yawo imeze nk'iy'indabyo z'indabyo, kandi ibitangaza byinshi byawutewe n'uko

(Ibi bitangaza bitwibutsa kandi ibivugwa muri Qor'an Ntagatifu n'imigenzo myiza y'ubuhanuzi, nk'inkuru y'abantu bo mu buvumo no gusaba Mariya, amahoro abe kuri we, ngo anyeganyeze igiti cyumye cy'umukindo kugira ngo amaderi yeze agwemo atari ay'igihe cyayo, ndetse n'uburyo Imana yahaye Mariya ibyo akeneye, nk'uko bivugwa muri Surat Al Imran (Igihe cyose Zakariya yamwinjiraga mu rusengero, yasangaga hamwe n'ibyo kurya bye, amubwira ati: "Yewe Mariya, ibi biva he?" Ati: "Biva ku Mana") kimwe n'inkuru ya Jurayj umusenga n'umuhungu wavugaga mu nda, n'abo batatu binjiye mu buvumo n'urutare biva kure yabo n'ibindi bitangaza)

Ubushake n'ingaruka z'ibidukikije

Ingorane n'ibibazo bituruka ku kutamenya ibikorwa bye

bya kera, byakozwe mu gihe runaka n'ahantu runaka

Imibabaro ye ubu ituruka ku bitekerezo n'ibikorwa yavuze,
byashinze imizi mu butaka bw'ubwenge, bimera kandi byera

imbuto nk'izo ibitekerezo n'ibikorwa

Ku Mana yonyine ndiho kandi nkora Nta bishuko

cyangwa amayobera yo ku isi ashoboka kugira ngo
andengere Narebye n'ijisho ry'ubwenge n'ubushishozi maze

ncishamo udupfukamiro tw'uburiganya n'amayobera Nawe
ugomba kumenya ko gusura iki gihugu ari iby'igihe gito Uri

hano ku bw'umugambi umwe: kwiga amasomo akenewe no

gufasha abantu bose banyura mu nzira yawe y'ubuzima

Buri gitondo nsaba Imana ngo imbwirire icyo ishaka ko

nkora, hanyuma nkayibona ikora mu maboko yanjye no mu

.bwenge bwanjye maze byose bikagenda uko ishaka

Ibigeragezo n'amakuba ntibiza ngo bivune umuntu

cyangwa ngo bimubuze gukora ibyo ashaka, ahubwo biza

kugira ngo bimutere kwishimira ubukuru bw'Imana no

kubaha amategeko yayo, aho bashobora kugera ku byishimo

by'ukuri Imana ntiyohereza ibi bigeragezo bikomeye kuko

ahanini ari ibyaremwe n'abantu. Icyo umuntu asabwa ni

ukubyutsa ubwenge bwe mu bitotsi byo kutitaho no kuva mu

.mwijima w'ubujiji akajya mu mucyo w'ubumenyi

Itoze kumva amahoro, kuko uko urushaho kubikora, niko

.urushaho kumva imbaraga mu buzima bwawe

Hari imbaraga zo hejuru zizakumurikira inzira yawe

kandi ziguhe ubuzima bwiza, ibyishimo, amahoro, n'intsinzi

.niwerekeza kuri urwo mucyo w'Imana

Akenshi, ibyumviro byacu bidusezeranya ibyishimo

by'akanya gato ariko amaherezo bikatuzanira ububabare
n'imibabaro igihe kirekire. Ingeso nziza n'ibyishimo nyakuri,

ariko, bidusezeranya bike, ariko amaherezo bikaduha

ibyishimo bizima. Niyo mpamvu mbona ibyishimo byo mu

mutima, birambye nk'ibyishimo nyakuri, n'ibyishimo by'igihe
.gito nk'ibinezeza gusa

Iyo umuntu afite ingeso mbi imubangamira kandi
ikamubuza gusinzira nijoro, ashobora kuyikuraho yirinda
ikintu cyose gishobora kuyitera cyangwa kuyitera imbaraga,
atayishyizemo imbaraga mu rwego rwo kuyihagarika. Ubu ni
uburyo butaziguye bwo kuyirwanya. Ariko hari n'uburyo
bwiza kandi butaziguye: kwerekeza ibitekerezo bye ku ngeso
nziza no gukora ku kuyiteza imbere kugeza igihe izaba igice
cy'ubuzima bwe ashobora kwishingikirizaho no
.kwishingikirizaho

Abantu bafite imico myiza ni bo bishimye cyane. Nta
muntu n'umwe ushinja ibibazo bahura na byo; ahubwo
babishyira ku giti cyabo kandi bakibona ko ari bo bafite
inshingano. Bazi neza ko nta muntu ufite ububasha bwo
kumushimisha cyangwa kumubabaza keretse aretse
ibikorwa, amagambo n'ibitekerezo by'abandi bikagira
ingaruka ku buzima bwe, haba mu buryo bwiza cyangwa
.bubi

Abantu badakomera ntibagira ibyishimo Batagira
ibyiyumvo na gato, nk'amabuye. Umuntu agomba kubaho
afite ibitekerezo bye byose, ibyiyumvo bye, n'ubushishozi
bwe, kandi akaba maso kandi akitondera ibintu byose
bibaho, kimwe n'umufotozi w'umuhanga utegereza
amahirwe meza yo gufata amashusho meza cyane y'ahantu
.nyaburanga heza cyane

Ibyishimo nyabyo by'umuntu biri mu gihe umuntu ahora
yiteguye kwiga no gukora ibintu mu buryo bukwiye kandi
burangwa no kubaha. Uko umuntu arushaho kwiteza imbere,
ni ko arushaho kugira uruhare mu iterambere n'ibyishimo
.by'abamukikije

Ni bake cyane basesengura imimerere yabo bagafata
icyemezo niba bakomeza gutera imbere cyangwa basubira
inyuma. Nk'abantu bafite ubushobozi bwo gusobanukirwa,
ubwenge, n'ubushishozi, inshingano yacu ikomeye ni

ugukoresha ubwenge bwacu n'ubushishozi bwacu neza
kugira ngo tumenye niba turimo gutera imbere cyangwa
gusubira inyuma. Kandi niba gutsindwa bidukomeje,
.ntitugomba kwiheba cyangwa ngo dutakaze icyizere
Kunanirwa bigomba kuba imbarutso, aho kuba
imbogamizi, ku iterambere ryacu ry'umubiri n'iry'umwuka
Gutsindwa ni igihe cyiza kandi gikwiriye cyo gutera
imbuto z'intsinzi

Umuntu ntagomba kwibanda ku gutsindwa no
gutsindwa, ahubwo agomba kugerageza kenshi, uko
byagenda kose, nubwo byaba ari byinshi kandi bibabaza,
buri gikorwa gishya nyuma yo gutsindwa kigomba
gutegurwa neza kandi kigatera imbaraga mu bwenge.
Byongeye kandi, hagomba kubaho uburinganire hagati
y'ibyifuzo by'ibintu n'ibyifuzo by'umwuka, hatabayeho
.kureka ngo kimwe kigire ikindi kibangamiye

Nta muntu w'umwuka w'ukuri ushobora kubaho
adashoboye kugera ku ntsinzi mu by'umubiri. Kandi nta
muntu n'umwe uhangayikishwa n'iby'umubiri bimubuza
gutekereza ku Mana no guha umwanya ukenewe wo
gutekereza ku Mana, kuyikorera no kuyisohozza mu
.nshingano zayo z'umwuka

Gutsindwa gukabije ntabwo byakuye amasomo
y'ubuzima kandi umuntu wikunda cyane yihanira gutakaza
uburinganire mu mutwe bitewe no kutita ku buzima
.bw'umubiri

Iyo umuntu yiyeguriye akazi ke kose n'ibikorwa bye
byose kugira ngo akorere abandi kandi akabikora afite
imitekerereze ishimishije, aba akwiye kwitabwaho no
.gushimirwa

Ntitugomba kuba abantu barebera ku ruhande rumwe;
ahubwo tugomba kuringaniza ibikorwa byacu no gushyira
imbere imirimo yacu n'inshingano zacu hakurikijwe akamaro
kabyo Inshingano ni ibyo umuntu akora yishimye, atari ibyo

gushaka inyungu z'umubiri Inshingano z'umwuka n'iz'umuco
zigomba kuza ku mwanya wa mbere mu buzima
Buri muntu afite ubushobozi butarakoreshwa. Afite
imbaraga zose zikenewe. Ubwenge ubwabwo ni imbaraga
ihebuje, kandi bugomba kuba bubohowe ku ngeso
.n'ibitekerezo bishaje kandi bibuza ibintu
ibitekerezo bibi bishobora gutuma umuntu agera ahantu
habi aho ashobora kwigaragaza uko abyifuza. Ariko, umuntu
ashobora guhindura ibitekerezo bye n'ubwenge bwe binyuze
mu bushake bwe, bityo, aho atuye. Iyo umuntu agumye
ahantu habi igihe kirekire, iyo hantu itangira kumugiraho
ingaruka atabizi. Uko igihe kigenda gihita, amaherezo
atakaza ubwisanzure bwe bwo guhitamo ahantu hazima
kandi heza, maze agahinduka umuntu ugengwa n'ingaruka
.mbi z'aho hantu habi
Ingaruka z'imibumbe n'inyenyeri ku buzima bw'abantu
zituruka ku gukururana no kwiyinga hagati y'imibumbe
n'imibiri y'abantu. Abafite ubushake bukomeye bafitanye
isano n'Imana kandi ntibategereza ko imibumbe n'inyenyeri
bibaha ibyiza byabo. Ahubwo, bakomeza urugendo rwabo
nk'ikimenyetso cy'inyenyeri, kidakorwaho keretse inyenyeri
iyobora Imana, ari yo Zuba ry'Izuba n'Umwami w'Amategoko
.n'ubugingo

Amabaruwa yandikiwe umwarimu Paramahansa avuye ku bigishwa be

Mu kinyamakuru cya XIV cy'Umuco w'imbere

Amabaruwa yoherejwe n'abanditsi bayo baturutse mu
:bihugu bitandukanye, aho dukuramo ibi bikurikira

Ndagira ngo nkumenyeshe ko binyuze mu gusoma neza
inyigisho zawe

Nahawe umucyo wo mu buryo bw'umwuka
Uwo nahoraga nshakisha
Inyigisho zawe zanyugururiye amarembo y'ibyishimo

* * *

Nshyira mu bikorwa ibyo uhamya mu buryo bw'umwuka
buri munsu

Ndasanga ibitekerezo bibi bigabanuka buhoro buhoro

Ubwoba bwarashize

Nishimira buri kanya k'ubuzima bwanjye

Urakoze ku bw'ubufasha bwawe

* * *

Mbona imigisha myinshi

Bivuye mu nyigisho zawe z'umwuka

Ntegereje cyane gusoma ibitekerezo byawe

Nkora uko nshoboye kose kugira ngo mbishyire mu
bikorwa mu buzima bwanjye

Inyigisho zawe ni nziza kandi zifite akamaro

* * *

Ndabona muri filozofiya yawe nziza cyane

Ni iki gitera abantu gushimwa no gushishikazwa

Ndagushimira cyane ku byo wampaye byose

Guhabwa ubufasha n'ihumure ryo mu mutwe

* * *

Mfite amatsiko menshi yo kubibona buri cyumweru

Ku isomo rishya rivuye mu nyigisho zawe

Muri buri somo mbona ibyishimo n'ubumenyi

* * *

Urakoze mbikuye ku mutima

Kugira ngo mfashe gusobanukirwa imiterere yanjye
y'imbere

No kumenyesha imbaraga zihishe ziri muri njye

No kwerekana urumuri rw'Imana ku bwenge bwanjye

Binyuze mu nyigisho nahawe nawe

* * *

Ndacyibuka uko nagusuye

Amaze imyaka ine aba mu bitekerezo byanjye

Ndacyibuka ukwizera kwawe kwuzuye mu Mana

Kandi urukundo rwawe ku bantu

Byamfashije kwimenya

Ubwo nibwiraga ko ndi njyenyine

Nta nshuti mfite kandi nta muntu unyumvamo impuhwe

Byampaye icyizere kandi byongera morale yanjye

Byanteye imbaraga zo kugira ubutwari mu guhangana
n'ibibazo by'ubuzima

* * *

Imyaka mirongo ine

Nize amashami atandukanye ya siyansi n'ubumenyi

Ariko ntacyo nabonye muri ibyo byose byo kwiga

Ku kintu gisa n'icyo nize mu nyigisho zawe

* * *

Nyungukira cyane mu gusoma inyigisho zawe

Niba umubare munini w'abantu

Bariga kandi bagashyira mu bikorwa ibitekerezo byawe

Isi tubamo yaba ari

Iruta uko iri

* * *

Ndashaka kugushimira mbikuye ku mutima

Kubera imigisha yangiriye mu buzima bwanjye

Kuva natangira gusoma inyigisho zawe nibanze kandi
nshishikajwe

Murakoze, kandi Imana ihe umugisha ibikorwa byanyu
byiza

Kandi akazi kawe kagenewe gukorera ikiremnamuntu

* * *

Kubera ko nagusabye gusenga kugira ngo ngire icyo
ngeraho

Imiterere yanjye yarushijeho kuba myiza cyane

Ndagushimira cyane kandi nizeye ko uzakomeza
gusenga

* * *

Ubwo nakiraga ubutumwa bwawe bwa nyuma
Nari nkiri mu ishyamba ry'umwijima ry'ubushidikanyi
Kandi ntiyashoboye kubona inzira isohoka muri iryo
shyamba

Ariko Imana irashimira, n'amasengesho yanyu yihariye
Inzira yarushijeho kuba nziza kandi ukwizera kwanjye
mu Mana kwarakomejwe

Imiterere yanjye yarushijeho kuba myiza mu buryo
bwose

Kandi ndakwinginze uhore unyibuka mu masengesho
yawe yasubijwe

* * *

Inyigisho zawe zaramfashije cyane
Kandi nabonye inyungu nyinshi muri byo
Kandi byanyemejwe n'ibimenyetso bifatika
Akamaro k'ibyo wavuze mu buryo bw'umwuka
n'imatekerereze myiza

Ndanejejwe n'ishimwe

Kubera ubuzima bwiza, ibyishimo n'amahoro numva

Numva ko buri munsu ndimo ndatera imbere mu
gutekereza cyane

* * *

Iyo bitaba ari inyigisho zawe nziza kandi zitera imbaraga

Ubuzima bwanjye kuri uru rwego rwo ku isi bwari kuba
bufite aho bugarukira cyane

Ndagira ngo mbashimire ku bw'ubwitonzi bwanyu
bwihariye

Ibyo yampaye mu myaka itatu ishize

* * *

Murakoze ku kinyamakuru Spiritual Culture
Muri yo mbonamo umugisha n'ibyokurya bya roho buri
munsi

Ndashimira Imana yo yangejejehe wowe n'inyigisho
zawe

* * *

Ndagira ngo mbashimire ku bw'amabaruwa yanyu ya
buri kwezi
Ubutumwa bwa nyuma nasanze bwuzuyemo ibitekerezo
Ku buryo nayisomeye abanyeshuri banjye mu ishuri
ry'ubuvanganzo

Bitabiriye neza ibikubiye muri yo
Byari ibihe byiza kuri twese
Nakozwe ku mutima cyane n'ibitekerezo washyize mu
ibaruwa

Ku buryo nifuzaga kubisangira n'abanyeshuri banjye
Ubu butumwa bwatumye habaho gutekereza cyane

No kwisuzuma mu mabanga y'ubugingo

Ndumva bizamfasha gukemura ibibazo

No guhangana n'ibibazo by'ubuzima mu buryo
bw'ubwenge no mu buryo bwiza

* * *

Inyigisho zawe ni iz'agaciro kanini
Sinshaka gusiba amasomo yawe na rimwe